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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Seventeen

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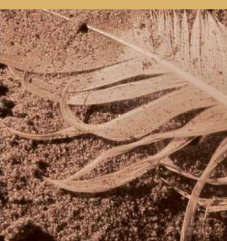
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Welcome to the July 2011 issue of *Transcendence*.

Most individuals with an aim towards transcending to greater things have some sort of mentor, guide or teacher who they look towards for direction and inspiration. It could be a grandparent, parent, older sibling, long-time friend or a body of wisdom from a God- inspired soul. Whoever or whatever form our spiritual mentor takes, we may not always find the time to give due acknowledgement for their effort and inspiration.

For a number of religious paths, July seems to be the month during which recognition is given to those who have been our shining lights on the road to transcendence. In Hindu culture, the July full moon is dedicated to the spiritual teacher or guru. Buddhists of the Mahayana tradition celebrate Ullambana when they take the time to honour their ancestors, those who have gone before them as examples to righteous living. And Moslems celebrate Lailat al Bara'a to commemorate the Prophet Muhammad's entrance into Mecca, and a time when everyone practises repentance and forgiveness, one of the greatest spiritual teachings of all time.

So, this month, on behalf of management and all our subscribers, we give thanks and acknowledgement to all contributors to Transcendence. All of you are shining spiritual lights to our readers and we are blessed to be excited and inspired each full-moon by your shared experiences and enlightening wisdom.

You are a force, you are a constant Source, Yeah, you are a shining light. Incandescent in the darkest night, you are a shining light. You light up my life.

Tim Wheeler, *Shining Light*

In Love and Service, always,





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

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cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 3756 - An Ever-Blooming Rose

GLORIA WENDROFF

God said:

Flowers are meant to blossom, and you are meant to blossom the same. So then, blossom.

How simple is life when you remember that you are a flower that grows to the sun and blooms. It is a simple task. It is not complicated.

A flower blooms because it is natural to bloom, and it is natural for a flower to give pleasure to all who see it. And it is natural for you to take pleasure in flowers. Is not your heart grateful to the flowers that bloom before your very eyes?

Flowers radiate their love without fanfare. And so must you. So must you be a flower that fulfills its purpose. Even when you don't know your purpose, you can bloom. In fact, I will tell you, there is not a moment that you are not in process of blossoming. Do not ever think that you must stunt your growth for the sake of you-know-not-what.

My children are not so easily named as flowers are. A rose is a rose. It is a flower, and its declension is rose. Let Us say that all My children are roses, and the varieties of roses are endless. What declension of rose are you? There is no name for you. You spend your life on Earth trying to find out your name. You discover yourself as you go along.

The generic name for you is Lovely Rose. Will you remember that? You grow in a Garden of Lovely Roses.

And now you become a Loving Rose.

My children do not even hold a rose's thorns as black marks against roses. Yet, when it comes to the human roses in My Garden of Life, you are critical of their deportment. You decide to appreciate some and not others. You do not always appreciate the rose that you are. In fact, you generally do not.

There is nothing that the rose of you in My Garden cannot be. That is what you do not yet accept. You think the rose of you has limits. You forget you are to blossom. The rose of you may think you are a shrinking violet or a wall flower or an unknown variety of rose. And yet a rose is a rose. You are a rose of My heart.

Identify yourself now. You have a DNA as roses do, and yet you are a self-determining rose. You can choose yourself. You can go to My Garden and pick out who you are. You are not limited. The possibilities of you are endless. Perhaps you stop blossoming too soon. You may not know that you are perennial. You may not know the Vastness of the rose that you are.

If you are someone who would not choose yourself, then grow to the sun and become the rose you yourself would like to pick. You are not stationary. You are not glued to a patch where only one kind of rose grows. The varieties are infinite, and you are infinite.

Draw your own picture. Let the rose you are unfold and unfold again and once more, and once more a thousand times.





I made a beautiful rose when I made you. Believe it. It is with other beliefs that you have defined yourself. Right now, today, grow beyond those little encircling fences you have made for yourself. You are not a rose who is to stay within certain lines. No, not at all. You are a rose who grows. Assume new proportions today.

Be the rose you want to be. Aspire. Release yourself from being one kind of rose and that's all. You are an unlimited rose. You are the kind of rose who can bloom today and bloom tomorrow. You are an ever-blooming rose.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



I suggest that you come from a higher realm of being. It is not your actions that you have to think of changing. It is your perception or lack of perception that keeps you in the same mold.

Heavenletter #42 Perception and Faith



When you don't know your power, you don't use it, the same way you don't turn on a light when you do not know it is there, the same way as when you do not know the royalty of your birth, you don't claim it.

Heavenletter #53 Pure Faith



When you are selfish, you hide yourself. You keep to yourself. You keep illusion to yourself. But you are on earth to reveal, not to keep.

Heavenletter #80 Persimmons



Your vision has to expand in order to save the outer world. The outer world has to grow toward Heaven. You have to grow. Your growth influences the outer world. The world cannot grow without you. You grow the world. The world is the crop you have seeded. What do you plant?

Heavenletter #127 Paradise



You are not a robot. You are a Human being. I made you with joy for joy, yours and Mine. Fulfill My joy by making joy and having joy of your own. Intend to enjoy. Decide to enjoy. Decide to steer your joy rather than await it or get through non-joy.

Heavenletter #202 Pick Flowers

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





Exploring Transcendent States of Consciousness

ROY EUGENE DAVIS

THE ULTIMATE TRUTH AND FINDING GOD

The ultimate (highest) truth has been expressed in various ways. The following statement is a concise example: Brahman is alone real; all else is unreal. Transliteration: Absolute [pure] Consciousness endures; Its fine, subtle, and gross manifestations are impermanent. – Nondualistic Philosophical View Attributed to Adi Shankaracharya, 8th century, India

What is intellectually discerned to be true must be personally realized by each truth seeker. It would be more meaningful to ask, “Is it possible to know and experience God?” Of course, many people do err by looking for God outside of themselves. Or they habitually think of, and talk about, God as being somewhere else, perhaps in a far-off place in our universe or in another dimension that is not easily accessible. The ultimate Reality commonly referred to as God is not what many people imagine it to be.

Many people, including some who have had a few, or several, transcendent realizations, continue to think, and speak, about God as a cosmic human being. They say, “God loves your devotion,” “God sometimes tests you to find out if you love him and have faith in him,” “If you persist on your spiritual path in the right way and continue to meditate deeply, God will come to you.” A person who knows what God is, will not (usually) make such statements. Exceptions might be when they talk with someone who does not have the intellectual or intuitive capacity to comprehend the truth.

The Reality of God can be partially, intellectually comprehended; more fully, intuitively apprehended; and actually realized (directly experienced and accurately known). Sages say that God is within every person because the essence of every person (and living thing) is a unit or part of the essence of ultimate Reality. What is true of ultimate Reality is true of us. The Selfawareness and Self knowledge of ultimate Reality is our awareness and knowledge. If awareness and knowledge is temporarily obscured, it can be Self-revealed. Effective spiritual practices do not change or improve our essence of being; they remove the psychological and physical obstacles to natural, spontaneous spiritual growth. That is why it is said that spiritual enlightenment is not attained or accomplished, nor is it an effect of any mental or physical cause. It is the Self-revelation of our essence of being when conditions that concealed it are absent.

Only individuals who are Self- and God-knowing can help us to know God as God is. They teach and encourage us, and share their enlightened consciousness. We have to have the capacity to understand what is taught, be receptive to their silent support, and to do what is necessary for us to do. The outer spiritual teacher (guru) assists us to internalize our attention and to be conscious of our essence, our true Selfidentity. Our essence is the inner teacher that attracts our attention inward and illumines our mind and consciousness. I heard my guru, Paramahansa Yogananda, say, “I am not the guru. God is the guru. I am only God’s servant.” When he said that he affirmed what all enlightened people know. Ultimate Reality is not influenced by mundane conditions. Its omniscience is unsurpassed. Transcending all relative phenomena, it is the teacher of even the ancient sages. – Patanjali’s Yoga-Sutras 1:24,25,26

Our spiritual growth is faster when we are well-informed, our thinking is rational, we know what we want to realize, and our right endeavors are consistently productive.

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 New Emerging Pattern

LUCIS TRUST

Patterns are everywhere. We may not see them, but they influence almost everything we do. The fabric of Life is overlaid by myriad patterns of energy that give shape and form to material substance. It might be said that every living person in the world is an expression of a new emerging pattern. You are who you are and where you are by the pattern designed by your soul. The qualities you express in your consciousness indicate the degree of synchronicity you have achieved with that ideal pattern. Each new life is designed to be an improvement in the expression of that pattern. The goal is a more perfect expression in consciousness of the inner pattern of the soul.

This pattern-making process of the soul is a lower reflection of the same process being carried out by the spiritual Hierarchy as it guides the evolution of human consciousness as a whole. As an example, one pattern of thought the Hierarchy has been impressing upon human consciousness for centuries is the need for the energy of goodwill to be used as a synthesising force for building human relations. Goodwill, then, is not so much a new pattern, but its application in human relationships is quite new and is recognised today as highly necessary in a globalised world. It is an old pattern of thought that is finally precipitating more in line with the original design and intent of the Hierarchy—"peace on earth, goodwill toward men."

Every pattern of thought impressed upon human consciousness is the result of a long process that begins in the Mind of God. There are essentially five stages in this process: 1. Purpose, 2. Planning, 3. Programme, 4. Pattern, and 5. Precipitation. The first four stages are primarily subjective, where ideas are formulated and a programme to implement those ideas is drawn up by the spiritual Hierarchy. This programme is then stepped down and impressed upon the consciousness of certain initiates working in the physical world. Only in stage five do divine Ideas begin to manifest on the physical plane. Stage five—precipitation—is where difficulties appear because accuracy depends on the sensitivity—or lack thereof—of human consciousness. This is what has happened with the Idea of goodwill.

The Plan of God exists because there is a divine Purpose to be worked out, on and through planet Earth. We know little of the details of this Purpose because it likely has to do with the greater Plan and Purpose working out in our solar system. We do know that the Plan of God calls for the manifesting of the great energies of Love-Wisdom and Light in the human kingdom. These energies are needed to invoke and implement the Will of God. This is the reason the Great Invocation—the blueprint of the Plan—was given to humanity as a tool for evoking these very essential energies.

Goodwill, as an emerging pattern, is an essential ingredient in the success of the Plan. By learning to express and apply goodwill we develop the capacity to understand and express divine Love, and then act with wisdom, which then prepares us to identify and work with the Will of God more directly. Will draws all together in one great expression of synthesis—the final pattern.

What humanity is faced with today is the lingering tendency to selfishness, separateness, greed and the quest for personal power. Those old patterns of thought have conditioned human relations for centuries. But they are patterns of thought that have arisen through fear and suspicion developed in the lower personality nature. These old patterns are now in conflict with the emerging pattern of goodwill and love that is in the process of becoming the dominant pattern in the new age, with the emphasis upon selfless service. The radiating energy of goodwill that flows through the work of selfless meditating groups throughout the world is helping to reshape human thought to synchronise more closely with this emerging pattern.

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



Go Deeper into Meditation

PARAMHANSA YOGANANDA

The soul loves to meditate, for in contact with the Spirit lies its greatest joy. If, then, you experience mental resistance during meditation, remember that reluctance to meditate comes from the ego; it doesn't belong to the soul. The devotee who makes the supreme effort is the one who finds God. Not the one who keeps seeking excuses, saying, "Let me find a quiet place; then I'll meditate." Procrastinators will never reach God. But if you tell yourself, "Right now I will go deep in meditation!" you can be there in an instant.

When a person is really sleepy, can't he fall asleep anywhere? So is it with the person who loves God. He can meditate even in a train station or in the market place. One who wants to be a concert pianist will practice at the piano twelve hours a day. If, instead, his practice consists of pecking halfheartedly at the keys for a few minutes every day, he'll never become any good as a pianist. That's how it is with the search for God. How can you expect to know Him if you only half try? It is very difficult to reach God. If even a concert pianist must work hard to become successful in his profession, how much more earnestly must the devotee "work" at meditation in order to realize the Infinite! Here, however, is an encouraging thought: Everyone who makes a sincere effort on the spiritual path will surely reach his goal. You cannot say that of worldly ambition. Not everyone can become a famous pianist, no matter how hard he tries. For in every field there is room at the top for very few. All men, however, can claim their sonship equally with the Heavenly Father.

To meditate a short time with depth is better than to meditate for long hours with the mind running wild. In the beginning, therefore, don't force yourself to sit for a long time. Strive for shorter, but deeper, meditations. Then gradually, as you become accustomed to going deep, lengthen the time you sit in meditation. Don't feel badly if you find yourself too restless to meditate deeply. Calmness will come in time, if you practice regularly. Just never accept the thought that meditation is not for you. Remember, calmness is your eternal, true nature. In meditation, try to go beyond thinking. As long as thoughts enter the mind, you are functioning on the conscious level. When dreaming, you are in subconsciousness; then you are more aware in the astral body. When your consciousness withdraws still more deeply, into superconsciousness, then you are centered in bliss, in the spine. In that bliss-state you are aware in the causal body, the soul.

Meditate without attachment to the fruits of meditation. A disciple was digging a cesspool at the Master's desert retreat. He kept on digging all day long, without stopping to see how far he had come. That evening, to his amazement, he found that he had dug a deep hole. When Paramhansa Yogananda saw what he had accomplished, he said approvingly, That is how the devotee must seek God—continually digging, digging, without looking to see how far he has come. Then one day, suddenly, he will find himself there! As Lahiri Mahasaya used to tell his disciples, "Banat, banat, ban jai!—doing, doing, at last done!" "Where motion ceases," the Master said, "God begins." A disciple was having difficulty with his meditations. He asked Sri Yogananda, "Am I not trying hard enough?" The Master answered, "You are trying too hard. You are using too much will power. It becomes nervous. Just be relaxed and natural."

As long as you try to meditate, you won't be able to, just as you can't sleep so long as you will yourself to sleep. Will power should be used gradually. Otherwise, it may become detrimental. That's why it is better, in the beginning, to emphasize relaxation." Do not get excited or impatient in your efforts to find God. Be wholehearted, but not anxious about getting results. Be patient. Move toward your divine goal ever calmly, with tranquillity.





Meditate more and more deeply, until calmness and joy become second nature to you. To be ecstatic is not difficult. It is thinking that it is difficult that holds you apart from it. Never think of divine joy as distant from you, and it will be with you always. Try to feel, when walking out of doors, that everything around you is part of your own expanded awareness.

Behold the leaves trembling on the trees, and try to feel their movement. Imagine in that movement that God is expressing His thoughts and inspirations. Watch the meadow grasses as they wave in the wind. Imagine the breeze as God's breath blowing over the world, inspiring all beings and giving them life. Listen to the birds singing. Feel that God, through their songs, is trying to reach you with feelings of divine gladness. Be aware of the sun's rays on your skin. Think of the heat you feel from the sun as God's energy. Let it fill your body with vitality and power. Imagine divine energy, through the sunlight, strengthening creatures everywhere on earth..

Your mind is like a bird that has been locked in a cage for many years. It fears liberty. Yet, freedom is its birthright. Someone opens the door to let the bird out. It may hop outside a short distance, but then suddenly it thinks, 'Oh, this vast world!' Terrified, it hops hurriedly back into its cage again. Gradually, then, by repeated sorties, the bird becomes accustomed to being outside its cage. Then at last, one day, it spreads its wings and soars up into the sky, free at last! And why is it free? Quite simply, because it has finally accepted freedom as its natural state. So it is with the devotee when he first experiences soul-freedom. But remember, as it is natural for the bird to fly up into the sky, so is it natural for the soul to soar in omnipresence.

Just behind the darkness of closed eyes shines the light of God. When you behold that light in meditation, hold onto it with devotional zeal. Feel yourself inside it: That is where God dwells. If, on the other hand, you behold no light in meditation, then concentrate at the point between the eyebrows, and gaze deeply into the darkness that you see with closed eyes. Try, by your devotion, to penetrate that thick veil. In time you will surely behold the inner light, for it is ever there, shining in your forehead. Just as all human beings have eyes, so does everyone have this spiritual eye within his forehead. It awaits only his discovery in deep concentration within. A bent spine is the enemy of realization. In meditation, always hold your spine straight, that the life force may flow through it unobstructed. Next, hold your attention fixed at the Christ center between the eyebrows. The more deeply you concentrate at that point, the more you will find your ego dissolving in superconsciousness.

As a boy, I used to practice Hong-Sau sometimes for seven hours at a time, until I entered the breathless state of ecstasy. If you eat your dinner and then run, you won't be able to enjoy what you've eaten; you may only get indigestion. But if you rest afterwards, you will find that this is the best time to enjoy the effects of your meal. Follow the same practice after finishing Kriya Yoga. Don't jump up immediately, but sit still for a long time-as long as you can do so comfortably. Pray to God deeply. Practice Bhakti Yoga, or devotion. Or watch the flow of breath in the spine while practicing Hong-Sau. Or listen to the inner sounds with open ears.

Excerpted from *The Essence of Self-Realization*

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Infinite Energy

ROD BRIGGS

“For some things in life you have infinite energy, that’s how you know who you are and where you should be.” Rowan Stuart

I find myself in the old Zulu Kingdom once again. Just north of my home it is an easy escape, my bolt hole, where I go to recharge the batteries. Every time I cross the Tugela River I feel a familiar lightening of spirit and a deep sense of peace. Strange, considering its anything but tranquil history.

For the best part of forty years I have been exploring its hidden byways and backwaters. The love affair is personal and deep but never gentle. The energy here is palpable, powerful and all pervasive. It is primordial. We are creatures composed entirely of vibrating molecules. At a very basic level that means that we are energy.

As we grow through life we come across people, places, things and behaviours that resonate with us, which set up a sympathetic resonance, a harmonic if you will. It is here where Einstein’s *Neurobiology of Excellence* lives and where every poet and mystics muse is hiding in plain sight.

Consciously becoming aware of your personal default energy setting and finding your own harmonic vibration in different areas of life is a gateway into a more vital way of being.

Most of us are aware of this when a certain song, or piece of music, gives us goose-pimples and makes the hair on our head stand up. The ensuing moment of rapture is not accidental; you are experiencing the beginning of a quickening. A reflection of the energy grid we are all part of

Expand this by simply being aware, by opening up.

Find the power in the sunset, written word, piece of art, a certain time, place or person. Look for it and the resonance will get you.

It’s all about energy.

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 4

If you have practised exercises 1 to 3 correctly, you will certainly succeed in this exercise and prove to yourself that you have acquired efficiency in concentration. If you do not succeed in this exercise, it means that you did not practise the previous exercises correctly. If this is the case, without becoming disheartened, simply revise the previous exercises thoroughly before coming back to this one.

Before beginning exercise 4, take your body temperature using a thermometer and make a note of it. Then sit down, eyes closed and mentally walk outside into the sun (even if it is a cloudy day). Feel the warmth of the sun on your skin, your eyelids and body and remain in that heat until you begin to feel as if you are perspiring. This may take more or less time for each individual, depending on their concentration abilities. Then open your eyes and take your temperature again. It should be at least 0.5 degrees higher than the first measurement. Do not doubt that this reality can manifest even when conditions do not seem appropriate. For more clarification, make an extensive study of the mind and its connection with the body and environment in order to expel any doubt that such things are possible. With this clarification doubts will be removed and your success in these exercises will be greater.

Exercise 5

Once again, success in the foregoing exercises is a pre-requisite for success in this one. To start, note the time that you commence this exercise. Close your eyes and slowly stand and mentally walk out of your present space. Turn to the right and then to the left observing everything you see. If you can, 'walk' to a nearby shop and observe what you see in the shop window, making a mental note of details and how items are arranged. When you are back where you started, open your eyes, recall what you saw and note everything down, drawing the individual items if necessary. To test the success of this exercise make a physical trip to the same shop and check the reality of what you saw against your mental list. You were successful if you have 30% or more of the items correct. Continued practise of this exercise will result in greater success.

Exercise 6

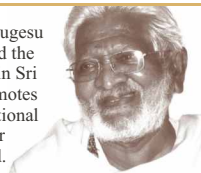
If you have a family member who is suffering from pain in any part of the body, sit nearby them and repeat the mantra, 'your pain will subside' slowly a number of times, while touching the painful area with your right hand. If you can do this exercise when the patient is asleep, even better, preferably in the early morning. If you are successful, the pain will subside after three to four days.

What is the use of knowledge if it does not help us progress? If you have practised exercises 1 to 6 correctly and succeeded in them to a reasonable extent, you will be able to use your proficiency in many other ways. Meditation has no components to help us in our ordinary worldly life. It is intended for a higher purpose. Only single-minded concentration is required to solve many of life's problems. Most importantly, do not become disheartened if you do not succeed at your first attempts of these exercises. Continue to practise them and you will eventually succeed.



www.gayathripeedam.com

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





The Body Balance Activation Technique

TRACY WHITE

The Mystery Continues

When we think of our DNA we think of what science has taught us. We have a double helix DNA which is made up of different chemical bonds, and carry the genes that we inherited from our parents. It is a permanent event in our cellular structure, and if you were born with or inherited some condition, you are stuck with it for the rest of your life. If you have any defects in your genes, you are doomed. This is the stance of the scientific community and our medical profession.

But what if this is not how it is? The latest offering in the Kryon book series is Book 12 is called 'The Twelve Layers of DNA (An Esoteric Study of the Mastery Within.)'. This is the latest of the Kryon channellings written by Lee Carroll. It is a fascinating read, and is highly recommended for understanding and realizing each of our divine natures and potentials. The scenario that Kryon describes is virtually impossible to prove as our science can only prove what can be measured. Our DNA, as Kryon describes it, is not a 3D event. It cannot be measured by any machine or tool that we currently have on our planet. We live in a 3D world and we only understand concepts like beginnings and endings, and time and physical space and what fills it. So we need to step out of our head to really understand what Kryon is proposing.

One of the first things that Kryon says is that we have the ability to really know truth. He says, 'Your cells are designed to vibrate in recognition of truth. The truth is information – not chemistry. The truth ring in the cells is an indication that there is a whole message here that we are not necessarily hearing with our ears. This truth comes as a third language that is often catalytic in nature and it changes us'. Sit with that for a moment. I have always told my students to feel if something is the truth because every cell in your being will tell you. So please use this as a marker as we explore some of the ideas Kryon has laid out in his book.

The next thing that is so foreign and strange to us is the idea of something being multidimensional and interdimensional. This means that the idea of having two things in the same place at the same time is completely possible. It also means that these same two things are in many other places at the same time. In our reality we know for sure that two motor vehicles cannot be in that same place at the same time, as that would be disastrous. But in the quantum world, they could. Energy particles can happily pass through each other and change form and be in multiple states and places. This is exactly how our DNA functions. Our DNA is multi-dimensional and inter-dimensional. As we investigate the 12 layers of our DNA, it is really important to keep in mind that they are just like the levels of the Auric field in that they cannot be separated. We can talk about them as layers of consciousness, but they are not designed to work independently of each other. In fact you will discover, as we uncover each layer, that they work in pairs and collectively affecting the overall consciousness of the whole.

And I will leave you with this to ponder over for the next few weeks.... Our DNA is a communication and a recording system. The trillions of parts of the DNA communicate instantly with each other. Kryon says that they record all of creation since the beginning of time, watching the earth and all the comings and goings of all life, including your own many lifetimes. Our DNA is a mini portal that connects the human being with all that is and ever was. It is a portal where we connect to spirit and we are NEVER without this connection.



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



Supernatural Power

SUREN PILLAY

Since the ages of yore, man has been interested in understanding the mysteries of life. Mysticism has found itself ever connected with spirituality and religion. The ability of mystics to influence and alter so-called natural laws to their advantage has stimulated the curiosity of many individuals and prompted them to explore the path of spirituality. Siddhis, or supernatural powers, have astounded man since time immemorial. But many wise men have stated that such powers over natural law can be regarded as obstacles on the path of enlightenment rather than strengths.

Many of these supernatural powers emanate from a particular type of practice which may or may not be linked to an enlightened practice. Many tantric practitioners have been able to manifest superhuman powers through determined and sincere practice of tantra. These abilities, if used in the proper way, may result in a great benefit for humanity. For example if one acquires an extraordinary ability to heal, this can be used to benefit many people around the world.

There is an account of a Himalayan master who was able to transfer matter from his own body into the body of a tree. A disciple once observed the transfer of this energy, as it occurred, and was actually able to see lumps of mass form on the tree as the sage directed his finger toward the tree. In a few minutes the sage reversed the process by moving matter from the tree back into his body. When the disciple asked the sage as to how this is accomplished, the sage answered that it was by performing an ancient practice linked to fire or agni'.

In the Himalayas there are various yogis and masters who are able to manipulate natural laws. These powers are indeed very exciting, but we are told that they are also dangerous. Especially to a disciple who is not sufficiently evolved as the possibility of abusing such powers for selfish means is a great temptation. In most instances these powers are gained by individuals who have evolved enough to use them for the benefit for humanity. In Patanjali's *Yoga Sutra*, eight siddhis are mentioned and described. It is further stated that these siddhis are the result of yogic practice and can be regarded as impediments on the spiritual path.

In the *Bhagavad Gita*, Lord Krishna states that four types of people come to him: the curious, the desirer of wealth, the desirer of spiritual knowledge and those in distress or in poverty. People attracted to the spiritual path as a result of a siddhi, can thus be regarded as the curious type of devotee.

My message to you this month, dear readers, is to nurture an authentic desire for self-realisation based on attainment for God and not supernatural power. This will ensure steady attainment of inner bliss and contentment.

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>





Children - Our Legacy for Tomorrow: A Bahá'í Perspective

FLORA TECKIE

Child-rearing is not only a source of great joy and reward, but it is a sacred obligation. Every child has the potential to be good, to do well with his/her education and to develop spiritual qualities in a loving and caring atmosphere and through proper guidance and discipline. According to the Bahá'í Scriptures: "Every child is potentially light of the world and at the same time its darkness" "... the aim of an educator is to so train human souls that their angelic aspect may overcome their animal side."

The upbringing of children, I feel, is our responsibility and privilege as parents. It is important that we create in our homes such conditions and an atmosphere which will be conducive to the material and spiritual welfare and advancement of our children.

The first training which children receive is at home and is the strongest foundation for their future development. Mothers in particular have a special role to play in the early training and education of children, especially during the first few years of life when the basic values and character of the individual is formed. According to the Bahá'í Writings: "... it is in early childhood that a firm foundation must be laid. While the branch is green and tender it can easily be made straight."

The Bahá'í Teachings state that both spiritual and intellectual education are essential for our children to develop to their full potential and for them to be equipped to contribute socially and spiritually to the advancement of our communities. However, special emphasis should be placed on spiritual education, as the guidance and teachings provided by God's Messenger are the standard of truth against which all other views and conclusions should be measured.

According to the Bahá'í Scriptures:

"... from the very beginning, the children must receive divine education and must continually be reminded to remember their God. Let the love of God pervade their inmost being, commingled with their mother's milk."

"Schools must first train the children in the principles of religion ... but this in such a measure that it may not injure the children by resulting in ignorant fanaticism and bigotry."

Combining science and religion, belief and reason will help free our children from religious fanaticism and superstitions. Placing emphasis on learning to think, rather than following adults out of fear, to reflect and reason, rather than to imitate, will motivate them to apply the spiritual laws with understanding and conviction.

In conclusion:

Conditions and the atmosphere we create in our homes have great impact on the material and spiritual welfare and advancement of our children. Let us take advantage of the youthful energy of our children and channel it into learning. Let us remember that the habits learned in childhood become part of the daily action of our children for a life time. Let us remember too that our children are our legacy for tomorrow.

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) 801-3100 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 Way of the Future

BY THE MASTER through Benjamin Creme

In a very few years time, the present period of stress and hardship will be much allayed. Behind the scenes, much is changing. Many of the forces which have brought about the conflict and struggle of today are weakening, and are being replaced by forces altogether more favourable to men. So many different energies, and direction of these energies, are simultaneously involved at the present moment that it is difficult to ascertain precisely when this change will begin, but it should not be much more than about two years before the first clear signs of change are discernable.

There will follow a period of change which few would conceive possible in so short a period of time: the present upsurge of demands for freedom and involvement in their own destiny which has been manifested so strongly by the people of the Middle East will sweep across the world and involve country after country, large and small. Thus will the Voice of the People grow ever stronger and more eloquent. More and more, men and women everywhere will begin to understand clearly their needs and their invincible strength to claim their birthright.

Inevitably, some countries will find the changes easier to achieve than will others. Some will find that the groups who, for centuries, have wielded power and built their citadels of wealth will be loath to relinquish that supremacy, but the forces for change will become so insistent and unstoppable that they, too, will have to alter their direction and adjust to the demands of their people.

New society

Thus a new society will evolve with remarkable speed, one that holds sacred the right of all people to self-determination, the democratic right to involvement in their society and their future; their right to adequate living standards, healthcare and education. Above all, men will claim the right to live in peace.

Maitreya will sustain men in their demands for justice and freedom and will magnetise their every effort. As He did in Cairo, He will be with all who make their demands in peace, respecting all groups and all religions, without rancour and competition. Thus will men come to understand the way of the future, the only way which will guarantee that future, a future shared by all, without division.

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>





The Purpose of Life

SWAMI SHANKARANANDA MAHARAJI

So, what's the purpose of this life? What's our purpose here? Our purpose in this life is to become a jivan mukti. What's the meaning of jivan mukti? It means total liberation of the self. And why can't we become jivan muktis? There's one factor called the mind that stops us. The only reason the mind affects us is because the mind is controlled strongly by our sense of ego, which does not allow our mind to function in any other way. And our ego is so big that some of us drown in it. Others suffocate in it, because the more egoistic we become, the more idiotic our behaviour is. We lose all sense of logic and intelligence, and we follow this thing which seemingly makes us better than anyone else, and this ego stops us from becoming jivan muktis.

So we want to become jivan muktis, but we don't want to give up this thing called ego. What does ego stand for? Enlarged Growth of the Oblongata. Because your mind is also there it's so big. Give up your mind and all the stories you carry in your mind. Give them up. I have a saying: just worry about today, worry not about tomorrow because tomorrow will become today tomorrow. Take every day, second, minute, hour, as it comes.

We have a habit of living in expectation. And then when the expectation is not fulfilled we are a wreck, a nervous wreck. Live without expectation. Live as though you're walking into town. Do you watch your steps? No, you don't even know you're walking half the time. Your right leg goes, your left leg goes. It's automated. Live like that. Your legs are in total rhythm and you don't have control of that. There's no mind involved. It just happens. And that's the rhythm we all need to get into to become jivan muktis.

So our purpose in this life is to become better people. Our ego is based on many aspects of our lives. The house we live in, the clothes we wear, our car, our profession - all that creates is opportunity for our ego to get bigger and bigger. And as long as you have that, your jivan mukti state is decreasing. Let us all become jivan muktis. You are halfway there. You are a jivan, a being, a Self. To liberate the Self is to give up this physical self. When I say you must give up this physical self, what I mean is don't get caught with glorifying this physical self. It's nothing.

Life is so short. Before you know it, it's ended. Think about it. The moment the Self leaves the body, you are just a body to everybody – to your wife, your husband, your son, your brother. They all look at it as one of the most useless things, yet we glorify it. That is because we have this thing called ego. And as long as we have this we're not going to run away from glorifying this body and making this body the most beautiful thing there is. And when it comes in contact with fire in the cremation hall, it's nothing. But we'll glorify it. Because that is the only thing that gives us some kind of justification that 'I'm beautiful'. Beauty doesn't lie in all this. Beauty lies in the self, the inner self, the greater self, the bigger self. The self within.

Let us now get rid of this thing called ego. Start slowly. You want to know how you can change? Kill the mind. How do you kill the mind? Simplicity is the ultimate spirituality. You can't have ego and be spiritual. It won't work because somehow the ego becomes bigger than you.

SOURCE LINK TO THIS ARTICLE

www.jadatharayayoga.com



Dreaming

BERNIE SIEGEL, MD

There have been many dreams and experiences which have been personal guides for me and made me think about my life and actions and creation. If you think about evolution - sleep, at some time, was a dangerous undertaking. You lie down in your cave or shelter and along comes a predator and has you for dinner. Many creatures do not sleep or sleep while standing so they can escape from dangerous situations. So I believe the reason we sleep is not just to allow our body to rest but that it is to allow this inner wisdom to speak to us through symbols. This includes the body or somatic problems as well as psychological ones. Dreams and drawings are useful in diagnosing physical conditions. Carl Jung interpreted a dream and correctly diagnosed a brain tumor. I have had similar experiences with my patient's dreams and drawings. So in my life the thoughts and wisdom come from this inner universal wisdom which creates my dreams and speaks to me at times in images and words.

A dying teenager asked me, "Why am I different?" The voice, speaking through me, said, "Because it makes you beautiful." I was about to apologize for saying that until I looked at him and saw the bright eyes and beautiful smile the words had created. When your mind becomes like the still pond you will hear and see and connect with the thoughts which can change your life because you are accessing the greater consciousness and can know the future and communicate with animals and more. When you are asleep this is your natural state but when you are awake and your life and mind are turbulent it cannot happen. The ugly duckling sees he is a swan and a tiger raised by goats, when his mother dies giving birth to him, sees who he is when another tiger takes him to a still pond and says, "See you're a tiger. You're not a goat you're like me." When the mind is still you will see and hear what needs to be seen and heard in your life at that moment.

I have had many experiences when I have had a voice speak to me. It happens when I am taking a walk or exercising and my mind is quiet. Consciousness is non-local but again it cannot communicate when we are in turmoil. My animal intuitive friend, Amelia Kinkade, while sitting in Los Angeles, told me where to find a lost cat in Connecticut. She also told me that I had to quiet my mind in order to be able to communicate with my animals. It is the same message and it has worked and taught me a great deal.

An example: I wrote a book called Buddy's Candle to help people deal with the loss of a loved one of any species. When I finished it I took our dog Furphy out for a walk. I heard the voice say to me, "Go to the animal shelter." We got into the car and drove there. I walked in and saw a dog sitting near the door. The voice said, "What's his name?" Of course the answer was, "His name is Buddy. He has been here less than fifteen minutes." I said I was there to take him home and I did. I have to add that on the way home I stopped for gas and Buddy leapt out of the car and started running down the road. With help I caught him and when we got home I quieted my mind and asked him why he did that? His answer, which blew my mind was, "I belonged to a couple. The husband was an alcoholic. When his wife would ask him to take me for a walk he would go to a bar and drink while I was locked in the car and then he would abuse me."

I told him I would never treat him like that. The test happened a few weeks later when going shopping I accidentally hit the button on my car keys, while putting them in my pocket, which opened the minivan's side door. When I returned to the car Buddy was sitting in the open car. I started yelling for Furphy and then heard Amelia say, "Bernie quiet your mind." As soon as I did I knew Furphy was in Stop & Shop looking for me. And indeed when I went there the guard saw me and asked if I were looking for my dog which he had with him.





Last but not least the voice helped my father to die laughing. I heard the voice ask me how my parents met, before I went to the hospital, knowing my dad was going to die that day. I answered I didn't know and the voice said, "Then ask your mother when you get to the hospital." When I walked into my dad's hospital room the voice asked my mom the question. She said, "I was sitting on the beach with girls I didn't know. I learned later they had a terrible reputation. Boys coming down the beach tossed coins to see who would get the other girls and your father lost and got me." The stories she followed with allowed my dad to die laughing. A gift for us all to experience.

Now back to the visual messages. Many years ago I experienced hematuria and my associates wanted me to immediately see a urologist as cancer could be the cause of the bloody urine. I was very busy and did not want to interrupt my schedule and caring for patients. That night I went to bed and dreamed that I was sitting in the cancer support group I ran. Those attending were all introducing themselves and telling why they were attending. When it came my time to speak and introduce myself everyone said, "But you don't have cancer" before I could say a word. I awoke knowing I didn't have cancer and that I could make an appointment that fit my schedule. The dream proved to be correct. I had an infection.

Next problem was my wondering whether I was running support groups for seriously ill people and a doctor because I feared death and wanted to feel invulnerable. That night I dreamt I was sitting in the back of a car with several other people. I can't recall who was driving but we went off a cliff and everyone in the car was screaming in panic while I sat calmly observing what was happening. I awoke knowing that death was not an issue or problem for me.

Another dream I had was of an iridescent white cat I thought was called Diamond because of her appearance but people weren't pronouncing the name correctly. I went to visit the Jungian Therapist James Hillman because of that dream and a past life experience I had which was like lucid dreaming. A friend, over the phone asked me, "Why are you living this life?" when she heard how busy I was. I went into a trance and saw myself as a knight being told by his lord to kill someone. It was like watching a movie about myself. I ultimately did kill a young woman and her dog because if I had refused my lord said that he would take my life.

To make a long story short when I discussed these things with Hillman he said the cat was named Daimon and was about my spirit and the life I was to live and I should talk to the cat and I did. Then he shared how I was talking about my Lord and I said yes the lord of the castle and he answered. No, it is your Lord. It hit me then how I had always wondered how Abraham, Jesus and Noah could follow their Lord's instructions and not ask for other options. I learned about faith from that experience. Who my Lord should be and that my reason for being a surgeon was to cure with a knife and not kill with it. For me consciousness is non-local, not limited to the body and can exist independent of it. I had a near death experience choking on a toy at age four and a past life, as I described, and I believe all these relate to our connection with our personal and collective consciousness which never ceases to exist. For me creation comes from intelligent, loving, conscious energy and when we leave our bodies we are unalive and perfect again. I believe what sees when we have a near death experience and leave our bodies is the same force which creates our dreams; the universal collective consciousness and the source of creation.



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 First Principle

WALLACE D. WATTLES

Thought is the only power which can produce tangible riches from the Formless Substance. The stuff from which all things are made is a substance which thinks, and a thought of form in this substance produces the form.

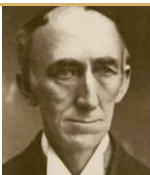
Original Substance moves according to its thoughts; every form and process you see in nature is the visible expression of a thought in Original Substance. As the Formless Stuff thinks of a form, it takes that form; as it thinks of a motion, it makes that motion. That is the way all things were created. We live in a thought world, which is part of a thought universe.

The thought of a moving universe extended throughout Formless Substance, and the Thinking Stuff moving according to that thought, took the form of systems of planets, and maintains that form. Thinking Substance takes the form of its thought, and moves according to the thought. Holding the idea of a circling system of suns and worlds, it takes the form of these bodies, and moves them as it thinks. Thinking the form of a slow-growing oak tree, it moves accordingly, and produces the tree, though centuries may be required to do the work. In creating, the Formless seems to move according to the lines of motion it has established; the thought of an oak tree does not cause the instant formation of a full-grown tree, but it does start in motion the forces which will produce the tree, along established lines of growth.

Every thought of form, held in thinking Substance, causes the creation of the form, but always, or at least generationally, along lines of growth and action already established. The thought of a house of a certain construction, if it were impressed upon Formless Substance, might not cause the instant formation of the house, but it would cause the turning of creative energies already working in trade and commerce into such channels as to result in the speedy building of the house. And if there were no existing channels through which the creative energy could work, then the house would be formed directly from primal substance, without waiting for the slow process of the organic and inorganic world. No thought of form can be impressed upon Original Substance without causing the creation of the form.

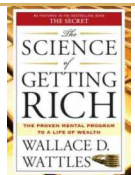
Man is a thinking center, and can originate thought. All the forms that man fashions with his hands must first exist in his thought; he cannot shape a thing until he has thought that thing. So far man has confined his efforts wholly to the work of his hands; he has applied manual labour to the world of forms, seeking to change or modify those already existing. He has never thought of trying to cause the creation of new forms by impressing his thoughts upon Formless Substance.

When man has a thought-form, he takes material from the forms of nature, and makes an image of the form which is in his mind. He has, so far, made little or no effort to co-operate with Formless Intelligence; to work 'with the Father'. He has not dreamed that he can 'do what he seeth the Father doing'. Man reshapes and modifies existing forms by manual labour; he has given no attention to the question whether he may not produce things from Formless Substance by communicating his thoughts to it. We propose to prove that he may do so; to prove that any man or woman may do so, and to show how.



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 Two

ECKANKAR

Dream characters represent aspects of the dreamer. The plot and characters in dreams are not always significant in themselves. A chilling nightmare can hold a very uplifting message for the dreamer. For the most part, though, the characters in a dream represent the dreamer himself. These are keys to understanding who we are and what our purpose is. Eckankar explains that we are to look for a positive message when trying to understand the meaning of our dreams. The Dream Master is always working for your benefit.

There are many levels of dreaming. If the dreamer becomes aware that he is in a dream, he may be able to take control of the experience. The Dream Master is always working for your benefit.

There are many levels of dreaming. If the dreamer becomes aware that he is in a dream, he may be able to take control of the experience. The dreamer may call upon the Mahanta and request spiritual instruction. Or the dreamer may choose to visit a Temple of Golden Wisdom on one of the other planes. In these cases, the experience can become more Soul Travel than dreaming.

There are also dreams of prophecy. You can view life from above the normal track of time and get a glimpse of the future. It is best, however to restrict your use of prophecy to your own personal life. The opportunity for misunderstanding the symbols is great. If you dream of an earthquake and then run to warn your friends of the upcoming cataclysm, it would probably be embarrassing when nothing happens. Such a dream, more likely, is foretelling a personal shift, perhaps indicating the approach of a sudden change in circumstances of consciousness. The dream may indeed be prophetic, but you could miss the real meaning.

Keeping a dream journal can be helpful. This provides a bridge between the inner and outer worlds. Most of our dreams are forgotten very quickly. After reading their own dream journals, many people are amazed at how much they dream. A dream journal also gives us an opportunity to see any patterns in our dreams. Certain symbols may tend to appear regularly. In recognising them, we are better able to make sense of these experiences. And finally, the process of writing the dream down allows us to synthesize and let go of the experience. As this baggage is released, we gain both understanding and spiritual freedom.

The ultimate purpose of dreams is to bring the individual closer to the Light and Sound of God. In this way, dreams have the same purpose as life itself. The Mahanta can communicate in a dream with the new student who has not yet been able to open their conscious mind to the Inner Master. A dream is a step further on the path of spiritual unfoldment. It can also be an inspiration to the average person, as in Soul Travel. All things are possible. Life is no longer a mundane, random experience.

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

Our grandest dream of the future starts with a dream within ourself
 Our greatest aspiration for a better world starts with the idea of a better self
 When our deepest realisation begins from within rather than from without, our aspirations and
 dreams are ready to manifest into the reality we wish it to be!

SUREN PILLAY



Right now, and in every now-moment, you are either closing or opening.
 You are either stressfully waiting for something - more money, security, affection -
 or you are living from your deep heart, opening as the entire moment,
 and giving what you most deeply desire to give, without waiting.
 If you are waiting for anything in order to live and love without holding back, then you suffer.

Every moment is the most important moment of your life.
 No future time is better than now to let down your guard and love.

DAVID DEIDA



My Life

I wake up in the morning. Coffee, juice, toast, fruit, eggs are choices.
 I then get into my air-conditioned car and drive to work.
 I go back home, sit on the lazy boy and flick the remote on the television,
 Have a nice supper, sleep in a warm, comfortable bed.
 Yet I seek things to complain about.
 Yes, there is injustice. But is the injustice done to me so bad, relatively?
 Is life really that harsh on me?
 I am filled with guilt when I see the man on the street scavenging the bins for food,
 Walking barefoot on a cold winter's morning, sleeping on a cardboard box.
 I notice he doesn't complain but neither does he smile. What has he done to deserve that?
 Why? Why? I always ask. Is he a bad person? He doesn't look like a bad person.
 My eyes want to release tears.
 I am filled with guilt that I have so much and I get to smile every day.
 But I always pray for him and try to help him. Maybe I should be grateful for what I have.
 I used to pray for myself every night but now I pray for everyone else.
 I don't mind being helped last. Help him first, God.

SAVESH CHETTY



When you call yourself an Indian or a Muslim or a Christian or a European, or anything else,
 you are being violent. Do you see why it is violent? Because you are separating yourself
 from the rest of mankind. When you separate yourself by belief, by nationality, by tradition,
 it breeds violence. So a man who is seeking to understand violence does not belong to any
 country, to any religion, to any political party or partial system; he is concerned with the total
 understanding of mankind.

JIDDU KRISHNAMURTHI



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



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