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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Eighteen

13 August 2011

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Welcome to the August 2011 issue of *Transcendence*.

This month I would like to use this space to remind our readers of the purpose of the *Transcendence* mini-mag.

It is our dream to play a small part in contributing to the awareness of spiritual unity in religious diversity. But what does this mean? Simply, it means that our aim is to promote spiritual tolerance in all religions. There are so many different religious paths and many different ways are taught on how we can experience God in our lives. Some religions believe that the method taught in their Scripture is the only correct method and that they retain exclusive rights to salvation. This outlook is not to be ridiculed as it is due to simple ignorance.

Through the medium of *Transcendence* we hope to dispel at least some of that ignorance by allowing believers from different religious backgrounds to share their scriptures, philosophies and spiritual experiences, in order to build unity in God with their spiritual brothers and sisters; to transcend confining and conditioned beliefs literally; and to expand their spiritual outlook. This reminds me of a beautiful saying that I read printed on a T-shirt recently, 'God is too big to fit into one religion'.

On that note, August is celebrated as Women's Month in South Africa. This is a perfect time to contemplate the Divine Mother aspect of God. In Western tradition God is conceived as a male Father figure - powerful, disciplined and stern. If you have never considered an alternative view of God, why not take the time during this Women's Month to resonate with the female side of God (albeit temporarily) in the form of Divine Mother - creative, nurturing and loving? And enjoy the expansion you're bound to experience.

In Love and Service, always,





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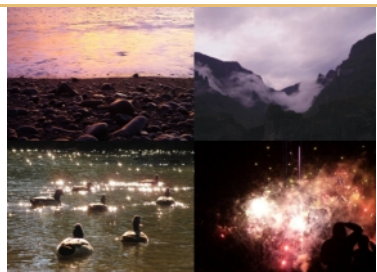
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Heavenletter # 3755 - Bless you, World

GLORIA WENDROFF

God said:

Imagine that you stand at a mountain peak, and you seemingly see a vista of the whole world. Look down on the world with love. Imagine that you are I, God, and bless the world. Open your arms wide and say: "Bless you, world. I bless all the hills and dales and flowers and people and all growing things. I bless the people in every country of the world. I bless the rivers and lakes. I bless everyone and everything everywhere. I leave out no continent. I leave out no galaxy. I include all."

Blessings are meant to be all-inclusive. There are to be no blessings for one and not another. All are to be blessed. All are to be blessed by all.

May all the children on Earth be healthy, wealthy, and wise. May all the children on Earth be blessed by you. If the world is your family, make it so. Make it so no one is left out. Care for all with your heart. You do not go around to fix everything. You simply care for all in your heart. Your heart has room for all. Your heart has no room for stinginess.

If you pray, pray beyond your territory. Pray beyond your horizon. It costs no more to pray for all.

Of course, I do not pray. You might say I issue My prayers through you, yet I do not pray. What would I pray for? If My desires are prayers, then my prayers are fulfilled. I desire all good, and that is what there is, and that is what there will be. My desires are answered before I formulate them. Whatever My desire, expressed or not, it comes to pass. I have only one way of looking at things. Actually, I don't look. I know.

I know the Truth whereof I speak. I do not speak to Myself. I do not say My thoughts aloud to keep them in mind. All my thoughts are beyond thought. They are love. There are no words to describe love, Mine or yours. Love is beyond words. Love is even beyond understanding. I have no need to understand love for I am imbued with love. Love is all I know, and I know it very well. I came from love. I am love that arose from the Nothingness. Love is the power and the glory. Love is all-powerful, glory-full, full of itself without thought about it.

Love is a transformer. Love can perform magic tricks. Love can turn the appearance of non-love into love itself. Love is a transformer. Love transforms everything into itself. This is what love does. Love is a great multiplier.

To all things, love is the answer.

Yet what I mean by love may not be what you mean. I am speaking of a state of consciousness where all you can do is love in the sense of more abstract overall love. I do not mean going around and doing errands of love. By all means, do errands of love yet do them with a full heart. Do not do them to show yourself that, after all, you are a good person.





It is guaranteed that, at the base of all, you are a good person. Perhaps for a while, you play the part of someone who has run away from his or her goodness. Reclaim your goodness now. Being for good means being for growth. Another way to say that is being for good means being for expansion.

Even when you cannot expand your own heart, you can expand another's.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



You want to be the belle of the ball. You want to be the he-man on the block. You want this and that only to find out that it doesn't really mean much, and so you discard it or it discards you, and you look for something else, and so you appease that itch of ego and its partner vanity for a little while until they betray you once again.

Heavenletter #2685 Queen of the World



Wherever you are now, you can find Me, for I am there. I am most certainly there, for you are here with Me. In truth, there is no here and there is no there. Just as there is no then and now.

Heavenletter #21 Ride the Wave of God



Replace your need for control with trust. Trust is not in the knowing that the ball will go through the hoop. Trust is in knowing that it is okay if it does, and it's okay if it doesn't.

Heavenletter #180 Replace Control with Trust



Your body is merely a physical extension of you. It is a picture drawn in sand. It is a picture drawn in invisible ink. It is a dummy of you. That body you are so attached to is only a semblance of you. It is not you. Your attention is so much on your body that you have come to believe in it. It has replaced Me in your awareness.

Heavenletter #247 Remembering



Every memory of yours is a drop in the bucket, and added together, they make the bucket heavy for you to carry. It is not useful for you to carry the bucket of your memories and to sit down every once in a while to pore over them and examine them and sigh with remorse, envy, adoration, pride, sadness for what seemed to transpire so long ago.

Heavenletter #304 Remember Truth

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

HOW TO MAKE YOUR LIFE WORTHWHILE

We are not in the physical world to passively drift with the tides of ever-changing events, passionately endeavor to fulfill useless desires, be constantly preoccupied with unregulated gratification of the senses, or thoughtlessly imitate the behaviors of others whose lives are purposeless or misdirected. We are here for a higher purpose, which, when it is fully realized, provides permanent peace of mind and lasting soul fulfillment.

In this article I am sharing what I learned from personal experience and from many spiritually awake, knowledgeable people. Use this information to make your life worthwhile. By diligent, right endeavor and with God's grace, you can do it.

There is a 'Right Place' in the Universe for You

Actions do not bind the person who has renounced them, whose doubts have been banished by knowledge, and who is permanently established in Self-realization. *Bhagavad Gita 4:41*

The 'right place' for you is where you are in relationship to the rhythms of life that enables you to easily experience the harmonious integration of the spiritual, mental, physical, and environmental aspects that compose your existence. You will know that you are *there* 'your heart (essence) sings with joy' and all of your circumstances and relationships, and the unplanned events that occur, enhance your life.

Many people who are without a clear sense of meaningful purpose are suffering from a debilitating condition diagnosed as *neurasthenia* (a word used to cover a variety of symptoms): weariness, lack of energy, mental dullness and confusion, a prevailing feeling of inadequacy, and inability or reluctance to confront and effectively relate to everyday circumstances. These characteristics were once thought to be caused by 'nervous exhaustion'. If no physical imbalance exists, the primary cause may be self-centeredness along with thoughts and feelings of being separated from God, others, and supportive circumstances. This condition can usually be overcome by rising above a mistaken sense of self-identity and acquiring practical knowledge and functional skills to live effectively.

Do these things:

- Study to learn about the reality of God, your true nature as a spiritual being, and the laws of cause and effect.
- Ask, from the core of your being: 'What is my right place in life?' Don't ask for anyone's opinion. The knowledge that is within you will be Self-revealed.
- Balance your inner and outer life with regular practice of superconscious meditation and wholesome participation in activities which are of value to you and of benefit to others.

Excerpt from *Truth Journal*, June 2011

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



Fathoming the Unknowable

LUCIS TRUST

Not above, nor across, nor in the middle has one grasped Him.

There is no likeness of Him whose name is Great Glory.

The Upanishads

At first glance the title may seem paradoxical, even pointless to some. Yet in attempting to unravel this philosophical conundrum, little by little the veils that obscure our vision are drawn aside to reveal glimpses of the hidden glory, to see and hear fleetingly the sights and sounds of the heavenly worlds that normally lie beyond our ken. The Ageless Wisdom premises that “all that IS is ever present”. In whatever way we seek to understand the unknowable – through the imagery of ideas, energies, qualities or forms – we are awakening from our long sleep to that which eternally IS.

This spiritual journey is a tireless quest which the perennial philosophy suggests has no beginning and no end, it transcends time and space, and it leads from one expansion of consciousness to the next through the process of evolution. From one perspective, our own conscious pilgrimage into the unknown vistas of the lighted worlds is only just beginning. But even the first faltering steps bring a sense of joy and purpose, and awaken us to the infinite goodness that permeates life.

Through selfless meditation and service we can develop those faculties that help to breach the veils, and as a consequence assume greater responsibility in shouldering the extended vision that is revealed to us. Daily we can irradiate human consciousness with light and goodwill. Receptive hearts and minds resonate, linking the formless realms to the world of form — for, all forms exist, it is said, to express truth.

We can only dream about the majesty that lies beyond our most exalted thoughts and that with the greatest of humility and reverence. Nonetheless, slowly, the mysteries are revealing the wonder and beauty of the drama unfolding upon our little planet. A synthetic picture is emerging that all of life is interrelated, that all the kingdoms of nature are intrinsic parts of a greater whole. And, although, the measure of the eternal mind is beyond the scope of the intellect and rationality, only the illumined intuition can fathom its pearls, absorb the magnitude of the vision, and synthesise all the elements into a cohesive whole.

All we can do, and that with the greatest of effort, is to struggle “to grasp what is possible at our particular stage of development, and leave eternity to reveal its hidden secrets”.

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



How do we Know God Exists?

PARAMHANSA YOGANANDA

A professor in a university once asked me, “Can you give me a reasonable thought by which I can believe that there is a possibility of the existence of God?” I replied, “Yes. Here is a table in front of you; there is a tree outside; in this room there is air to breathe and there is water. Science tells us that everything came from vibration and that all things in this universe are nothing but different rates of one vibration. Therefore it is one vibration which has created the solids, liquids, gases, and all substances. Isn’t it so?”

He said, “Yes.” Then I asked, “How is it that one vibration becomes solid, another becomes liquid, and another becomes gases, and how is it that these vibrations are so coordinated that human life becomes possible? Doesn’t it show that there is an Intelligence behind all this?” He said, “Yes, I have found the answer.”

All matter is composed of vibration. The difference between solids, liquids, and gaseous substances consists only in the different rate of their vibration. Heat a piece of iron and it will liquefy; further heat the liquid and it will evaporate into gas. Science does not tell us how this one vibration differentiates itself, but vibration could not differentiate itself into different forms if it did not have intelligence. Intelligent vibration creates and guides the universe. The human body is simply a combination consisting chiefly of 16 elements that can be found almost anywhere in Nature’s realm. Unless intelligence is in the body, it is only a combination of these elements and nothing more. With intelligence added, it becomes a living and thinking human being.

If vibration were not intelligent, the earth might be a meaningless mass of mud without human beings or a food supply to support human life. Seemingly, the earth and the whole universe have been placed on a routine so that human life is possible. For instance, there is the sun far away and here we are on this little earth and yet, due to the direction of a living intelligence, there is a cooperation between the sun and our lives. Without that sun we could not exist. Even the stars govern our lives to some extent. We have hunger, and Nature supplies our need for food. Some mysterious power transforms that food into energy and the tissues of our bodies. Why doesn’t one hand become longer than the other? Why is not the head as long as the body?

Everything we see in creation shows thought and design. Even the fibers of the tree show thought and design. The tree breathes and has sap pressure. Why do the seasons come on time? Why is the earth the earth, the ocean the ocean, and the solar system a solar system? Why is there this perceptible beauty and orderly arrangement in the universe? It is because an intelligent force is guiding all things to a definite destiny. Not only do we see evidence of intelligence in everything around us, but the harmonious arrangement of all things suggests a conscious prearranged plan.

Human beings, the solar and stellar systems, the earth with its physical laws and routine of seasons, all stand in harmonious relation to each other. This shows the universe to be the work of one governing Intelligence or Universal Spirit who creates all things and arranges them in harmonious relationships according to an unseen plan. The Infinite is inconceivable, but the finite gives us a starting point. Can the intelligence reflected in Nature come out of nothing? Is it not reasonable to suppose that somewhere there is some sort of “factory” that produces intelligence? We humans are only one of the many products of that Factory of Cosmic Intelligence. God is that invisible Factory of Intelligence from which stars, planets, and all manifest things are created, born and harmonized.

Despite Nature’s many pranks, throughout the universe there is a rhythm. This rhythm, and all things, are products of the Factory of the one All-Ruling Intelligence. In fact, the whole universe works in a coordinated way. It is a universe conducted in perfect order. Different rates of vibration, balanced in the cosmic rhythm, produce before us the majestic cosmos.





You will observe that this universal Spirit is also trying to manifest beauty and a moral and a noble plan. Not only do we see intelligence at work, but we also see the beauty of Nature, of mountains rising in the ever-changing canvas of the sky. We see the beauty of magnanimous souls, the loftiness of certain minds, the depth of saintly love, the fountains of human mercy. Why is there this perceptible beauty and inspiration all around us? No doubt the universal power sometimes works under adverse circumstances, but it is evident that a secret force is at work trying to bring order out of the chaos of creation through beauty, and a moral and spiritual plan.

Everything in the universe is related. Hidden within us is the germ of an Almighty Power that has linked us all together. We find that our wisdom is a reflection from an infinite light of wisdom. We can say, "God is wisdom, the wisdom behind all wisdom, of which we can see glimpses through the intelligence of human beings and the intelligence expressed in all Nature. God is very good to us. If He wanted to punish us, He could give a little push to this earth and we would be gone. The earth is going at a terrific speed around the sun, but think what would happen if it whirled a little faster or a little slower—we would be completely wiped out.

Just like a man with a lot of luggage, so is this earth with its moon going around the sun. Even though many natural forces try to pull it away, the earth goes on its path. We think we are perfectly safe, but if the earth trembled just a little, where would we be? Think of the insecurity of earthly existence; and yet so many people go on forgetting God and His power! God lies beyond the circle of our imagination and finite understanding. We can not prove God's existence through the limited powers of the intellect. Intellect gives only a partial and indirect view of things. God is the cause of all things, but He is also beyond cause. Only our superconscious mind or intuition can fully grasp this truth. Intuition carries the conviction of direct experience.

The surest proof of the existence of God can only be found within, by the whole-hearted deep, daily practice of meditation. When we have stilled the waves of thought within us and are calm, we can perceive the Infinite. Then the God that is templed in all creation manifests within us as the peace and bliss of meditation. When that bliss comes over you, you will recognize it as a conscious, intelligent, universal Being to whom you may appeal, and not an abstract mental state. The experience of bliss is the surest proof of God's existence. Finding Him within, you will find Him everywhere.

Many incentives are given us outwardly to inspire us to seek a higher reality. There are Nature's countless beauties. There is the amazing adaptability and precision evident in the natural order, the signs of a mighty, guiding Intelligence. And there are inspiring qualities in human nature, which sensitive people, as they become aware of them, want to develop in themselves.

It is evident that the harmony in Nature and the mathematics of planetary order reveal an intelligent law and cosmic plan. The unthinking person ascribes the law and order in this world to chance and nature, but the divine man, who consciously perceives God in everything, knows that everything, including all planetary and stellar systems, are linked to that one Infinite Intelligence and governed by His will.

From books, articles and lessons.

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you bring God into your life through
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State of Being

ROD BRIGGS

*Our scientific power has outrun our spiritual power.
We have guided missiles and misguided men.*

MARTIN LUTHER KING

As the turning of the year approaches, with its down time and holiday atmosphere, it offers an opportunity for a little quiet reflection. A mental review of where we are, what has brought us here and what holds us back. Much is being made about the Mayan Calendar and the upcoming 'shift' in 2012, but what kind of change should we, or can we, expect?

Although there are as many different versions of what is going to happen as there are 'gurus' to sprout them, they all fall into one of two categories. Logic dictates that there is only one of two possibilities; an external intervention or an internal one.

Although it is comforting to believe that some benign external force is going to magically descend on us and 'lift us up by our boot straps' to some Elysian Field-like wonderland, history would tend to show that this is, by a huge margin, the less likely of the two. Pity that. Opening your arms and simply ascending sounds wonderful.

Yes, the Earth is going through changes, as it has innumerable times before. Have any of these shifts ever led to mass upliftment? None that we know of? only mass extinctions! And even assuming that for some of us the physical realignment may offer a chance of illumination, it is hardly likely to happen without some improvement in our internal landscape.

Many people are talking about getting ready for 2012 but what, or how, do we do that? It is not about heading for the hills with freeze dried survival rations but looking within to the failures of the human spirit that keep us trapped in separation, isolation and fear. As long as the beast within is allowed to rule us there can be no illumination.

We need to stop sprouting about brotherly love and peace and simply be it! As long as we can see one other being suffering and not be moved we will be going nowhere.

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





Defining Meditation

SWAMI MURUGESU MAHARISHI

Man's ignorance enlarges in many ways; one such way is to learn something without knowing what benefit can be derived by learning that particular subject. Some think that if they get this or that they will be happy, but when they do get the thing they wished for, instead of being happy, they worry even more.

I have seen hundreds of seekers throng to yogashrams to learn meditation; many have learned something in the name of meditation and put their learning into practice for years without tangible results. If you ask such people why they learned to meditate they will give many unscientific and impractical theories which do not at all apply to the science of meditation. Some are of the opinion that by mastering meditation, wealth, strength and worldly possessions will automatically come to them without any effort. Many such misconceptions prevail among seekers of so-called meditation.

Besides these unreliable theories, the practice of meditation is also often wrongly taught. Many teachers give their students concentration exercises and call it meditation. Many are of the opinion that controlling the mind is meditation; while others think that strengthening and developing mind-power is meditation. In this way wrong notions prevail amongst teachers and seekers of the science of meditation.

I have seen many attractive books titled 'Meditation'. The word 'meditation' occurs in these hundreds of times. Yet the information contained within them is not about meditation at all. I have met persons who declare that they have been practising meditation for many years but when I ask them, 'what results have you acquired?' they say, 'so far we have not gotten any results but, as our master taught this as meditation, we have been doing it for years, thinking that results will come in a few more years time'. Such wrong and incorrect theories and practices prevail among many yoga practitioners.

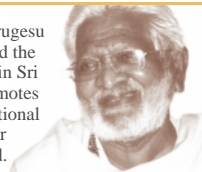
Many think that to still the mind is meditation; or to control the mind is meditation; or focus of the mind constitute meditation; or even to repeat a mantra continuously is meditation. And many theories are followed by seekers. In truth, meditation is not an act of the mind. The consciousness which has all along been one with the mind, and which loses its awareness when passing out of the mind as in sleep or fainting, first has to be shifted from the mind and made aware of itself. This is meditation. This means that in meditation, the consciousness exits the mind but maintains its awareness on any object directly. Hitherto, consciousness was only able to know through the mind, but apart from the mind it was unable to understand anything of the outer worlds or inner faculty. In meditation, consciousness works directly upon any object without the help of the mind or senses. Consciousness cognises directly the object without the medium of mind or senses. This is true meditation.

Many of my devoted students who derive great benefits by practising my way of meditation, have urged me to put my method into a lesson format so that sincere seekers who are unaware of the methods of true, scientific meditation can benefit. At their request, the lessons following are devoted to my persuasive students who still enjoy the results of meditation proper.



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

DNA is the mastery substance of creation on the planet.

Kryon Book 12 called *The Twelve Layers of DNA* (An Esoteric Study of the Mastery Within) states that there are 12 layers of our DNA. Kryon compares them to the flavours in a soup. There maybe 12 ingredients in this soup, and you can know about each of them individually, but you cannot separate them from each other as a soup is made up of all its ingredients fully integrated to bring out the best of flavour. Each of our layers of DNA is an integral part of the whole, and because of this it is impossible to work on any one layer in particular.

You can set an intention to clear a particular aspect of yourself that your being may be struggling with. Your DNA, in its infinite wisdom, decides the best and most effective way to do that, and it calibrates the changes through all 12 levels of your DNA. The only way to activate our DNA is to work on clearing our issues including our belief systems and our opinions, our emotional connections to past experiences, and our attachments to how things are supposed to be. All these things cause us to carry resistance and prevents us from developing a strong and clear communication channel with our DNA.

So while DNA activation techniques are a nice idea, the only way to connect fully and efficiently with our DNA is to raise our physical vibration with intent, to become more multi-dimensional. What is being activated? Kryon says we activate our body so it works better with our DNA, and your DNA activates what it wants to activate. The Body Balance Activation Technique has always been about activating the body, and clearing our issues so we can raise our vibration and experience our physical dimension in the most profound way.

To explore the layers of our DNA we have to understand that they are not like physical layers but rather about concepts. How we use our intent to bring these concepts to a higher level allows the DNA to decide which groupings of energy to work with. In BBA the facilitator helps the client to identify issues and set intentions to clear trauma and raise our vibrations increasing the efficiency that the DNA communicates to the body.

We know that our physical DNA is in our cells. What we don't know is that our cells are listening for instructions, and our DNA is listening to our human consciousness for the instructions to tell our cells what to do. So there is a continual communication feedback whereby our DNA is constantly talking to our cells of our body giving instructions for our 3D body.

Without us being aware what is happening consciously and making choices and decisions, we are not talking to our cells, and our DNA is just lying dormant, doing only the automatic things within our body. Our DNA is always listening, therefore it is our job to to inform our DNA what we need. There is a general consensus that at this time of our evolution, the key to change the human body is information – not chemistry.



The Energy Centre

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Divine Inspiration

SUREN PILLAY

Whenever I look at any one religion and compare it to another, I inevitably find something similar to the tradition I am following. This reinforces my own belief and faith in my own tradition. It has been said the universality of religion is the foundation of spirituality. I couldn't agree more, as the commonalities within religions elude us to a greater truth. A truth that is greater than ourselves as individuals, a truth that unites every living being on the planet. A truth that shines of love and resembles the stillness of being.

On a recent trip to India, I was fortunate enough to visit the headquarters of Tibetan Buddhism and the ashram of His Holiness the Dalai Lama. If there is anything I could take away from my journey to this place, it was that stillness and calmness was pervasive in this area. And the real proof of this was in the look of the people. Almost all the faces I saw in this area shone with a brilliance of calmness, simplicity and humility.

A saint once said that the hallmarks of spirituality are humility, simplicity, purity, truth and selflessness. If these are the hallmarks of spirituality then I believe that most of the practising Buddhists I was able to meet were spiritual giants. They say that every perception is based on a frame of reference. If the richest man in a city earns R100 000 a month, then a person can measure his earning based on that landmark. However, many do not fathom the true state of possibility that the universe offers. Most people don't realise that there may be another town where a rich man earns R1 million rand a month.

The same analogy can be applied to spirituality. One may consider himself to be highly advanced until he meet someone who is more humble, simple, selfless and pure than himself. This change in reference changes the 'internal goal posts' for the individual and awakens him to a greater level of awareness of spiritual possibility.

Inspiration thus always has the effect of changing ones internal frame of reference from what it was to something greater. Ask yourself what event, circumstance or person has inspired you on the spiritual journey? Are there any more people, or events that are likely to improve your energy and enthusiasm on the spiritual path. If so what are they, and how can you get in touch with them?

There is no doubt that the spiritual journey requires a tremendous amount of determination and dedication. Without some inspiration the risk of failure and giving up is all too easy for the sadhaka. It is thus up to the sadhaka in all instances to motivate himself in order to reach his goals.

My message to you this month, dear readers, is to let your inspiration flow through your being so that you perform your practices wholeheartedly and reap the maximum results while here on the Earth.

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>





Creating a More Balanced World

FLORA TECKIE

As we celebrate National Women's Month in August (in South Africa), let us reflect on the progress we have made towards empowering women in our societies, while looking ahead to overcoming the challenges that still remain. The progress and empowerment of women and her attaining equal status with men, are very important for the future well-being of our societies. Women and men compliment each other in their roles and functions. Their equality will bring about a more balanced world, a world in which the more masculine qualities of force and courage, will be balanced by intuition, love and service, qualities in which women are strong.

According to the Bahá'í Scriptures: and *"the happiness of mankind will be realized when women and men coordinate and advance equally, for each is the complement and helpmeet of the other"*.

Education of Women and Girls

There are no acceptable grounds -- biological, social or moral -- to justify denying women full equality with men and there is no good reason to deny girls equal educational opportunities with boys. According to the Bahá'í Scriptures: *"... men and women are equal in the sight of God ... there is no distinction to be made between them. The only difference between them now is due to lack of education and training. If woman is given equal opportunity of education, distinction and estimate of inferiority will disappear"*.

The well-being and happiness of our societies and mankind as a whole depends on the development of the potential virtues and abilities of every one of us, regardless of race, nationality, class, religion, or sex. In a family both parents share in the overall responsibility of educating their children, but, the mother is given recognition as the first educator of humanity, and she must be carefully prepared for this task.

Partnership of Men and Women in Promoting Equality

Responsibility for the change that will bring about gender equality rests both with men and women. Partnership with men and boys is very important, because unless men refuse to accept laws and practices which discriminate against, and humiliate their daughters, sisters, wives, and mothers, the change will not be possible.

"Women and men," the Bahá'í Writings state *"have been and will always be equal in the sight of God"*. The rational soul has no gender, and the discrimination and social injustices of the past cannot be justified at a time when humanity is reaching a stage of maturity in its affairs. The change or transition required towards bringing about gender equality requires education and patience with oneself and others, as well as an unshakable determination.

Through belief and commitment toward the oneness of the human family, women and men together can create a peaceful, just and prosperous world in which to nurture the generations to come.

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 Path to Unity

BY THE MASTER through Benjamin Creme

When the history of this unique time is written, men will realize, perhaps for the first time, how important, how central, have been the recent events in the Middle East. In an astonishing six months, following the example of the people of Tunisia and Egypt, the inhabitants of many Middle Eastern countries, subdued, and locked into centuries-old tribal dictatorial regimes, have risen and demanded their right to freedom and democracy, to social justice and work. What media call 'the Arab Spring' is costing many lives and much suffering for these courageous people who die willingly for freedom for their brothers and children. They are called, and are indeed, martyrs.

From now on, this same phenomenon will manifest throughout the world. Already, many peoples are organizing themselves to do likewise. A blueprint for change has caught the imagination of many millions and soon will command the attention of the world. Men have understood that, when organized and brave, they are invincible. Nothing can halt this movement for change. It embodies the concepts of the future and of the Plan. Maitreya has given it voice, which is now the voice of the peoples of the world.

Old order

The old order seeks in every way to halt the progress of this movement for change, but it cannot stand for ever against the principles of life: ever changing, ever remaking its form to better express the nature of that life. Thus is it today, and thus the old will wither and the new shoots flourish, as men seek to express and manifest better the principles of the New Time: sharing, justice, right relationship, love and unity.

Progress

Man, verily, is on his way. Naught can halt his further progress if he thinks in terms of Unity. All men seek Unity but are confused by different paths. Hold ever before you the principles of Unity and Love, and the way discloses itself.

Thus spoke Maitreya in Cairo, in Tahrir Square. The best of those who heard Him will lead their brothers and sisters and show them the way, the simple way to Brotherhood and Peace, Justice and manifested 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>





Stages of Self-Awareness

SWAMI SHANKARANANDA MAHARAJI

In Yoga, self-awareness is called *Atma Anabhuti Yoga*. The technique of *Atma Anubhuti Yoga* must evolve slowly in stages, thereby ultimately leading to the attainment of realisation of the power within the innermost altar of the being.

Initially, during the yogic practices of advanced japa (mantra reciting using beads to count) and meditation, some development towards *Atma Anubhuti Yoga* will definitely become a Divine experience and an absolute reality.

Before getting carried away, there are some points to remember. There are six stages of consciousness of which the sadhaka should be aware: (1) Body Consciousness (2) Pranic Consciousness (3) Mental Consciousness (4) Astral Consciousness (5) Causal Consciousness (6) Higher Consciousness.

The process to attaining *Atma Anubhuti Yoga* is as follows:

Stage 1: Sit comfortably. Regard this as your first posture and also the first consciousness just referred to (body consciousness). Breathe in and out slowly. After some time your consciousness will be focused on your inhalation and exhalation only.

Stage 2: Body consciousness will diminish and the next level of consciousness, Pranic Consciousness, will become primary to the meditator. Pranic Consciousness will become more predominant as one becomes increasingly unconscious of the body. While in this state, mentally or verbally recite a mantra (such as Om or So-Ham) and let the awareness be focused on the mantra (e.g. on the 'so' while inhaling and on the 'ham' while exhaling). After the continued regular practice of this aspect, remaining in the awareness is So-Ham resulting in the total absence of knowledge of the two words.

Stages 3 and 4: Some visions may begin to develop as the stage of Mental Consciousness unfolds, slowly fusing into the Astral Consciousness. The experience of being beyond the mental state is forged.

Stage 5: The Causal State, the suspension of all other states of consciousness, takes place and a state of deep slumber may be experienced, the process not even being acknowledged. After which the following may be experienced: cyclic movements, slumber, visions, dreams, total unawareness of time and space, complete state of tranquillity of the mind.

Stage 6: Higher consciousness is the total state above the foregoing stages 1 to 5. No attachment to any aspect of knowledge exists at this state in which the siddhas of the mind can be enhanced.

Finally, it is preferable to work with a qualified spiritual teacher from stage 3 onwards.

VISIT SWAM'S BLOG

www.jadatharayayoga.com



Understand Why

BERNIE SIEGEL, MD

Many years ago my great grandfather told me of the persecution he experienced in Russia which led him to come to this country. He said the Cossacks would pursue him at night, when he was out teaching, and slash him with their sabers. One night he was on the hill above his village with his rabbi, the Baal Shem Tov. As they looked down they could see the Cossacks riding down and killing their Jewish brethren. They might have felt the same had they seen their loved ones being taken away to become slaves in a foreign land.

My great grandfather heard the rabbi say, "I wish I were God."

He asked, "Do you want to be God so you can change the bad into the good?"

"No, I wouldn't change anything. I want to be God so I can understand."

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

When I was a young, boy several of my friends became seriously ill and one was hit by a car while bicycling to my house. When they all died I asked my father, "Why did God make a world where terrible things happen? Why didn't God make a world free of diseases, accidents and problems?"

He said, "To learn lessons." I didn't like that answer and asked my rabbi, teacher and others. They said things like, "God knows, Why not?, Who knows?. That's life, To bring you closer to God." Some were honest enough to just say, "I don't know." This didn't leave me feeling satisfied or enlightened. When I told my mother what they said she answered, "Nature contains the wisdom you seek. Perhaps a walk in the woods would help you to find out why. Go and ask the old lady on the hill that some call a witch. She is wise in the ways of the world."

As I walked up the hill I saw a holly tree had fallen onto the path. As I tried to pull it aside the sharp leaves cut my hands. So I put on gloves and was able to move it and clear the path. A little further along the path I heard a noise in the bushes and saw a duck caught in the plastic from a six-pack. I went over and freed the duck and watched him fly off. None of this seemed enlightening. Further up the hill I saw five boys lying in a tangled heap in the snow. I asked them if they were playing a game and warned them the cold weather could lead to frostbite if they didn't move. They said they were not playing but were so tangled they didn't know which part belonged to whom and were afraid they'd break something if they moved. I removed one of the boy's shoes, took a stick and jabbed it into his foot. He yelled, "Ow."

I said, "That's your foot now move it." I continued to jab until all the boys were separated but still no enlightenment.

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

"What answer?"

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





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

Let me tell you about people who have been my teachers. The first is a teenager sexually abused by his parents, and who now has AIDS. When he was about to commit suicide by jumping in front of a subway train I asked him why he didn’t kill his parents instead. He said, “I never wanted to be like them.” Love has sustained him and he is alive today.

Another young man with a life threatening illness said, “What is evil is not the disease. Many great creative works will come from individual suffering but what is evil is to not respond with compassion to the person with the illness.”

An example are parents I know who, because they had a young child die, are improving the lives of other children and raising funds to find a cure for the disease which took their child so other children will not have to die as their child did.

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

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

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



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

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



Three Fundamental Propositions Part I

WALLACE D. WATTLES

First, we assert that there is one original formless stuff, or substance, from which all things are made. All the seemingly many elements are but different presentations of one element; all the many forms found in organic and inorganic nature are but different shapes, made from the same stuff. And this stuff is thinking stuff; a thought held in it produces the form of the thought. Thought, in thinking substance, produces shapes. Man is a thinking center, capable of original thought; if man can communicate his thought to original thinking substance, he can cause the creation, or formation, of the thing he thinks about. To summarize this:

There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates and fills the interspaces of the universe.

A thought in this substance produces the thing that is imaged by the thought.

Man can form things in his thought and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created.

It may be asked if I can prove these statements; without going into detail, I answer that I can do so, both by logic and experience. Reasoning back from the phenomena of form and thought, I come to one original thinking substance; reasoning forward from this thinking substance, I come to man's power to cause the formation of the thing he thinks about. And by experiment, I find the reasoning true; this is my strongest proof.

I have said that men get rich by doing things in a Certain Way, and in order to do so men must become able to think in a certain way.

A man's way of doing is the direct result of the way he thinks about things.

To do things in a way you want to do them, you will have to acquire the ability to think the way you want to think; this is the first step toward getting rich.

To think what you want to think is to think TRUTH, regardless of appearances.

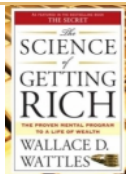
Every man has the natural and inherent power to think what he wants to think, but it requires far more effort to do so than it does to think the thoughts which are suggested by appearances. To think according to appearances is easy; to think truth regardless of appearances is laborious, and requires the expenditure of more power than any other work man is called upon to perform.

There is no labour from which more people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world. This is especially true when truth is contrary to appearances. Every appearance in the visible world tends to produce a corresponding form in the mind which observes it, and this can only be prevented by holding the thought of TRUTH.



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





Karma

ECKANKAR

The universality of the Law of Karma is one of the chief factors which binds life together; and not only human life but animal, plant and mineral life as well. All these compose one big family, with a complicated and inseparable history and an inseparable karma.

The Shariyat-Ki-Sugmad, Book One

Sir Isaac Newton was twenty-three years old when he watched an apple fall to the ground in his mother's orchard. The apple never really hit him on the head. It did, however, support his theory of universal gravitation. At the time, in 1665, Sir Isaac had also just formulated his three laws of motion, one of them being that for every action, there is an equal and opposite reaction. Newton's explanations are usually applied to the interaction of physical forces and objects. However, the same action/reaction principle applies to the forces of emotion and thought.

The Law of Karma is scientific and logical. It is the spiritual form of the physical Law of Cause and Effect. Every action creates an equal and opposite reaction. The Law of Karma helps us understand the effect of our actions. The process helps Soul mature. The law's purpose is to teach love and to uplift, not to punish.

Karma applies itself in the most exacting and clever ways. If we deprived another human being of freedom in a previous life, we'd probably have our freedom curtailed in this life. This experience would give us time to reconsider our views and learn the Law of Love.

Once we accept the Law of Karma in our lives, we are liberated from being the victim. We begin to see underlying spiritual causes and act accordingly. Problems become opportunities for spiritual growth. Karma differs from fate or destiny because it encourages us to take an active role in life. The Law of Karma requires the spiritual seeker to follow the highest code of ethics. The rules are simple. Eckankar is not a passive path to God.

When you achieve the exalted state of Self-Realization, you'll still be held accountable for your actions in your daily life. However, you will have worked off the karma built up from past lives. And when you finish your mission in this life, unless you choose to come back to this plane to teach or serve, you need not return.

Perhaps you will maintain this expanded consciousness throughout your lifetime. Perhaps you'll hold onto it for only a moment in time. You will learn, however, that there is always a risk of losing the 360-degree viewpoint. You earn each step towards God Consciousness moment to moment.

Most ECKists want to be free of karma. They would like to balance their karmic account by the end of their present lifetime. The Mahanta helps them to do this. By practicing the Spiritual Exercises of ECK, they drop the attitudes and habits binding them to the past. They can fulfill their spiritual destiny without having to be reborn. Thus they are freed from endless rounds on the Wheel of the Eighty-Four. The ECKist calls this spiritual liberation.

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

A Humble Request

In world of duality grant thine eyes to pierce perception in an instant,
Grant thy vision of spirit to guide thy actions in holiness, and grant thy
silence to speak only in illumination of the absolute.

This is my humble request!

SUREN PILLAY



Cultivating World Peace

When the heart is set right, then the personal life is cultivated.
When the personal life is cultivated, then the home life is regulated.
When the home life is regulated, then the national life is orderly:
And when the national life is orderly, then the world is at peace.

CONFUCIUS



Meaning of the Gayathri Mantra

*Om bhur bhuva swah
Tat savitur varenyam
Bhargo devasya dhimahi
Dhíyo yo nah pracodayat*

We meditate on the glory of that
Being who has produced
this universe;
May He enlighten our minds.

SWAMI VIVEKANANDA



The Hidden Treasure

There is a hidden Treasure,
Most search for it in vain.
It comes down from heaven,
And it falls like rain.

This treasure is not one of silver.
This treasure is not one of gold.
The source of this hidden treasure,
Lies deep within one's soul.

A treasure more precious than silver
A treasure more precious than gold.
To find this hidden treasure,
You must look within your soul.

GEORGE RAPANOS



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