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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Fourteen

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Welcome to the April 2011 issue of *Transcendence*.

Once again this month's edition brings us an interesting unintended common theme running through many of our articles: that of mind, consciousness and our control over our environment and our own spiritual development.

We start off with a reminder of the state of illusion in which we are caught, and how it prevents us from experiencing Spiritual Reality. The mind is the key to unlocking the solutions to all of man's problems, be they personal or planetary. In order to gain true power over oneself, especially in positions of leadership, we must overcome any victim mentality that we are displaying. Every prayer we utter and every thought of God must be done consciously, with intention and not by blind, repetitive ritual.

Instead of allowing the mind to limit us, we need to use it to liberate us. This can only be done by taking conscious control of our thoughts, words and actions instead of allowing the wavering mind to control us. In other words, 'we must use it to lose it'. In gaining control of our mental faculties and taking responsibility for our actions we will grow away from prejudice and move towards unity with our fellow beings as we will no longer project our judgements onto others, but will grow to realise that our thoughts and actions affect every other living being and, in turn, influence the world around us.

We are even given methods of doing this. Swami Shankarananda suggests we think of God all the time, in everything we do. At this time of Easter, the contribution of Dr Bernie Siegel is so apt. He tells us that 'Death is the greatest teacher there is about life; so live and learn', that death is a transition phase to something greater, the 'beginning of the end'. Let us take the time over the next month to contemplate these profound words.

In Love and Service, always,





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Heavenletter # 3747 - In Love with Illusion

GLORIA WENDROFF

God said:

Let's face it. You are in love with illusion. You love illusion more than anything. You who would deny that you love pomp and circumstance love illusion. You love a parade. You hardly love the deeper significance of life. In fact, you do not love it at all. The deeper significance of life seems like a wayward thing, a miscreant perhaps. You don't consider the carrot of everlasting life to be so desirable as it is.

What do you really care about what is behind the veil when you are happy or when you are suffering? You tell yourself that you live in the here and now, and you don't want later or what's secretly going on at this supposed time to confuse you. You want that which you like to see, and you want it now, and you want it to stay, and you want that to be the truth of existence whether it is or not. Existence has been enough for you, and sometimes too much for you.

Nevertheless, you want the surface to be permanent when you want it to be, and you want the surface to be temporary when you want it to be, and sometimes you want all or nothing.

You do not want to be adrift in the ocean of life, and yet you want its highlights. You want that which you want, and you want it now, for you mean to live in the present. All the while, you are living in illusion. You want to be at a party that never ends. You do not want the clock to toll midnight. You do not want Cinderella to look like a motherless scullery maid again. Beloveds, you are caught up in appearances. What are princess and scullery maid but appearances? Call them reality, if you like, yet they are still appearances. Call them real life, if you like, for that makes them true for you whether they are true or not.

You never want any color to fade. You want all colors to be bright and flattering to you and your living quarters. You want the sun to shine every day, unless you happen to want snow to ski on.

Illusion captivates you very much. Alas, illusion is illusion and cannot be anything else.

It so happens that the real action is subterranean. It is like a poem that is not quite clear. It may have a great affect on you, and yet you don't understand it. Understandably, you don't want to deal with anything you don't understand. You like to deal with what you do understand, although you do understand very little of it, of life, of yourself, and what you are doing on this illusive Earth.

Yet there is comfort in turning the key of your car, and it starts. There is even comfort in getting on the bus and showing your bus pass. Life is made up of so much of these little acts that give a continuity to life. All this is enough for you. You have to manage these steps of life anyway. How can you deal with this underlying Silence when you have all you can do to deal with the noise? What do I, God, think you are anyway, you ask.

You know by now what I think. I think you are beautiful and true. I think your veering away from the validity and solidity of the Silence is a mask. You hold a mask before your face and attend the masquerade ball. And, so, you while away your time, your illusory time, and you like to think that you make hay while the sun shines.





Whereof I speak, the sun shines all the time, and you are on favored ground. You don't have to leave the surface of life in order to enjoy the underlying Silence. You keep your eye on the day-to-day life, and yet you keep an ear to the deeper foundation of life from which, when all is said and done, you cannot flee. And I have to ask you, why would you want to flee from that which gives real meaning to your life? You cannot escape anyway. You cannot escape the joy I have made ready for you. You are already here with Me, and that's how it is, and that's how you are.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



Your old life is like a black and white movie. You can see it as bleak, or you can impose color upon it, but your old life is still nothing but an old movie reel. Your past life is not your glory. Today is. And your past is not your pain either, for that is past. Heavenletter #39 Movie of Your Life



External motivation is not enough. Motivation for results is not enough. Motivation has to be deeper than that, and satisfaction comes from deeper than that. Heavenletter #208 Motivation



Even when you die, you feel embarrassed to leave your body around, as if you are littering. There is such longing in the Human heart to be bodyless. I am not saying longing to die, but longing to be unhampered by a physical form. You do know density when you see it.
Heavenletter #373 More than the Frame



Love always renews itself. It is refreshing. Love pulses, and each pulse brings new waves of fresh love. There is no backing-up of love, for love itself is its course. The flow is love. It is burgeoning love. It is a sunburst, love is.
Heavenletter #434 More About Love



Strings of love entwine the universe. You are meant to untie them and loose them to the universe. You live in a universe of love, and you are the one to unwrap this universe to itself. This universe exists within you and outside you. Within and without become one wondrous beat of My God heart throbbing within yours.
Heavenletter #510 Make Way for Love

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



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 April 2011

SWAMI SHANKARANANDA

ARIES: A possible economic loss may surface at the start of the month but you will accomplish whatever task you take on. Watch your tongue and your temper. An unwanted expenditure may force you to incur a loan. Health will be good mid-month and work conditions will improve.

TAURUS: Financial activities will occupy most of your time. Relations with seniors may improve around the 11th but be guarded during that time in case of conspiracy. A child's health may be problematic around the 16th. Money inflow will be good around the 29th but a loss is also possible.

GEMINI: An ideal time to start a new venture. Those in publishing careers will have a career boost. A possible business trip around mid-month. Devotion to your work will bring rewarding results. A major responsibility may surface towards the end of the month. Watch out for minor accidents.

CANCER: Family and friends will be highlighted at the start of the month. Possible home renovations may start during this time. Finances will improve towards mid-month and you may be studying around the 18th and 19th. Health should remain good.

LEO: A possible confrontation with a family member may surface at the start of the month. Watch out for a minor accident. Business profit will expand around the 9th with a possible journey around the 14th. Projects will be finalised and health will be good but pay attention to your home life.

VIRGO: The arts will predominate at the start of the month and friendships will grow. Watch out for vehicle problems. Good news may arrive mid-month and projects will be accomplished. A new venture may surface around the 15th. Be careful with your money around the 20th.

LIBRA: Property related matters will progress at the start of the month and many roads will lead to success. A new project may commence around the 9th but you'll have to work hard at it for financial success. Be aware of possible health and family related problems around the 23rd.

SCORPIO: An opportunity to increase your knowledge arises at the beginning of the month. Work will be enthusiastically completed during mid-month and finances will be strong. Some property issues may surface around the 17th. Avoid working overtime and pay attention to your health.

SAGITTARIUS: Avoid important decisions at the start of the month. More time will be spent on entertainment but work will still succeed. During mid-month an interest in spirituality will predominate. Beware of deception around the 19th and make sure you iron out all domestic disputes.

CAPRICORN: The month could start off with a long journey. Excessive expenses may force you to take out a loan. Studies may also be a highlight this month. Don't entrust your job to subordinates mid-month. Month-end is a good time to revise decisions and improving on them where necessary.

AQUARIUS: Avoid over-spending at the beginning of the month. Those in service may face some problems but they will be resolved. Look forward to good news around mid-month. Read documents thoroughly before signing. A good time for study and research though health may not remain stable.

PISCES: The month starts off with successful achievements. Occult studies will give you confidence but watch out for mounting expenses. Watch out for the resurfacing of a repetitive ailment. Guard yourself against jealousy around the 18th. Energy levels will be high at 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.



Exploring Transcendent States of Consciousness

ROY EUGENE DAVIS

PARTONE

Even when we are healthy, reasonably happy, and our circumstances and relationships help us feel comfortable and secure, until we are spiritually enlightened, we cannot be completely peaceful. A prevailing sense of “divine discontent” will impel us to want to grow beyond all of our limitations—to no longer be confined to ordinary states of awareness which obscure perceptions of an ultimate Reality that we intuitively know exists and is accessible. Fleeting episodes of transcendence (rising above, passing over, or going beyond ordinary boundaries of thinking, states of awareness, or perception) have been reported by many people.

Albert Einstein wrote about his transcendent perceptions: *“It is very difficult to explain this feeling to anyone who is entirely without it, especially as there is no anthropomorphic [human-like] concept of God corresponding to it. The individual feels the nothingness of human desires and aims and the sublimity and marvelous order which reveal themselves both in Nature and in the world of thought. He looks upon individual existence as a sort of prison and wants to experience the universe as a single, significant whole.”*

In regard to prayer as a means by which a transcendental state may be experienced, a Hebrew mystic, Rabbini Eleazar, wrote: *“Think of yourself as nothing and totally forget yourself when you pray. Only remember that you are praying for the Divine Presence. You may then enter the Universe of Thought, a state of consciousness which is beyond time. Everything in this realm is the same ... [perceived as oneness] but in order to enter this realm you must relinquish your ego and forget your troubles.”*

The 16th century Spanish mystic John Yepes (St. John of the Cross), wrote about his transcendental experiences. Note the following account of an event that occurred during his early thirties when, feeling desolate and confused, he sought the solution to his problem while engaged in intensive contemplation: *“After some time, certain rays of light, comfort and divine sweetness scattered these mists and translated the soul of the servant of God into a paradise of interior delights and heavenly sweetness. This sovereign wisdom is an excellence so high that no faculty nor science can unto it attain.”*

Of this, and other episodes, he wrote: *“This is nothing else but the supernatural light giving light to the understanding, so that human understanding becomes divine, made one with the divine.”*

In *Vasishtha Yoga* (India, circa 2000 B.C.E.), the author has a character in a story describe a perception of freedom that can result when one’s awareness is clarified: *“I was long enslaved by the great enemy, ignorance, which robbed me of my wealth of wisdom. But now, by God’s grace and my own self endeavor, I have attained wisdom. By Self-knowledge the shadow of ego-sense has been removed. Rid of the poverty of delusion, I remain supremely free. All that is worth knowing is known. All that is worth seeing has been seen. I have attained that beyond which there is nothing to be attained.”*

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



Mind - The Focus of Planetary Development

LUCIS TRUST

The Ageless Wisdom teachings maintain that behind the mind stands the Thinker, the Observer, the Divine Perceiver - all synonyms for the Soul. Man is 'the one who thinks', the word man being derived from its Sanskrit root - Manu. The mind is an instrument that registers impressions from a higher level of awareness - the 'raincloud of knowable things' - 'that cloud of wisdom which hovers over the lower mental plane and which can be tapped and used by students and aspirants through the free play of the intuition'.¹ The brain too, is simply a sensitive receiving and transmitting mechanism responsive to impressions relayed to it. This is in contrast to modern science which considers mind as being a by-product of the biological activity of the human brain. Nevertheless there are signs that the Eastern and Western approaches are coming closer together with more open-minded scientific discussion about the nature of human consciousness. Bridging is, therefore, underway and human understanding is advancing.

The outstanding quality of modern man is the intellect - the knowledge aspect that has brought into manifestation the objective forms that condition modern day life - for good and for bad. However, the intellect is not an end in itself - to progress further humanity must raise the mind to new heights and move from the intellect to the intuition. The intuition, from the perspective of the Ageless Wisdom teachings, is not a 'feeling' but rather it is light flowing directly through the higher mind from the spiritual worlds. This light, when registered in mind and brain, brings a more synthetic understanding and recognition that all life on our planet is interrelated.

To draw down the intuition requires the lower mind to be in tune with the Soul - the Son of mind. The Soul is neither spirit nor matter but is the relation between them - the middle principle - the link between God and His form. Through the Raja Yoga technique of meditation the student integrates the physical, emotional, mental and spiritual life leading to union or alignment with the Soul; thus the first half of the antahkarana - the rainbow bridge - is constructed consciously by the meditator. Through meditation the student draws down the spiritual force of the Soul so that it can be expressed in service in daily life. The alignment of the lower mind and the Soul prepares the way for the building of the second half of the antahkarana linking the lower and higher aspects of mind. It is through the higher mind, the lowest point of the spiritual Triad, that the synthetic understanding of the intuition and the dynamic power of the will to be used with love and, harmlessness in service, are known. These energies are directed into the physical world through the lower mind and the physical brain; the result is spiritual livingness.

The creative use of the mind can transform life on earth for the common good. Every visible form upon the physical plane '... is the result, first of all, of thought, then of desire, and finally of physical plane activity. A man sees a vision and a possibility'.² Whether the form is a beautiful garden, a fine building, a work of art, a thriving city or a complex computer programme, it has been brought into manifestation by some thought; energy follows thought; clearly, objects do not appear by some chance occurrence. Man is, therefore, the Thinker incarnated here on Earth. And because man - the microcosm - is the Thinker it follows that behind the visible Universe stands some unimaginable Thinker we may call 'God, or the divine Reality, veiled by all forms'.³ How profound is the occult truism 'as above, so below'!

1. Glamour: A World Problem, p. 135. 2. The Externalisation of the Hierarchy, P.263. 3. Discipleship in the New Age 11, p. 189

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 Need for a Personal Saviour

SWAMI KRIYANANDA

Christian tradition is not totally lacking in the concept of what the Indian teachings call the guru. The Eastern Orthodox Church, which is as ancient as the Roman Catholic, stressed the importance of the *staretz*, or personal teacher and spiritual guide: a concept not essentially different from that of the guru. Paramahansa Yogananda stressed the importance of having a guru. He also said to me that there must be at least one physical contact with one's guru. And he told me emphatically, "If you question scripture, or challenge it, it can't answer you, but a guru can answer you, and can set you straight on any errors in your understanding".

To attune one's consciousness with that of a true guru - one, that is to say, who is himself free from ego-consciousness and fully aware of God as the sole reality - is the only way to break out of self-incarceration in the prison of the ego. Most people, alas, feel little or no incentive to make such a 'prison break'. Desires, habits, attachments and the energy (that is to say, the karmas) they have directed outward constantly in the past - actions for which they themselves, of their own nature, feel the inner need in some way to complete - keep their attention riveted on outer fulfillment. Hence is it that the Bhagavad Gita says, "Out of a thousand, (only) one seeks me". It is said also, in the scriptural tradition of which the Bhagavad Gita is a foremost example, "One moment in the company of a saint can be your raft over the ocean of delusion". A saint's company carries that great blessing because his (or her) magnetism can help to redirect people's 'molecules' of mental tendencies, and to reawaken in them the desire to reach up toward more truly spiritual goals in life.

In the beginning of this awakening process, people seek spiritual fulfillment by listening to spiritual discourses and reading spiritual literature. As their consciousness becomes more refined spiritually, they begin to seek out the company of saints, or of others who possess spiritual wisdom: persons who can teach them personally also.

Finally - for God is ever actively present in the souls of men - those who are deeply sincere are drawn by divine grace to someone who has been empowered to assume the duty of guiding them out of the fixations born of ego-consciousness to perfect Self-realization. This person is their divinely destined guru - or, in the ancient Christian tradition, their *staretz*, or personal link to Christ, their Supreme Saviour.

The link with the guru, once forged, is eternal. Even after one achieves spiritual freedom himself, and becomes in his turn a true master, that sacred bond remains as one of eternal friendship. With final liberation in God, all souls are, of course, one in Divine Perfection; no distinction of individuality remains.

Jesus Christ sometimes spoke in terms that, from anyone who had attained a union with God less perfect than his, must surely have seemed almost embarrassingly boastful and arrogant. "I am the way, the truth and the life: no man cometh unto the Father, but by me." (John 14:6) Jesus went on to say: "If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him" (John 14:7). He also said, "Where two or three are gathered together in my name, there am I in the midst of them." (Matt 18:20).

These words were not stated in reference to himself, the man. Indeed, it would be absurd to think of him, in that little body, rushing from church to church on Sunday mornings so as to be, each in turn, 'in the midst' of all his congregation of worshipers! Besides, his statement was 'There am I, ...': present, not future, tense. He was not promising to get to each of them 'by and by', as time permitted. His use of the present tense suggests, rather, an eternal reality and an infinite awareness.





To the Jewish priests and rabbis, these and similar words which Jesus expressed were so offensive that, in the end, they crucified him. Reading his words in the Bible, one is surprised at how powerfully he affirmed the importance of his own mission on earth. That affirmation did not indicate, however, any lack of humility. He had no ego of which to be either proud or humble. It was simply necessary for him to speak in that way, because there remained so little valid spiritual tradition among the Jews of his time. It was necessary that he emphasize a truth which few would have accepted, had he declared it self-effacingly.

In truth, a God-realized master is far above any need to protect himself from personal pride by affirming humility. Usually, so as to set others a good example of humility, he affirms his own unimportance. Though only a relatively few true masters live on earth at any one time, there has yet been no dearth of them over the centuries. Wise is that spiritual seeker who understands how desperate his own need is for a personal guru. I was once challenged by a skeptic, “Why do you say I need a guru?”

“You don’t!” I replied firmly. “You don’t need one at all! Why even think about it? Just be sincere in your own search for truth.” I then added, “When you realize, however, that it is God you want, and nothing else, then you will understand also that you need help in finding Him. That is the time, and not before, when you’ll understand that you do indeed need a guru!”

Excerpt from *Revelations of Christ*, Chapter 19, The Need for a Personal Saviour

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Heart of Darkness

ROD BRIGGS

Generations of Africans have suffered the triumph of disappointment over potential, creating the only continent on the planet where the normal rules of human development and advancement simply don't apply ... African nations are doomed to victim status.

TIM BUCHER

Living where I do, on the east coast of my favourite continent, it is easy to see where Tim Bucher is coming from. The inside story of African politics reads like a never ending Shakespearean tragedy; where despot is replaced by the 'liberator' who ends up being even more tyrannical than his predecessor.

In South Africa itself, often seen as Africa's last hope, infrastructure, in all areas of public life, is in rapid decline. Municipalities are provably corrupt or at best just incompetent, there has been a ban on crime statistics for more than a decade, and politician's families are routinely given fat cat jobs. Instead of resigning at the first whiff of scandal, civil servants are retained 'until proven guilty' - which never happens due to the collapse of the judiciary. Gruesome farm murders continue unabated; perpetrators - if caught at all are released on bail and never seen again. Motorists are routinely harassed and even molested by traffic officers and, to top it all, if the government has its way - which I'm sure it will - this is the last time I will be able to pen anything like this due to draconian new 'gagging' laws designed to stop the media from being able to scrutinize the corruption in high places. T.A.B. - That's Africa Baby!

As long as the masses in Africa see themselves as victims that is what they will get. The sad truth is that we all get the leaders/politicians that we deserve. As long as we accept the decline, it will continue. When we all recognise that we deserve better, we will get better. Over the last year or two the rumblings of dissatisfaction have started, with residents of poorer areas agitating for what should be basic human rights ranging from water and sanitation, to electrification, housing and a livable pension.

Human beings have a unique ability to change their lives by changing their perceptions. Such a shift is long overdue. It behoves all of us to support and encourage the necessary revolution of the heart which was envisioned by Nelson Mandela and Arch Bishop Tutu and which, since their respective retirements, seems to be very conspicuous by its absence.

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





Psycho-Spiritual Concentration

SWAMI MURUGESU MAHARISHI

You may have read many books, written by eminent scholars, on concentration and have undergone personal training in various ashrams. Even so, I assure you that this course will bring you more illumination, stimulate you to speed up your practice and assist you in gaining results. Many people want to learn concentration, without knowing correctly what concentration is and what its benefits are. Many people think that concentration is to still the mind, which is also considered as 'mind control'. Such persons do not know what mind is. Mind is not a material object but a power – energy. Power or energy will never come to a standstill, unless it is 'dissolved' once and for all. Mind will not stop until it is dissolved into mental ether; this occurs only when a person attains nirvana or moksha. Until then the mind will be functioning when man resides in the physical, astral and mental planes. True mind-control is not stilling the mind but making it function in one direction without fluctuation. During concentration mind fluctuations become slower and then finally flow in one direction, in a pin-pointed way.

We know well that we cannot absorb anything clearly, when our mind wavers. We cannot read a book and understand its contents well cannot hear a lecture and remember the subject, cannot solve even a small problem, when our mind is wavering. When the wavering of the mind becomes one-pointed, we can easily understand the contents of the book or subject of the lecture and can find the correct clues to solve our problems. When the mind wavers, its power is wasted; but when it begins to function one-pointedly, its power is channelled in one direction. By controlling, not stilling the mind, its power become strong and one can easily develop clairvoyance, clairaudience, astral projection, premonition, psychometry and other psychic arts. We can now understand easily that if meditation is to shift any consciousness from the mind, it will not be possible until the wavering of the mind is made to function single-pointedly. So, it is imperative that one should master concentration before beginning to practice meditation. Now you can easily understand what concentration is and the benefits that can be derived from it. We can memorise a subject that we read and hear, or solve problems easily and correctly, master modern psychic arts like clairvoyance, etc, and easily pass into meditation and attain its benefits.

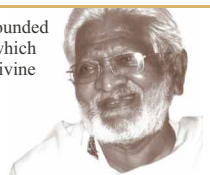
Nowadays, without understanding the characteristics of the mind many people chalk out wrong practices for concentration. Some teach that one should go on seeing any one point in picture; others teach one to listen to any systematic or uniform sound continuously; some teach the reciting of any mantra and so on. I assure you that by practicing such wrong methods, one cannot even succeed even in acquiring a little talent in concentration. Such practices are wrong because the wavering mind cannot be directed towards any single point, at once, but should be trained like a horse: step by step, to subdue restlessness and develop single-pointed focus.

We know that the function of the eyes is to see; that of the ears to hear and that of legs to walk. Similarly mind's function is to think. Controlling our concentration is not to stop the mind from producing any thoughts, but to produce similar and connected thoughts on any one subject. When thoughts dwell continuously on any one subject, the subject is understood. So, let us now conclude that concentration is not stilling of the mind but training and controlling it to function on one subject. Concentration on a single mantra is not the mere mindless repetition of it for years, but to ponder over the meaning of each and every letter and word of that mantra, by which the deep and hidden meaning of that mantra is understood. Concentration on one deity or deva is not the mere visual experience of the deity but the contemplation of its attributes and character by which we understand the power and functions of that deity. Concentration on any one idea is not to repeat it continuously vocally or mentally, but to impress its ways and means into the mental framework so that it may materialise.



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

www.gayathripeedam.com





The Body Balance Activation Technique

TRACY WHITE

How does it work ...

The short answer, I don't really know for sure. I am comforted to know that neither do scientists. Our energy anatomy and how it works has become the focus of some scientists as they try to prove the existence of what healers have known to be true for centuries.

With the discovery of Quantum Physics in the early 1900s, scientists have a tool to measure and understand the nature of energy and the way in which information transfers through the body's communication system and from the environment that we live in. They have discovered ways to prove the existence of many of the basic ideas that energy healing has at its foundation - like fields of energy that are generated by the body, and the idea that energy follows thought. Science is discovering that healing does not happen the way they originally thought it did and that consciousness, thoughts and emotions are important in the healing process. This information has been brought to us, the general public, through wonderful movies like, *What the Bleep do we know?* and *The Living Matrix*. In both of these films, scientist talk freely about concepts that were once frowned upon by mainstream science, and in a language that we can understand.

The world of science is playing a game of catchup with what Spiritual Masters have been telling us for centuries. Slowly, the discoveries that are being made are changing the views of the scientific world at large, validating many energy healing modalities, one experiment at a time.

For some time now, scientists have been able to measure fields of energy and specific frequencies needed to activate healing in different parts of the body with a specially designed piece of equipment called the 'Super Conducting Quantum Interference Device' or SQUID. Dr John Zimmerman at the University of Colorado School of Medicine used this device to measure the biomagnetic fields of the different parts of the body including the brain, the heart and many of the organs. It was found that the heart has the strongest biomagnetic field, with the brain and the rest of the body all generating their own specific fields which surround each of them. Each of these fields pulsate at different frequencies, which fluctuate according to the health of that particular part of the body. These field also interact with each other and together they form a larger field which surrounds the whole body, and which interacts with other fields in its environment affecting each other and sharing information.

In the film, *The Living Matrix*, these fields are referred to as body and information fields and they are described as a structured network of energy and information fields that regulate the physiological functions of the body. "This field may be influenced by natural and man-made external fields (gravity, electromagnetic fields, etc.) and by consciousness other non tangible factors, such as and beliefs, perceptions, emotions, and memories. Information is exchanged throughout the body's fields, from basic temperature and light to complex thought and intentions, and this information is imprinted on the waves of energy exchanged amongst these fields, creating structures around developing organisms. These structures, or information fields, help the body maintain its form, recover from disease and damage, support regeneration, and other functions. The coordination of all cells is accomplished with the help of information fields so that each cell knows what other cells are doing at any given time."

Yours in holistic healing.



The Energy Centre

TRACY WHITE

Reiki Master / Teacher

Usui & Tibetan System of Natural Healing

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The Limitation of Thought

SUREN PILLAY

The stance taken by most people in the world today with regard to the natural disasters that have been experienced is that these disasters are independent of our actions, thought and behaviour. Such a view does not hold true in spiritual philosophy and thinking, where thought, word, and action are seen to be the core of our reality. In spiritual philosophy, every thought has a consequent effect on reality including oneself. The view that thoughts, words and actions are independent of thought, only holds true in the paradigm of separateness from God or the creator.

Many saints have said that we must pray not to God but in God. The underlying principle for this statement is that God does not exist independently from us but is within us and all around us. The acceptance of this view results in a complete shift in perception about our relationship with God. The qualities of the absolute including the aspect of all knowing, all powerful and all present is consistent with the perception that God is all round us and within us.

The repeated practices of spiritual sadhana, awakens dormant faculties of perception which allow us to consciously experience our eternal unity with the infinite. By repeated spiritual practice, the philosophy of oneness with God becomes an unchanging reality for the truth-aspiring devotee. Every action leads to greater fulfilment not only for the devotee but for humanity as a whole. One of the methods of praying in God is to practice the presence of God. Even in your greatest or darkest hour, if you acknowledge the omnipresent power of God, you are acknowledging the truth of who you really are.

The power of the infinite is unlimited and cannot be comprehended by the human mind. The reality of cosmic intelligence is that it can never be limited to only human characteristics and personalities, as it's nature is all encompassing and all knowing. The attempt by many philosophers to reduce the infinite into the realm of human thought and attributes represents a limited attempt to understand that which is unknowable by mind and thought.

Can God ever be insulted? how is it possible to insult something you do not know or understand, something which extends far beyond the realms of human mind and thought. Conscious experience of this intelligence is the only viable route to understanding the causeless nature of God. This approach requires one to abandon the route of thought and intellect as a measure of understanding God and requires one to go beyond the rational limitations of the mind. This is achieved through meditation which is the scientific art of mastering the mind.

Meditation is the process of slowing and stilling the fluctuations of mind so that the infinite power might be perceived. It is only in the dead calm of the sea that the glory of the ocean can be truly appreciated in its fullness. It is the same with the human mind, a restless mind cannot pierce the level of thought which is necessary to experience spirit.

My message to you this month, dear reader, is to always be open minded in your approach to God, and know that you can never know him by thought but only by experience!

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>





Beauty and Harmony in Diversity

FLORA TECKIE

The differences in the human family are what make the world a more beautiful place to live in. It is such diversity that makes our rainbow nation so special. Differences are not only in the human family, but are apparent throughout the whole of nature. A beautiful garden is normally made of flowers of different colours, charm and beauty and shrubs and trees of different types and sizes.

Similarly the variety of colour and culture enriches the world of humanity. According to the Baha'i Scriptures: "The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord." and emphasizing that "If you meet those of different race and colour from yourself, do not mistrust them and withdraw yourself into your shell of conventionality, but rather be glad and show them kindness. Think of them as different coloured roses growing in the beautiful garden of humanity, and rejoice to be among them."

The unity of humanity, as Bahá'ís view it, is a unity in diversity rather than uniformity. It is not by suppression of differences that one will arrive at unity, but rather, by an increased awareness of and respect for the values of each culture, and indeed of each individual.

What is causing currently division, hatred, warfare and bloodshed in many parts of the world is prejudice. Prejudice comes from the belief that one group or a part of humanity is superior to another. In order to promote unity and mutual understanding among the various segments of the human family we need to confront and eliminate all forms of prejudice be it religious, racial, patriotic, tribal and so on.

With unity - a unity that embraces and honors the full diversity of humankind - our current problems, which face the humanity today, can be solved. Bahá'u'lláh, the founder of the Bahá'í Faith says: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established." "So powerful is the light of unity," is His further testimony, "that it can illuminate the whole earth."

In the Bahá'í view the recognition of the fundamental oneness of the human race is the key to overcoming our prejudices. At the same time we are encouraged to value our diversity and the unique gifts of each individual and group identities.

Belief in the oneness of humanity provides both a unifying vision and the basis for a new system of values. It has the power to inspire the transformation of individual attitudes and behavior. It can, at the same time, help chart the structural changes necessary for the emergence of a peaceful, harmonious, and prosperous global society.

Acceptance of the concept of unity in diversity implies the development in the individual of a global consciousness and a love for humanity as a whole. Overcoming our prejudices require profound change of heart and a new mind-set. It is the power of the Word of God that can produce such a necessary transformation.

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.

Man's Responsibility

BY THE MASTER through Benjamin Creme

From the earliest times, mankind has feared the natural disturbances of our planetary home. Cataclysms of unimaginable ferocity have destroyed huge areas of the Earth's surface over and over again. This fact is hard for many to accept and raises, always, grave doubts in the minds of many religious people about the veracity of God's love for humanity. How can we believe in a loving God who allows thousands of people to be killed in earthquakes, tsunamis and the rest? Were humanity to understand their own involvement in such planetary destruction, they could play a significant role in preventing its occurrence.

The Earth's crust, as it has evolved over the ages, is not single and evenly spread around the world. As is well known, it takes the form of various plates at different depths, which overlap and are in relatively constant movement. Countries and cities which lie on or near the plate edge, or fault-lines, are consequently subjected to earthquakes and, if near oceanic regions, tsunamis. It is not a question of God's love failing humanity but of seismic pressure which must be released. What, we may ask, causes seismic pressure to grow to such a destructive extent?

Elemental Devas (or Angelic forces) oversee the mechanism by which these colossal energies act or are modified. The Earth is a living Entity and responds to the impact of these forces in various ways. One major source of impact comes directly from humanity. As humanity, in its usual competitive way, creates tension through wars, and political and economic crisis – that is when we are out of equilibrium – so too do the Devic lives go out of equilibrium. The inevitable result is earthquakes, volcanic eruptions and tsunamis. We are responsible.

How then to end this cycle of destruction? Humanity has the means but so far lacks the will to change. We must see ourselves as One, each man and woman a reflection of the Divine, brothers and sisters, sons and daughters of the One Father. We must banish war for ever from this Earth; we must share the resources of this planet which belong to all. We must learn to live in harmony with the planet itself to know a future of harmony with each other.

Maitreya has come to show men the way, and to galvanize man's actions. Across the globe, men are finding their voice and calling for justice and freedom. Many have died to claim their right, God given, to freedom and justice. His call is for all men and women everywhere to see themselves as He sees them, as Divine, Sons and Daughters of Divinity Itself.

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>





Let it be God all the Time

SWAMI SHANKARANANDA MAHARAJI

Paramahansa Yogananda, the great eastern saint that went to the west, has declared in his *Autobiography of a Yogi* that 'the Kingdom of God lies within'. In the inner altar of your being Ishwara rests within you. This evening I am going to attempt to unite you to that great Ishwara and ignite that Ishwara within you. Once we ignite that Ishwara within, you will find that union with God becomes a very simple duty and large progress will occur in your journey.

My guru, Swami Murugesu Maharishi, a great saint of the International Trust Gayathri Peedam of Sri Lanka, Nuwara Eliya, has given the instruction that I should take God to the people since the people are too busy to come to God. My purpose is to introduce you to God in a playful, happy, blissful way so when you leave here you don't make the statement, 'I fear God' you make the statement, 'I love God'. Fear is always a negative aspect. Many of us say, 'I am God-fearing'. Loosely translated, this means that we'll stay far away from God. God-loving means always embracing. That is the most important aspect of us knowing God. We need to love God first. You fear your teacher; many of us fear our parents when we do wrong. We can't say, 'I love my parents when I do wrong'. Nobody says that. Just by the sound of His name, that beautiful name of the Lord - sounding the name in every aspect of the Lord, in both male and female aspects - you will be regenerated in His name.

Krishna gives us many ways to attain God in the Bhagavad Gita. He gives us Raja Yoga, Jynana Yoga, Dhyana Yoga, Kriya Yoga, Karma Yoga, Bhakti Yoga and also says if that doesn't work, just call His name; it works! In the Bhagavad Gita it says that even if you don't remember God in your daily life, at the time of death if you call His name you will receive moksha or liberation. This is a very wise statement but many of you understand it very loosely. It doesn't mean you will get moksha when you die. It means you are a fool. If you don't remember His name now, how the hell are you going to remember it when you are dying? Our parents, grandparents and ancestors were clever when they called us Krishna, Deva; so when we remember our children's names, we remember God too. Now we have changed. We call our children Jack and when we call Jack when dying, the dog will come. We have changed. There is no chance you will change or call His name when you die. I met somebody called Chalize. I couldn't pronounce the name so I called her Chillies. We call our children Dolly. These are not the names we should give our children. But still, we go to the priest and he gives us a sound 'sa' but we don't give the right name: Sarasvati is the right name, but it's not fashion. We will call the child Sajel. You go to India and 'til today, the names have some religious connotation.

Agastiyar Muni is a great sage and, in communication with us, has said to us that in 2014 we won't be able to control the natural and man-made disasters and the wars in this world. Are we ready? Are we making the changes to ourselves so that we might not be included in this 2014 disaster? No, we are not making any changes. This is where the boat will go right past us and when it's gone we say, 'That was it!' When the bus passes, we don't run after it, we stand by waiting for the next one. In this situation, that won't happen. If you miss it, you have lost it. God is so important in our lives; God is the ultimate simplicity in our lives - there is nothing simpler. Without Him we are lost. Just by thinking of Him, you get bliss. We don't have to recite complicated mantras. But when we are walking and kick a chair we yell, "O my god!" Only then it's 'my god'; only when you are in pain. Let it be God all the time.

SOURCE LINK TO THIS ARTICLE: EXCERPT FROM A TALK IN PORT ELIZABETH ON THE 2ND APRIL 2011.



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 to 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 Yogi Ramaiah into Kriya Yoga and instructed to teach the techniques to serious and dedicated aspirants.

www.jadatharayayoga.com



The Beginning of the End

BERNIE SIEGEL, MD

It may seem strange for me to start a discussion about how to handle loss and the death of loved ones by saying that death is not the worst outcome. There is a point in everyone's life, no matter their species, when one's body no longer will function and is not a comfortable place to be in. I see this in the actions of pets and people I have loved and cared for. Symbolically when people draw purple balloons, butterflies and kites going up into the sky they are telling me, often unconsciously, that they are ready for the healing which comes when they make the spiritual transition and leave their bodies. Death is about beginnings and not endings. We do not call graduations terminations we call them commencements and so is death. Every caterpillar and butterfly understands what the transformation means better than most people.

Saroyan shares these words at the end of a story in which a young man dies; he becomes "dreamless, unalive, perfect." And I know that he is right. I have experienced a near death experience as a four year old, choking on a toy I aspirated, and I can tell you when you leave your body you will most likely not want to come back. Even blind people see when they have a NDE and are upset when resuscitated and find themselves back in their body and blind again. Harry Chapin's song entitled Circle, shares these words, "It seems like I've been here before; I can't remember when; But I have this funny feeling; That we'll all be together again.... Our love is like a circle; Let's go 'round one more time." Yes, when the circle ends we grieve the loss of our loved ones and that is appropriate but to live in the darkness is not what we are here for.

I can remember building a cairn over the grave of one of our dogs who died and bringing a rock to the site every morning as I walked by his grave. Then one morning I thought what I wanted to bring him was beauty and I picked a flower to place there. From that morning on I looked for beauty because of my loss and not a cold stone. I have written about the candle which represents every one of our dead loved ones and I do not want to put out their candles with my excessive grieving and tears. I have learned to forgive myself as I know they would forgive me and to use my pain to nourish myself and others and make our lives meaningful. When one is hungry one does not get angry at one's body. You seek nourishment and so use your feelings to help you nourish yourself and your life by finding what you need.

The animals and children are complete and can be our teachers. When a cat named Missy came into our home, and I didn't notice she wasn't eating well, I felt enormous grief and guilt when she developed liver failure and died. Her grave and cairn lies in the yard outside our door and I think of her often but I also know she has forgiven me and wants me to enjoy the day. In her honor I do more for animals and so as a young man who died said, "What is evil is not the disease but to not respond with compassion to the person with the disease." And so we must use our loss and express our compassion and when we do the curse becomes a blessing and helps us to become complete too. The key is enjoying the day as all animals do. When I thought one of our sons, who was seven at the time had cancer, due to an abnormal x-ray, and a year to live I was not doing well. He came to me and said, "Dad can I talk to you for a minute? You're handling this poorly." (His tumor turned out to be a rare benign tumor but he taught me a great deal.) I learned from him to enjoy the day and the time we were experiencing and not grieve over what I thought would be.

The way to die laughing is to accomplish what you are here to accomplish and animals do that much better than we do. To quote a veterinarian who let her patients help her through surgery, "I can amputate a leg or jaw and they wake up and lick their owner's faces. They are here to love and be loved and teach us a few things." A Hindu myth shares the words of a seven year old who is about to give his life to save another, "Consider this, sooner or later my body will perish at any rate but if it perishes without love, which the wise declare is the only thing of permanence of what use will it have been" and "Let me be born again and again on the wheel of rebirth so again and again I may offer this body for the benefit of others." When he is about to die he bursts into joyful laughter and everyone stops and clasps their hands together in an attitude of prayer.





The other, and more practical aspect of dying laughing, is to remember the things you or others have done and tell stories about what you remember. Let your departed loved ones bring a smile to your face and life. Animals have no trouble doing this but we, the incomplete species, need to learn to let the child out and to not be normal, which is only for the inadequate to desire. Be a character and live my WWLD when in doubt. What Would Lassie Do? Or if you want to, ask yourself what your departed beloved pet would want you to do and do it.

Also remember we have a great deal to say about when we die. So do not feel guilty if your beloved dies when you are not present. I have seen this with our pets, which wait for family members to leave, and with my parents and patients. My father and some of our animals had no problem sharing their last minutes sharing stories while I knew my mother and some of our animals would not die when their loved ones were in the room with them. So share your love but also give them time to be with others and leave the room if you think they will feel better with you not experiencing their death.

Since consciousness is not local there is still a part of all our departed loved ones which is still there for us to experience and share with. I could tell endless stories about the experiences of loved ones who have lost family members or animals and had them return spiritually or symbolically after their death. After my mother Rose died we kept finding roses and pennies everywhere. Finding pennies is my way of knowing I am on the right path and my Mom's great grandchildren started spontaneously calling them pennies from heaven. This consciousness will eventually become a part of the consciousness of those who come after us so remember life is a school and the more you learn the more you can pass on to future generations. A perfect world free of afflictions and death is a magic trick and not creation so share your love and make life meaningful and creative.

I will stop now with this thought for you to reflect upon. If death were the worst outcome would Abraham, Jesus and Noah have done what they did by following their Lord's desires? Why didn't Abraham bargain with God over His request for his son to be sacrificed or Jesus, who could walk on water, hop off the cross? And how come Noah didn't argue for more people and animals to be saved? Maybe they knew that the problem is living and death is not the worst outcome but a chance to go home and be perfect again. Or as my quadriplegic father-in-law called it, "You just fall up." And when he was tired of his body he did just that and spent no time dying. He just refused his vitamins and dinner and fell up that evening.

Death is the greatest teacher there is about life; so live and learn.

The reason hospice patients feel abandoned by doctors is because doctors are not taught how to care for people and deal with loss. A study at Yale in which surgeons were asked how it felt to be a surgeon was answered, "I think" what it is like. Famous paintings depict dying adults and children with the doctor sitting by the child's bedside with chin in hand thinking.

Doctors see death as a failure and rarely even use the term when a patient dies. Most patients die in the hospital at night when the doctors are not there to interfere with the process. There are doctors who have written an article entitled, 'Not On My Shift' displaying how capable they were at keeping a man from dying. Their interest had nothing to do with the patient's desires and condition. We also forget that if we attend funerals and are present when someone dies we can be healed by the family who appreciates our care and love. I know from experience.



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

The monistic theory of the universe – the theory that One is All, and that All is One. That one Substance manifests itself as the seeming many elements of the material world – is of Hindu origin, and has been gradually winning its way into the thought of the Western world for two hundred years. It is the foundation of all the Oriental philosophies, and of those of Descartes, Spinoza, Leibnitz, Schopenhauer, Hegel and Emerson.

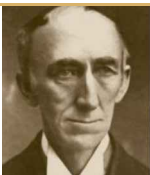
Whatever may be said in praise of poverty, the fact remains that it is not possible to live a really complete or successful life unless one is rich. No man can rise to his greatest possible height in talent or soul development unless he has plenty of money; for to unfold the soul and to develop talent he must have many things to use, and he cannot have these things unless he has money with which to buy them.

Man develops in mind, soul, and body by making use of things, and society is so organised that man must have money in order to become the possessor of things; therefore, the basis of all advancement for man must be the science of getting rich. The object of all life is development; and everything that lives has an inalienable right to all the development it is capable of attaining. Man's right to life means his right to have the free and unrestricted use of all the things which may be necessary to his fullest mental, spiritual, and physical unfoldment or, in other words, his right to be rich.

In these articles, I shall not speak of riches in a figurative way; to be really rich does not mean to be satisfied or contented with a little. No man ought to be satisfied with a little if he is capable of using and enjoying more. The purpose of nature is the advancement and unfoldment of life; every man should have all that can contribute to the power, elegance, beauty, and richness of life; to be content with less is sinful.

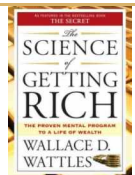
The man who owns all he wants for the living of all the life he is capable of living is rich, and no man who has not plenty of money can have all he wants. Life has advanced so far, and become so complex, that even the most ordinary man or woman requires a great amount of wealth in order to live in a manner that even approaches completeness.

Every person naturally wants to become all that he is capable of becoming; this desire to realise innate possibilities is inherent in human nature; we cannot help wanting to be all that we can be. Success in life is becoming what you want to be; you can become what you want to be only by making use of things and you can have the free use of things only as you become rich enough to buy them. To understand the science of getting rich is therefore the most essential of all knowledge. There is nothing wrong in wanting to get rich. The desire for riches is really the desire for a richer, fuller and more abundant life, and that desire is praiseworthy. The man who does not desire to live more abundantly is abnormal, and so the man who does not desire to have money enough to buy all he wants is abnormal.



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





Soul Travel

ECKANKAR

Soul Travel is an individual experience, a realization of survival. It is an inner experience through which comes beauty and a love of all life. It cannot be experienced in rituals or ceremonies, nor bottled increeds.

The Shariyat-Ki-Sugmad: Book One.

The traditional concept of Soul is that you have one, but it is distant from your everyday life and becomes important only when your physical body ceases to exist. The ECKist believes, however, that each person *is* Soul and that Soul is the essential and permanent center of our being. It can never be lost.

The pressures of the modern world make it easy to forget who we are. Our physical senses and emotions become overwhelmed, and we lose Soul's spiritual view. Regaining this view is called Soul Travel. And Soul Travel is accomplished by practicing the Spiritual Exercises of ECK on a daily basis.

Many people experience Soul Travel as an expansion of awareness and knowingness: an inner nudge to call a friend, or seeing beyond your current difficulties to a deeper meaning. Others may have dramatic experiences full of spiritual majesty. In Eckankar, you learn to prove spiritual truths yourself through personal experience.

A classic Soul Travel Experience

"A single pinpoint of white light appeared in the depths of the dark universe before me. It was far off in the distance but exploded toward me at a fantastic speed, like a brilliant sun racing from the other side of the universe to swallow me in the hotness of its light. Now I flew toward it, like a tiny dot of light racing to meet a planet of unspeakable radiance."

What can Soul Travel do for you? The benefits are both subtle and far-reaching. When you realize through personal experiences that you live beyond the physical body, you are released from the fear of death. You worry less. When you realise through experience that you are a creative part of a loving God, you invite more love into your life. You feel less lonely or alienated. When you realize through experiences that your life has a spiritual purpose, you will feel energized.

When filled with the excitement and joy which comes with these spiritual experiences, you are more able to change the habits of the past. Instead of exerting willpower or fighting deprivation, you may find old habits often just drop away. Eckankar teaches that Soul is a happy being. It is not guilty of anything. It is the cause of all its life circumstances. This shifts the emphasis from blaming others to going within to find root causes. And with this newfound strength it is often easier to serve others and not be so concerned with your own limitations.

Excerpt from *ECKANKAR: Ancient Wisdom for Today*, which can be downloaded for free from www.eckankar.org



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

Self

In light I awaken to my original self, pure, blissful and free
I awaken only to forget the dream of darkness, which lurks in my subconscious,
Ever watchful to bring me back to the dream of delusion.
In my surrender, I let go of all things dear and repulsive
as it is only this that will keep me free!

SUREN PILLAY



Beyond our ideas of right-doing and wrong-doing, there is a field. I'll meet you there.
When the soul lies down in that grass, the world is too full to talk about.
Ideas, language, even the phrase 'each other' doesn't make sense any more.

RUMI

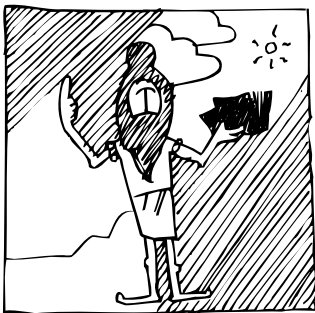


Say not, "I have found the truth," but rather, "I have found a truth."
Say not, "I have found the path of the soul."
say rather, "I have met the soul walking upon my path."
For the soul walks upon all paths.
The soul walks not upon a line, neither does it grow like a reed.
The soul unfolds itself, like a lotus of countless petals.

KHALIL GIBRAN

the chronicles of puglananda*

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Guruji: Back in the day, God inspired poets of a different calibre to document the process of enlightenment. We should study them religiously.



Nidi: I'm going to study the Hindu scriptures like Guruji said.
Puglananda: Me too, but I'm going to major in the Kama Sutra.

* Puglananda means 'bliss in stupidity.'



Index of Resources and Online References

Ananda Sangha

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Baha'i International Community

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