



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Fifteen

17 May 2011

CONTENTS

- 3 **Heaven Letters** GLORIA WENDROFF
- 5 **Vedic Astrology Report** SWAMI SHANKARANANDA
- 6 **Dedicated Discipleship** ROY EUGENE DAVIS
- 7 **Pax Profunda** LUCIS TRUST
- 8 **God can Redeem You** ANANDA SANGHA
- 10 **Craving Constant Stimulation** ROD BRIGGS
- 11 **Rules for Concentration** GAYATHRI PEEDAM
- 12 **Body Balance Activation** TRACY WHITE

- 13 **Leadership** SUREN PILLAY
- 14 **Happy Family for a Healthy Society** BAHAI TOPICS
- 15 **The Young will Lead the Way** SHARE INTERNATIONAL
- 16 **What you want wants you** JADATHARAYA INSTITUTE
- 17 **A Near-death experience** DR BERNIE SIEGEL
- 19 **The Science of Getting Rich** WALLACE WATTLES
- 20 **Spiritual Experiences** ECKANKAR
- 21 **Reader's Inspirations**

Welcome to the May 2011 issue of *Transcendence*.

We are currently experiencing the start of Winter in the Southern Hemisphere. The days are shorter, the nights are longer, the countryside is brown and many trees have lost their leaves. That which was bounteous in the summer has shrunk into invisibility, and the abundance of colour and song of warmer days has become muted by dropping temperatures. The sun seems distant and uncaring.

Even in our lives, winter comes and we may not have everything we dreamed of having, or what we did have has been lost or taken from us. Many times we feel that God's Light has forsaken us, not understanding that, like everything else in the universe, we are subject to the seasons of life.

The wise man understands the cycles of existence and knows that seasons shift and return, and that these cycles apply to every living entity. Where there once was loss, abundance will again bloom. Where sorrow reigned, joy will once again rule and when death overcomes, new life will flourish.

Winter is a time to embrace our solitude, to take stock of our summer and the fruit that was harvested from our actions. It is a time to take a deep breath and plan the next season of our abundance, how we will embrace it and share it with the world.

During our winters, we may find that God's Light appears dim and distant. But it is only retreating a little so that we may see it more clearly. After all, too often we do not see that which is right in front of us. Winter is Gods' way of helping us gain perspective. All we need to do is take a deeper look, find the right spot and bask in the radiance and warmth of The Infinite.

In Love and Service, always,





Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

© All articles are used with permission and are copyright to their respective authors.
To view permissions, please click [here](#).

Editor: Jo Petzer
jo.petzer@mweb.co.za
International Tel. 0027 31 701 9356

Views and Opinions expressed by individual authors are not necessarily
the same as those held by the staff or members of Transcendence
or the Jadatharaya Institute of Right Living.

Design and layout by Cosmic Creations
www.cosmic-creatinos.net



cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 3746 - In the Middle of the Ocean

GLORIA WENDROFF

God said:

All My love. What do you think that means? Only a little love? Only sometimes? Once in a while? If you're lucky?

When you are in the middle of the sea, you do not see all the waves that lead to shore. You can't see that far. You are in the middle of the ocean. Yet you can know that the waves you do not see nevertheless lead to shore. They lead you to your desired location. Even when the seas are rough, the waves are leading you.

The waves of life are not always what you covet, and, yet, how can you say they are not the right waves? It is easy, in times of what certainly seems like big trouble, to say, "It is God's Will," as if I, God, have a different destiny in mind for you, as if I were a perverse God, an undeniable God that even takes children away from mothers, and mothers away from children, a callous God, an unfeeling God, a cruel God, an irreverent God, so to say.

I do not take your griefs lightly. I would wish that you not grieve, and you, to be honest, would say, "How can I not?" You cannot see the waves as they lap to shore. I do not make light of the anguish that your hearts feel over big and little engagements in your lives. There are times you feel that your heart breaks and then something more heartbreaking happens, and then your earlier hurt assumes a lesser place in the scale of hurts.

As a child, you did not get the candy you wanted, and you were heartbroken. You could not understand. There was something you wanted, and it was right there, and your Mommy or Daddy would not give it to you.

Or there was a rose you wanted to pick, and you were denied the rose as well.

And then there was a love you wanted, and you couldn't have it.

There are other tragedies in life, you never see the wisdom of. You never see the use. Nothing palliates your hurting heart. There is no answer you can find to the question why, for example, why did he die? All that you know, from everything you know, is that he did die, and this hurts. Are there relative degrees of hurt? Yes, there are, and yet hurt is hurt.

You know My answer. There is no death. There is that which seems irrevocably like death. Life on Earth is an interlude. Death of the body is incidental, beloveds. It is not the tragedy you feel it is. Life for you is made up of good, bad, and not so good or not so bad, yet death of the body of a loved one is not a cruel cut of the surgeon's knife.

To one like you, however, how can you possibly think, let alone feel, that it is all right? Yet your loved one has reached harbors so beyond your reach and vision that you cannot even quite imagine them. What if what you call death is an occasion for joy? What if it could be? In any case, dear ones, it is not the bludgeoning that you presently think. Death of the body does not have the finality you think it does. It is an opening. It is not meant to hurt you or the one who departs his body. The body is big and important to you. The world says death is a huge deadly thing when it is merely passing through a mirror.





And yet you cannot find the comfort. No matter whether it is a young child or an old father, you weep and cannot understand, cannot accept, and so you fight that which is inevitable while you are in a body on Earth. Death of the body is big to you, and yet it is no big thing. It is illusion, beloveds. I do not take anyone away.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



Your imagination is too good, and not good enough. You are good at imagining the worst, and awkward at imagining the best. Start imagining the best and what it would mean for you.

Heavenletter #140 Nothing can be Less



You have waited all your life. It is I you have been waiting for. I am the missing piece. You may have everything the world can give, but if you do not have the fullness of Me beating in your heart, then you have the missing piece. You have Me and you don't have Me.

Heavenletter #240 No More Waiting



When you allow yourself to be as you are, you are not less. You are more. The more you cover yourself up, the more you cover yourself up. What is this need to make yourself something you are not in order to hide the truth of you?

Heavenletter #310 Naked Truth



It is only pride that keeps you from asking for help from others on earth. Asking for help is a good thing, not a bad thing. When you ask for help in the world, you give another an opportunity to be a helper. You are giving another an opportunity to represent Me. That is a generous act of yours to ennoble another to act on My behalf.

Heavenletter #439 No Room for Pride



You are light entire, and there is no light apart from Mine. I am light too, so it is not even My light, because I am all light. There is nothing but My light. I am light, so how can light which I am belong to Me? Light I AM, and light you ARE.

Heavenletter #599 Nothing but Light

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 June 2011

SWAMI SHANKARANANDA

ARIES: Avoid eating out and stick to simple foods to prevent stomach problems. New ventures will bring success. Mid-month is a good time for students and family. Avoid wasting time in unprofitable work towards month end.

TAURUS: A possible tussle with the in-laws may arise during the first week of the month. Monies due to you may be delayed around the 9th and bad news about a close relation might surface. Health will improve from the 17th and an opportunity for career promotion may arise. Avoid intoxicants.

GEMINI: The beginning of the month may start with worries. Money inflow will improve. Mid-month will see work pressure mounting, leaving some jobs incomplete. Look out for a possible chronic ailment towards month end.

CANCER: The start of the month may show a deterioration in health with a necessary visit to the doctor. Avoid confrontations and altercations at all costs. You will set new goals towards mid-month and may have to undertake a journey. Focus your attention on one field of endeavour at a time.

LEO: Interest in spirituality will increase and long journeys may partially safeguard your future, with a rise in social reputation. Look out for good news mid-month, with a possible change for the better in your career towards month end.

VIRGO: Religious and social commitments will take most of your time at the start of the month and you may plan a visit abroad. Projects may be delayed but the advice of a senior person could help you. Watch out for a hospital admission towards month end.

LIBRA: Mounting expenses may force you to earn more at the cost of family contact at the start of the month and you may find yourself burdened with more responsibility than usual. Success in your career towards month end should result in good gains but beware of unpleasant news at month end.

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: Look out for good news at the start of the month. Possible family disputes may arise, along with a slight health issue. Mid month will bring success in business but be careful of a possible loss towards the end of the month when work hurdles may upset your schedule.

CAPRICORN: Problems with children will be resolved at the beginning of the month. Good news and a sudden gain are also possible during this time. An unexpected windfall may come about towards mid month and a property deal may prove fruitful around month end.

AQUARIUS: Look out for a possible minor accident but keep positive. Money due to you may be held up around the middle of the month but profits may be high due to another transaction. Keep honest in your deals to prevent suffering later. Watch your tongue and your temper.

PISCES: Some introspection may cause you to think about changing your career. Around mid-month you'll see due rewards for all your hard work but the health of a family member may be cause for concern. Watch out for vehicle problems.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

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

For personal consultations email
sivabalayogi@mweb.co.za / Tel. 083 426 9777
www.swamishankarananda.blogspot.com

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

PART TWO

Many years after a dramatic cosmic conscious experience my guru, Paramahansa Yogananda, described the revelation in a poem. In the following excerpt, the word samadhi is used to indicate a vivid perception of 'wholeness'.

*Knowing, Knower, Known, as One! Tranquilled, unbroken thrill, eternally living, ever-new peace.
Enjoyable beyond imagination of expectancy, samadhi bliss! Not an unconscious state
Or mental chloroform without willful return, Samadhi but extends my conscious realm
Beyond the limits of the mortal frame To farthest boundary of eternity
Where I, the Cosmic Sea, Watch the little ego floating in Me.*

After such episodes, most people say that they saw the order, harmony, and goodness of life; were inspired to live with a renewed sense of purpose; and no longer feared death. They did not feel superior or special; they felt humble. They also say that everyone can experience transcendence. Some individuals report having only one such experience. Others, who knew how to calm the mind and make themselves receptive, were able to have similar experiences that enlarged their understanding and enabled them to integrate their realizations into their everyday lives.

In the book 'Why God wont go Away', Dr. Andrew Newberg and his collaborator, Dr. Eugene d'Aquilli, reported that brain-imaging data collected from a number of meditators and persons who prayed, enabled them to relate subjective states of awareness to specific regions of the brain. The prefrontal region of the brain is active when attention is concentrated. This is one reason why persons who practice forms of yoga meditation are advised to direct their attention there when meditating. The top and back region of the brain has been named the 'orientation association area' because it processes perceptions of one's relationships with phenomena in space. It helps us to determine where the body ends and the external environment begins. If sensory input to this region is prevented, one is not able to discern the difference between 'self' and 'nonself'. When the left orientation area cannot find a boundary between the self and the world, the self is perceived as being one with everything. When the right orientation area is quiet, one may feel that only infinite space exists. Experiments during which a weak magnetic field was put near the left side of the brain caused subjects to experience a sensation of a 'presence' described as divine or benevolent, or an out-of-body sensation.

Sensory deprivation, lack of oxygen, extreme tiredness, and participation in ritual behaviors (such as rhythmic dancing, drumming, running, singing, chanting, and religious rites) can cause similar altered states of consciousness. A severe personal crisis may also contribute to such experiences. It should not be presumed that all such episodes are brain-produced phenomena just because some 'spiritual experiences' may be associated with specific neural stimulation (or lack of it). Stimulation or quieting of various regions of the brain may allow transcendent experiences to occur rather than be the cause of their occurrence.

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.



CENTER FOR SPIRITUAL AWARENESS

AN ENLIVENING POWER IS NURTURING THE UNIVERSE
AND WE CAN LEARN TO COOPERATE WITH IT.

PO Box 7, Lakemont, Georgia 30552-0001

www.csa-davis.org



Truth Journal Online



Pax Profunda

LUCIS TRUST

No one can doubt that the holy grail of peace – pax profunda (profound peace) – is a distant goal for us all. Written and commented on by spiritual thinkers down the ages in prose and verse; it is beautifully described in the following terms: “There is a peace which passeth understanding; it abides in the hearts of those who live in the Eternal”. But, this is no cause for discouragement. A world more at peace with itself, built upon right relationships, is not an impossible dream. It is a precursor to those deeper states of peace that we will eventually experience.

Baruch Spinoza, a 17th century Dutch spiritual thinker and philosopher, wisely concluded that: “Peace is not the absence of war; it is a virtue; a state of mind; a disposition for benevolence; confidence; and justice.” For many, this analysis may represent a departure from conventional thinking.

Yet, modern esoteric thinking echoes this proposition and suggests that peace can only be achieved when there is a real measure of understanding and sharing, and that it will not be the cause of them. It is not possible to put the cart before the horse. In this context, we can assume that goodwill is the progenitor of peace. Without this element, all attempts at peaceful co-existence between individuals and nations will surely falter in one degree or another.

Nevertheless, amidst the turmoil of the outer world, there is a clamour for peace deep in the heart of humanity. The proliferation of peace initiatives over the last few decades is a profound indication of the quest of humanity to find respite from the vexing problems – globally, nationally and individually.

The long journey of human unfoldment has been riddled by crisis. The scourge of war and all its attendant ills is a blot on the human landscape. Yet, individual and world conditions are purely the result of human thinking. Acknowledging our responsibility in the world that we find ourselves in – individually and globally, we can begin to become part of the solution as well through selfless enlightened living and meditation.

And, like Spinoza, we too can assume that when there is a disposition on the part of humanity to express benevolence and justice, then we will have started the long journey to find lasting peace, a forerunner to the sublime pax profunda which “passeth understanding”. Right relationships is the key that unlocks the door into a world of peaceful and purposeful co-existence.

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.

Postal address: Lucis Trust, Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
london@lucistrust.org www.lucistrust.org



LUCIS TRUST



God Can Redeem You: The Story of Judas

SWAMI KRIYANANDA

A recent book, called *The Gospel of Judas*, pretends to be a faithful account by Judas of his closeness to Jesus. It claims that Jesus conspired with Judas to bring about his own betrayal. Intriguing? It is utter nonsense! I myself tried to read the book and soon gave up. The last straw was finding that Jesus was supposed to have taught Judas—contrary to Hebraic tradition, which of course Jesus himself taught and fully accepted—that there are nineteen Gods. Jesus taught there is only one God.*

I once had an interesting talk with my Guru, Paramhansa Yogananda, on the subject of Judas. He told me, “Of course, Judas was a prophet.” When I expressed surprise at this astonishing description of the greatness of Judas, Yogananda replied, “Oh yes! He would have had to be, to be one of the twelve disciples. But he had to go through two thousand years of suffering for his treachery. He was finally liberated in this century. Jesus appeared to Judas’ guru in this lifetime, a great master in India, and asked him to give Judas final liberation.” As an interesting aside here: to be a *prophet* means to be united in consciousness with God. Paramhansa Yogananda, however, included in the meaning of the word *prophet* those disciples of a great master who, even if they are not yet liberated, are highly advanced spiritually. Pausing a moment, Yogananda added, “I knew Judas in this lifetime.” “What was he like?” I inquired, naturally eager for more information. “Always very quiet and by himself,” my Guru responded. “He still had some attachment to money, not in the sense of desiring it personally but as a means of helping others. The other disciples began to tease him for it one day, but the guru said to them, ‘Don’t. Leave him alone.’”

Lest anyone doubt the power of delusion to draw people into actions that are diametrically opposed to everything they believe, the fate of Judas must stand as a salutary, even a terrifying lesson. Judas fell so deeply into the delusions of money attachment and worldly acceptance that he was capable, as if in a dream, of accepting silver from the chief rabbi for the betrayal of Jesus. Committing suicide, Judas met his death in a crash of remorse and horror at what he’d done. Nevertheless, he was a great soul—far greater, indeed, than the many peripheral disciples who had come to Jesus more recently in their divine search. It is better, in other words, to seek God and fail in the attempt—and even to fail greatly—than to be a lukewarm seeker—or, worse still, not even to seek Him at all. Judas Iscariot was, spiritually speaking, far ahead of the most successful materialistic businessman.

It is important to understand that it was not Judas’ absolute destiny to betray Jesus. Yogananda explained that Judas could have overcome the bad karma that ultimately led to the betrayal. Jesus, in fact, predicted his betrayal by Judas in order to warn him, so that he might reform and refrain from committing the evil act. Karma is almost always mixed. Judas, for example, could not have betrayed Jesus if he not also had the *good* karma to be born as a direct, close disciple.

There was, however, a definite destiny in the betrayal itself—it would have come about in one way or another. Judas had to suffer personally the consequences of the part he’d played in that drama. The bad karma Judas incurred from the betrayal was especially great because he had sinned and blasphemed against Jesus, someone who was one with God. One of the greatest sins is to inflict harm on a saint who has achieved Self-realization. In so doing, one commits an offense against the Christ consciousness itself, which resides within us all, but is fully manifested in those who have realized God.

Judas’s betrayal of Jesus was, however, an even greater sin because it was a “sin against the Holy Ghost” (AUM), with whom Judas had already been blessed to commune. To experience God’s presence as AUM, and then, subsequently, to turn away from it, can finally be “forgiven” only by the seeker himself, by embracing once again the divine experience he has spurned. The return is not so easy, however, because that particular sin sets up an inner vibration of restlessness, or uneasiness with one’s self that can only be overcome by great personal effort. Nonetheless, it is a karma that can be overcome. Yogananda, in his commentaries on the New Testament of the Bible, wrote that Judas, instead of hanging himself for betraying Jesus, should have devoted the rest of his life to seclusion and meditating on God. In other words, Judas could have started the process of redemption during his lifetime, had he summoned from within himself the inner strength and courage to do so. ►



It is interesting that the Biblical account of the betrayal of Jesus describes “the devil” as putting the thought of betrayal “into the heart of Judas.” Indeed it so happens because, as Yogananda said, “Thoughts are universally and not individually rooted.” We first tap the source of negative consciousness in the universe by ourselves thinking wrong thoughts, and by mentally toying with any wrong desire we harbor even lightly in our hearts. Those thoughts and desires send rays of magnetic energy into the infinite, attracting a compatible energy, depending on whether our “invitation” is positive or negative. Thus it is that our thoughts and desires can lift us either heavenward, or cast us down into ever-deeper darkness and suffering. Yogananda used to say: “Here is a line. On one side of it is God; on the other side, Satan. Neither can influence you until you yourself turn toward the one or the other. Once you allow yourself, however, to turn either way, the divine or the satanic influence will begin to act upon you consciously.” You yourself, in other words, first extend the invitation. God or Satan then comes to you, and influences you further in the direction you’ve already indicated.

If you want to cleanse yourself of impure motives, or to strengthen your inner purity, the best place to start is by spurning every impure imagining, which people tend too easily to “play with” mentally in an effort (they may tell themselves) to “understand” and reason their way out of that thought. Instead, you should concentrate on raising your feelings from the heart to the higher centers in the throat and the head. If you can harmonize those feelings, uplift them, and then channel them to the spiritual eye (the “Christ center”) in the forehead, you will find that your tendency to harbor impure feelings will change completely. Almost automatically, those feelings will be purified.

*“And Jesus answered him, The first commandment is: ‘Hear, O Israel, The Lord our God is one Lord.’”

Excerpted from: Clarity Magazine, Spring 2011. Source Link: <http://www.anandaclaritymagazine.com/2011/03/yogananda-kriyananda-judas-god/>

The Expanding Light



Ananda's Spiritual Retreat for Meditation, Yoga and Health



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.

visit www.expandinglight.org

Ananda



Sangha

Ananda Sangha

Online Classes

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





Craving Constant Stimulation

ROD BRIGGS

Life presents us with continuous lessons. As long as you're living you are learning – or at least you have the potential for learning. All our ongoing daily interactions present us with opportunities for handling those exchanges more effectively and as we start to know better we do better. Simple – or so it would appear. Life however, is seldom as linear and cut and dried as that. Our prejudices and old repetitive patterns of behaviour filter what is going on around us making us react in inappropriate and immature ways. Last week seemed like one long continuous lesson which illustrates this beautifully. I was cruising in the tropics.

Along with a couple of thousand other revelers my wife and I boarded a state of the art “eco-ship” for a week long sojourn to the tropical Islands off the Mocambique coast. Our cabin afforded us a splendid view directly over the bow of the vessel and this, along with acres of quiet deck space, provided us the perfect environment for relaxation and gentle contemplation as we were moved to the rhythm of the Indian Ocean swells. We felt the cares of the landlubber slip away and found ourselves drawn into the cadence of a slower beat. It was wonderful. Everyone, it seems, did not share our calm euphoria.

In the public areas below decks and around the swimming pools, bars, clubs and theatres the action was frenetic. The organisers made sure that there was always a choice of entertainment around the clock. Everyone it seemed was moving from one energy high to the next. As long as distractions were forthcoming the masses were happy. Youngsters told us they were having “the best time of our lives...” and all was lightness and joy. Then the bombshell.

The rain came and a north east gale blew up making the planned trip, by rubber dinghy, to a tropical beach – and the inevitable beach party – impossible. The mood change was immediate. Happy partygoers were converted to long-faced grumps who hung around bemoaning their state of boredom. The ships entertainment department went into overdrive to produce a “plan b” program of entertainment and within a few hours/cocktails/shows all was joy again.

We have created a society of instant gratification where even our relaxation must not allow us time for reflection or pause for thought. Until we rectify this it will be impossible for the majority of people to become aware of themselves, which is the start point of self discovery.

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





Rules for Concentration

SWAMI MURUGESU MAHARISHI

Concentration is the first requirement to successful meditation. The following enumerates some general rules for successful concentration.

1. Concentration should be practised in a silent place, separate from noise and activity but where there is sufficient ventilation.
2. Only practice your concentration exercises on an empty stomach, about 3 hours after eating.
3. Do not sit on a bare floor but use a wooden plank or sheet spread out on the floor. An 'easy chair' may be used as long as it does not become a 'lazy' chair as the back should be kept erect during the exercises.
4. Facing North or East is best. Avoid facing South.
5. Avoid stimulating drinks like coffee or tea before you sit to concentrate. Also avoid smoking cigarettes before or afterwards.
6. Concentration should not be practised when the mind is surging with emotion, or when you are worried. It is best done when the mind is calm and at peace.
7. Do not practise your concentration exercises while driving or travelling in a train, bus or aeroplane.
8. Keep the light in your meditation room dim while you do your concentration exercises. A mild blue light is preferable.
9. Burn an incense stick to maintain a pleasant odour in the room or to mask bad odours from outside. Do not allow the smoke from the incense stick to enter your nostrils or pass over your face.
10. Only practise your exercises during times when you are certain you will not be interrupted.

Exercise 1

Before beginning this exercise, remember to keep your thoughts as clear as if you were actually experiencing the object of your focus. Whatever you visualise mentally, do it as if you were actually seeing it through your physical eyes. Read through and try to memorise the exercise before doing it so that you do not have to refer to the page.

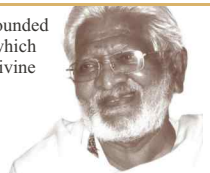
Once you are seated comfortably and ready to develop your concentration, take a few deep breaths to help calm the mind and continue. Mentally, select a place known to you, it can be a place you walk to or to which you travel by car, train or bus. Then unfold the entire journey in your mind, in every detail from packing each item into your bag, to ordering a vehicle, bidding farewell to your family, walking from the house, getting into the taxi, your conversation with the taxi driver. Arriving at the airport or station, having your ticket checked, getting onto the aeroplane or train. Experience everything you would ordinarily do on your journey as if you were actually taking the journey. If you are walking, see every plant, building or person on the way. Visualise the pavement beneath your feet, smell the different aromas around you, hear the sounds of your environment. Engage all your senses from your mind. You don't have to do the whole journey in one concentration session. You may only reach the station on day one, then on day two you will continue, and so on, day by day, until you reach your destination.

At first you may not remember specific items that you may have passed by on your physical journey but with practise, even things you don't recall seeing with your physical eyes, will become clear in your mental journey. Herein lies the success of this exercise.



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

The power of Intention

Scientists are still studying the effects of focused thought or intention. In the Living Matrix, Dr Marilyn Schlitz, president for research and education at the institute for Noetic Science, defines intention as "The projection of awareness, with purpose and efficacy, toward some object or outcome." She describes her 'compassionate intention program' as having measurable physiological effects within the bodies of the test subjects.

Lynne McTaggart has examined in depth the scientific studies done on intention. She says, "Sending an intention "that I am better," sending information with belief that "I am better," is sending information to the body to correct itself. . . A thought is an actual physical energy too, and it sends information to the body as well." In her book, "The Intention Experiment," she talks about a body of research that suggests that "the power of an intention multiplies, depending on how many people are thinking the same thought at the same time."

In the Body Balance Activation Technique, we recognize that the body has an innate wisdom and a multi-dimensional communication system, and that intention is a tool which can be used to focus energy to positive affect. Once we have formed a partnership with our client, we use spoken intents which create thoughts of clearing and balancing in their minds – either consciously or sub-consciously, which we also hold as we direct energy, through touch, to the areas concerned. We have seen how this process intensifies the clients experience of their session as focused intent of the facilitator and the client are both involved in the healing process.

The Power of Energy

We use directed energy because we also know that the frequencies of energy produced by the facilitators hands carry the full band width of information needed by the body to activate physical healing in any area. This was demonstrated by Dr Zimmerman with the 'Super Conducting Quantum Interference Device' (SQUID). He measured the biomagnetic fields of a healers hands and discovered that the field around the hands was 1000 times stronger than any other field of the body and pulsed at variable rates between 0.3 Hz and 30 Hz, with most of the energy in the 7 to 8 Hz range. He also found that illness occurred when the collective vibrations of an organ or system lost coherence. It was noted that an entrainment process occurred during hands on healing where healthy frequencies were induced into the field of the sick organ causing it to adjust its own frequencies back into its healthy range. Dr Zimmerman researched frequencies needed to heal certain tissues of the body. It was found that nerves heal at 2 Hz, bone at 7 Hz, ligaments and 10 Hz and capillaries at 15 Hz.

At a quantum level, it is believed that we are able to access information directly from the Zero Point Field which, due to the energy exchange between subatomic particles, contains an enormous amount of energy. Einstein said that this field may be the sole governing agency of matter. It is considered the most fundamental field of the Universe.

Yours in holistic healing.



The Energy Centre

TRACY WHITE

Reiki Master / Teacher

Usui & Tibetan System of Natural Healing

031 767 4926 / 082 668 4163 / tracyw@vox.co.zawww.the-energy-centre.blogspot.com



Leadership

SUREN PILLAY

For many the concept of leadership is one to be left to the political leaders and spiritual masters of the world. The possibility that we ourselves could be great leaders, has not dawned on many people. A study of those who have excelled both on the material and spiritual paths reveal certain leadership traits that appear to be so-called 'common denominators'. Being a leader spiritually is not much different from being a leader in your career or in business, since certain fundamental principles remain the same.

The first authentic belief of a leader is a deeply embedded faith and confidence in their own abilities. The doubt-level of leaders is considerably lower than those who are followers. Another trait linked to this is the fear of failure. Most people who end up with regrets at the end of life, were too scared of failing in life so they never took the chances that could have led to their success. This is highly applicable on the spiritual path as many seekers may doubt the method, teaching or Guru for fear of failure or disappointment in life. As they never take the plunge into a more spiritual life they are left with regret at the end of their lives that they should have paid more attention to spiritual matters in order to experience the bliss and contentment that is the reward of devotion to God and guru, and which they are not experiencing in their everyday mundane existence.

A second trait of a leader is that he has an innate faith in his teaching, idea or belief. There is unwavering faith in this idea or belief, and this unwavering faith is so great that it is contagious. This great inner faith is the source of much inspiration that a leader can, no doubt, impart to the world. The follower can't help but be taken away with the energy and power behind the leader's faith. In the spiritual path, for a sadhaka to attain perfection, he must have an unwavering faith in God and Guru. Such a faith will result in great blessing and innumerable benefits in his lifetime. Such faith infuses belief into the mind of devotees whose interest is rekindled by the fire of the spiritual leader's words and actions.

One of the most important traits of a leader is that they work with inspiration, irrespective of the title afforded them by an organisation or society. Born leaders do not require titles at any level of attainment as their faith and belief in both themselves and their idea or belief system is so great that they are driven by this inner idea or belief more than any external title or position given by society or an organisation.

The qualities of spiritual leaders lead them to enlightenment, in the same way as a material leader attains wealth and fame. It is the dedication, passion, commitment and love of spiritual leaders which drives them to their goals. The greater the intensity of these three factors, the faster the attainment of the goal.

My message to you this month, dear brothers and sisters, is to consider whether or not you are acting in a way that is truly authentic. Do you truly believe in what you do, or are you living a lie? These are deep questions that require deep answers that will inevitably lead you to greater wisdom.

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>





Happy Family - Basis for a Healthy Society A Bahá'í perspective

FLORA TECKIE

15 May is when we celebrate the International Day of Families. As the basic unit of our society the family deserves special attention. Like the world as a whole, the family is in transition. Many changes are occurring to threaten its well-being and the happiness of its members. We see around us frequently families that are disintegrating under the pressure of social and economic problems. We also see weakening of the family because of the prevalent moral and spiritual confusion.

Unless the family which is the building block of society is unified the well-being of society can not be ensured. A happy family helps producing happy and well adjusted individuals. It forms the basis of a healthy society. Monogamous marriage is viewed by the Baha'is as the foundation of family life. The Bahá'í writings state that marriage is "a fortress for well-being and salvation." that married couples should try to become "loving companions and comrades and at one with each other for time and eternity." No social structure has been able to replace marriage as a way of providing a balanced and stable environment in which children can grow and learn to become moral and social beings.

Marriage, is intended to unite a couple "both physically and spiritually, that they may ever improve the spiritual life of each other." The union of two truly united people does not have to end by death. Death can only separate the physical bodies which are the temporary vehicles of the souls. Our spiritual part is immortal. The couple grows together spiritually in all the worlds of God. According to the Baha'i Writings: "If love and agreement are manifest in a single family, that family will advance, become illumined and spiritual; but if enmity and hatred exist within it, destruction and dispersion are inevitable".

The family provides a fertile ground to nurture children to love the Creator, to become spiritually minded, to "conform to the rules of good conduct," and to acquire "all the graces and praiseworthy qualities of humankind". Although the child receives formal education at school, it is at home that character is developed and moral and spiritual attitudes are formed. It is the first environment where the values of tolerance, peace and social responsibility can be taught. As parents we will need to devote time and effort to the children's upbringing for them to be of good character and to acquire knowledge which is useful. Of course it is very important that as parents we show our children what is right and how to behave by the example of our own lives.

Children, the Baha'i Writings say, should be encouraged to associate with people of all races and religions and learn to appreciate the different cultures and the contributions different people have to make. They should be taught the concept of oneness of humanity and to regard themselves as citizens of the world. Bahá'is view the belief and practice of the equality of men and women as an important factor which transforms relationships within a marriage. Accepting each other as equal partners implies that, neither husband nor wife should unjustly dominate and decision-making is to be shared.

In conclusion creating a united and happy family requires new skills and commitment to equality which encourage communication and mutual trust, respect and affection between husbands and wives, parents and children.

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

Tel: +27(11) 462-0100 Email: nsa.sec@bahai.org.za Website: <http://info.bahai.org>



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 Young will Lead the Way

BY THE MASTER through Benjamin Creme

We present a selection of quotations on the theme of 'The young will lead the way' from Maitreya (Messages from Maitreya the Christ and Maitreya's Teachings – The Laws of Life), Benjamin Creme's Master (A Master Speaks), and Benjamin Creme's writings.

The young will rebel against the ideologies of old, whether they are imposed on them by politicians, religious leaders or intellectuals. And their demands will have impact. The surge of young voices is already being heard in Africa and the Middle East.... Young people want to see constitutions that are by the people and for the people. They are tired of the old nepotisms of family, party and ideology. (Maitreya, The Laws of Life)

... the outward presence of Maitreya and His group of Masters will have an amazing impact on the minds and hearts of literally millions of people in every country. These will now stand ready, their aspiration high and pure, for the creation of a new world, and for an entirely new view of what it means to be alive on planet Earth. Many of them, perhaps the majority, are young and relatively untarnished by the cynicism and unfettered greed of their elders. Thus they see clearly the answers to the problems which confound their fathers, blinded as they are by the faults and glammers of the past. These young people will remake this world for their fathers. They have come into incarnation for this purpose and will answer Maitreya's Call. They come, too, many of them, trained and prepared for the tasks which await them and which, undaunted, they will gladly perform. Have no fear, the world is safe in these young hands. They await, eagerly, the opportunity to serve and save. (Benjamin Creme's Master, from 'Man's ultimate triumph')

Awareness is growing everywhere, among nations, people and even animals and plants.... The young are demanding that they play their part and that their voice be heard. Before, everything was decided by the elders but all that is changing. It will be the 'end of the road' for politicians unless they willingly get into step with the New Age. (Maitreya, The Laws of Life)

My plan is being fulfilled. My Love kindles a new aspect in man, and the new Light dawns. My promise is this: soon for yourselves you will see a changing world, a world which alters before your eyes. The old gives way to the new, and man stands on the threshold of Truth. (Maitreya, from Message No.117)

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>





What you want wants you

SWAMI SHANKARANANDA MAHARAJI

Like an old castle, each of you have many stories, some good and some bad. And while you are here you must energise your castle within. Get rid of the negative energies of your inner demons - your anger, jealousy and fears. Remember that all healing energy comes from you and you alone. You have the power and the power you have has all the potency for you to heal anything you may be suffering. Some of you have exam fears, some relationship fears, marriage fears, past fears. And all have one common fear: death. We're all afraid of it. Whether you like it or not, death will happen, if not now then tomorrow. But it will happen. We shouldn't have that fear because we don't know what it is to die, and as long as we don't know how it feels to die why should we fear it?

So start to heal all those fears you have within yourself. Even great personalities die sometimes. In recent times we've had some great personalities - in the last five years, actually - who have left their mortal bodies: Swami Murugesu, my spiritual master; Yogiar Ramaiah, my kriya master, Haridas Acharya, my guru and, in more recent times Satya Sai Baba. All have left their mortal bodies and they left their mortal bodies in a very pleasant way. What we saw was only for our karmic experience. They experienced nothing like that so we shouldn't have this fear.

You fear being born because when you were born they slapped you and you encountered your first pain and it remained with you forever. You've know from the time you were born, what it means when your mother or father raise their hand. Why I'm talking about fear is because some of you are afraid that your fears will follow you. Nothing can follow you that you don't attract to yourself. Chanting mantras and saying God's name repetitively, while you focus on higher thoughts, charge the energy around you with a high frequency and help to dissipate fears and negativity in your life.

But the greatest healing for this body is meditation. What is meditation? Meditation is a state of no mind. So if you develop a habit of having no mind for as little as five minutes a day, you'll have a healthier life than what you have now. Imagine if you extend that to one hour a day how much more beatitude you'll enjoy in this life. Lock yourself in a room and contemplate. Make an affirmation in that room and, in that affirmation, enjoy. Enjoy whatever comes in that affirmation. All of us have desires in life - each of you seated here. Take that desire and give it total intensity and it will be fulfilled.

What you want, wants you. Remember that. What you want, wants you. Say, 'I want God' and automatically God wants you. 'I want love', and automatically love wants you. 'I want brutality', and automatically brutality wants you too. He who lives by roses dies with roses. He who lives by guns dies with guns. What you want, wants you. So if I want to have a perfect meditation, that perfect meditation will want me.

This 'want' and 'wants' is a boomerang effect. How you throw it is how it will come back to you. That's how a boomerang works. If you don't throw it properly, it's not going to come back. If you throw positive thoughts and wants then you'll get them back. 'I want to get married.' It will happen. It will come. So set what you want in your mind when you pray, meditate and do your breathing exercises and you will receive accordingly.

SOURCE LINK TO THIS ARTICLE: EXCERPT FROM TALKAT THE CASTLE IN HILLCREST ON 2ND MAY 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 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



A Near-death Experience

BERNIE SIEGEL, MD

When I was four years old I was home in bed with one of my frequent ear infections. I took a toy telephone I was playing with and unscrewed the dial and put all the pieces in my mouth as I had seen carpenters do with nails which they then pulled out to use. The problem was that I aspirated the pieces and went into laryngospasm. I can still feel my intercostals muscles and diaphragm contracting forcefully, trying to get some air into my lungs, but nothing worked and I was unable to make any sounds to attract help. I had no sense of the time but suddenly realized I was not struggling anymore. I was now at the head of the bed watching myself dying.

I found it fascinating to be free of my body and a blessing. I never stopped to think about how I could still see while out of my body. I was feeling sorry my mother, who was in the kitchen, would find me dead but I thought it over and found my new state preferable and intellectually chose death over life.

Then for no apparent reason the boy on the bed vomited and all the pieces came flying out. He began to breathe again and I was very angry as I returned to my body against my will. I can still remember yelling, "Who did that?" My thought as a four year old was that there was a God who had a schedule and I wasn't supposed to die now. So an angel apparently did a Heimlich maneuver on me is the way I would explain it today.

I really do believe there is a schedule we create unconsciously because of later life experiences. Twice I have had my car totaled by people driving through red lights and once I fell off our roof when the top rung on my wooden ladder snapped off. In none of these incidents did any significant injury occur to my body. Someone told me it was because I had an angel and he knew his name. I asked what it was and he asked, "What did you say when the ladder broke?"

"I said, Oh Shit!"

He said, "That's his name." I will add he always shows up when I call him in an impassioned way.

My next experience was with the healer Olga Worrall. I had injured my leg training for a marathon. It was very painful and not responding to rest or therapy. At an American Holistic Medical Association conference Olga was a guest speaker. My wife told me to ask her to heal me. I was embarrassed to ask and very frankly a non-believer. Never the less my wife pushed me forward and Olga sat me down in a chair and placed her two hands on my leg. The heat from her hands was incredible. I remember putting my hands on the opposite leg to compare the heat sensation. There was no sense of warmth from my hands coming through the dungarees. When Olga was done I stood up and was completely healed. The pain was gone and I could walk normally.

Another time Olga and I spoke at the funeral of a mutual friend. After the ceremony we were standing in a deserted hallway when she asked, "Are you Jewish?"

"Why are you asking?"

"Because there are two rabbis standing next to you." She went on to tell me their names and describe their garments, which included their prayer shawls and caps. Her description of them was exactly what I saw in my meditation and imagery sessions when I had met these figures while walking on my path.

Another evening after I gave a lecture, which felt like someone else was giving it and I was simply verbalizing it for them, a woman came up to me and said, "Standing in front of you for the entire lecture was a man and I drew his picture for you." Again, exactly the face and features of my inner guide. I still have the picture hanging in our home.





My next experience came when I was telling a friend about how busy I was and she said, “Why are you living this life?” Her intension was to get me to slow down and travel less but her question sent me into a trance and I immediately saw myself with a sword in my hand killing people. My first thought was that I had become a surgeon in this life to use a knife to heal and not kill.

I spontaneously went into a trance again a few days later and saw myself living the life of a knight who killed because he feared his lord and what he would do to him if he didn’t carry out his commands. I killed my wife, in this life, and her dog and was devastated by the experience. But at the same time it revealed to me why my wife’s face has always had a hypnotic effect upon me and why I am so involved in rescuing animals.

Ultimately it taught me about having faith in the true Lord and like Abraham, Jesus, Moses, Noah and others to understand that what our Lord asks of us is for the greater good and that if I had said yes I would have not been asked to kill anyone.

Most recently one of our cats disappeared when a door was left open. After several weeks with no sign of her I was sure she was killed by a predator. A friend I had made, Amelia Kinkade, is an animal intuitive who lives in Los Angeles. We live in Connecticut and Amelia has never been to our home or near it. I pestered her to tell me where the cat was and one day I received an email, without even sending Amelia a picture of the cat, and it detailed the house, yard, other animals and people who were involved in the cat’s life. The next day I went out and found the cat exactly where Amelia said it was hiding.

She told me in the email, “The cat is alive because I can see through its eyes.”

If that doesn’t make me a believer nothing will. I totally believe that consciousness is non-local and not limited to the body. I also have experienced this through the drawings and dreams of patients I have cared for which allows them to know their diagnosis and what the future holds for them. As Jung said, “The future is unconsciously prepared long in advance and therefore can be guessed by clairvoyants.”

I believe it is this unconscious awareness which we each bring with us when we are born. So I do not believe we literally live many lives but that we bring with us the experience of previous lives. Thus the wiser we get the better the future will be for those who follow us.



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 are three motives for which we live: we live for the body, we live for the mind, we live for the soul. No one of these is better or holier than the others; all are alike desirable, and no one of the three – body, mind or soul – can live fully if either of the others is cut short of full life and expression. It is not right or noble to live only for the soul and deny mind or body, and it is wrong to live for the intellect and deny body and soul.

We are all acquainted with the loathsome consequences of living for the body denying both mind and soul; we see that real life means the complete expression of all that man can give forth through body, mind and soul. Whatever he may say, no man can really be happy or satisfied unless his body is living fully in every function, and unless the same is true of his mind and his soul. Wherever there is unexpressed possibility, or function not performed, there is unsatisfied desire. Desire is possibility seeking expression, or function seeking performance.

Man cannot live fully in body without good food, comfortable clothing and warm shelter, and without freedom from excessive toil. Rest and recreation are also necessary to his physical life.

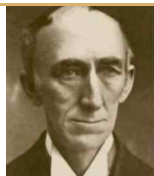
He cannot live fully in mind without books and time to study them, without opportunity for travel and observation, or without intellectual companionship. To live fully in mind he must have intellectual recreations, and must surround himself with all the objects of art and beauty he is capable of using and appreciating.

To live fully in soul, man must have love, and love is denied expression by poverty. Man's highest happiness is found in the bestowal of benefits on those he loves; love finds its most natural and spontaneous expression in giving. The man who has nothing to give cannot fill his place as a husband or father, as a citizen, or as a man. It is in the use of material things that man finds full life for his body, develops his mind, and unfolds his soul. It is therefore of supreme importance to him that he should be rich.

It is perfectly right that you should desire to be rich; if you are a normal man or woman you cannot help doing so. It is perfectly right that you should give your best attention to the Science of Getting Rich, for it is the noblest and most necessary of all studies. If you neglect this study, you are derelict in your duty to yourself, to God, and to humanity; for you can render God and humanity no greater service than to make the most of yourself.

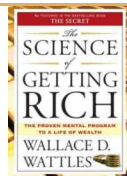
There is a Science of Getting Rich, and it is an exact science, like algebra or arithmetic. There are certain laws which govern the process of acquiring riches; once these laws are learned and obeyed by any man, he will get rich with mathematical certainty.

The ownership of money and property comes as a result of doing things in a certain way; those who do things in this Certain Way, whether on purpose or accidentally, get rich while those who do not do things in this Certain Way, no matter how hard they work or how able they are, remain poor.



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





Spiritual Experiences

ECKANKAR

You can Soul Travel by learning the Spiritual Exercises of ECK. Aspiritual exercise is different from prayer because it encourages us to listen to God. In other words, we let the Creator talk to us, instead of the other way around. A spiritual exercise differs from meditation in that a spiritual exercise is more active. The ECKist actively joins in a higher state of consciousness rather than passively waiting to receive it. And a spiritual exercise differs from traditional religious rituals because no props or physical movements are required.

Soul Travel also differs from the now-popularized astral projection. To travel out of the physical realm using your Astral body limits you to the Astral Plane. Recognizing the awareness of Soul goes further. It allows you to explore any of the God Worlds, from the Astral, Causal, Mental, Etheric, and on to the various planes of Soul.

A Spiritual Exercise to try

The Spiritual Exercises of ECK help you open your heart to the Light and Sound of God. Eckankar teaches over one hundred different exercises, all designed to give you a greater understanding of yourself and of God.

One of the basic Spiritual Exercises of Eckankar is to sing HU (pronounced like the word hue), the holy name of God. To practice this technique, find a quiet place to sit or lie down. Relax and think about a spiritual quotation or someone you love.

Close your eyes. Sing HU silently or aloud for a few minutes and then listen quietly. You may experience the divine ECK, or Holy Spirit. Or you may gain a new insight into your life. These experiences are not the privilege of a select few. With self-discipline and commitment, you can build your own foundation of spirituality.

Eckankar teaches that our destiny is to become a Co-worker with God. This means that we will be a channel for the ECK, Divine Spirit, in our lives, giving joy and spiritual upliftment to those around us.

The individual is never lost in Eckankar. This differentiates Eckankar from Buddhism or Hinduism, which describe their final goal as a dissolution of the individual into God. Eckankar's respect for the sanctity of the individual shows itself in how Eckankar is taught and honors the rights, privacy and personal space of others.

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

Live and Let Love

What is life if Thy presence is absent from thy heart?
By what principle shall I live so that thy presence be pleased in me always?
Live and let love is the answer I receive from thee always.
Let me share this with the world always!

SUREN PILLAY



So long as we believe in our heart of hearts that our capacity is limited and we grow anxious and unhappy, we are lacking in faith.
One who truly trusts in God has no right to be anxious about anything.

PARAMAHANSA YOGANANDA



Being unwanted, unloved, uncared for, forgotten by everybody,
I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.

Let us touch the dying, the poor, the lonely and the unwanted
according to the graces we have received and let us not be ashamed
or slow to do the humble work.

MOTHER THERESA

the chronicles of puglananda*

© 2010 Bapi & Dot-Me-Red



Gurujii: 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 Gurujii 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

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>
14618 Tyler Foote Rd., Nevada City, CA 95959 USA
Email: sanghainfo@ananda.org

Baha'i International Community

Web: <http://info.bahai.org> World news Stories: <http://www.news.bahai.org>.
Tel: 011 462 0100
Email: nsa.sec@bahai.org.za

Bernie Siegel

Web.: <http://www.berniesiegelmd.com>

Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA
Email: csainc@csa-davis.org

Eckankar

PO Box 2000, Chanhassen, MN 55317-2000 USA
Main: (952) 380-2200
Web: <http://www.eckankar.org>

Gayathri Peedam South Africa

Web: <http://www.gayathripeedam.com>
Dean Petzer - 082 825 3202
Email: sivabalayogi@mweb.co.za

Heaven Letters (TM)

Web: <http://www.heavenletters.org>
Gloria Wendroff - Email: gloria@heavenletters.org / santhan@heavenletters.org

Jadatharaya Institute of Right Living and Yoga

Web: <http://www.jadatharayayoga.blogspot.com>
Karl Ziesing - 083 533 9001
Email: karlziesing@gmail.com

Lucis Trust

Web: <http://www.lucistrust.org>
Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
Email: london@lucistrust.org

Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>
Rod Briggs - 032 946 2710
Email: info@mindlinkfoundation.com





Share International

Web: <http://share-international.org>

PO Box 3677, London NW5 1RU, UK

Phone: +44-207 482 1113 / Fax: +44-207 267 2881

Suren Pillay

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

Email: surendranpillay@webmail.co.za

Phone: 084 828 3880

Swami Shankarananda Maharajji

Web: <http://www.swamishankarananda.blogspot.com>

Email: sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web: <http://www.swamimurugesu.blogspot.com>

Email: sivabalayogi@mweb.co.za

The Chronicles of Puglananda

Email: dotmered@gmail.com

Email: ssmoodley@mweb.co.za

The Energy Centre

Web: <http://www.the-energy-centre.blogspot.com>

Tracy White -031 767 4926 / 082 668 4163

Email: tracyw@vox.co.za

The Expanding Light

Web: <http://www.expandinglight.org>

Phone: 800-346-5350 or 530-478-7518

Email: info@expandinglight.org

TSOGR (The Science of Getting Rich)

Web: <http://www.tsogr.com>

Victoria Rodda

Photographer and illustrator

Email: victoria.v8@gmail.com



TRANSCENDENCE

is a unique, non-commercial electronic magazine
aimed at promoting unity in spiritual diversity
and in equipping serious students of God with
inspiration, motivation and methods of transformation.

TRANSCENDENCE is distributed at no cost every full moon
in a user-friendly, printable PDF format.

To subscribe to **TRANSCENDENCE**
and receive it in your in-box each month

**PLEASE VISIT OUR WEBSITE AT
www.transcendencemag.com
FOR MORE DETAILS**

All articles published in **TRANSCENDENCE** are used with permission
and are supplied to our publishing department 12 months in advance,
in exchange for exposure of the respective organisations or individuals.

Should you or your organisation wish to contribute articles to future editions
of **TRANSCENDENCE**, please contact us at transcendence.mag@mweb.co.za