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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Thirteen

19 March 2011

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Welcome to the March 2011 issue of *Transcendence*.

This is the first *Transcendence* issue of our new publishing year. We have completed twelve whole months of life as a downloadable, electronic magazine and to celebrate we have some wonderful new contributing souls adding to our repertoire of Serious Spiritual articles.

First up is Bernie Siegel, a medical doctor who embraces a philosophy of living and dying that stands at the forefront of medical ethics and spiritual issues being dealt with by society today. Bernie will supply us with intriguing articles on his experiences with numerous patients and how he helps them through their healing in holistic ways.

The Science of Getting Rich, by Wallace D. Wattles, offers a controversial but spiritually enlightening view on the importance of wealth and wealth-sharing in attaining our spiritual goals. Our articles will comprise excerpts from the book, which is free to download from the TSOGR website. A truly fascinating read.

Eckankar, the Light and Sound of God, is a spiritual path that offers methods of attaining personal, first hand experience of God by working seriously with dreams, past lives and soul travel alongside a living Eck Master. Most of the articles shared in *Transcendence* will be extracted from the book, *Eckankar, Ancient Wisdom for Today*.

And lastly, we would like to say a very hearty thank you to our established writers who continue to contribute great articles. It is you who have made this little offering possible, and it is your sharing that has given joy to our many readers over the past twelve months.

In Love and Service, always,





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Heavenletter # 3748 - The Essence of Life

GLORIA WENDROFF

God said:

I love you. I also like you. I like your spirit. I like your stride. I like your courage in life. Life takes courage because of your deep belief in the significance of your body. You are so associated with your body that you are deep down quite sure that you cannot exist without it. Of course, intellectually you may understand that your body is a subsidiary of you, and, yet, naturally, your body is precious to you. It has been more real than the Reality of you.

You have been scammed. You have been led to believe that you can't live without your body. You focus on the existence of your body and what vitamin to take next, what cure will ensure the long existence of your body. I, too, wish good health to your body. It is a magnificent structure, and you can take photos of it, and you can look at yourself and know that you exist. You existed before this particular body, and you will exist after this body. We can say that your current body is a symbol of you. It is like a V for Victory. It is a B for Body. It is a B for Buddy, for you are long associated with this fleeting body. You don't like to see it change.

All the attention on make-up is to disguise the fact that the human body changes and ages, and that yours does too. There is a great desire to close your eyes to this. And so you spend your life retracting the everlasting qualities that are truly your existence, your lifelong existence, your eon-long existence, your eternal infinite existence. Oh, My, yes, you are by no means limited to a body.

Bodies may go to hospitals, but not you, beloveds. You are irrespective of illness. You are irrespective of buildings. You are irrespective of everything but the essence of love that you are. You are long-lasting love. You are eternal love. You require no boundaries except you live inside one while you play at being a human being on Earth. You make mud pies on Earth.

You like boundaries and borders on Earth. You don't like the idea that you could come to the edge of the Earth and fall off. You like the fact that you adhere to Earth, somehow stick to it. And you like to be made of bone and flesh which clearly your body is. You don't know so much about the spirit that you are said to be. Can it be shown to you? Can you take a photo of it? Can you put beautiful clothes on it? What difference does it make, you wonder, that you have spirit? It makes all the difference in the world to you to have your body. It allows you to frolic on Earth.

The thing is that you are not Earthbound. You are not bound to the physical. You are also a player behind the scenes. You are a mighty player behind the scenes. You are a frequent flyer. You scan the Heavens. You associate with the essence of Earth and Heaven which are, after all, the same attar of life, as it were. Yes, you are the essence of life. Essence is mightier than its appearance.

You appear in the world as a body. Your body is like a bottle that holds the perfume. The bottle is not the perfume. It is the container of it. It is only a bottle.

Ah, but what the body encloses, the essence of you is far, far more than a body.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



You will hear Me as an impulse. You will hear Me as a mother understands the meaning of her baby's cry. The baby's cry sets off an attunement in the mother. In this case, I refer to you as the mother and the cry is My song to you.

Heavenletter #56 Let God's Answers come to you like quiet snow



You have thought that the outer is an expansion of the inner. And, yes, there is that way of looking at it. But from another view, the inner cannot be expanded because it is all that there is.

Heavenletter #144 Like Heaven Itself



Let Me become a tune that keeps going around in your head. The tune wants you to hum it. When a song comes to your awareness unbidden, your mind and heart are very coordinated. There is no conflict for you. The tune is there. The heart remembers it, the mind accepts, and your voices sing out the melody.

Heavenletter #187 Like a Tune



Vision and love go together. You love as far as you see. Or We can put it this way: Your vision blocks expression of your love.

Heavenletter #227 Love and Vision



Your judgment is a cover-up of your tenderness. Somewhere you see a mask of yourself in this other, and you don't want that to be true. So you separate yourself from the other. You classify him. He has some quality that you fear in yourself, and you want to put that quality as far away from you as you can.

Heavenletter #237 Love Yourself More

Ten years ago, after a spiritual awakening, I started writing letters to my inner self and got answers. After a while, I thought: "Hmm, if I can address myself and get answers, why not with God?" I had always heard to go to the top, so I started asking questions to God, first for myself and later for others, and God answered with a common sense and vision far beyond anything I could ever have thought of. And then questions were no longer necessary because God just started coming in with what He wanted us to hear. One thing about God, He wants His words shared, and so Heaven Letters is emailed out every day.

GLORIA WENDROFF



Heaven Letters™
Bringing Earth Closer to Heaven

Everything God says is meant for you, and each day's Heaven Letter contains a new message God wants you to hear that day. For people of all faiths, or of none, Heaven Letters are like a walk you take with God. With each step, you come closer until you find there is no distance between you and God.

Visit www.heavenletters.org





Vedic Astrology Report for March 2011

SWAMI SHANKARANANDA

ARIES: Look forward to a possible job offer. Take extra care of your health at the beginning of the month. If you suffer from diabetes, blood pressure or digestive ailments, watch out for worsening conditions during week two of the month. Seek prosperity blessings from your elders mid-month.

TAURUS: A profitable start to the month but vehicle problems may arise. Profit increases towards the middle of the month. Avoid long journeys during this time. Hurdles may manifest towards month-end but court cases will be decided in your favour during this time.

GEMINI: Look forward to growth in business and relief from troubles and misunderstandings. A distant journey may boost your fortune but could be thwarted by an inner turmoil around the 7th. Work pressure may cause family neglect which can be solved by tact and prudence on your part.

CANCER: A new business partnership may start in April. Hard work will pay off during the second week of the month. National events could influence your business during week three. Obstacles may materialise and hold up business plans towards month-end, but any domestic issues will be resolved.

LEO: Job-satisfaction will inspire you to greater heights and concerted efforts will bestow honour and renown. A new business partnership may cause some initial problems. Donating funds to charity may form part of your expenditure during mid-month. A possible residence change around the 20th

VIRGO: An auspicious ceremony may occupy you towards the start of the month but fatigue and tiredness could make you listless. Finances will be slow until mid-month when solutions will come to light, possibly with the help of a friend. Government-related issues may surface towards month-end.

LIBRA: Your love of study and new things predominates at the beginning of the month and you will find joy in being of service to your parents. Inflow and outflow of finances will be balanced but look out for problems with your eyes or skin. Month-end will grant you more time with family and friends.

SCORPIO: Others may have an incorrect opinion of you despite efforts to convince them otherwise. Business improves and important documentation will be signed. Investments may yield poor returns and your plans may go awry but you'll end the month cheerful and in rosy health.

SAGITTARIUS: Money due to you may be held back at the start of the month and those you trusted may let you down. Religious activities will occupy some of your time. Bad news may manifest around the 13th but will be overpowered by success within the week.

CAPRICORN: Your influence in your field will be widened due to your writing abilities. Religion and spirituality will play a predominant role this month. Issues with parents may arise. Merry-making will be had during mid-month but remember to take care of your health.

AQUARIUS: You will start off the month spending time with family. Be wary of overwork and tension causing health problems. Watch out for monetary loss around the 7th, and confrontations around the 9th. Keep your habits sober to avoid trouble and declining health.

PISCES: House maintenance and repair may predominate at the beginning of the month. A marriage ceremony could be on the agenda towards mid-month. Headaches and stomach problems may plague you during around the 21st. A new contact made could bear financial fruit around month-end.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

Joythish Visharat, Joythish Samrat, KP Hororatna,
Jyothish Vachaspati, Honorary Jyotish Blaskara Award.

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Vedic, Siderial or Jyotish astrology is at least 4000 years old and is the traditional system of astrology in India. It is an excellent tool for helping us to understand our life purpose and in advising the correct times for decision-making. Vedic Astrology is revered for its accuracy in predicting events and major life trends and is based on the siderial zodiac which is used to calculate the planet positions according to observable astronomy.



Our Real Purpose in this World

ROY EUGENE DAVIS

To live effectively and to fully awaken to spiritual realities, we need to be healthy-minded, knowledgeably purposeful, success-oriented, and completely dedicated to awakening to Self-knowledge and God-realization in this physical life cycle. Rational thinking is necessary for accessing and processing a variety of information. Knowledgeable purpose is necessary if our lives are to be meaningful and our actions focused. A success-attitude enables us to accept good fortune and accomplish worthwhile purposes. Complete dedication energizes the mind and body; empowers us to more easily make wise choices; helps us to disregard or avoid nonessential endeavors and involvements; concentrates our energies and constructive endeavors toward essential and worthwhile actions and circumstances; and sustains us when we are challenged by thoughts or feelings of uncertainty or occasions of personal difficulty. When only that which is real can satisfy the rational mind and the heart that aspires to wholeness, nurture both mind and soul with perceptions of truth, and awaken to conscious experience of God.

Our real purpose for being in this world is much different than what is commonly believed by most people. Physical birth, growing through physiological and psychological stages to adulthood, family and social relationships and interactions, and learning survival and functional skills, are experiences common to human beings and creatures alike. Unlike creatures of nature which are primarily motivated by instinct, human beings, because more self-conscious and endowed with superior mental potential, are usually inclined to acquire a secular education, learn to work to provide for themselves and others, and endeavor to develop and express their creative abilities. Also, they often seek excessive sensory stimulation, status, power, and possessions; as substitutes for mental peace, Self-knowledge, and God-realization. For people in the world today who are not yet spiritually awake, their actions and experiences are but superficial incidents occurring on the stage of self-conscious or egocentric life. They commonly experience their mind-conditioned, habit-bound lives as a partially conscious, dream-like sequence of events with little or no knowledge of their causes or of how to implement actions to change or improve them.

Our real purpose is to awaken to knowledge of ourselves as spiritual beings in relationship to a Reality which, not confined by space, time, or relative circumstances, is infinite. When realization of transcendent knowledge is accomplished. When it is completely and permanently unfolded we can live freely in the physical realm with enlightened understanding. When we are fully enlightened while expressing through a body, our awareness extends beyond the sense-perceived environment to include all planes and dimensions of the cosmos and beyond them, to eternity. It is only the soul's confinement of awareness to an erroneous belief of independent selfhood that limits it. The truth is, because the soul is a unit of God's consciousness, it is infinite.

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951 and appointed as the minister of the Phoenix, Arizona, Self-Realization Fellowship Center in March 1952. In 1955 he began his mission as an independent Kriya teacher. Since then, he has taught in more than 100 cities in North America and in Japan, Brazil, Europe, West Africa, and India. He is also the publisher of Truth Journal magazine and writes monthly lessons for CSA members around the world.



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Truth Journal Online



An Essay on Love

LUCIS TRUST

In The New Testament, the Christ, the World Teacher, communicated a clear and simple moral message that is as relevant today as it was 2000 years ago. One of its outstanding themes was an explanation on the nature of 'Love'. And, quite probably, this was one of the greatest truths ever revealed to humanity. Its implications are profound and far-reaching, and have the potential to propel humanity into an era of enlightened living. Nevertheless, 2000 years later, it is no exaggeration to suggest that we are struggling to grasp the concept of right relationships, which is the highest expression of love that the human family can collectively express at the present time.

It is suggested that the science of right relations is "the next immediate step in the mental unfoldment of the race". It is of such importance that it will no doubt in time be included in the curriculum of educational establishments the world over.

Slowly but surely, right relations as an expression of goodwill is dawning as a practical reality in the consciousness of humanity. By and large, not a month passes without some international conference taking place highlighting our role in becoming better custodians of the planet and emphasising our responsibility to live in harmony with the natural world.

Paralleling this development is a growing awareness and a need for a new approach to God. Probably, most of us would agree that 'organised religion', although having played a major role in nurturing the religious spirit, nevertheless seems unable to play a constructive role in the world of today. The development of the human mind cries out for a greater understanding of our relationship to the divine. Nonetheless, a new approach and relationship to God is underway, and the new group of world servers are at the forefront of this impulse.

From a purely human perspective, love, goodwill and right relationship can be considered as interchangeable terms. Right relation to the higher and lower kingdoms, and to our fellow human beings – at an individual, family, community, national and international level – is stretching the imagination and the inner resources of the human family. Love is the energy that brings about the right conscious interrelationship between all forms of expression, so that, ultimately, all aspects of our planetary life will be woven into an integrated and cohesive whole unfolding the all-pervading beneficence of Deity.

The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.

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**LUCIS TRUST**



The Spiritual Eye

SWAMI KRIYANANDA

We have all experienced our subconscious minds—in our sleep, dreams, and through our unconscious thoughts and emotions. And, of course, we're all intimately familiar with the normal conscious state of awareness from which we go about our daily lives.

But there is a third, less well-known state of awareness: the superconscious. The hidden mechanism at work behind intuition, spiritual and physical healing, successful problem solving, and finding deep, lasting joy, superconscious awareness is the missed link to living richer, more meaningful lives. Though many of us have experienced fleeting moments of raised consciousness and enlightenment, few know how to purposely enter such an exalted state.

The medulla is the seat of ego in the body. It is the negative pole of Self-consciousness. The positive pole is located at the point between the eyebrows. Here is the center of the higher expression of Self-consciousness. At this point is beheld also the spiritual eye, which is a reflection of the energy that enters the body constantly from the surrounding universe, through the medulla.

The spiritual eye is not imaginary. It is something one actually sees in meditation, when the thoughts are stilled, and when the intellect functions on its own higher, intuitive level. Many that I've met have told me they'd seen the spiritual eye in meditation, some of them long before they had any idea what it was. Some saw it even before they knew about the spiritual path.

When the spiritual eye is beheld clearly, it is a golden circle of light surrounding a field of deep blue. In the center of this blue field is a white star with five points. When the spiritual eye is beheld imperfectly, it is seen as a dim violet light with a faint circle around it, and an even fainter dot in the center.

Whether or not you behold the spiritual eye, by meditating at that point your consciousness will gradually rise until at last it passes the portals of human awareness and enters the state of ecstasy, or superconsciousness.

One problem people face is not knowing from what position, mentally, to approach that spiritual center. Lahiri Mahasaya, my guru's spiritual grandfather (his guru's guru), said to concentrate the attention first in the region of the medulla oblongata, and from that point to gaze toward the spiritual eye. People's awareness of their egos is often distributed vaguely throughout the body. By centering it consciously in its true seat, the medulla, it becomes possible to direct ego-consciousness toward its own higher octave.

Once ego-consciousness has been dissolved in superconsciousness, the center of consciousness shifts naturally from the ego to the heart. At this point, intuitive feeling takes one's consciousness upward through the spiritual eye and out into Infinity.

Perfect peace requires perfect stillness of mind, just as the surface of a mountain lake requires complete calm if it is to reflect the sky. Only in deep concentration can you discover the hidden depths of your spiritual nature. Fortunately, concentration is like a muscle — the more you exercise it, the stronger it becomes. To increase your ability to concentrate, strive to make each meditation deeper than the one before. When you meditate with this kind of intensity, you will find your practice helped tremendously.





The Spiritual Eye, shown in a painting by Swami Kriyananda

Spiritual Eye Meditation

Concentrate at the point between the eyebrows. Visualize there a tunnel of golden light. Mentally enter that tunnel, and feel yourself surrounded by a glorious sense of happiness and freedom. As you move through the tunnel, feel yourself bathed by the light until all worldly thoughts disappear.

After soaring through the tunnel as long as you feel to so do, visualize before you a curtain of deep violet-blue light. Pass through that curtain into another tunnel of deep, violet-blue light. Feel the light surrounding you. Slowly, the tunnel walls disappear in blue light. Expand your consciousness into that light — into infinite freedom and bliss. Now there is no tunnel. There is only the all-encompassing blueness and bliss of infinity.

At last, visualize before you a silvery-white, five-pointed star of light. Mentally spread out your arms and legs, assuming with your body the shape of that star. Give yourself to it in body, mind, and soul as you surrender every thought, every feeling to absolute, Self-existing Bliss.

Bliss cascades gently over you, like a waterfall of mist, filling your heart with ineffable peace.

Excerpt from *Awaken to Superconsciousness*

The Expanding Light



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We strive to create an ideal relaxing and supportive environment for people to explore their own spiritual growth. We share the nonsectarian meditation practices and yoga philosophy of Paramhansa Yogananda and his direct disciple, Ananda's founder, Swami Kriyananda. Yogananda called his path "Self-realization," and our goal is to help our guests tune in to *their own* higher Self. Guests at The Expanding Light can learn the four practices that comprise Yogananda's teachings of Kriya Yoga: the Energization Exercises, the Hong-Sau technique of concentration, the AUM technique, and Kriya Yoga. The first two techniques are available for all guests; the second two are available to those interested in pursuing this path more deeply.

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Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living.

visit www.ananda.org





The River of Life

ROD BRIGGS

“Rivers know this: there is no hurry. We shall get there someday.”

Winnie the Pooh.

Our lives are journeys which, as the sagacity of Pooh reveals, are much like rivers and in some ways it seems we are more learned about the flows of living water than we are about our lives.

Young rivers, newborn and pure are a special delight; the sound they make as they first emerge from their subterranean birth sums their character up perfectly. They bubble. Untainted as yet by sediment and detritus, their crystal chuckles are exhilarating, full of potential, unaware of how powerful they will become yet bursting with life. As they grow in leaps and tumbles through the headwaters they remain dynamic and exciting, being defined by the surrounding topography but pushing boundaries all the while.

As rivers grow into full maturity, from trickle to torrent, they slow down a little and expand, starting to course through well defined channels, their colour changes to incorporate the physical environment in which they exist becoming cloudy and rich in minerals.

The personality of the river develops and it carries with it the capacity to create great changes in its environment; from physical and climatic geography to fauna and flora the river becomes a well spring of vibrant life.

In old age the river slows even more, meandering its way through the lower reaches, its banks flatten allowing vast flood plains, its sedimentary rich waters imbuing the surrounding land with a potential for vast growth, indeed these are the most fertile areas on the planet. As it reaches the ocean it spreads out into broad estuaries creating sanctuary for diverse avian and aquatic life. Ultimately the river, swallowed by the sea becomes integral to the convection process that allows rain to fall in the highlands to emerge as the young river again.

While each stage is unique, each carries with it its own blessing, each moves to its own rhythm and each is perfect in its own way.

Just like us. Well said, Pooh!

Namaste

The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk

shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

www.mindlinkfoundation.com





Emotional Control Exercise

SWAMI MURUGESU MAHARISHI

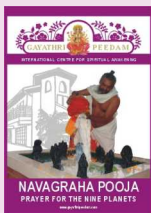
Now let us turn towards practical ways of controlling emotions. Expressing emotion only as feigned or mere show, as an act and without being affected or attached to that emotion is the best way to learn emotional control. This method is likened to an actor in a drama, acting as if he is actually displaying anger, sadness, grief, joy or fear, when we know that, in actuality, it is only a play and not real.

To achieve this state, one should have subdued and controlled one's emotions to some degree. Although incidents may kindle anger in him, he should not get angry in his mind. His mind and body should not change in any way by witnessing an incident. Even in trying circumstances he should, without even the slightest anger, ponder on how to address the situation. He should control all emotional tendencies from his mind. No incident of any kind should kindle in him good or bad sensations. How can this be done?

I will give you the practical yogic method for this purpose. First of all, one thing should be embedded within you. You should strongly remove emotional tendencies and be determined to follow these exercises correctly and sincerely. On a piece of paper, draw a line down the centre. In the left column write 'negative emotions' and in the right column write 'positive emotions'. Now sit in a quiet place, recall all the negative emotions you've ever experienced, and write them in order of importance until you have completed the list. Do the same with the 'positive' emotions column, noting which positive emotions you experience the most often. Do not rush to complete your table. Allow it to take a few days. Think carefully and remember every minute over the past few days to recall all the emotions you underwent.

After completing your emotional record, sit in a quiet place and establish which emotion is predominant within yourself at the present moment. Suppose it is anger: think on that and try to establish which circumstances activate your anger. Write a new list just for anger. For example, 'I become angry when ... my son does not do what I say ... my wife does not prepare food that I ask her to prepare ... my staff do not do as I say, and so on. Complete your anger list and then progress to the next negative emotion until you have analysed all the negative emotions in your list. Complete this exercise in the same manner with each of your positive emotions. Remember to allow yourself ample time to recall all emotions and their causes.

The purpose of this exercise is to develop an understanding of your emotions and their source in order to maintain control of them so that emotional extremes can be overcome and the 'middle path' gained.



Navagraha Pooja: Prayer for the Nine Planets

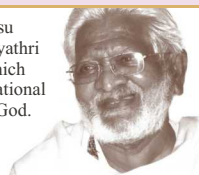
This electronic booklet details the significance of the Navagraha Pooja and explains the benefits of performing this Pooja. Download it for free below and find out how this ancient ceremony is performed at the Gayathri Peedam.

Click here to download your FREE copy of *Navagraha Pooja*

Please visit our website at www.gayathripeedam.com for more information.



Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





The Body Balance Activation Technique

TRACY WHITE

How it began...

When deciding what to write about next, I thought the best subject would be the one I know more about than any other human being. And the only thing I know more about than any other human being is my own healing system, *The Body Balance Activation Technique*.

My technique developed itself when I became involved with a little boy called Gregory Cuerden. He was five years old at the time and had cerebral palsy and epilepsy, and was severely disabled. I did some Reiki sessions on him and it always felt like there was something missing. I was given a book called 'Bio-Etheric Healing' by Trudy Lanitis, and in it she talks about communicating with the bodies innate wisdom, and giving the body instructions to begin the healing process. It was mind blowing to me. I tried some of the exercises with Gregory and they worked! In the first week after we experimented, he didn't have any seizures. He had been having thirty to fifty seizures a week up until that point. Gregory and I continued working together for quite a while and he showed a dramatic reduction in his seizure rate.

From then on, I woke up in the morning with ideas of what else to try, what to add in, what was working, what was too complicated, what to edit out of the system. I would have flashes of inspiration whilst having conversations with people and quickly have to write information down, or I would get messages from friends who are very intuitive, either pictures or information which was relevant to what I was intending to accomplish. People have asked me if I channelled this information. I say it was a combination of inspiration, past knowledge, experience, and guidance that created this modality. And I am continually amazed at its simplicity and profound effectiveness at facilitating a healing of the physical, emotional, and mental aspects of a person.

My system seems to be limitless. I have learned to try it on everything. My sister has even tried it on her sick fish! I have used it on dogs, and a cat. And my mother's comment was that she 'has experienced many different energy healing modalities, but none of them have given her a physical result'. She wanted to know how and why this modality worked. I can honestly say that I don't know. It is a system, designed to work with aspects of energy that, science has proven, works. It is structured using various elements of energy in one session, and with a request for an outcome. The combination of all of these things and an X factor, which is the input from a facilitator, seems to be the winning formula.

Over the next few months, I would like to share with you my understanding of how and why it works, where it works in the body, and what ailments it seems to be the most suited to. And in the mean time, if you would like to book a session to experience this amazing system, you can contact me or look for a facilitator near you on my website at www.bodybalanceactivation.blogspot.com.

Yours in holistic healing.



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The Value of Sincerity

SUREN PILLAY

Most people look at sincerity as one of the most important values on the spiritual journey. In these modern times many people are curious about the spiritual path. There is a big difference between being just curious about the path and being dedicated to the path.

Inner realisation requires great deal of dedication and commitment which, if not expressed by the sadhaka, often results in him (or her) lagging behind, on the spiritual journey. The value of sincerity in this regard is thus, no doubt, very great.

In terms of spiritual injunctions, Chapter One, Verse Thirty of Patanjali's *Yoga Sutra* provides that one of the obstacles to self-mastery is 'styana' which has been translated as 'lack of perseverance' or 'lack of interest'.

In the *Bhagavad Gita*, Lord Krishna states that there are four types of individual that approach the supreme Lord. The curious, those in despair, the desirer of wealth and the sincere aspirant. Each type of individual is clearly in a different stage of spiritual evolution, and it will be wise to regularly review what our purpose is for entering the spiritual path.

If the desire to attain self-realisation is a sincere one, it is almost inevitable that the devotee will attain that height at some point in his life. If the desire is born of mere curiosity, wealth or alleviation of pain, then the devotee may well consider his spiritual journey a longer one as these desires inevitably have to be renounced in order for him to attain the Infinite. The question to ask is: if one has a strong desire for money or better physical conditions, how can that desire be transmuted into a sincere aspiration for inner realisation?

One of the ways to transmute and transcend desire is by gratitude and surrender. First become grateful for everything that you already have. This will result in greater contentment and an elevated state of mind. The second is equally, important: give all your results and actions to the Lord. Surrender in the attitude that whatever happens, will happen as the Lord wills it, and remember always that you are his divine child. Loving God in gratitude for what you have, and not in expectation of what you will receive in the future.

By engaging and developing more transcendental love, the devotee's aspirations become divine and transcendental. He feels more inner bliss and joy and expresses such joy openly.

My message to you this month, dear readers, is to be sincere on your spiritual journey. And if this has not been fully appreciated, imbibe the qualities of gratitude and surrender in your daily existence to develop a sincere spiritual desire for self realisation.

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

<http://www.aoi.co.za/index.htm>





Spiritual Education Vital in Promoting Peace

FLORA TECKIE

Education is a continuous and creative process, aiming at the discovery and perfection of our God given talents and capacities. According to the Bahá'í Teachings both spiritual and intellectual education are necessary for us to realize our full potential as contributing members of socially and spiritually advancing communities. The education required to enrich the human mind and spirit should try to develop our essentially moral attributes including truthfulness, courtesy, generosity, compassion, justice, love, and trustworthiness. The reflection of such attributes in our everyday lives creates harmonious and productive families and communities. Such education should also help to instill the awareness of the fundamental unity of humankind.

Spiritual Education is often neglected. As parents we sacrifice a great deal to send our children to the best possible schools. We often register them at a school while they are still infants to ensure a good place for their secular education. Do we plan and follow up on the spiritual education of our children in the same way? Looking at the current educational systems, we find that in most parts of the world the spiritual and moral development of children are being neglected. The failure to educate the human spirit and neglecting character development has contributed to numerous problems in our societies and all over the world.

The Bahá'í Writings speak of three kinds of education: material, human and spiritual. Spiritual education deals with acquiring the right values and with the shaping of our characters. It is through spiritual education that we are directed to use the knowledge, tools and means acquired through material and human education, for the advantage of humanity. Education whether at home or at school should lead our children and youth in their moral empowerment as well as their intellectual development.

According to the Bahá'í Writings, "Training in morals and good conduct is far more important than book learning. A child that is cleanly, agreeable, of good character, well-behaved -- even though he be ignorant -- is preferable to a child that is rude, unwashed, ill-natured, and yet becoming deeply versed in all the sciences and arts. The reason for this is that the child who conducts himself well, even though he be ignorant, is of benefit to others, while an ill-natured, ill-behaved child is corrupted and harmful to others, even though he be learned. If, however, the child be trained to be both learned and good, the result is light upon light."

The educational programmes and activities should nurture in our children and youth an appreciation for the richness and importance of the world's diverse cultural, religious and social systems. To achieve this they should be free of all forms of prejudice whether religious, nationalistic, gender based, racial or ethnic background. It is important that our school curriculum becomes an instrument in promoting peace and the belief in the unity and oneness of humanity is cultivated in our children throughout their education.

The spiritual education of our children is of paramount importance and education for international understanding and peace is an essential element in bringing into existence a world where every person may enjoy the benefits of justice, development and peace.

The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



Bahá'í Topics

*Religion bestoweth upon man
the most precious of all gifts.*
-BAHA 'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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Maitreya is the World Teacher, the Master of all the Masters, the Head of the Spiritual Hierarchy of Masters, the Embodiment of the Christ Principle on our planet. He holds the office of the Christ and worked through the Master Jesus in Palestine for the last 3 years of Jesus' life. He is the Teacher or Avatar awaited by many faiths under different names; He is here for all humanity, not as a religious teacher, but as a spiritual teacher to uplift and bless all humanity, to heal and inspire us to make the needed changes in the world. His social concerns are reflected in His priorities. As He Himself says: "The problems of mankind are real but solvable. The solution lies within your grasp. Take your brother's need as the measure for your action and solve the problems of the world. There is no other course." Maitreya's message can be summed up in a few words: "Share and save the world." He has come to teach the art of Self-Realization. He comes to offer the love that he is, so that we may know the love that we can be.

The Voice of the People is Heard

BY THE MASTER through Benjamin Creme

During eighteen momentous days, recently, the attention of the world was fixed on one square in one ancient city. In their thousands and tens of thousands, the people of Cairo, young and old and very young, walked bravely past the tanks and water canons, and learned quickly the art of breathing amid tear-gas assault. The people of Cairo, in peaceful brotherhood, took over and held their Square, adding the name Tahrir to the glories of Egypt's illustrious past.

For eighteen days they defied the police and agents of the old, corrupt regime, calling with one peaceful and confident voice for change, for justice and jobs, for freedom and the rule of law. The Muslims among them prayed at the appointed times while others stood guard, protecting them from attack. Brotherhood blossomed and an extraordinary spiritual potency was tangible in the Square and throughout the city.

From whence did this come? Every day, for eighteen days, Maitreya spent many hours in Cairo, mainly in the Square. In many different guises, He worked among the people, consoling the wounded and the many martyrs who gave their lives for freedom and justice.

The Great Lord encouraged, guided and blessed them for their ardour and restraint, and a deep sense of love and unity filled the hearts and minds of all the people. Foreign journalists were astonished by the joy expressed so openly by the citizens, young and old, rich and poor, lame and hearty. Bathing in the energies and love of Maitreya, they were born anew.

Nearby despots and 'strong men' watched these daily scenes on television in horror and disbelief, expecting a sure and firm response from the old regime to end this madness. This madness was the voice of the new time, the time of justice and sharing, freedom and love.

It is the voice of the people, and the people have awakened to their unity and power. For the old despots, the writing is on the wall.

SOURCE LINK TO THIS ARTICLE

The Master is a senior member of the Hierarchy of the Masters of Wisdom; His name, well-known in esoteric circles, is not yet being revealed for various reasons. The Master dictates messages to Benjamin Creme who is in constant telepathic contact with the Master. Share International is a worldwide network of individuals and groups whose purpose is to make known the fact that Maitreya, the World Teacher for the coming age and his group, the Masters of Wisdom, are now among us, emerging into the public arena gradually, so as not to infringe human free will.

British futurist Benjamin Creme, artist, long-time student of esoteric philosophy and foremost spokesperson for this message, has for more than 30 years been preparing the way for Maitreya's emergence. He is the author of numerous books, translated into many languages, and editor of Share International magazine.

SHARE
— International —
<http://share-international.org>





Praying to Lord Shiva, Originator of Yoga

SWAMI SHANKARANANDA MAHARAJI

Lord Shiva is one of the many iconic representations of God. He is said to have been the very first yogi and, praying to God in the form of Lord Shiva is a very personal experience, filling ones emotional and spiritual needs

Shiva is the great ascetic, the master of knowledge, the medicine for ignorance, disease and worldly troubles. Shiva's other name is Nilakanta, the one with the blue throat. By taking poison, he saved the entire creation. His abode is Kailasa. Shiva represents Satyam, Shivam, Sundaram; meaning Truth, Goodness and Beauty. Actually, these are the essences of Lord Shiva. The Lord of Yoga is Shiva. As the Divine Creator, he is also worshipped in the form of a linga in five major South Indian temples.

One has to understand that prayer is direct communication with God. In this way one turns to God and draws closer to God. By doing so, one derives strength and direction from the Supreme Divine Energy. Shivarathri (the night of Lord Shiva) is a great annual prayer ceremony that was recently celebrated by many Hindus. This prayer to Lord Shiva is to acknowledge to ourselves that on this particular night He is present and is very active in our lives. Singing of hymns on this night is bhakti, source of prayer and contemplation to Lord Shiva.

The effects of this night's prayer are creative to the mind. The body also feels well. The Hindu scriptures mention that Lord Shiva is a pure and pristine God. Shiva is free from all three gunas, or qualities of nature: rajas, sattva and tamas. Therefore He can purify anything by mere utterance of His name. Shiva confers good and auspiciousness on all who sing His name on this night. He destroys sorrow at its root cause.

Shiva is worshipped as the 5 elements:

1. Space – Akash Linga in Chidambaram
2. Water – Appu Linga in Trichy
3. Fire – Agni Linga in Tiruvannamalai
4. Earth – Prithi Linga in Kanchipuram
5. Air – Vayu Linga in Andhra Pradesh

Let your prayer on this night be:

OM NAMA SHIVAYA NAMAHA

Isalute Lord Shiva, the liberator of everything, omnipresent embodiment of Brahmadeva, without birth or death, to that Lord, my humble prostrations.

Om Nama Shivaya Namaha



The Jadatharaya Institute of Right Living and Yoga is a non-profit organisation, based in South Africa, and formed in 2005 by Swami Shankarananda in order make available to dedicated aspirants, the traditional methods of yoga, specifically the 18 Kriya Postures of Babaji Nagaraj and related practices of meditation and spiritual living as ways to attain enlightenment. Swami Shankarananda was initiated by SAA Yogiar Ramaiah into Kriya Yoga and instructed to teach the techniques to serious and dedicated aspirants.

www.jadatharayayoga.com



Why do we suffer?

BERNIE SIEGEL, MD

Many years ago my great grandfather told me of the persecution he experienced in Russia which led him to come to this country. He said the Cossacks would pursue him at night, when he was out teaching, and slash him with their sabers. One night he was on the hill above his village with his rabbi, the Baal Shem Tov. As they looked down they could see the Cossacks riding down and killing their Jewish brethren. They might have felt the same had they seen their loved ones being taken away to become slaves in a foreign land. My great grandfather heard the rabbi say, "I wish I were God." He asked, "Do you want to be God so you can change the bad into the good?" "No, I wouldn't change anything. I want to be God so I can understand."

Remember our present problems are not new to mankind. Ninety percent of the natives of South America died when the explorers brought infectious diseases to their continent that they had no immunity to and forty per cent of Europeans died during plagues of the past. Man made wars and holocausts have taken millions of lives and with today's destructive weapons we are more of a threat to each other than are infectious diseases, which we can learn to resist. The question is not, will there be difficulties and threats to our existence, but how will we deal with them and what can we learn from them. How can they become blessings to society, as a life threatening disease is to an individual, by teaching us about the meaning of our life and existence?

When I was a young boy several of my friends became seriously ill and one was hit by a car while bicycling to my house. When they all died I asked my father, "Why did God make a world where terrible things happen? Why didn't God make a world free of diseases, accidents and problems?" He said, "To learn lessons." I didn't like that answer and asked my rabbi, teacher and others. They said things like, "God knows, Why not?, Who knows? That's life, To bring you closer to God." Some were honest enough to just say, "I don't know." This didn't leave me feeling satisfied or enlightened. When I told my mother what they said she answered, "Nature contains the wisdom you seek. Perhaps a walk in the woods would help you to find out why. Go and ask the old lady on the hill that some call a witch. She is wise in the ways of the world."

As I walked up the hill I saw a holly tree had fallen onto the path. As I tried to pull it aside the sharp leaves cut my hands. So I put on gloves and was able to move it and clear the path. A little further along the path I heard a noise in the bushes and saw a duck caught in the plastic from a six pack. I went over and freed the duck and watched him fly off. None of this seemed enlightening. Further up the hill I saw five boys lying in a tangled heap in the snow. I asked them if they were playing a game and warned them the cold weather could lead to frostbite if they didn't move. They said they were not playing but were so tangled they didn't know which part belonged to whom and were afraid they'd break something if they moved. I removed one of the boy's shoes, took a stick and jabbed it into his foot. He yelled, "Ow." I said, "That's your foot now move it." I continued to jab until all the boys were separated but still no enlightenment.

As I reached the top of the hill I saw, in front of the old woman's cabin, a deer sprawled on the ice of a frozen pond. She kept slipping and sliding and couldn't stand up. I went out, calmed her and then helped her off the ice by holding her up and guiding her to the shore. I expected her to run away but instead of running away, she and several other deer followed me to the house. I wasn't sure why they were following me so I ran towards the house. When I reached the porch and felt safe I turned and the deer and I looked into each others eyes before I went into the house. I told the woman why I had come and she said, "I have been watching you walk up the hill and I think you have your answer."

"Many things happened on your walk to teach you the lessons you needed to learn. One is that emotional and physical pain are necessary or we cannot protect ourselves and our bodies. Think of why you put on gloves and how you helped those boys. Pain helps us to know and define ourselves and respond to our needs and the needs of our loved ones. You did what made sense. You helped those in front of you by doing what they needed when they needed it. The deer followed you to thank you, their eyes said it all, for being compassionate in their time of trouble. ►



“What you have learned is that we are here to continue God’s work. If God had made a perfect world it would be a magic trick, not creation, with no meaning or place for us to learn and create. Mankind is not yet ready for a perfect world. We do not know how to appreciate perfection. Creation is work. We are the ones who will have to create the world you are hoping for. A world where evil is to not respond to the person with the disease or pain whether it be emotional or physical. God has given us work to do. We will still grieve when we experience losses but we will also use our pain to help us know ourselves and respond to the needs of others. That is our work as our Creator intended it to be. God wants us to know that life is a series of beginnings not endings. Just as graduations are not terminations but commencements. Creation is an ongoing process and when we create a perfect world where love and compassion are shared by all suffering will cease.

Let me tell you about people who have been my teachers. The first, a teenager sexually abused by his parents who now has AIDS. When he was about to commit suicide by jumping in front of a subway train I asked him why he didn’t kill his parents instead. He said, “I never wanted to be like them.” Love has sustained him and he is alive today. Another young man with a life threatening illness said, “What is evil is not the disease. Many great creative works will come from individual suffering but what is evil is to not respond with compassion to the person with the illness.” An example are parents I know who, because they had a young child die, are improving the lives of other children and raising funds to find a cure for the disease which took their child so other children will not have to die as their child did.

How do we turn our afflictions into blessings? How can we learn as Jacob did from his experience of wrestling with an angel? (Gen. 32: 23-34) How do we use them to help us complete ourselves and our work and understand the place for love, tolerance and kindness? Justice and mercy must both be a part of how we treat those who terrorize because when you understand you can forgive and when you can forgive you do not hate and when you do not hate you are capable of loving and love is the most powerful weapon known to man. It is not an accident that we say, kill with kindness, love thine enemies and torment with tenderness.

If we are going to eliminate war we must love our children more than we hate our enemies. When we raise a generation of children with compassion and when parents let their children know they are loved, teachers truly educate them and not just inform them and the clergy let them know they are children of God we will have a planet made up of the family of man where our differences are used for recognition and not persecution. Words and experts cannot be our Lord. Abraham did not bargain or refuse his Lord’s request and Jesus, who was capable of performing miracles, did not jump down off the cross to impress everyone with who he was. Our Creator must be who we have faith in so we can live as Abraham and Jesus did fearing only separation from their Lord. Think of what Noah experienced too. He didn’t argue with God over what was about to happen. I think he knew that living was more difficult than dying and that we are all here to learn what it is to hurt and be hurt and only then will we be perfect enough to love and be loved. Someday we will all come to understand that in love’s service only the wounded soldier can serve.

In closing let me say that as a surgeon I know something you may not; that we are all the same color inside and members of one family. To paraphrase Rabbi Carlebach, let us hope that some day all the Cains, will realize what they have done, and ask for forgiveness of the Abels they have killed. In that moment we will all rise and become one family accepting that we are here to love and be loved. Until that moment may you accept and learn from your mortality what is truly important in the time of your life; rather than from further disasters.



Dr. Siegel, who prefers to be called Bernie, retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. As a physician, who has cared for and counseled innumerable people whose mortality have been threatened by illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love.

Visit Bernie’s web site at www.BernieSiegelMD.com.



The Right to be Rich

WALLACE D. WATTLES

There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates and fills the interspaces of the universe. A thought in this substance produces the thing that is imaged by the thought. Man can form things in his thought, and by impressing his thought upon formless substances can cause the thing he thinks about to be created. In order to do this, man must pass from the competitive to the creative mind; otherwise he cannot be in harmony with the Formless Intelligence, which is always creative and never competitive in spirit.

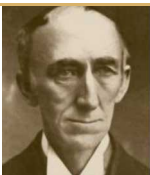
Man may come into full harmony with the Formless Substance by entertaining a lively and sincere gratitude for the blessings it bestows upon him. Gratitude unifies the mind of man with the intelligence of Substance, so that man's thoughts are received by the Formless. Man can remain upon the creative plane only by uniting himself with the Formless Intelligence through a deep and continuous feeling of gratitude.

Man must form a clear and definite mental image of the things he wishes to have, to do, or to become; he must hold this mental image in his thoughts, while being deeply grateful to the Supreme that all his desires are granted to him. The man who wishes to get rich must spend his leisure hours in contemplating his Vision, and in earnest thanksgiving that the reality is being given to him. Too much stress cannot be laid on the importance of frequent contemplation of the mental image, coupled with unwavering faith and devout gratitude. This is the process by which the impression is given to the Formless, and the creative forces set in motion.

The creative energy works through the established channels of natural growth, and of the industrial and social order. All that is included in his mental image will surely be brought to the man who follows the instructions given above, and whose faith does not waver. What he wants will come to him through the ways of established trade and commerce.

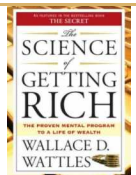
In order to receive his own when it shall come to him, man must be active; this activity can only consist in more than filling his present place. He must keep in mind the Purpose to get rich through the realization of his mental image. And he must do, every day, all that can be done that day, taking care to do each act in a successful manner. He must give to every man a use value in excess of the cash value he receives, so that each cash transaction makes for more life, and he must so hold the Advancing Thought that the impression of Increase will be communicated to all with whom he comes into contact.

The men and women who practice the foregoing instructions will certainly get rich, and the riches they receive will be in exact proportion to the definiteness of their vision, the fixity of their purpose, the steadiness of their faith, and the depth of their gratitude.



Wallace D. Wattles (1860 – 1911) was an author and New Thought leader whose influence has flourished recently. His book, *The Science of Getting Rich* is still helping uncountable numbers of individuals achieve spiritual and material wealth. Since we know so little of his life, we have the gift of being able to relate to him purely through the vehicle of his writing which is kept alive by an anonymous organisation who call themselves the TSOGR Team.

Visit www.thescienceofgettingrich.com





Introduction to Eckankar

ECKANKAR

The are many routes we can take to heaven. God has established so many different paths and means for us that there is a way for everyone. If you are ready, the spiritual exercises of ECK will help you to find your own custom-made approach to the Kingdom of God.

Harold Klemp, The Golden heart

The purpose of Eckankar is to make God an everyday reality in your life. It is to tie in the divine teachings with things that go on here on earth. This gives you a greater understanding of how the Holy Spirit works in your life. As Soul, you have the God-knowledge within you. We are students in life; the education goes on all around us, every second of the day. Before you can improve your life and find a measure of happiness, you must learn to do one thing every day out of pure love. That means, don't expect anything in return - neither thanks nor happiness. Pick that occasion carefully. Then, whatever that one act of giving of yourself to someone else is, do it with your heart. You need to learn to give without thinking of a reward. That's how to find the treasures of heaven. The goal of every ECKist is to experience life to the fullest. That is spiritual mastery. Some of us may eventually serve on earth as 'guardian ange' ECK Masters, while others will pursue specialised interests in the spiritual worlds.

The great beauty of Eckankar is that it is a living religion. It is not bogged down with credos and dogmas. It evolves as our consciousness evolves. We do not worship the living ECK Master. He is a guide to be respected, loved and honoured. He is not an icon to be worshiped. You may study many books and attend classes or lectures, but your real learning comes from inside yourself and your experiences. The present Living ECK Master, Harold Klemp, studied under Paul Twitchell, who studied under numerous teachers, including the Tibetan Rebazar Tarzs. This unbroken chain reaches back through time. There have been countless ECK Masters in this lineage. Some have been historical figures, but most have worked silently or with small groups.

A common expression in Eckankar is that 'the Master is always with you'. The Mahanta gives spiritual protection in a number of ways. Just like on earth, the inner heavens contain both good and bad elements. Some of us stumble onto certain areas of the Astral Plane and become frightened. Without knowing why, other people are plagued by fears throughout their life. And still others, particularly in the developing nations, have serious concerns about witchcraft and voodoo. The Mahanta provides a cloak of protection for his students so they can grow and learn spiritually without fear. The Mahanta also takes over the karma of his followers. This does not mean he will relieve anyone of their karma, for this could mean they would be deprived of an experience they may need. But it means their karmic experience will be organised in such a way they can better understand the lessons being offered.

The play of Soul is like a drama in which Soul is both the actor and audience. On entering the theater the audience knows that it is about to see a play, but the actor creates maya, an illusion of reality which gives the audience extreme emotions of joy or terror; laughter or tears. It is in the joy and sorrow of all beings that Soul, as audience, is carried away by Itself as the actor.

The Shariyat-Ki-Sugmad: Book One.



Harold Klemp is the spiritual leader of Eckankar today. In 1981, after years of spiritual training, he became the Mahanta, the Mahanta, or Living ECK Master and gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring and practical approach to spirituality helps thousands of people find greater freedom, wisdom, and love. His teachings uplift and help them recognize their own experiences in the Light and Sound of God.

Visit www.eckankar.org



Readers' Inspirations

Nature

Sweet roses fragrant the air with divine smells.
The sun illuminates the world with light everyday.
The ocean brings coolness and calmness to our being everyday.
And the Moon, lights the night in beauty and beatitude.
Mother nature, let us never disregard thy power and beauty again!

SUREN PILLAY



The Wind

I am a pipe the wind blows through,
Be still, it is the wind that sings.
The course of my life and the things that I do
And the seeming false and the seeming true
Are the tune of the wind that neither knows
Good and ill, nor joys and woes.
But the ultimate awe is deeper yet
Than song or pipe or storm;
For pipe and tune are the formless wind
That seemed for a while to take form.
And words are good to escape from words
And strife to escape from strife,
But silence drinks in all the waves
Of song and death and life.

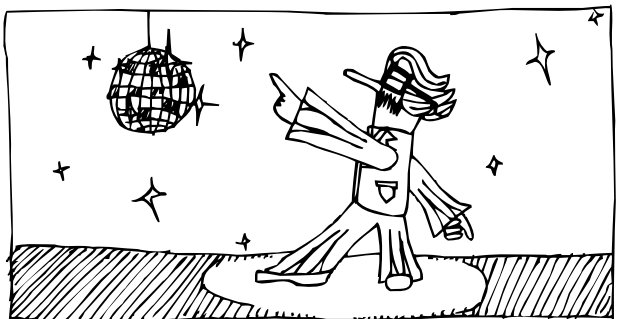
ARTHUR OSBORNE

the chronicles of puglana^{da}*

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Gurujii: We should dance in
God's name and become one
with the cosmic vibration.
Let the vibrating emotions
rupture into dance moves,
enjoy the bliss and
the cosmic grooves.



Puglananda: Radhe! Radhe!

* Puglananda means 'bliss in stupidity.'



Index of Resources and Online References

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