



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

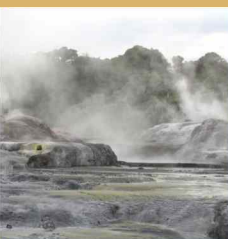
Issue Sixteen

15 June 2011

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Welcome to the June 2011 issue of *Transcendence*.

This month's articles seem to place a common emphasis on energy and action; taking responsibility for yourself and making things happen. We are coaxed in Heaven Letters to open our hearts and let our inner light shine forth in warmth and love, which is a great starting action as, unless we are able to love not only others, but also ourselves, we will not allow ourselves to take further action towards our own transcendence.

Mr Davis invites us to explore transcendent states of consciousness and even gives ten clear and practical steps that we can take to do this. Keep your thoughts joyful and a joyous life will follow is another simple suggestion we can follow that can make a tremendous difference in the way we experience and share our lives. Paramhansa Yogananda explains how we can overcome delusion by meditating regularly while Rod Briggs encourages us to embrace our individuality and celebrate our uniqueness.

Some fascinating practical exercises to improve our concentration are given by Swami Murugesu. It is often underestimated how important proper focus is in meditation. Only when one is in control of one's mind can all those wandering thoughts be directed and stilled. Tremendous creativity can be accessed by learning to control and harness our mind-power and the creative energy generated can be used to put our ideas into action. But, understanding that some sacrifice has to be made in order to gain greater things is paramount to our evolution as only with change can we move forward and positive change usually means giving up something lesser for something greater.

By generating spiritual energy through just one of the methods suggested in this month's issue, we can develop the potential to change the nature of our life.

In Love and Service, always,





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Heavenletter # 3759 - The Light of Your heart

GLORIA WENDROFF

God said:

My heart is bright sunlight. There is no dark forest of My heart, nor is there a dark forest of your heart. Sometimes clouds pass by your heart, that's all. The so-called dark side of you is not Truth. The Truth is that your heart is lit by the sun. Your heart is bright sunlight. The light of your heart plays on the leaves.

What is buried is often called the dark side. Any darkness in a heart is an interloper. It does not belong there. It definitely does not belong there. Only warm bright melting love belongs in your heart. Your heart was made for naught else.

It is a hoax perpetuated on you that there is darkness housed in your heart. It may seem so. Tests may show so. Incidents in your life may show so, and yet, even so, the human heart is made of gold.

Some hearts get frozen mid-stream. They too can be melted. Let the sunshine of My love melt any and all hardened hearts. My love can undo the crustiness of any heart. Any barrier in your heart is a fake, yet fakes have more than once been believed in. Not a sliver of ice is to remain in your heart.

Underneath all the crust, your heart lies as warm as Mine. All hearts are created in the image of My heart. There is a flowing river of love in your heart just as there is in Mine. The floes of ice are leaving. Freezing is not permanent. It is temporary. Besides, freezing is illusory.

Your heart is meant to stay warm. Your heart is meant to be open and warm and to envelop all hearts. You are big-hearted. Your heart was never meant to close even a little bit.

Whatever may have contributed to the cooling down of your heart is a temporary freeze, and is there for you to thaw. Ice is no protection for you. Ice snaps and cracks. Warm your heart by the fire of My heart, and your heart will stay consistently warm.

Whatever closed the door of your heart, even a little bit, was an accident. It was not supposed to happen. Reverse this now. Open your heart. Open it wide. Whatever wrongs were committed against you were mistakes. You do not need to carry your or others' mistakes with you. Step over mistakes, no matter whose they are, or kick them away, or stomp on them. These mistakes have to go. Erase them, or delete them. In any case, be done with them. Enough crackling of an innocent heart. Foreswear errors from now on. Anything that hurt your heart is an error. Your heart is meant to open, and open it shall. You shall throw away any keys that have locked your heart. Unlock your heart, and then throw away the keys. They do you no good.

Opening your heart does you good. Opening your heart is the only cure for a hardened heart or a broken heart or a stuttering heart. No need to analyze. No need at all. No inquiry is necessary. Injury does not belong to you, and you must not keep it. Unsheathe your heart now. Shine it. Polish it. Secure your heart in its openness. A closed heart is not a happy heart, and your heart is meant to be happy.

Take off all the scarves you have worn. Take off those mittens from your heart. Unbutton any coats you have covered your heart with. Remove falseness. A cold heart is false. A warm heart is true.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



From now on it is yours to speak truth, to yourself and to others. Speak the truth of God which is the only truth there is. The truth is, you have the power to call on angels to light your way. The truth is, angels already light your way. You have no excuses any longer. You are entering a world where fear is seen as fiction and is put down like a book that no longer interests you.

Heavenletter #2 Out of the Past, Into the New



Your mind accepts limits. Your heart knows better. In your heart of hearts, you know the vastness of this enterprise of life that you have set forth on. Remove your clinging to limits as you would a vine that has wrapped itself around you.

Heavenletter #3 OpenYourHeart LikeBeating Wings



Remember that what you feel and following your heart are not equivalent. It is My heart you follow. And My heart does not get caught on the little things that enter and surround your feelings. Consider your feelings no more and no less than ego. If they are only yours, they are ego.

Heavenletter #6 Open to New Ways



Ask Me to help you see the Light far above the world's light that seems to dim. It has not in truth dimmed. It has been eclipsed. And you have believed in an eclipse as truth, when it is only atemporary cover-up.

Heavenletter #13 Open Up the Heavens



You swirl Me on the dance floor of life. We dance one dance and then another. There are so many dances, but One Dancer. There is Oneness. The motion stops and the dance goes on. There is One Teacher. There is One Student. The sum total is One.

Heavenletter #30 Oneness on the Dance Floor of Life

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 July 2011

SWAMI SHANKARANANDA

ARIES: Avoid altercations at all costs and focus on spirituality. News may surface around the 13th, causing you depression. Lost money may be recovered and profit will be good during mid-month. Avoid new investments after the 20th.

TAURUS: Work tension may adversely affect your family life but will dissipate by the 7th and energy will improve and continue through the month. A visit from an old acquaintance is probable. Unpleasant news may intensify tension around the 25th so watch your temper.

GEMINI: Work progress will be normal at the start of the month with new changes for growth towards mid-month. Creativity will earn you honour and prestige. Watch out for health problems around the 16th. All financial problems should be solved around the 23rd.

CANCER: Be careful of becoming trapped in an unwanted controversy. Possible storm and rain damage might damage your house accompanied by unforeseen financial losses. But things will improve towards mid-month and property matters will be resolved.

LEO: You may find yourself on pilgrimage at the start of the month. Do not rely on others in money matters and keep your expenses in check. A possible argument with a neighbour may surface mid-month. Watch your tongue and drive carefully this month.

VIRGO: A new technique to enhance your business could surface this month. Family atmosphere may be somewhat tense around the 15th. Do not start any new ventures between the 23rd and 25th of the month. Month-end will see delayed projects being revived.

LIBRA: A possible new job may be in the pipeline for you this month. Mid-month is a good time to start new projects which will boost your status and finances. An increase in energy around the 23rd will improve your confidence. Avoid wasting time on futile projects.

SCORPIO: Your religious outlook will determine your thinking patterns this month. Headaches due to mid-month stress may cause you to seek medical advice. Your talent will shine forth around the 23rd of the month but concentration will be weak towards month-end.

SAGITTARIUS: Poor health may disturb your work schedule at the start of the month. There's a chance of receiving money via a competition or lottery around mid-month. Watch out for quarrelling and loss of money at the end of the month.

CAPRICORN: Try not to rely excessively on others and do your best to maintain patience. Realise your capabilities and act accordingly. Possible work or shop renovation may be undertaken around the 10th. Confidence will peak around the 23rd but health may suffer due to overwork.

AQUARIUS: Look forward to an unexpected meeting from an old friend. Avoid suffering losses due to your own mistake and be careful not to lose a phone, watch or purse. A financial issue could arise that will allow you to tell your true friends from your false ones.

PISCES: Be aware of possible eye problems at the beginning of the month. Around mid-month you'll receive new information that will boost your morale and strangers may come forward to help you. Pay extra attention to financial planning at month end.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

Joythish Visharat, Joythish Samrat, KP Hororatna,
Joythish 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

PART 3

Although it is possible for transcendent episodes to occur suddenly, when you are prepared to experience them they will be easier to recognize. Do these things:

(1) Aspire to Self- and God-realization. Think about the possibility. Be confident that, because you are a spiritual being, it is your destiny to be fully awake to the truth of what you are and your relationship with the Infinite. (2) Live a wholesome, balanced, purposeful, uncomplicated life with conscious intention. This will contribute to physical and psychological health and allow your spiritual growth to unfold naturally. (3) Cultivate qualities which are characteristic of enlightened consciousness: peace of mind; rational thinking; optimism; enthusiasm; cheerfulness; compassion; creativity; ethical behavior; self-discipline; mastery of attention; and a keen interest in further learning and spiritual growth. (4) Improve and use your powers of discriminative intelligence and intuition. Learn to discern the difference between your essence of being and ordinary states of awareness. (5) Improve your understanding of God, your true nature, and your relationship to your mind, body, and the world. (6) Be responsible for your thoughts, feelings, and behaviors. (7) Renounce erroneous ideas and opinions. (8) Purify the ego (illusional sense of selfhood). A rational sense of individuality can enable you to appropriately relate to the world and to others. (9) Meditate on a regular schedule to experience superconscious states. Focus your awareness in the front and upper region of the brain. If you use a meditation technique, when your mind and awareness are calm, disregard the technique. Rest in silence, alert and attentive. Before experiencing wholeness, you may feel as though you are communing with a larger field of Reality. When transcendence occurs, you will experience pure consciousness. When meditating, concentration may be interrupted by emotions and thoughts. Ignore them and they will soon subside. Patterns of light, visions, or ecstatic feelings may occasionally be perceived. Go beyond them. Such perceptions are not the final state you aspire to realize. (10) When you are not meditating, keep your awareness in the three higher vital centers (chakras) in your spine and head (the dorsal and cervical centers and the spiritual eye in the forehead). This practice will encourage your vital forces to flow upward and enable you to be more conscious, alert, attentive, and insightful while performing your duties. It will also nurture the further development of the front lobes of your brain which are related to optimism, creativity, concentration, will power, and self-control.

Superconscious states may also be experienced when you are in the presence of an enlightened person or when such a person assists you by transmitting spiritual force to you. This force can awaken your dormant soul forces, clarify your awareness, and provide a glimpse of higher realities. A fleeting transcendent experience is only the beginning for a spiritual aspirant who wants to be Self- and God-realized. When one knows that higher realities exist and are accessible, a commitment to discipleship (to learning and disciplined living that can result in psychological transformation and the nurturing and actualization of innate soul qualities) should be made. Right spiritual inquiry enables us to live effectively, be skillfully proficient in superconscious meditation practice, and experience rapid, authentic spiritual growth. Progress is slow, moderate, or fast in accord with our concentrated endeavors. Many people are satisfied with only mild improvement that enables them to live comfortably. Others hope to have the benefits of enlightened consciousness while retaining self-centered attitudes and behaviors. A few who fervently yearn to be spiritually awake are willing to experience the psychological (and sometimes, lifestyle) changes which may be necessary.

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



The Bird of Joy

LUCIS TRUST

Service through the power of thought is essentially work with radiation. This is the core principle of our work together in the creation and maintenance of triangles of light and goodwill. The mind, in reflecting on goodness, beauty or truth, for example, takes on something of the energetic potency, something of the quality, of the divine principle as it exists in the Higher Worlds. In the process, our thinking radiates a frequency of this quality into the mental environment. In our work with Triangles¹ we amplify this natural process by linking with the minds of two others to form a three-pointed field, and then weaving our small intimate triangle into the field created by the global web of the hundreds of thousands of other small, intimate triangles.

With this in mind there is great value in our pondering upon Joy. Thinking about this can lead us to think joyfully – *with* joy and *in* joy. To the extent that we do this we radiate a joyous healing quality through the net of living triangles and out into the collective field of mind and heart. In a cynical age, what more important work can there be: the re-enchantment of consciousness depends upon a massive awakening to joy.

The joy we speak of is not what Kahlil Gibran had in mind when he wrote that *joy and sorrow are inseparable*. Happiness is best seen as the inseparable emotional opposite of sorrow and sadness. Joy is of another order. It speaks of the soul, though deep happiness may well be one of its emotional reflections or manifestations. Beyond joy we may even, at rare moments, sense the still higher state of pure spirit: Bliss.

Bring to mind the image of a small bird whose bright, rich song inspires and uplifts with a gentle delight. Consider how that quality of delight aligns us with the heavenly realm of our soul. Both the sound of the bird and the image of easy, rapid, free movement as the bird flits from branch to branch and tree to tree suggest freedom, purity and simplicity.

Imagine the sublime *Bird of Joy* winging its way from the higher worlds to nestle in your mind and heart; to make its nest there in such a way that your experience of life is forever flavoured by its presence. Unshakeable, golden, radiant joy brings with it the surety and strength of the Higher Worlds, which lie within us. Fear is dissolved because the joy does not depend on the pains and pleasures of life. When the *Bird* flies into our awareness we know that life is fundamentally good.

¹Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of Triangles of light and goodwill: www.triangles.org

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



Who and What is Satan?

PARAMHANSA YOGANANDA

Many modern scriptural interpreters, unable to solve the problem of how it was possible for evil to originate in God, who is only good, have gone to the extreme of denying the existence of evil. There was a time when I believed that Satan was a figment of the mind, but now I know from personal experience and add my testimony to that of Jesus Christ and countless others that Satan exists, and is responsible for the creation of evil on earth and in the minds of men. He is a universal, conscious force whose sole aim is to keep mankind bound to delusion. Many times I have seen Satan trying to obstruct me by mysterious misfortunes, and by taking on materialized forms.

Satan is part of God's drama: Philosophically, Satan represents the outward flowing creative force which brings creation into manifestation. Without Satan, there would be no creation; no universe; no cosmic drama. Satan is necessary to God's drama, just as the villain is necessary in a stage play to personify evil. Without the villain, we might not feel the necessary incentive to love the hero, who represents the good. Similarly, evil and its painful after-effects are meant to awaken in us love for goodness and God. Both evil and good exist only in the realm of maya, of duality. God is beyond them both. God could destroy Satan in a minute, but He would be going against His own laws if He did so. God knew that some evil would result from His creation, but He also knew that the power of love was stronger than the lures of evil, so He is trying by love to draw us back to Him and away from the influence of Satan.

The origin of all evil: Some intellectuals, while not denying the existence of evil, claim that evil does not originate in an objective power such as Satan, but arises when man yields to temptation and, by his repeated transgressions over many incarnations, creates in himself evil habits. According to this view, evil is wholly man's fault and neither God nor any conscious evil power is responsible for the evil in the world. This viewpoint asserts that evil is wholly subjective, originating in the bad judgment of man. This viewpoint fails to answer many questions. Why do millions of bacteria and virulent armies of germs move silently about the earth seeking to destroy human lives? Why do millions die by floods and cataclysms? It does not seem possible that the ten million people who perished in the 1931 flood and famine in China all suffered that fate due to past actions in previous lives. Think also of the innumerable diseases which infest plants and animals who have no free choice and who, consequently, could not attract evils due to bad karma.

The eternal warfare of bacteria, germs and diseases, and the unceasing upheavals and cataclysms in Nature, distinctly show that there is an evil force trying to thwart the efforts of the Infinite Good to express His infinite goodness throughout creation. Knowledge of an objective Satan explains the origin of all evil, which cannot be explained by the individual or collective subjective ignorance of man. Satan can work as wrong subjective consciousness in man, or he can become the objective evil in Nature. Remember: the conscious evil force of Satan could not influence human minds if they did not allow it. It is therefore better to know all the lures of evil and the ways to combat them than to blindly deny their existence. Knowledge only, not indifference, can produce final emancipation from the lures of Satan.

The two realms of conscious cosmic energy: The two distinct realms of conscious cosmic energy, the heavenly and the satanic, can be found within the human body and throughout all space. In the human body, the heavenly region extends from the heart center up to the Christ center at the point between the eyebrows. The satanic region — the region of the senses and man's lower instincts — is located in the three lower centers below the heart. People who do not meditate find their consciousness falling from the heavenly region of the brain down to the region of the senses, rendering them vulnerable to the lures of Satan. There are also two vast rivers of consciousness that flow through the universe, one of them heavenly, the other satanic. All good is organized by God, His angels, and the enlightened masters sent to earth to awaken in humanity love of goodness and God. All evil is organized by Satan, who uses a vast horde of evil spirits to carry on his cosmic campaign of wickedness. To the ordinary man, Satan appears as subjective temptation subtly luring him according to the quality of his thoughts and feelings.





Patterns of good and evil: Do not deny the existence of an objective evil power, but become aware of the destructive patterns of evil as temptation within yourself and as imperfection and strife in Nature. We find that Jesus, whose knowledge was born of intuition, did not deny this evil. Jesus spoke of a conscious Satan who lured Him to the wilderness and tempted Him with destructive patterns of evil arrayed side by side with the good patterns of God. What are those good and evil patterns? They are manifestations of duality, or the outward flowing cosmic energy that brought creation into existence. Thus, for every good pattern created by God, Satan has created a corresponding pattern of evil. For love and forgiveness, Satan has created hatred and revenge. For wisdom, Satan has created ignorance. For calmness, fearlessness, unselfishness, peace, and happiness, Satan has created restlessness, fear, selfishness, anger, and sorrow.

Man stands in the middle, with God on one side and Satan on the other side, each ready to pull him in whichever direction he wishes to go. Conscience, the voice of God, always beckons you to do what's right. Temptation, the voice of Satan, coaxes you to do wrong. Remember that you are a free agent endowed with free will, and that Satan can only influence you when you allow yourself to yield to his temptations. Strengthen your consciousness of goodness, and in its light drive away the darkness of evil. Perfect self-honesty and dynamic self-effort will help you eliminate forever the influence of satanic delusion in your life.

Meditation—the way out: Meditation is the only way to escape permanently the net of satanic delusion and to return to your true home in God. No matter how busy you are with work or other affairs, strive always to enter the inner silence to attune yourself with God. Contact with God through meditation reminds the soul of the unending fulfillment of bliss and destroys all seeds of earthly desires. Make it a point always to keep your most important engagement: your daily appointment with the Lord. Twice daily, enter the inner silence. Worship God on the altar of the dawn. At the day's end, sit quietly in the temple of the night; let darkness conceal you from the distractions of the day. Meditate deeply if you would know God.

When one goes into deep samadhi (oneness with Spirit) one perceives Spirit as the only Reality, the only eternal substance existing. Then you know that only ever-new, ever-joyous Spirit exists and that Satan is a delusion. Before attaining this exalted state, one must acknowledge the existence of duality. God and Satan are facts, even if the latter exists only in delusion and not in reality. Freedom comes not by uttering wheedling prayers, but by attuning oneself deeply with the all-loving Inner Silence. When the influence of Satan is completely terminated in the soul, the liberated devotee finds only the presence of ever-existing, ever-conscious, ever-new bliss. All evil disappears as forgotten shadows from the consciousness of the illumined devotee.

There is no eternal punishment

People do not intentionally love to be evil. They are evil because they do not know the greater fulfillment of good habits and are unable to compare and select the best. As soon as man realizes that evil promises happiness and results only in unhappiness, he begins to wish for emancipation and for God. This wish for goodness and freedom serves as a portal through which God is again invited to come into the life of the prodigal son and lead him to the abode of freedom. Even fathomless evil cannot destroy man's soul, for he is essentially immortal and eternally good. If man continuously listens to the whisperings of conscience within himself and gets used to better ways of living, he ultimately discovers the eternal good in him and that he is made in the image of God, and thus becomes liberated.

Excerpted from articles and books.

SOURCE LINK TO THIS ARTICLE



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Paramhansa Yogananda that helps
you bring God into your life through
meditation and spiritual living.
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The Path Less Travelled

ROD BRIGGS

Your life is unique. The individual set of circumstances that brought you to where you find yourself is shared with no other. Even identical twins have different life experiences which create differences in personality. It seems logical then that each life should be lived in an inimitable manner, taking into account such things as predilection for certain careers, lifestyles and belief systems.

This is, however, rarely achieved with many choosing to follow the path of least resistance and go along with the group. We start to learn this from very young. Perceptions of what is normal for *my* sex, *my* age, and *my* social background are fed to us, without our conscious awareness; these are reinforced by a society that wants us to conform to the norm. This culminates, in our teens, in an absolute need to be part of the “crowd” with those poor souls seen to be different being ostracized and relegated to the lonely fringes of the social order.

The urge to follow the crowd can be seen in the popularity of mass sports such as football – no matter the state of the world, the third news item on the nightly bulletins headlines are always to do with the fortunes of some well supported sports team. The social norm becomes our own default setting and we start to think, without conscious volition, that we should be working, in a stable career, five days a week, eight hours a day, and that retirement should happen around sixty five. We should be married and take our spouse and our 2.4 children on holiday during our three weeks’ vacation and that weekends are for the family.

The truth, of course, is that this is not carved in stone. Excellence is a side effect of passion brought to endeavour. Passion and Joy are sister emotional states and we live richest when we are able to express both of these in our daily life. They are very rarely found by following the herd. They appear when you follow your own muse, when you dare to forge your own trail through life. To have what you’ve never had, you must do what you’ve never done!

Celebrate your difference by getting on the path less travelled.

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

Exercise 2

Using the same process employed in Exercise 1 (May 2001 issue), instead of travelling to a distant place, select to 'visit' a nearby religious or educational institution: a temple, church or school. Sit and mentally carry out all that you would do if you were visiting the place physically. First enter the building and observe everything you see. A complete survey may take more than one session, even up to ten days or more, depending on the size of the building you are 'visiting'.

It is preferable not to discuss your experiences of these exercises with anybody as the exercise is solely to control your own thoughts. The exercise should be performed slowly in real-time, as if you are actually visiting the place and observing your surroundings. Make a mental note of everything that you see so that the next day when you 'visit', you will see if there's anything you may have missed the day before. If you miss a particular object in the building and then notice it only after four or five days, you're on the right track. Sometimes you might observe a new object that you know wasn't there before. In this case, if possible, visit the place physically to see if it is actually there, or if you were only imagining it. If you do find it there, then you know that your concentration is becoming deep, steady and improving in leaps and bounds.

It is a great truth that we do not actually see with our eyes, but perceive with our mind through our eyes. We do not hear with our ears but we 'hear' with the mind through the ears. When the mind is fully focussed on an inner subject, we do not see or hear that which is around us as the mind is only present at the place of focus. When we become deeply absorbed in a particular subject, without distraction of our external sensory organs, we can acquire great internal knowledge on that subject. So, if your mind produces images or ideas which you have not considered before and which are proved correct, it is a sign that your concentration is stabilising correctly on the subject at hand.

Exercise 3

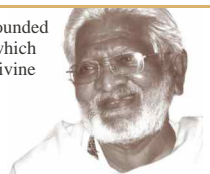
When you want to construct a house, what is the first thing you do? You chalk out a plan, get the necessary permission from the relevant authorities, engage a contractor, pay in advance, make sure the mason uses good quality materials, and watch the foundations, doors and windows, brickwork, plastering and roof being constructed one step at a time. Build your own house mentally. Go through the whole process in your mind. This may take a week or more to complete, depending on the size of your house.

If you don't know anything about building houses, do this exercise according to your profession or abilities. If you are a radio or television engineer, build a television or radio, step by step in your mind. Try to complete it within ten to fifteen days. Use any creative activity with which you are familiar: making a garment, creating a sculpture or other work of art, landscaping a garden, writing a piece of music or performing a surgical operation. Repeat the process a number of times and if you find steps or points that were left out the first time around, you are on the right track with your concentration.



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 Mysteries of our DNA:

Scientists admit that very little is known about the healing process, in that it does not appear to happen in the way that was previously thought. Our old models of healing and health care are coming under scrutiny as more and more people are taking responsibility for their own lives. People are realizing that their thoughts and emotions, and indeed their level of spiritual consciousness, affects their physical bodies and their health. Most of us are deeply affected by the events of our past as they seem to be imprinted into every aspect of our current and future lives. I have recently discovered Theoretical biologist Danny Vendramini who is not the only one to be currently rocking the boat by suggesting that it is the function of our 'junk' DNA, which makes up 98.5% of all our DNA, to encode for innate behaviour, instinct and emotions. He has hypothesized that the DNA molecule contains two separate systems of hereditary patterning. One system contains protein-coding genes, which controls and moderates the inheritance of our physical genetic material, for example, the colour of your eyes, your hair, and how tall you will be... The other is a non-protein-coding DNA, or ncDNA, which preserves environmentally acquired information or our emotional evolution.

Vendramini says that any traumatic life experience, such as the death of a spouse, an accident, war, love and any other highly charged emotional circumstances, could cause a mutation in the DNA which codes for trauma. He also says that while most of the mutation occurs in the non coding DNA sequences itself, where it doesn't disrupt normal protein manufacture which would certainly affect the physical body, occasionally it may be transferred into or near a DNA sequence which regulates basic cellular processes, which could result in a physical change and manifest as disease.

Although Vendramini's hypothesis is still to be proven, there is an overwhelming amount of scientific data to support his idea. In light of this information, clearing the body's memory of what we would call negatively charged emotional trauma, becomes – for BBA – a central focus of the session. The ramifications of genetically passing on trauma like living through the great depression of the 1930's is such that the great grandchildren could still be living in the energy of poverty consciousness with out even knowing it. Memories of abuse or other trauma could be experienced by a person with no contextual relevance to their current life. Dr Bruce Lipton, cell biologist and author of “the Biology of Belief” says that if we change our interaction with our environment, we change our genetic potentialso there is nothing fixed in our biology. It's always changeable. Since we are not fixed... all of a sudden you realize how powerful you are as an individual in controlling your gene expression rather than buying into the belief of being victims of genetic determination.

The latest Kryon Book, is all about our DNA and how it is a multi-dimensional and inter-dimensional phenomenon. As we are 3 dimensional beings, we don't have the language or the ability to comprehend the complex and incredible 12 layered make up of our complete DNA system. The double helix physical DNA that we can see, and that science has studied for years, is only the first layer of 12. Next month we will look at Kryons book, The twelve layers of the DNA , (An esoteric study of the mastery within) Book 12, written by Lee Carroll in a little more detail, and connect it to the concepts and principles of the Body Balance activation Technique.

Next month – the Mystery Continues!



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Energy and Spirituality

SUREN PILLAY

In society one often finds that people's approach to living is contradictory to what they desire to experience. For example a person may wish to be of an ideal weight but his eating and exercise habits don't support his mental desire to lose weight. Conscious experience of any event, circumstance or situation in the physical plane has occurred already in the mind. The results of scientific research conclude that the world at its finest level is only energy vibrating at different frequencies.

The frequency of energy in a solid object is different to that of a liquid one, which is different to that of a human being. As human beings we are in a unique position, in the sense that we are able to alter our own energy by thought, word and deed. On a conscious level thought seems to be the finest source of energy for the human being. However, if one engages in spiritual practices, one finds that there are even more refined energies that pervade the material world. Thought vibration, if negative, should be changed to positive as this energy vibration will attract like energy in the form of hostile situations, negative economic conditions and negative health conditions. There are two approaches to altering one's state of energy: one is internal and the other is external. Both are effective, but it is submitted here that one is longer-lasting than the other.

The external way uses sensory stimulus to awaken positive feeling, emotion and thought vibration in an individual. One of the best external stimuli is music. Elevating music can do wonders in changing one's energy from negative to positive. Another external stimulus is visual stimuli such as watching a sunset or rainbow, or reading something inspiring. The sense of smell may also be used to transform energy, certain smells such as incense have been known to elevate people on a spiritual level and thus alter energy patterns of individuals. Another very important external stimuli is the food we taste and eat. Food that is considered 'pure' such as fresh vegetarian food usually has a profound effect on a person's health and state of being. Food also represents energy which merges with an individual's energy. One of the reasons many people are not in good states of mind is that their quality of food intake is poor, and this has an adverse effect on body and mind.

The internal ways of changing energy occur on the level of deep contemplation and meditation. By contemplating deeply with logic and focus, one can awaken a sincere desire to alter their energy by will force. This awakening of will force is an extremely important part of the spiritual journey as it will have to be summoned on numerous occasions when circumstances may be difficult for a sadhaka. Meditation is the tool to take ones consciousness to divine portals of existence. The experience of divinity through super-consciousness remains one of the most powerful ways to transform a person's mind and thinking.

Meditation creates permanent positive impressions in the mind of an individual which can act as divine seeds waiting to be awakened at the right moment. Meditation also allows a person to destroy numerous negative tendencies and habits effortlessly without will power, as his level of thought is altered. My message to you this month, dear readers, is to ensure your energies are always positive. This will keep you safe, healthy and happy. I am convinced that happiness is a practice not a pursuit and that the above methods of maintaining positive energy will also result in a happier life!

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>





Belief Should lead to Action: A Bahá'í Perspective

FLORA TECKIE

The primary purpose of God in revealing His will through His Messengers is to effect a transformation in the moral and material conditions of humanity. The transformation called for by Bahá'u'lláh is directed to our inner character as individuals and to the organization of society. It is a transformation that should lead to cooperation, compassion, rectitude of conduct, and justice.

We all praise and admire noble actions and good deeds and would like to be treated well by others. But, it is not enough to recognize what is moral and ethical. This knowledge should be put into action. We should be consciously and actively engaged in performing deeds that promote individual and social transformation.

But from where do we get our basic moral code? The moral code that has the transformative power for action originates from the guidance given to us by our Creator. According to the Bahá'í Writings, to accept the Messenger of God in His time and to observe all the ordinances revealed by Him are the two inseparable duties which each soul is created to fulfill: *"... the foundation of success and salvation is the knowledge of God, and that the results of the knowledge of God are the good actions which are the fruits of faith"*.

God has given free will to man. We have the choice between justice and injustice and the power both to do good and to do evil. Thus, man is responsible for his actions. We have the capacity to override the needs of our lower nature in keeping with ethical requirements. We also have the capacity to control and channel our natural drives and urges and to transform them into human perfections.

Our moral and spiritual advancement is crucial to our well-being in both this life and the next. As Bahá'u'lláh counsels: *"Possess a pure, kindly and radiant heart, that thine may be a sovereignty ancient, imperishable and everlasting"*.

Belief in the immortality of the soul and in an all-knowing judging God ought to provide us with sufficient motivation for moral conduct. Yet, the highest morality does not consist in actions performed in the hope of heavenly reward or in fear of punishment; good deeds should be done for the sake of God and because of our love for Him.

"Let your eye be chaste," is yet another counsel from Bahá'u'lláh, *"your hand faithful, your tongue truthful, and your heart enlightened."* *"Be an ornament to the countenance of truth, a crown to the brow of fidelity, a pillar of the temple of righteousness, a breath of life to the body of mankind, an ensign of the hosts of justice, a luminary above the horizon of virtue."* *"Beware ... lest ye walk in the ways of them whose words differ from their deeds."*

Let us therefore resolve to carry good ideas into action. Let us dedicate time and energy to service to our community and the promotion of peace for humanity. Let us have confidence in our ability to achieve our noble resolutions, and as the Bahá'í Writings say: *"Let each morn be better than its eve and each morrow richer than its yesterday."*

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

The Ways of the New Time

BY THE MASTER through Benjamin Creme

Recent events in the Middle East have brought humanity face to face with a number of problems. The Western powers have become embroiled, largely against their will, in a Libyan civil war which they did not recognize as such. Their main concern was to safeguard an uninterrupted flow of oil, close at hand, in Libya. They also wanted to help the people of Benghazi facing slaughter by the forces of an ageing, quixotic tyrant, who had watched aghast at the apparently successful overthrow by its people of a powerful neighbouring tyranny. Little did the Western powers know that the peaceful protests of the Egyptian people had escalated in Libya into armed revolution without the planning, leadership or arms to ensure success. The United Nations agreed a mandate for a no-fly-zone but should have followed it up with a UN peacekeeping force, hopefully drawn from the Arab countries. Failure to do so has precipitated the present difficult situation for all concerned.

Energies

Under the impact of the powerful energies now focused by Maitreya and His group, the people of the Middle East are undergoing a great awakening, and are demanding new freedoms and participation in the management of their lives. Nor are these demands confined to the Middle East. More and more, these same demands for participation and justice are being heard throughout the world. The young in particular are sensing the need for a new kind of world, one which allows them to develop and express themselves, free from the old dogmas of their elders. What we are witnessing is nothing less than a renaissance of the young people of the Earth, freeing themselves from the tyranny of hatred and war, bigotry and separation. Nothing can for long halt their progress. This is the New Time and the young are testing themselves in the struggle for new life.

The old order is deeply entrenched and hard to overcome. The old tyrants in every field of life are loath to forgo their power and wealth, and fight hard against the tide of change, but they fight against the energies and will of Divinity Itself, and must give way in due course. A greater power than that of all the powerful on this Earth demands expression and nothing can prevent its manifestation. It is the way of the future, planned from the beginning of the world.

Nothing can halt its progress and the young are its harbingers. Listen keenly to the young, they have the future safely in their hearts. Not for nothing was it the young of Tahrir Square who sat at Maitreya's feet as He taught them the ways of the future, the ways of the New Time, the Time of Peace, Justice and Sharing, of Freedom and Love.

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>





Understanding Sacrifice

SWAMI SHANKARANANDA MAHARAJI

God is not attained by sacrifices as many of us know. We want to sacrifice for every little thing. Krishna says in the Bhagavad Gita, 'It is by your sacrifice that you can become dear to me'. He doesn't mean to literally sacrifice any creature. It means sacrifice your self, your mind.

My very first guru, Gurudev Narayansami, used to do many sacrifices in his life and none of those sacrifices gave him any joy. He would tell God continuously that he wanted to be a healer of an extraordinary status; that he would not charge anybody any money. He would do these services for free. And God would say to him, 'I need a sacrifice'. And he would sacrifice and get no joy out of it. He did not attain what was supposed to be given to him by God but he continued to sacrifice. Then one day in his frustration he said to God, 'Stop playing games with me. I need this power'. And God said, 'I want sacrifice'. And he said to God, 'I've given you so many sacrifices already. What else do you want? My whole family?' God said, 'I want you to sacrifice your eldest son'. And he did. He did that and he served five years in prison for the murder of his son. Now, are any of you here prepared to do that? Sacrifice your child? No, we won't. We will never do that. And the only reason is because we love our children. We have an attachment to them. That's why we don't do it. When a father murders a son and a son murders his father, they have no love or attachment between them. They have nothing between them.

Your attachment and love for your child causes a point you can't think beyond - that everyone else is wrong and you are right. You won't sacrifice because you have this intense focus, attachment and love for this child which is yours. But, should a priest tell you to go and sacrifice a chicken, a goat or a pig, you are quite happy to do that. And the only reason you're happy to do that is because you have no love for the creature – nothing at all. It doesn't live in your house. You've only had it for four hours - it has just come from wherever. To you it means nothing. To many who attend the function it means a sumptuous meal. I'm not going to argue that our parents and ancestors did this prayer - because they had the most powerful mantras ever. They could recite a mantra to bring rain in two seconds. We don't have those people like that any more who can nullify the consequences of that sacrifice. You get a maharaj, a priest, a pandit, and when its time to sacrifice he hands over to you. He's too scared to tell you he doesn't know the mantras to nullify the karmic consequences of killing that animal.

When I was about twelve years old our neighbour was doing what is known as Amman prayer and they were sacrificing. At twelve years of age, I enjoyed meat, and chicken was my favourite. As I was watching them sacrificing there appeared at the top of my head a huge hand that turned my head away from watching the sacrifice, and I collapsed. Now when I think about it, that was God telling me I was not made for that. This is not a story, it was a personal experience. I've already had the experience of the touch of God telling me not to sacrifice. I was carried to the house unconscious for, maybe, six hours.

So, don't get caught in that karmic consequence of sacrificing unless you know how to nullify the consequences. Even if we are not performing the sacrifice, by eating meat we are creating a market that requires others to sacrifice for us and we will still bear the karma of that. Make your sacrifice that of your own lower desires and negative habits. Give them up for the greater spiritual good of yourself and others.

SOURCE LINK TO THIS ARTICLE



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

www.jadatharayayoga.com



Numbers: Part One

BERNIE SIEGEL, MD

I first became seriously interested in numbers, in 1979, after attending an Elizabeth Kubler-Ross workshop on Death, Dying and Transition. When Elizabeth asked me to draw a picture I drew a scene I often visualized when meditating. I did not believe it was of any specific significance. Elizabeth looked at my drawing and asked, "Why are there twelve trees?" I said, "I have been doing work with cancer patients for twelve months." We went on diagnosing my problems as a physician from the drawing, which contained information about my life and psyche, and started my journey of discovery. When I returned to my practice I asked all of my patients to do spontaneous drawings as part of their evaluation. I saw factors related to their psychic life, as well as, information about their physical condition in the drawings. I also noticed they often drew specific numbers of items like birds, trees, flowers, rays of sunshine, dots or placed the hands of a clock on meaningful numbers. My wife, Bobbie, worked with me and would patiently sit and count, with the workshop participants, fifty seven dots or ninety three steps. I am a surgeon and didn't have the patience to do this or believe it always made sense but then people would reveal a traumatic story about their birth in 1957 or the loss of a loved one in 1993. Or the hands of a clock pointing at six and twelve were about the two worst years of someone's life. I thought this was interesting but a little crazy despite my wife's experience and insistence that it was meaningful.

I did, however, begin to pay attention as I accumulated more drawings and saw that the numbers also predicted future events including the date of a person's death. Three green bushes drawn before a grave and three years later the woman was in the grave. I finally was convinced when I came across the words of Carl Jung discussing that, psyche and physis, mind and matter were complementary aspects of the same transcendental reality, the *unus mundus*. He said that he had a distinct feeling that number is the key to the mystery since it is just as much discovered as it is invented. It is a quantity, as well as, meaning. Now I was impressed by my wife's findings and pursued the subject with intensity. I studied the dreams and drawings of my patients, explored their lives and was no longer amazed at the memories of the past or knowledge of the future expressed by numbers. The writings of Gregg Furth, Susan Bach, Marie Louise von Franz and Jung were enormously helpful in showing me there were collective and universal symbols and meaning in the numbers, as well as, personal ones.

I will not go into the details of what each number represents consciously and unconsciously because that information is available to us all through written works. I would like to focus on one number that speaks to me personally about the nature and unity of creation and life. It happened forcefully and accidentally, if there are such things, when my computer instructor began to explain to me how the entire system of communication of a computer was based upon the 0 and the 1. When he finished I began to think about how significant the 0 and 1 are, and their combination a 10 is, in our spiritual history and mythology, as well as, in our lives.

I began to wonder whether I had a special mission to share this knowledge with the world because of my personal numbers. I was born in October, the 10th month. I was two weeks overdue and, therefore, born on the 14th day of the 32nd year ($1+4+3+2=10$) of the 1900th year and $1+9=10$ again. The number representing wholeness and creation is an important part of my birth.

My mother, who was told not to become pregnant because of a serious medical condition, recovered after the delivery. So I was a welcome little miracle even if physically an ugly duckling due to complications of the delivery. What do astronomers and kabbalists tell us the universe is made from? Nothing, zero, 0. Now that nothing is not a void or vacuum. It is the *Ein Sof*, the undifferentiated potential that astronomers and kabbalists speak of.





Consciousness becomes matter and creates something, the Creator, the One, 1. From that potential the Creator, the One, God is created and goes on creating the world as we know it today. But one is not a number. Multiply or divide it by itself and you still have one. Subtract and we have nothing again. Creation begins when we add one and create two. Now we can distinguish differences.

When the One creates man there are now two in relationship. Man relates to animal life and there are three and when plant aspects of nature are incorporated there are four. We are back to ten again as the sum of all these relationships between matter and consciousness, the earthly and celestial, the physical and spiritual.

The ten continues to haunt and fascinate me because it appears everywhere to represent our unity and wholeness. Why does God not destroy a city if there are ten worthy people? Why is ten necessary for a Jewish minyan? Why are there ten sefirot in the kabbalah? Why, in the Bible and myths, do people get upset when one drachma of ten, or one sheep of a thousand, is lost? Why are there ten commandments? Why is a beautiful woman a ten? Why is a perfect test score ten times ten? Why does the computer system use combinations of the 0 and the 1?

But most impressive is the simple fact that through all the years of evolution and existence we remain with ten fingers and ten toes. What is our creator trying to tell us? Certainly if it were an accident or a process of evolution we would have more fingers to work with and fewer toes to squeeze into shoes. I believe the ten digits remain to remind us of the process of creation, our wholeness, unity and role as cocreators. I believe consciousness strives to become matter just as matter strives to become conscious. God seeks to become man and man seeks to become God. When we become aware of the 0 and the 1 and create a unified world the 10 which results will be the unification of God and man through our free will and choice. A Garden of Eden with meaning because it is created by the will of the creators. May we all live to see the day the Beatles sing about in their song Imagine, "You may think I'm a dreamer but I'm not the only ONE. So why don't you come and join us and the world can live as ONE."

When we accept the idea that Jung expressed so eloquently when he discussed a transcendental reality we will come to realize that psyche and soma are parts of that transcendent unity and that numbers are the way they relate, communicate and store knowledge. It is not an accident that the biologically inert forms of life have a mathematical symmetry that we do not have. Simply change one or two electrons and you have a new element. That is the exciting potential within mankind and all living things. To be able to change the nature of life by altering internal numbers. Being asymmetrical and mathematically able to change makes us dynamic living beings and creators filled with the potential to create one world. I pray that this unity will come to pass in the next multiple of ten we are about to enter.

Also realize that when there is only 1 life has not begun. Multiply or divide 1 by 1 and you still have 1. It is when we add 1+1 and have 2 that creation begins and we have something to describe and compare as different. And when we add humanity to the one we have 2 and when we add plants and animals we have 3 and 4 varieties and when you add 1+2+3+4 you are back to the beginning and 10.



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

It is a natural law that like causes always produce like effects; therefore, any man or woman who learns to do things in this Certain Way will infallibly get rich.

That the above statement is true is shown by the following facts:

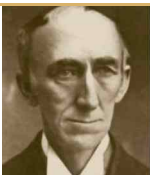
Getting rich is not a matter of environment, for if it were, all the people in certain neighborhoods would become wealthy; the people of one city would all be rich, while those of other towns would all be poor; or the inhabitants of one state would roll in wealth, while those of an adjoining state would be in poverty. But everywhere we see rich and poor living side by side, in the same environment, and often engaged in the same vocations. When two men are in the same locality, and in the same business, and one gets rich while the other remains poor, it shows that getting rich is not, primarily, a matter of environment. Some environments may be more favourable than others, but when two men in the same business are in the same neighbourhood, and one gets rich while the other fails, it indicates that getting rich is the result of doing things in a Certain Way.

And further, the ability to do things in this Certain Way is not due solely to the possession of talent, for many people who have a great talent remain poor, while others, who have very little talent get rich. Studying the people who have got rich, we find that they are an average lot in all respects, having no greater talents and abilities than other men. It is evident that they do not get rich because they possess talents and abilities that other men have not, but because they happen to do things in a Certain Way. Getting rich is not the result of saving or 'thrif', many very penurious people are poor, while free spenders often get rich. Nor is getting rich due to doing things which others fail to do; for two men in the same business often do almost exactly the same things and one gets rich while the other remains poor or becomes bankrupt.

From all these things we must come to the conclusion that getting rich is the result of doing things in a Certain Way. If getting rich is the result of doing things in a Certain Way, and if like causes always produce like effects, then any man or woman who can do things in that way can become rich, and the whole matter is brought within the domain of exact science.

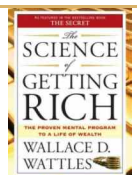
The question arises here, whether this Certain Way may not be so difficult that only a few may follow it. This cannot be true, as we have seen, so far as natural ability is concerned. Talented people get rich, and blockheads get rich; intellectually brilliant people get rich, and very stupid people get rich; physically strong people get rich, and weak and sickly people get rich. Some degree of ability to think and understand is, of course, essential; but insofar as natural ability is concerned, any man or woman who has sense enough to read and understand these words can certainly get rich.

Also, we have seen that it is not a matter of environment. Location counts for something; one would not go to the heart of the Sahara and expect to do successful business. Getting rich involves the necessity of dealing with men, and of being where there are people to deal with; if these people are inclined to deal in the way you want to deal, so much the better. But that is about as far as environment goes.



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





Dreams: Part One

ECKANKAR

Dreams touch every level of our life. They may let us glimpse the future, or give suggestions for healing, or share insights into our relationships. Above all, they can and will steer us more directly toward God..

(Harold Klemp, *The Art of Spiritual Dreaming*)

Soul Never Sleeps. It is a unit of awareness. While the body sleeps, the consciousness of Soul is awake. The memory of this experiences is often called a dream. Dreams are as real and valid as the waking state. They simply occur on a different plane of existence. The reason so many of our dreams are confusing is that our memory becomes distorted. Upon waking, the dream experience is run through the dream censor, a function of our own mind, and we remember only pieces of the event. Or the dream is camouflaged with symbols because of our discomfort or lack of understanding.

The Mahanta, the inner form of the Living ECK Master, is the Dream master. One way he guides his spiritual students is through their dreams. He uses the dreams of an individual to help work out karma and to impart spiritual understanding. The goal of an ECKist is to move at will between the outer, or physical, world and the inner spiritual worlds. This can be done via the Spiritual Exercises of ECK and by the conscious use of dreams. Dreams play an important role in spiritual unfoldment. They are a look into the heavenly worlds. In many cases, the dream becomes a teaching tool. An ECKist is always interested in learning, and the dream can be a message about reaching a higher consciousness. In dreams our personalities, with their fears and desires, are exposed for us to look at. We admit things to ourselves in dreams which we would be unable to be honest about in our waking state.

Karma, or spiritual debts, can be resolved in the dream state. The purpose of karma is to open our own consciousness and teach us a spiritual lesson. If we are able to learn a spiritual lesson by having the experience in a dream, we'd have little need to repeat the experience while awake. The main requirement is that we continue our spiritual growth. This can save a great deal of wear and tear on our bodies. For instance, the Inner Master could move the experience of an automobile accident from the Physical to the Astral Plane, allowing the experience to happen during a dream. It could still be a frightful experience, but much easier to handle there than here.

Many people claim the images and symbols we have in dreams are common to everyone and can be easily interpreted. You can find books in your local library telling you that water means this, or that horses mean that. The dream teachings of Eckankar do not follow such a simplistic model. In ECK, each person is a unique individual. Therefore, the dream symbols used by each person are also unique. Swimming in a river may well have a different meaning for one person than it would for another. The key for the dreamer, then, is to go within and determine what each of these symbols may mean. This can even become a type of spiritual exercise. (To be continued.)

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

Eternal Inspiration

Incredible days and nights await those whose minds are bent on the infinite;
The dream of reality ever-more apparent, and the mindfulness ever more existent.
You remind me evermore of my short sojourn in this dreams of yours!
Let me live as Thy son and work dutifully and joyously to Your command once more!

SUREN PILLAY



How simple is the Great Way to Salvation. All it says is that the world you see has nothing to do with reality. It is of your own making and does not exist. All it says is what was never true is not true now, and never will be. The impossible has not occurred and can have no effects. And that is all. Can this be hard to learn by anyone who wants it to be true? You need simply let yourself be as you truly are and have always been.

FROM 'A COURSE IN MIRACLES'



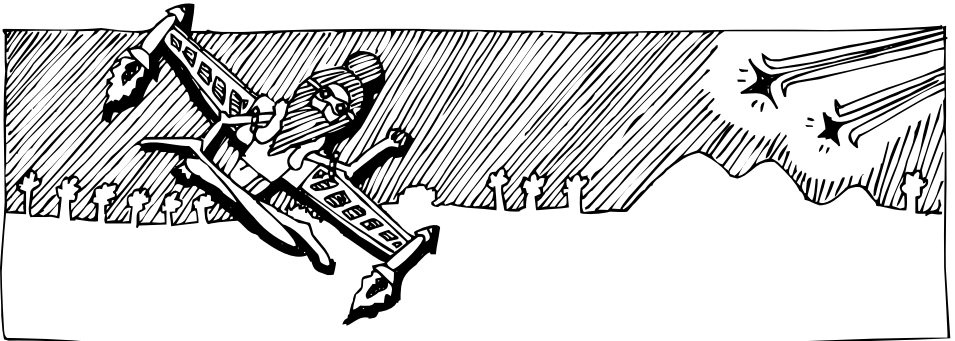
Have you ever sat very quietly with closed eyes and watched the movement of your own thinking? Have you watched your mind working? Or rather, has your mind watched itself in operation, just to see what your thoughts are, what your feelings are, how you look at the trees, at the flowers, at the birds, at people, how you respond to a suggestion or react to a new idea?

Have you ever done this?

JIDDU KRISHNAMURTI

*the chronicles of puglānanda**

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Gurujī: "To enlightenment and beyond!" Become a Kriya yogi to set your mind frrreeeee...

* Puglānanda means 'bliss in stupidity'.



Index of Resources and Online References

Ananda Sangha

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