



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

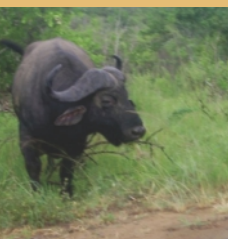
Issue Nineteen

12 September 2011

CONTENTS

- 3 Heaven Letters GLORIA WENDROFF
- 5 Dedicated Discipleship ROY EUGENE DAVIS
- 6 Humanity - Key to Evolution LUCIS TRUST
- 7 Techniques for Ego-transcendence ANANDA SANGHA
- 9 The Future ROD BRIGGS
- 10 Effects & Benefits of Meditation GAYATHRI PEEDAM
- 11 The Yoga of the Bhagavad Gita SRF
- 13 Contemplate the Vastness SUREN PILLAY

- 14 World Peace Within our Reach BAHAI TOPICS
- 15 Invisible Peril SHARE INTERNATIONAL
- 16 Transcendence Starts Within JADATHARAYA INSTITUTE
- 17 Everyone's Your Teacher DR BERNIE SIEGEL
- 19 Three Fundamental Propositions WALLACE WATTLES
- 20 Karma meets our Perfect Justice ECKANKAR
- 21 Reader's Inspirations
- 22 Additional Resources



Welcome to the September 2011 issue of *Transcendence*.

The human mind is a powerful asset to spiritual expansion. This is a theme that runs through a number of our articles this month. And it is a simple truth. It is our mind that has manifested our current circumstances based on our past self-conditioning. And it is the state of our mind at this very moment which will determine our future situation.

Controlling the mind must be one of the most difficult tasks to master on the journey to God-Awareness, as we are continuously bombarded by our mental responses to sensory stimuli. By shutting out our senses gradually, we can learn to calm the mind and access that inner sanctum of the Infinite. While there are many exercises and methods given to calm and control the mind, it is usually the simplest ones which prove the most effective.

As September is World Peace Month, let's make the time over the next few weeks to start a habit of cultivating inner peace by sitting in meditation for at least twenty minutes each day, even if it is only to attempt calming the busy mind and racing thoughts. Numerous exercises to help with this have been shared in previous issues of *Transcendence* so if you don't have one in mind, browse through our past issues or contributor's websites, and find a method that works for you. Remember, persistence leads to perfection and peace in the world must start with peace within each of us before it can radiate outwards to others.

This month we are privileged to have a wonderful two-page feature on *The Yoga of the Bhagavad Gita* submitted by Self-Realization Fellowship. Thank you to Susan Derby for making this possible. We hope to be able to include more Self-Realization articles in the future.

In Love and Service, always,





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

ISSN 1815-4425

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

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

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

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



cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 3754 - May Your Mind Give Peace

GLORIA WENDROFF

God said:

Imagine the deepest rest you have ever felt. It was so deep and so easy. It was effortless. There was no straining. This is peace. Peace reigned for a while, and nothing was on your mind. Your mind was not supervising for once. Your mind was on vacation for a while and leaving you alone. Your mind was not haunting you. It was not repeating itself. It was giving you a break. It was letting you alone.

Your rapacious mind is supposed to get off your back. Your mind isn't meant to toggle you back and forth. Your mind isn't meant to jump up and down and give you warnings or even memories that take you down a shady lane.

Your mind took over your life and filled you with worries and things like that. Your mind simply made you think too much. It made you forage for more thoughts to top the ones you already had. Your mind raced hither and yon and forgot it wasn't the big cheese. Your mind, well-meaning, of course, forgot that it was not meant to be the master of you and your heart. It forgot it was meant to serve you and leave your heart in peace. Your mind simply got so caught up in a thinking spree that it forgot its main mission. It simply forgot. It got caught up and forgot to look at the whole picture. The mind diverted itself from its course, the same way that you, when packing for a trip in haste, in your eagerness to get ready, you forgot to pack something important.

And so your mind races. It remembers all the non-essentials and forgets its main mission which is to save you worry and expense. Your mind is eager to serve you, yet it has mixed up the word serve with the word save.

Let Us express to the mind that its role is not to overtake you and wrest you away from the path of peace. As a server, your mind is more patient, quieter, gentler. The mind is not meant to yatata yatata so much. The mind is not meant to wear you out.

How do We calm the mind then? The mind is so powerful. How do We get it to rest and perhaps take frequent rests? As in all life, love your mind and ask it to play its music softly in the background. Pat your mind on its back and ask it to refrain from setting off alarms. Tell it that you will listen carefully to everything it says, and that it does not have to try so much to get your attention. Ask it to be calm, that you are responding to it and that you are responsible for your life and that you will take good care of yourself and your mind. Ask it to take a back seat for a while and give you peace. Ultimately, in peace, the mind will think better and will come to know itself that rest is good, and that when it warns you less, it will scare you less, and you will be able to listen to it better.

Tell your ruffled mind that it needs to slow down and make a truce with life. It is to sit with its feet up some times. It is to relax sometimes, to imagine itself lying on a beach, just taking in the sun, listening to the surf, to imagine itself people-watching and not saying a word, just lying there as life does its thing. The mind will notice the good effect its peace-giving gives you. From then on your mind will prompt you but not too much, not too little, but just right.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



You are learning to be spontaneous. You are learning not to plan so much. In other words, you are learning to live in this moment and not another, not past, not future, but this one moment right now. Yet you do not think: "I am in this moment", for when you are in it, you are in it. You are neutral, not attached, observant, but you are smack in the flow of My Will.

Heavenletter #26 Suns, Stars, Moons and Rivers



When you are in My thought frame, you are not in past programming. You are not on automatic because that is from the past. Spontaneous is not automatic. Habitual is not spontaneous. Spontaneous is spontaneous. Leave your life to your intention. Your intention is to have Me and to follow Me. Keep Me with you in your intent, and your intent will be fulfilled. Keep your eye on your intent, because your intent guides your purpose.

Heavenletter #29 Spontaneous



Greet God. That is the message. Say hello to God. Be courteous. Be considerate. Greet God. Acknowledge the Godness that surges in you. Greet yourself with love. If you but loved yourself, would not the world change? Dissatisfaction is a learned thing. Satisfaction is natural. Dis-approval, dis-couragement, dis-appointment. dis-taste, dis-tance are unnatural. Approval, encouragement, appointment, taste, and closeness are natural. Natural reigns until your intellect interferes with it. Approve yourself. Encourage and appoint yourself to Me.

Heavenletter #57 Say Hello to God



Your surrender to Me is not for Me. It is for you. You need your surrender. I already know Truth. I am Truth, and so are you. You need something more only in your awareness, and that something more is surrender.

Heavenletter #60 Surrender



You serve only Me. You do not serve others. I serve others. I may serve them through you, but your acts of service belong to Me. When you know the truth of this in your heart, then you know humility. And then you know gratitude for the life you have been granted.

Heavenletter #64 Serve the Server of All

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

EXPERIENCE THE REDEMPITIVE EFFECTS OF INSPIRED IMAGINATION

Ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened to you.

— The Gospel of Matthew 7:7

Mental states can produce corresponding effects. What kinds of thoughts habitually pervade your mind? Are you always optimistic? What are your normal behaviors? Are they life-enhancing and appropriate? Or are they impelled by your subconscious conditionings or emotional reactions?

You, as a spiritual being, express through your mind and body. Your mind (and the mind of every person and creature) is a part of an omnipresent Cosmic Mind which is responsive to your thoughts, mental concepts, hopes, imaginings, intentions, and desires. Weak or disordered thoughts and intentions are impotent. Well defined thoughts and sustained, constructive mental states reinforced with faith (and effective actions, when necessary) will produce ideal effects. How we habitually think and behave is determined by our states of consciousness. When we are spiritually aware, we are inclined to think rationally and to perform actions that produce desired results. When we are not spiritually aware, inclined to indulge in fantasy and do not know (or pretend not to know) the relationships between causes and effects, our thinking may be confused, purposes may be unclear, and behaviors may tend to be erratic or self-defeating. Armed with knowledge of your true nature in relationship to the wholeness of life, discipline yourself to think rationally, use your powers of imagination creatively for constructive purposes, and act wisely and decisively. You have the same potential to be Self-realized and functionally effective as every other soul. Natural laws of cause and effect are universal and impersonal. Rather than endeavor to forcibly use them, adapt your thinking and behaviors to them. If you have needs (for healing, peace of mind, emotional stability, improved relationships, prosperity, or anything else), first cultivate spiritual awareness. When you are spiritually aware, and your thinking is rational, you will know what to do to help yourself and all of the conditions you consider to be ideal will naturally unfold. It is, of course, useful to think constructively and use your powers of imagination before you are fully, spiritually awake. Imagine what is true of you as a spiritual being. See feel in the wholeness of the infinite (endless) ocean of the ultimate Reality in which you and all things exist. When you are firmly established in awareness of what is true, thoughts or feelings of lack or limitation cannot exist.

When imagining ideal circumstances - for spiritual growth, overall well-being, the accomplishment of purposes, or the fulfillment of desires - adopt the mental attitude and outlook, state of awareness, and feelings that you will have when what you imagine is actual. If this is not done, there will be a separation between you and your circumstances and the desired outcome. Your endeavors to use positive thinking, visualization, affirmation, prayer, or other goal-achievement methods to fulfill desires or to accomplish purposes without having the mental state, state of awareness, and feeling of fulfillment will be in vain, or the results will be incomplete or unsatisfying. This is why many truth seekers are not able to have positive results - they try to "make something happen" but are not able (or willing) to experience the necessary shift of viewpoint and awareness that would allow the desired results to occur. They are stuck in their belief and feeling of lack while hoping for improvement or change.

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.



CENTER FOR SPIRITUAL AWARENESS

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

PO Box 7, Lakemont, Georgia 30552-0001

www.csa-davis.org



Truth Journal Online



Humanity - The Key to all Evolutionary Processes

LUCIS TRUST

The ageless wisdom teachings state that there are many stages in the evolutionary process on this planet; humanity represents only one such stage. However, it is also said that humanity holds the key to the entire evolutionary process. This idea is clarified in the following statement: "The keynote, therefore, of the Lord of the World is HUMANITY for it is the basis, the goal and the essential inner structure of all being. Humanity itself is the key to all evolutionary processes and to all correct understanding of the divine Plan, expressing in time and space the divine Purpose" (Telepathy and the Etheric Vehicle, p. 126). On the same page is written an even more evocative statement: "...every living being or manifested life ? from the planetary Logos down to the tiniest atom ? either has been, is, or will be a man... Therefore, the fact of humanity and of that for which humanity stands is probably the primary and major aspect of the divine purpose... which indicates the measure and magnitude of a human being". This implies that human beings have a direct, responsible task to carry out for the divine Creator.

If humanity holds the key, then a significant thing must happen first. The significance lies in the function of a key. A key is designed and cut to fit a particular lock. As the key turns, it pivots the mechanism inside the lock and releases the bolt. What the lock is holding closed is then free to open. Humanity, as a key, is designed for just such a purpose: to unlock and release the confined spiritual energies of divine Light, Love and the power of Will. These three energies are slowly expressing the Glory of God throughout the world.

Humanity must now act as a key and pivot its inner mechanism and shift its focus of consciousness in a new direction. For millions of years the emphasis of human consciousness has been on improving the material expression, or humanity's material way of living. This has been right and necessary, given its stage of consciousness. However, conditions have now reached a crystallised state where the inherent power of the material world is exerting more power than it should on human creativity. And this powerful influence is coming into conflict with the emerging influence of the soul. So if humanity is going to fulfil its divine function as a key, it will have to pivot its focus inward, unbolt the lock materialism has on consciousness and release the refined qualities of the soul to radiate into the outer world. The powerful energies of the soul need to qualify humanity's use of the substance of the material world. In other words, use materialism not in a way that separates one person or group from another, but in a way that, through cooperative effort, draws them together in harmonious relationships. This will allow the energies of divine Light and Love to flow freely and irradiate the entire world.

What seems to be needed, if humanity is to act as the key, is a new "Copernican revolution". In the sixteenth century, the astronomer Copernicus shattered the accepted illusion of his day that the sun revolved around the earth; he proved that, in fact, the relationship between the sun and the earth was just the opposite. Today, in a similar way, our self-centred consciousness tends to accept the idea that all of life revolves around the material world, when, in fact, the reality is quite the opposite: Deity stands at the centre; material life revolves and evolves around Him. This spiritual Centre lies beyond the third dimension. We need to pivot and revolve our focus of attention to the inner soul realms of life; take our position there beyond the third dimension of consciousness; and see the material world simply as the outer realm of redemptive activity, the place that will eventually radiate the glory of God through the human kingdom. Only the greater redemptive power of the soul can turn the key.

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



Techniques for Ego-Transcendence

SWAMI KRIYANANDA

The first duty of every soul is to release the hold ego-consciousness has upon it. All other spiritual practices are subservient to this one supreme obligation. I address ego-transcendence, therefore, as the first, and indeed the only, challenge on the spiritual path.

I include here a few techniques that will help you in your supremely important efforts to transcend ego-consciousness.

1. When people praise you for any reason, don't accept their praise in your heart. Thank them sincerely, but then give the credit to God. Do so in words if you like, but much more importantly, give Him the credit in your heart. Tell yourself, "God is the Doer."
2. When someone else gets the credit for something you've done, don't look for a way of letting people know where the credit really belongs. It would be natural enough for you to do that; you needn't even consider it a fault. Still, don't make too much of it. You will find much greater freedom in your heart if you mentally give all the credit to God.
3. If someone scolds you for something you didn't do, you may see some good reason for letting him know that you're not guilty. If it doesn't really matter who did it, however, you will gain more, spiritually, if you say nothing.
4. If you see others eager to air their views, be generous to them: let them speak. Add thoughts of your own only if you see that those others might be interested in what you have to say.
5. Don't try constantly to explain or define for others' gratification who and what you are. Let your actions, and your inner reality, speak for you.
6. Never place yourself mentally in competition with others.
7. Never try, without some good and definite reason, to justify your actions, ideas, or accomplishments. Whatever you've done, give it mentally to God.
8. Stand up for what you feel is right, but try to make it clear always that you are not trying to impose on anyone values that are merely personal. Base your values on abstract principles.
9. Try not to tell stories of which the main point is to make you look good.
10. It is not humility to tell yourself, 'I can't....' Remember, God can do anything. If you give Him the chance, moreover, He can do anything through you. Ask Him for the inspiration, the guidance, and the strength to do whatever you must do. As Yogananda put it, 'Pray in this way: I will reason; I will will; I will act — but guide Thou my reason, will, and activity in everything I do.'
11. Make it a point not to feel badly when you make a mistake. Obviously, it would compound the mistake if you insisted you didn't make it. When you do err, however, acknowledge the error calmly and cheerfully — if not openly before others, then at least inwardly to yourself. The Master used to say, 'Don't tell your faults to others, unless they have spiritual wisdom, lest they hoard up that memory and use it against you sometime out of displeasure with you.'
12. If possible, don't even say to yourself, "I made this mistake." Say, rather, "The mistake got made." God is the Doer. Give to Him the blame as well as the credit for everything. Then try ever more earnestly to attune your every thought and action to His will.





13. Avoid calling attention to your own cleverness or skill — for instance, by making the kind of bright remark that is almost always followed by a smirk and a glance around the room for others' approval.
14. Overcome the natural need for self-importance by enjoying your own unimportance!
15. Years ago, I was invited to speak at a conference on communities. Several famous persons had been invited to speak. The convener had set up the conference to announce his plans for starting a community himself. I was, as it happened, the only person there who'd had actual experience in founding communities.

One evening during the week I invited several of the speakers out to dinner at a restaurant. For some reason, though we sat around the same table, they basically ignored me and spent the evening talking self-importantly to one another. The situation was especially unusual in that I was the host!

This is beautiful!' I told myself. No one seemed interested in my opinions on anything. Therefore, while trying to be gracious, I said very little.

At first I was surprised to find how far I was in their minds from "center stage"; I played the part of an otherwise non-existent audience. I soon realized, however, that this was a golden opportunity to practice enjoying my own unimportance. I found the evening delightful, and relished the inner freedom I felt in that thought.

16. Every evening, as you review in your mind the events of the day, avoid the thought of how you "stood up" in others' eyes: what kind of impression you made; the words you said; how you reacted; how others reacted to you. Instead, share with God any thoughts of this nature that come to you.

Don't let your mind play with the thought of where and how you yourself fit into any picture. Don't toy with flattery by entertaining it even lightly in your mind. Reject sternly any thought of self-importance, self-praise, self-justification, and blame. This subject is as important for you as your own salvation, for your spiritual liberation depends upon release from ego-consciousness.

If release from the prison of delusion is important to you, then everything I have written above is of supreme importance. It is a question of the direction you give your energy and consciousness. If you allow yourself to be affected, even minutely, by flattery, to that extent you will be affixing one more iron bar in the prison of your ego. And to the extent that you allow yourself to accept in your ego even the slightest energy, to that exact extent you will create more bondage for yourself. Instead, therefore, seek in every way possible to expand your energy and consciousness away from yourself. Be quite stern with yourself in this practice, no matter how carefree you may seem in others' eyes.

Excerpt from *Sadhu Beware! A new Approach to Renunciation*

[SOURCE LINK TO THIS ARTICLE](#)



Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living. visit www.ananda.org





The Future

ROD BRIGGS

We sail into the future. We stare into its fog and hope to see a landmark that will make sense of fate.

Uhtred of Bamberg, Warlord to Alfred, King of Wessex(849 -899AD)

Viking seafarers such as Uhtred explained much of their lives in nautical terms, explaining life's journey as "the past is as the creamy wake of a long ship stretching over a grey sea while the future is as yet unblemished." The analogy holds just as true today but as any good sailor will tell you, there are always clues as to what direction to take, if you know where to look.

When I look back over the wake of my ship I notice a much more erratic course than I thought I had sailed. There are times when the line seemed straight and true and moments, or more than moments, when I looked like I had lost the heading entirely. What denotes a true course? How do I know if I'm heading in the right direction? The answer, for me at least, involves following an inner moral compass; when I was sure I was on the right track how did it feel? What emotions were evoked?

Over what, I am reliably informed, is a more than adventurous life I have accumulated a whole range of experiences on which I can recall to help me find my way: I have taken life and I have given life, I have been truthful and deceitful, I have been a hero and a coward, I have been faithful and unfaithful, I have loved and hated, I have been a teacher and a tyrant, altruistic and egotistic... (The list goes on, and on).

In each case one of these opposites makes me shine like a beacon when I think of them while the other pole leaves me feeling ashamed. Analysing this leads me to two inescapable conclusions: First; that my moral compass knows when I am heading astray – I need to learn to listen. Second; that sooner or later we have to start serving the greater good, and to stop thinking about 'what's in it for me', that we are all only part of a greater collective.

If you're not serving... you're swerving.

When you look back over the course of your journey what does your compass tell you?

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





Effects and Benefits of Meditation

SWAMI MURUGESU MAHARISHI

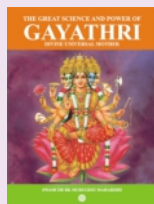
As consciousness directly visualises or absorbs itself with an object of focus, knowledge of the object of focus is clearly understood. Suppose we meditate upon a chair, then our consciousness becomes one with the chair, the whole inner and outer structure of the chair comes to our knowledge. If we meditate on a horse, the ins and outs of the structure and nature of the horse will come to our knowledge. If we meditate on another person, the character of that person will become known to us.

The first benefit of meditation is to derive knowledge of anything we want without the help of the senses or mind. The second thing that happens in meditation is that we not only understand the structure and character of the object or person focused upon, we also imbibe within us the character or quality of it or them. This means that if we meditate upon a dog, not only do we understand the inner and outer structure of its body, but we ourselves take on those qualities over the course of time. We begin to behave like a dog in our life.

This is why true meditation is not taught to those still fraught with passions, attachment and pleasure-desires. Slowly, over time, they will lose their natural and beneficial qualities and imbibe negative qualities. For this reason meditation proper is taught only to those who have been trained in Prathyahara, control of emotions, passions and attachments. Unfortunately nowadays not enough emphasis is placed on the need for Prathyahara training and teachers teach concentration and meditation together, which is wrong.

The third and foremost benefit of meditation is the acquisition of the ability to perform miracles and siddhis. If you, in deep meditation on a tree, for example, visualise within you, in your consciousness, the tree withering, the tree will actually begin to wither even though it would have flourished for many years to come. Hearing or reading about this Siddhi-acquisition, many people begin to practise meditation but in the incorrect way. In some instances correct meditation is taught and practised by a few who do not succeed in their attempts even after many years of sincere and devoted sadhana. This is because they did not practise prathyahara to control passions and emotions. Hence their consciousness does not become detached from the mind.

I advise readers that, even though they may understand well what meditation is and know the correct techniques, they should not begin meditation before practicing prathyahara and concentration during which the wavering mind is arrested and consciousness can be detached from it. So before you begin your meditation practice first practise the concentration methods given in previous articles and ensure that your attachments are removed and your concentration is perfect.



The Great Science and Power of Gayathri, Divine Universal Mother

by Dr RK Swami Murugesu Maharishi has just been republished in English.

[Click here](#) to download the first four chapters for free.

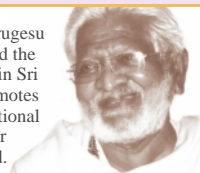
[Click here](#) to purchase a copy of the book online.

Please visit our website at www.gayathripeedam.com for more information.



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 Yoga of the Bhagavad Gita

An Introduction to India's Universal Science of God-Realization

BY PARAMAHANSA YOGANANDA

This year marks the 150th anniversary of the resurrection of Kriya Yoga, the royal system of Yoga, for the modern world. In the autumn of 1861, in a remote cave in the Himalayas, the great yogi householder Lahiri Mahasaya experienced his first encounter with his guru, Mahavatar Babaji, and received Kriya Yoga from him. It was at this seminal meeting – immortalized in the pages of Paramahansa Yogananda's Autobiography of a Yogi – that Babaji instructed Lahiri Mahasaya to teach Kriya openly – for the first time – to all earnest seekers, and later requested that Yogananda be trained to give this soul-revealing technique to the West. Following are passages from Yogananda's The Yoga of the Bhagavad Gita (copyright © 2007, Self-Realization Fellowship) on this liberating yoga science.

“The yogi is deemed greater than body-disciplining ascetics, greater even than the followers of the path of wisdom or of the path of action; be thou, O Arjuna, a yogi!”

[from the Bhagavad Gita VI:46, Lord Krishna's counsel to Arjuna]

Raja Yoga: The Highest Path

The Lord Himself here extols the royal path of yoga as the highest of all spiritual paths, and the scientific yogi as greater than a follower of any other path. The real *Kriya Yoga* way (life-force control) is not a bypath. It is the direct highway, the shortest route, to divine realization. It teaches man to ascend heavenward by leading the ego, mind, and life force through the same spinal channel that was used when the soul originally descended into the body.

The Spirit as soul has descended through the subtle astral cerebrospinal centers into the brain and the spinal plexuses, and into the nervous system, the senses, and the rest of the body, and becomes entangled there as the pseudosoul or ego. In the body-identified state, the ego engages in further involvements in and with the objective world. The ego has to be made to ascend through the same spinal path until it realizes its true Self as the soul, and the soul reunites with the Spirit.

Yoga points out that this spinal route is the one straight highway that all earth-descended mortal beings must follow in the final ascension to liberation. All other paths—those that emphasize performance of *tapasya* (bodily and mental self-discipline), or theoretical knowledge of the scriptures (the gaining of wisdom by discrimination), or the performance of all good

actions—are auxiliary paths that somewhere join the highway of practical yoga that leads straight to liberation.

Raja Yoga Is the True Culmination of All Religious Practices

The paths of renunciation and wisdom and action may be followed in two ways: externally and internally. The man who concentrates on external renunciation is an outer renunciant. But the *tapasvin* [ascetic] who destroys all internal desires and attachments, and who keeps his mind away from sense temptations, is a man of esoteric renunciation.

Similarly, the external follower of the wisdom path (*Jnana Yoga*) is busy in solving scriptural problems and in analyzing word structures. The esoteric *jnanin*, according to Vedanta philosophy, is he who not only listens to the scriptural truths and perceives their meaning in his mind but becomes one with them by complete assimilation. Therefore the Vedantic way of spiritual realization is to listen to the scriptural truth (*shravanam*), then to perceive it (*mananam*), then to be one with it (*nididhyasanam*). The man who performs good actions is the external *karma yogi*. He who practices yoga meditation performs the highest action; he is the esoteric *karmin*. But he who performs or practices *Kriya Yoga*, the highest technique of contacting God, is the *raja yogi* or the royal *Kriya Yogi*. He attains ascension and is thus among the highest yogis.

Kriya Yoga: The Essential Technique of Raja Yoga

Another interpretation of this stanza has been given by Lahiri Mahasaya: When a yogi practices *Kriya Yoga*, withdrawing his mind from the senses by disconnecting the life force from the five sense-telephones, he is spoken of as following the path of *karma yoga*; he is a true *karmin*. During this earlier state of attempts at God-union, the yogi has to perform various spiritual actions of proper breathing, life-force control, and fighting distractions with concentration. Therefore he is spoken of as following the path of esoteric *karma yoga*. At this state the yogi is identified with actions; he is a *karmin*.





When the yogi is able to see the spiritual light at the *Kutastha* or Christ center between the eyebrows and to withdraw his life force from the nervous system of the five sense-telephones, he enters the state of esoteric *tapasya* (ascetical renunciation). His mind, being disconnected from the senses, then exists in a state of esoteric renunciation; he is a *tapasvin*. When the yogi is further able to unite his mind with the wisdom and bliss of his soul, he is a follower of esoteric *Jnana Yoga*. This is called the *jnanin* state of the yogi. In the last high state when the soul, free from all bodily and worldly consciousness, is united with the blessed Cosmic Spirit, the devotee is called the esoteric *raja yogi*. This state of final yoga or union of soul and Spirit is the loftiest; he who attains it is the true yogi. He has reached higher spiritual planes than the one who has achieved only the state of a *tapasvin*, *karmin*, or *jnanin*. The real yogi knows God as the ever-existing, ever-conscious, ever-new Bliss; he perceives all creation as God's dreams.

The path of *Kriya Yoga* is distinctive and scientific because it teaches the exact method of withdrawing the mind from the senses by switching off the life force from the five sense-telephones. Only when this interiorization is accomplished can the meditator enter the inner temple of God-communion. In other words, the *Kriya Yogi* follows a sure, definite method of leading not only his mind but his life force through the spinal channel to unite them with the soul. In the highest ecstasy he then unites his soul with Spirit.

Kriya Yoga, or the indirect reference to it in the scriptures as *Kevali Pranayama*, is the true *pranayama*, in which the inhaling and exhaling breath has been transmuted into interiorized life

force under the full control of the mind. By distilling *prana* from the breath, and by neutralizing the life currents that control the breath, all the cells of the body are vitally recharged by the reinforced bodily life force and the Cosmic Life; the physical cells neither change nor decay. *Kriya Yoga* is a suitable practice for any sincere seeker of God who is free from serious acute illness, and who observes in his daily life the cardinal moral precepts.

The theologies of all great religions have one common foundation—the finding of God. But religious truth without practical realization is necessarily limited in its value. How can the blind lead the blind? Few men understand the Bhagavad Gita as its writer, Vyasa, understood its truths! Few men understand the words of Christ as he understood them!

Vyasa, Christ, Babaji, and all other perfected masters perceived the same truth. They described it variously, in different languages. In the study of the Bhagavad Gita and the New Testament I have perceived their meanings as one....

In order to understand fully the Bhagavad Gita and the Bible, the spiritual aspirant must learn to go into the state of ecstasy and commune with Vyasa and Christ through Cosmic Consciousness.

As all colleges in the world teach the same principles of science, which can be proven by application, so all true religious schools, if they followed yoga, would be aware that it is the one scientific highway to the Infinite. That is why each man should become a God-united yogi. In this stanza of the Bhagavad Gita, the voice of God sounds a trumpet call to all spiritual aspirants: Become yogis!

Self-Realization Fellowship (SRF) is the international nonprofit organization that Paramahansa Yogananda established in 1920 to disseminate his yoga meditation teachings. Recognized as the father of Yoga in the West, Yogananda devoted his life to helping people of all races and creeds to realize and express more fully in their lives the beauty, nobility and true divinity of the human spirit. His beloved world classic, *Autobiography of a Yogi*, has introduced millions to India's spiritual science of Yoga.



Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of SRF President Sri Mrinalini Mata, a close disciple of Yoganandaji and one of those chosen by him to help guide the Self-Realization Fellowship work after his passing. The society oversees its temples, retreats, and centers around the world; the monastic communities of the SRF Order; a Worldwide Prayer Circle; and the publishing of Yogananda's lectures, writings, and informal talks.



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

For more information please visit
www.yogananda-srf.org



Contemplate the Vastness of Your Self

SUREN PILLAY

The lives of those who strove for freedom of nations both politically and economically inspire most of humanity to noble ideals. Virtues such as truthfulness, compassion, purity, simplicity and selflessness often surround people who are truly great. Yet few recognise those who strived for inner freedom and those who have inspired others to find inner freedom within themselves.

Inner realisation has no material indicator other than wisdom exercised from intuitive perception, the lack of tangibility results in many not being able to identify a God-man. The real problem however is that many perceive the world only from a physical perspective and not from an energy or intuitive perspective. Such limited perception is bound to end in limited results and attainment. It is said that the world exists not as it is but as we are. The result is that perception is what you make of it. The more frequencies of energy and information you train your mind to experience, the more complete your outlook becomes on the vastness of creation.

A man's thought is not independent of his will or action. Indeed they are deeply interrelated and connected in the most subtle and intricate way. The human being stands as an ocean of cosmic bliss waiting to be experienced in fullness through inner perception. The training required to achieve this inner perception is indeed stringent and intense. Yet this training results in eternal bliss and ever-new joy. To the sincere seeker, an inner calling draws him to an authentic Master who has already experienced himself in the fullness of creation.

Such an experienced Master is more than willing to guide a divine seeker to inner perfection. The seeker places his faith in his master to remove obstacles on his spiritual journey and the master reciprocates by working actively on the seeker's spiritual weak points. It is, no doubt, a much more difficult task for the seeker to attain enlightenment without the aid of a Master, as the seeker must rely on his own sense of judgement on spiritual issues without the benefit of any experience.

If a seeker is truly in tune with his Master, he will understand, in most instances intuitively, the reasons for the Master's instruction. With faith and surrender to both God and Guru, and with protracted and sincere effort the disciple finally attains the state of inner perfection and realisation. Wisdom and bliss in this state of being is effortless and never-ending. The nature of the individual is transformed into a selfless energy working only to harmonise and integrate people's lives to a state of inner joy and peace.

My message to you this month, dear brothers and sisters, is to contemplate the vastness of yourself. Raise your self-awareness and imagine your soul leaving your body and look at yourself. Your body has been going through transformation from birth and will continue to do so until death. It is only when we consider the transient nature of the body that we truly contemplate the eternal nature of our soul. The question is: when will you realise your soul?

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>





World Peace - within our reach

FLORA TECKIE

As we celebrate 21 September as the International Day of Peace, let us reflect on where we stand, and contemplate how we may achieve peace.

There is a passionate desire for peace everywhere, despite the many challenges facing humanity. We now have more than ever before, conditions for the establishment of peace on earth. We have the ability to transmit information efficiently over long distances, which enables people from different parts of the world to interact with each other much easier. The progress we have made in scientific and technological fields offer practical ways by which the problems of humanity may be solved. They also provide the means for the administration of a united world. Despite all these there are persistent barriers to peace. The most common barriers are prejudices, suspicions and narrow self-interest.

In order to achieve peace we need to accept that mankind is one species. Physical differences such as skin colour or hair texture are superficial and have nothing to do with any supposed superiority of one ethnic group or another. According to the Bahá'í Writings we are like flowers in one garden, the fruits of one tree and the leaves of one branch. Although we differ from one another physically and emotionally, and have different talents and capacities, we all belong to the same human family. The charm and the beauty of a garden lie in its diversity.

The Bahá'í Scriptures state: "Consort together in brotherly love, be ready to lay down your lives one for the other, and not only for those who are dear to you, but for all humanity. Look upon the whole human race as members of one family, all children of God; and, in so doing, you will see no difference between them."

We know that religion has a limitless power to inspire change and long-term commitment in its followers, and that a peaceful and prosperous global society cannot be built without directly and substantively involving religion. However, for religion to help in meeting the diverse challenges confronting humanity today it must be free from fanaticism, prejudice and animosity. Bahá'í Writings prescribe: "Love ye all religions and all races with a love that is true and sincere and show that love through deeds and not through the tongue; for the latter hath no importance, as the majority of men are, in speech, well-wishers, while action is the best."

Another prerequisite for peace is equality of women and men. As stated in the Baha'i Writings, "when women participate fully and equally in the affairs of the world ... war will cease".

In conclusion:

The great peace long-envisioned by the peoples and nations of the world is well within our reach. It is the Bahá'í view that world peace is not only possible but inevitable.

Any new thinking about peace must begin with the belief in the oneness of humanity. The ultimate goal is not simply to end war, but it is the unification of all the peoples of the world in one universal family.

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.

Invisible Peril

BY THE MASTER through Benjamin Creme

If men were to see the state of the world as We, the Masters, see, they would be amazed, dumfounded and afraid, all at the same time. So far from the reality is man's view of conditions on Earth, and so lacking in judgement is he about future possibilities, that, without help, man would watch his planetary home languish and die. As it is, planet Earth is in a sad and perilous condition while each day brings it nearer to the critical.

Many voices have sounded warnings on global warming, and many views have been expressed, but even the most dire prophecy falls short of the calamity facing the world today. Few there are who see the immediacy of the threat and the urgency of the steps needed to counter it. Great as is the peril posed by global warming, this, unfortunately, is not the greatest, or most hazardous, faced by man today. Did he but know it, man is engaged in a slow but steadily increasing intoxication of the race and of the lower kingdoms. Toxicity, pollutions, of all kinds, and in all fields, is now the greatest danger to men, animals and the Earth itself. All are poisoned and sick in their own way.

Unknown to men but evident to Us, the greatest harm sustained by men and planet in this sorry tale is caused by nuclear radiation. Men have gone far astray in the development of this most dangerous energetic source. Led astray by greed, and the false hope of vast profits, they have concentrated their experiments in 'taming' the most dangerous source of energy ever discovered by man, neglecting, meanwhile, a perfectly safe alternative use of the energy of the atom. Atomic fusion, cold and harmless, could be theirs from a simple isotope of water, everywhere available in the oceans, seas and rivers, and in every shower of rain. Man must cease his 'toying with death'. Atomic fission is the result of the atomic bombs which destroyed Hiroshima and Nagasaki; which erupted in Chernobyl and causes, subtly, death and sickness today. It is "that which stands where it ought not" and which must be renounced by man if he would prosper further.

Earth scientists are confident that they have, indeed, tamed the monster, and can keep it under control. They do not realize that their instruments are crude indeed, that they measure only the lower aspects of nuclear radiation, that stretching above these dense-physical levels are levels finer and more dangerous to the health and well-being of all. But for the tireless efforts of our Extra-planetary Brothers in assuaging this invisible peril in so far as the karmic law allows, our plight would be perilous indeed. Wake up, mankind!

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>





Transcendence Starts Within

SWAMI SHANKARANANDA MAHARAJI

Out in heaven, nowhere are there fantastic deities sitting there giving you blessings. You can't go to heaven and see Lord Shiva with Parvati, Ganesha and Muruga sitting on a throne. They are sitting within you. The Ishwara, or God, within you is what you need to believe in. Only that Ishwara can give you prosperity. You know the saying, 'believe in yourself', that means the greater Self within you, not the body that rots. Only by believing in that Self is prosperity possible.

Truth belongs in no-man's land. Nobody can find this truth for you. You are the only one who can find this truth, whether you have a guru or master, or not. If you don't make that attempt, show that effort, you are not going to find that truth. And the truth lies in this no-man's land; and this no-man's land is within you. It belongs to nobody, and it is for you to find it.

What is this truth? It is called Atma Loka, the abode of the soul or atma. And once you find this truth, then the energies of the saints and deities become your personal energy. We can make a hundred offerings to deities, but without sincerity, love, dedication or devotion, Atma Loka is not possible. Great sages have told us, 'Do not try to transcend away from this body'. Transcend into this body and when you do you'll find the great energy called Ishwara. It resides within every one of us.

Nobody can say they don't have God within, but they can tell me they have not experienced or found God within themselves. To say you don't have God within means you are a zombie, the living dead, because to have God within is to have life. Without God life cannot exist: no blade of grass, nor drop of dew can move without the breath of God in whatever form you perceive Him, or Her.

The wind, the rain, the storm, your thoughts, your movement, all are based on that Divine Energy which is located in a 'place' called Atma Loka. And once you've found Atma Loka, you become a jivan mukti - a realised individual. And this is called self-realisation. And once you have realised your Self, then God-realisation is inevitable. You are going to enjoy God-realisation. But without Self-realisation, God-realisation is impossible.

But for many the realisation or jivan mukti state is momentary, it is very very short lived, because people get caught up so easily in this bhur loka, the material plane, when they could be deep in meditation, just making that connection with God

Let us strive to find bliss, eternal peace, eternal love and eternal beatitude. Let us find that moment. And let the Divine be that prosperity in your spiritual search. And once you find it, just enjoy it.



Swami Shankarananda Maharaj is the founder of the Jadatharaya Institute of Right Living and Yoga. His teachings are scientific but practical. The Institute promotes universal spiritual principles and embraces students of every denomination. One does not have to follow an Eastern religious practice to be involved in the Kriya Yoga classes, though an understanding of universal spiritual philosophies is beneficial. Swami's weekly discourses are recorded on his blog which can be accessed at www.fridaysatsang.blogspot.com. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





Everyone's Your Teacher

BERNIE SIEGEL, MD

Many years ago I was asked to see a young woman everyone thought had appendicitis. I didn't agree and after observing her it was apparent her problem was a ruptured ovarian cyst which did not require surgery. A few years later her younger sister, a talented musician, tripped at home and fell into the fireplace seriously burning her hands, arms, upper torso and neck. When she was sent to the Yale New Haven Hospital emergency room the family asked them to call me to care for her.

Her hands were disfigured and she was very depressed knowing this would end her musical career. I admitted her to the hospital and each morning would debride her burns while she screamed at me, "I hate you." She really made me think about why I had become a doctor and did I want to continue if this was the reaction patients had to me. Her mother told me years later that one morning I said to her, "Madeline, maybe someday you'll love me." I do not recall that moment.

I wish medical schools helped us to analyze our healthy and unhealthy reasons for becoming doctors. I liked people and wanted to fix their problems. Only to learn you can't fix everything and really begin to wonder why our Creator made a world filled with problems and diseases which couldn't be cured. I really feel if these things were part of the curriculum we would all be better doctors and Kevorkian wouldn't have ended up in jail because of his issues with death and I wouldn't have wanted to quit surgery and become a veterinarian.

I still recall a child, whose facial nerve I injured while removing a facial tumor, smiling her crooked smile during my post operative visit and so I apologized and announced to her and her mother, "I quit. I can't take this anymore." They both told me I was not going to quit and gave me therapy. There were other cases too where my errors in judgment led to more pain and suffering for my patients and I still think of them. Yes, I apologized and didn't make excuses and they forgave me as I learned from my mistakes. I truly feel the best doctors are ones who are criticized by nurses, patients and family. They do not make excuses and learn from their mistakes.

I can recall walking into one patient's room and she said, "What's wrong?"

"Why are you asking?"

"Your face and forehead are all wrinkled."

"Yes, I am thinking about how to help you."

"Think in the hallway and smile when you come in here."

On another occasion a patient I was about to discharge said to me, "I am giving everyone who cared for me a bottle of liquor but not you."

"I do not miss the liquor but why are you not giving me a bottle?"

"Because you are always angry."

"That's because I didn't like what happened to you and I didn't like what I had to do to you."

"Yeah, but you took it out on me."

"I'm sorry."

"Okay you can have a bottle of liquor."

As I walked away from his room I thought that he could have been discharged and having nothing more to do with me but he took the time to talk to me because he knew I was hurting and needed help. He became my teacher. I learned to let my patients and others who were experiencing illness teach me, the tourist, what the natives knew. When I thought I had prepared one of one children for surgery, which I performed because I was the pediatric surgeon in town, by showing him the hospital and the people he would meet he awoke after surgery and said, "You didn't tell me it was going to hurt," and when he had a bone tumor, at age seven, I thought was a sarcoma and was totally depressed he said to me, "Dad, you're handling this poorly." He taught me how to enjoy the day and not live in fear of the future. His tumor turned out to be rare and benign and I learned a great deal. ▶



I have learned from the children. When one teenager dying of cystic fibrosis asked me, “Why am I different?” I answered, “Tony, because it makes you beautiful.” He loved my answer because he knew full well how much he had done for the world and that he would be immortal through his love and the fund raising of those who knew him hoping to find a cure for cystic fibrosis.

We all need to understand that loss is inevitable and learn to use it as a beginning, just as a graduation is called a commencement. Death is not a failure and I am not a veterinarian because when I approached one of my patients, who was a vet, and asked him to help me make the change he responded, “Don’t because people bring the pets in.”

Now back to Madeline and how wounds can heal. One summer day, when the temperature was well over ninety degrees, into my office walked Madeline for her routine visit. She was wearing long sleeves and a turtle neck sweater so I asked her why she was dressed that way on such a hot day and she said, “Because I am ugly.”

She also told me she was looking for a summer job and I said, “Oh, I know a nursing home which needs some aides. If I can get you a job there are you interested?” She said yes and I worked it out and called her back a few days later to give her the information. What I knew was that she would have to wear a uniform which would reveal all her scars to the people she cared for.

At the end of the summer in walks Madeline for her office visit and I asked her how the job went. Her response, “No one noticed my scars.”

“Madeline when you are giving love you are beautiful.”

Madeline became a nurse and years later I received a phone call from her. “Doctor Siegel I am getting married. My father died a few years ago. Would you be my father at the wedding?”

I can still feel the tears I shed when she said that to me. Of course I said yes and the greatest gift to me was when we danced after the wedding to Kenny Rogers singing, *Through the years you never let me down, you turned my life around*, that song helped me to heal a lifetime of wounds. But I do not forget them because as Thornton Wilder wrote when an angel refuses to heal a doctor and the doctor can’t understand why he shouldn’t be healed too, “Without your wound where would your power be? It is your melancholy that makes your low voice tremble into the hearts of men. The very angels themselves cannot persuade the wretched and blundering children on earth as can one human being broken on the wheels of living. In love’s service only the wounded soldier can serve. Draw back.”

On the way home the doctor realizes the truth of the angels words as people say ask him to stop and talk to their family members because he is the only one they will talk to. So I have learned to become not an M.D. but a C.D. for the wounded people I meet. Yes, a Chosen Dad who may not like their behavior but loves and reparents them and helps them to heal their lives and find self-worth and self-esteem and save their lives.

For almost every unloved child becomes self destructive and diseased by midlife and not so those who felt loved by their parents. So I learned to always hug my patients and give them return appointments, no matter whether they filled my prescription or not, so they would know I cared and research shows the benefits of compassion for both the doctor and their patients.



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 II

WALLACE D. WATTLES

To look upon the appearance of disease will produce the form of disease in your own mind, and ultimately in your body, unless you hold the thought of the truth, which is that there is no disease; it is only an appearance, and the reality is health.

To look upon the appearance of poverty will produce corresponding forms in your own mind, unless you hold to the truth that there is no poverty; there is only abundance.

To think health when surrounded by the appearances of disease, or to think riches when in the midst of appearances of poverty, requires power; he who acquires this power becomes a Master Mind. He can conquer fate; he can have what he wants.

This power can only be acquired by getting hold of the basic fact which is behind all appearances, and that fact is that there is one Thinking Substance, from which and by which all things are made.

Then we must grasp the truth that every thought held in this Substance becomes a form and that man can so impress his thoughts upon It as to cause them to take form and become invisible things.

When we realize this we lose all doubt and fear, for we know that we can create what we want to create; we can get what we want to have, and can become what we want to be. As a first step toward getting rich, you must believe the three fundamental statements given previously; in order to emphasize them, I repeat them here:

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, impressing his thought upon formless substance, can cause the thing he thinks about to be created.

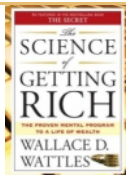
You must lay aside all other concepts of the universe than this monistic one; you must dwell upon this until it is fixed in your mind and has become your habitual thought. Read these creed statements over and over again; fix every word upon your memory, and meditate upon them until you firmly believe what they say. If a doubt comes to you, cast it aside as a sin. Do not listen to arguments against this idea; do not go to churches or lectures where a contrary concept of things is taught or preached. Do not read magazines or books which teach a different idea; if you get mixed up in your faith, all your efforts will be in vain.

Do not ask why these things are true, nor speculate as to how they can be true; simply take them on trust. The science of getting rich begins with the absolute acceptance of this faith.



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 Metes Out Perfect Justice

ECKANKAR

The Law of Karma metes out perfect justice. This is reassuring in a world which can appear to be unjust. One duty of the ECKist is to show compassion and kindness to all, regardless of their position on the spiritual ladder. We are all on a spiritual journey together.

Our suffering is not always punishment for past actions. There are many subtle processes at work. If you experienced fear and persecution in a past life, you may still carry these feelings in your psychic memory. You may experience unwarranted fear and anxiety in your current life. These fears may persist until you remember the eternal nature of Soul and surrender your concerns to the Holy Spirit.

Eckankar teaches us to be responsible. On a physical level, this means we make every effort to support ourselves. On a spiritual level, this means we earn our own state of consciousness. This seems illogical if we view only one life at a time. In a single life we suffer or are blessed for no apparent reason. God seems arbitrary and random. The ECK principle of spiritual responsibility makes more sense as we accept the principles of karma and reincarnation. Reincarnation teaches that we are born again and again until we learn the spiritual lessons of life. The Law of Karma ensures that we link our behaviour with its inevitable results. We reap in one life what we have sown in another.

If we impede the development of another human being, we will incur a karmic debt. By our actions, it's clear we haven't yet learned the Law of Love. The debt will have to be paid, and a lesson will have to be learned. The suffering which may follow is not the act of a vengeful God. We are just reaping what we have sown. It is the loving God which helps each Soul develop Its highest spiritual potential through experience.

Perhaps the most serious of karmic infractions is to misuse spiritual power for personal gain. History brims with examples of those who used psychic insight for personal advancement. False teachers have incurred a debt to their followers and at some point, that debt must be paid.

Experience teaches us. When a lesson is learned, particularly a spiritual lesson, we no longer need the experience. The karma is finished. We can move on to the next step. This is not absolution or forgiveness. It is spiritual growth.

We cannot purchase God Consciousness in a marketplace, nor can it be granted to us by another. Our mistakes or sins of the past cannot be absolved at the last minute simply by request. We earn spiritual wisdom by taking responsibility for our actions and by learning how the ECK, the Holy Spirit, works. Spiritual maturity comes when we realize we are the creator of our own life. We learn to be a Co-worker with God by understanding how to create what is highest and most beneficial for the whole.

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

Transient

Breaths come and go as do food water and people.
War, peace, politics, are swept up and down in the winds of time
Yet life continues to persist, ever-expanding, ever-knowing and ever-powerful.
Experience being the only afterthought of existence,
let us bathe in the wisdom of spirit such that we rejoice
in the energy of life eternally!

SUREN PILLAY



He who fights with monsters might take care
lest he thereby become a monster.
Is not life a hundred times too short for us to bore ourselves?

FRIEDRICH NIETZSCHE



O you who've gone on pilgrimage -
where are you, where, oh where?
Here, here is the Beloved!
Oh come now, come, oh come!
Your friend, he is your neighbor,
he is next to your wall -
You, erring in the desert -
what air of love is this?
If you'd see the Beloved's
form without any form -
You are the house, the master,
You are the Kaaba, you! . . .
Where is a bunch of roses,
if you would be this garden?
Where, one soul's pearly essence
when you're the Sea of God?
That's true - and yet your troubles
may turn to treasures rich -
How sad that you yourself veil
the treasure that is yours!

RUMI



The joy and the pain, the reaching up and falling back -
all are gathered up finally into the experience of a realization
from which nothing thereafter can shake us.

N. SRI RAM



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



Self-Realization Fellowship

Web. <http://www.yogananda-srf.org>
3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA
Email. PublicAffairs@yogananda-srf.org
Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

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 Energy Centre

Web: <http://www.the-energy-centre.blogspot.com>
Tracy White -031 767 4926 / 082 668 4163
Email. tracyw@vox.co.za

The Expanding Light

Web: <http://www.expandinglight.org>
Phone: 800-346-5350 or 530-478-7518
Email: info@expandinglight.org

TSOGR (The Science of Getting Rich)

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

Victoria Rodda

Photographer and illustrator
Email: victoria.v8@gmail.com



TRANSCENDENCE

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

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

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

PLEASE VISIT OUR WEBSITE AT
www.transcendencemag.com
FORM MORE DETAILS

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

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