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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty

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Welcome to the October 2011 issue of *Transcendence*.

This is a challenge to all religions and to all individuals who regard themselves as spiritual beings. Allow your thought to be expansive. Allow your love and tolerance to embrace all of humanity, no matter their spiritual inclination.

The many religions of the world all share a number of beliefs in common. The first and most important belief is that of a God as omniscient, omnipotent and omnipresent Creator. The only difference lies in the name that different groups have chosen to call God. But, of course, they are all worshipping the same God, knowingly or unknowingly.

Then, most religions encourage prayer, communication or communion with God, be it in worship, meditation, chanting, singing or dancing. It is the nature of man to want to visualise God in some recognisable form. So he has created symbols to help him remember and focus on God. These symbols have been made by man in myriad forms from statues to paintings, pendants and natural creatures and objects, all with the purpose of not only reminding us of God's constant presence but also to Glorify the Creator of the Universe.

Acts of ritual and rites of passage are performed to enact God's works, reinforce devotion and cement faith. These rituals take common forms: purification, transformation, sacrifice and rebirth or transcendence; forms which, in a wonderful way, follow the natural cycles of our seasons and lives.

These are just a few of the characteristics that the majority of the World's religions have in common. Wouldn't it be remarkable and wholly uplifting if everyone chose to focus on the common aspects of all religions instead of allowing religious difference and arrogance to cause separation?

In Love and Service, always,





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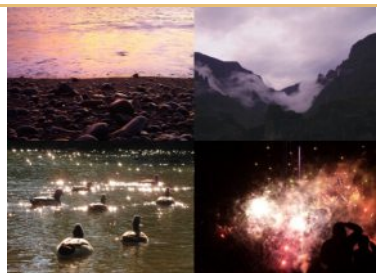
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Heavenletter # 3752 - Wish Upon the Stars

GLORIA WENDROFF

God said:

How beautiful you are. Even in your dismay and questioning, you are beautiful. You are a quantity unknown to yourself. You deny knowledge of yourself. You deny knowledge of Our One Self, and yet you do know, and yet you scurry around on Earth. You pace back and forth. Your mind paces back and forth. You are unsure of yourself. You don't know who you are. You look to the stars and wish upon them. You wish upon yourself. You see My bright light and don't know that the same light is yours. You plead ignorance.

What responsibility are you hesitant of? If you were to recognize your light in the stars, what are you afraid would happen to your inherent intrinsic light? Do you fear you would lose it? No, beloveds, you would have it. You do have it, and then you would know what you have and what you are. You are the Bright Light of God that shines and makes hearts dance.

Do you fear that shining your light is too much for your heart? Not at all. Your heart has been waiting to shine. Your heart has been longing to share its brightness. All your longings put into one are this: Your heart's desire is to shine and shine and cover the Earth with the brightness of stars. Okay, sleep at night, and be the stars of God's light shining by day and your light will mingle with the stars. You may think that is a dream, yet at night you do sparkle with the stars. Your attraction to stars tells you that you and the stars share a great inheritance of God's light. You and the stars light up the world. You carry the world in your hearts, beloveds. You hold the world up in your light. You cradle the Earth in your light. You and the stars are the same.

Keep looking up at the stars. They are the night lights of the soul.

Light is very desirable to you. Why do you think your heart loves the panorama of sunrise and sunlight so much? In their beauty, you recognize yourself. You are the same display of light. You see and don't see at the same time. Can you imagine the vista that is before Me every time I look at you? I never stop looking at you. I never stop seeing the beauty of your light. It fills My heart with wonder. Look what I have created. Look at My life's work. You were no work at all. You were My pleasure. You are My delight. Think of it, you are derived from My light. You are spectacular. I do not exaggerate.

The difficulty with you is that you seemingly turn your light on, and you seemingly turn it off. Leave your light on. It is only in your mind that you can switch it off. When you experience what you call suffering, that is a signal to you that you have attempted to turn your light off. Turning light off cramps your heart. This is not your style. This is not the style of the human heart to hurt itself. It is an attempt, however, and this attempt you call suffering, as if it had been done to you, when it is you yourself who has pulled the switch on yourself.

Leave your heartlight on, and what you call suffering will not arise. It is the attempted closing of your heart that causes your heart to ache. You are the doorkeeper of your heart. Keep your heart open. Keep it open with the outpouring and in-pouring of your light of love. Do this in My Name.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



You know that I am not going to alter Myself. I am not going to become more like you. I am not going to adopt your ways. Well, then, you must adopt Mine. We will decrease the division between Us. You will become so close to Me, you will be adjunct. You will blend into My way. You will see no other.

Heavenletter #8 Unleash Your Power



The time will come when you see the picture of you melding into My love. Although it is illusion that you have been anywhere but in My heart, that illusion has to be replaced with the truth. The truth is not a picture. It is accuracy.

Heavenletter #168 Unity



Unused parts of your heart are only unused parts of your heart. They were always there, only unused. And now they fill up with My love. Your intake is great, and you love My love that fills you, and My love loves to fill you.

Heavenletter #302 Use Your Heart



Acknowledge your brilliance, and you will see more brilliance in others. The more self-knowing you become, the more knowing of others you will be. You bestow the gift of sight upon yourself, and then you do not compare or contrast so much, and you see more. The edges of your sight fade, and you see in others a talent that you had overlooked. You are talented, and so is everyone else. They are more talented than you had assumed. If you see less than talent in others, you have not been clear-seeing. Your thoughts have been tarnished.

Heavenletter #590 Unseen Brilliance



You are not supposed to be like everyone else. You are not supposed to be better, and you are not supposed to be worse. You are supposed to be who you are. Search for yourself where you are rather than where you are not. The race you run is yours to run. You do not need to follow the same course as everyone else. Those of you who are dreamers have been told to dream less. But who can say that you are supposed to be doing less dreaming. Maybe you are supposed to be dreaming more and so reach the other side of your dreams.

Heavenletter #676 Unique is Good

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

DISCOVER THE NURTURING INFLUENCE OF COMPASSION

To practice [these] five things everywhere constitutes perfect virtue: dignified conduct based on good character, generosity of soul, sincerity, purposeful intention, and kindness.

–Attributed to Confucius

It is not only for ourselves that we cultivate our innate qualities and are dedicated to making our lives worthwhile. As we become more conscious and capable, our clear states of awareness and constructive behaviors benefit all others with whom we share a common origin and destiny. While we are growing in knowledge and wisdom we can and should do what we can to assist others to their highest good. Although we cannot control what others do, we can silently love and bless them, regularly pray for their complete well-being and spiritual growth, encourage and assist them when possible, and inspire them with our appropriate, God-centered behavior. The nurturing influence of compassion blesses us and those we lovingly care for.

Focus your attention within. You will experience new power, new strength, and new peace of body, mind, and spirit. All bonds that limited you will be removed. – Paramahansa Yogananda The following kinds of knowledge remove all limitations:

1. Self-realization: actual experience of pure essence of being. The end result of intellectual and intuitive Self-analysis and skillful, regular superconscious meditation practice supported by wholesome, purposeful, effective living.
2. God-realization, actual experience of infinite (unbounded and unlimited) Consciousness of which you are an individualized unit. Occurs naturally when Self-realization is complete.
3. Knowledge of cosmic processes and origins of universes. It is then known that universes are emanated from a primordial (first or earlier produced) field of nature.
4. Knowledge of physical and mental laws of cause and effect. Why events and circumstances are as they are.
5. Knowledge of how to live effectively. In the early stages of inquiry, information that is acquired may not be fully comprehended. When understanding fully emerges, you will have accurate knowledge. When that knowledge has replaced all false concepts and illusions, you will have wisdom.

Affirmation

Constantly inspired and Self-motivated, I wisely use my knowledge and abilities to make my life worthwhile and to benefit 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



Festivals of Light

LUCIS TRUST

All who are treading the spiritual path come to know that the outer world in its entirety is a symbol or an externalisation of inner reality. As far as humanity is concerned, we realise that of necessity all the features and events of our inner life tend to materialise in some way or another. A compassionate heart leads to acts of generosity and kindness and the transformation of community life. Pent-up selfish emotional force can easily explode into the physical world as violence, and this shows us a principal cause of war. In contrast, peace is the exterior result of the soothing of emotional conflicts with the energy of enlightened thought. The organised and purposeful activities of the intellect materialise, for example, in the human capacity to anticipate situations and plan accordingly. The United Nations and its specialised Agencies are wonderful illustrations of this developing indicator of human progress.

But behind the activities of emotion and thought lies a realm which humanity has intuitively sensed as an abode that is characterised by attributes quite different from the normal human experience of daily living. It is known as home by the ardent pilgrim struggling with the obstacles of the “far country” of the material world. It is tapped as the source of spiritual strength by the labouring disciple. It is touched as the source of inspiration by the artist, poet and musician. It is the beckoning finger of new knowledge for the scientist. It is the source of the will-to-good and wisely used power for the enlightened statesman. It embodies love, truth, beauty, justice and power. But above all it is the abode of light.

For this reason, the human search for meaning and truth throughout the ages has always expressed itself as the desire and quest for light. The great teachers that have emerged from within humanity have all been described as light bearers, indicating new truths and highlighting the path into this abode. The Buddha is traditionally called the enlightened one for he illuminated the cause of suffering and taught us how it can be overcome. The Christ, whose keynote is sacrificial service, asked that we should let our light shine and became known as the light of the world. In a profound way these world teachers are our forerunners, for humanity as a whole is destined to become the planetary light bearer and the planetary server.

A wonderful opportunity exists now for humanity to take a major step forward in realising this vision. Human and world problems, and the dual key to their resolution, which is the building of right human relations and modesty in the consumption of material resources, has never been more clearly understood. But what is needed is the intensification of this vision so that it will resonate within human consciousness with ever more urgent and joyful insistence. What better method can there be than the rhythm of the monthly meditation cycle that so many of us participate in? These meditations are in reality new festivals of light that are being established within humanity by soul-infused groups around the world who are developing a conscious ritual for humanity to approach the soul and the Spiritual Hierarchy.

Are we not all becoming aware of the resulting steady accumulation of intuitions and insights and how these are reinforcing the light that is already shining with growing brilliance within humanity? And are we not able to see how the spiritual energies of light, love and the will-to-good are becoming anchored in the multitude of practical service programmes in the outer world of daily living? In themselves these are the surest sign that the heart of humanity is sound and that a great spiritual awakening is beginning to take place before our eyes. When the awakening gathers momentum and sweeps large numbers of humanity onto the destined path, this will embody the greatest festival of light of them all.

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 to Pray Effectively

SWAMI KRIYANANDA

God answers all prayers. Restless prayers, however, He answers only a little bit. If you offer to others something that isn't yours to give, won't that be a merely empty gesture? If you pray to God, similarly, but lack control over your own thoughts, that prayer will be without power. Thoughts and feelings, both, must be focused when you pray. Otherwise God will meet your little trickle with another trickle of His own! He will dole His answers out to you in a teaspoon. Too often, prayer is more like the halfhearted mumbling of a beggar than the confident, loving demand of a friend.

PARAMHANSA YOGANANDA

It is the divine energy we use, whether we ask for it specifically or direct the energy ourselves. To put this principle to most effective use, try sending energy out through the Spiritual Eye, the seat of will. You will actually feel that energy as a force flowing out through your forehead.

I have asked for God's help many times in my service to Him (or, as I put it, to Her). Many people have called the responses to those prayers miraculous.

In every case, what made these "graces" possible was the attraction of energy, by will power, from the surrounding universe. Faith must be dynamic, not passive. By offering it to God, we focus it better. But in any case, it is the divine energy we use, whether we ask for it specifically or direct the energy ourselves.

Half-hearted prayer brings at best a half-hearted response. Effective prayer demands that we offer it up with strong will power, with complete confidence in the rightness of the outcome, and with an awareness of the energy required for results.

To put this principle to most effective use, try sending energy out through the Spiritual Eye, the seat of will. You will actually feel that energy as a force flowing out through your forehead.

Another technique is to draw energy to your palms by rubbing them together briskly, thirty to sixty times. Then raise the hands high above the head, palms forward, and send the energy that you feel tingling in the hands to those for whom you are praying. Feeling the energy entering through the medulla and out through the palms, chant AUM three to twelve times, holding each tone as long as you can do so comfortably.

Remember, your mind is part of the Infinite Mind. The more you unite your awareness to the divine consciousness, the more effective your power will be. You alone can't do it all.

The power of the will backed by Cosmic Will may be compared to a violin string backed by the violin's sounding board. If the string is stretched between two points in space and the bow is then drawn across it, the sound produced will be very thin. But when the string is positioned on a violin, that same bow stroke can fill a concert hall with sound.

Often, far more good is accomplished for others, and even for ourselves, when we ask for nothing, but only offer ourselves up to superconsciousness to do with us what it wills.





The important thing, here, is to realize that:

- 1) the human mind is part of an infinitely greater consciousness;
- 2) the more one offers one's life up in service to God, the greater one's power to accomplish whatever one sets oneself to do;
- 3) this self-offering must be dynamic, not static, and must summon up all one's will power and enthusiasm; and
- 4) an unspecific prayer will often have greater results than praying for something definite. God knows our true needs better than we do.

Whatever it is that you desire, formulate in your mind a very clear image of it. Concentrate this image at the will center between the eyebrows, and, calling on the energy of the universe to reinforce your own energy, send a strong thought out through the Christ center. Invest that thought with all the energy at your command. Feel the magnetic power of that outgoing energy, rather than concentrating too much on the particular object that you hope to influence by your desire. Concentrate on your own ideal, rather than on the state of things as they actually are. Above all, make divine peace the channel for your magnetic power, that that power work for harmony, or not at all. Make God your Partner in every such undertaking, and offer the fruits of your self-effort up to Him, seeking to please Him, and acting above all out of love for Him.

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Ananda's Spiritual Retreat for Meditation, Yoga and Health



We strive to create an ideal relaxing and supportive environment for people to explore their own spiritual growth. We share the nonsectarian meditation practices and yoga philosophy of Paramhansa Yogananda and his direct disciple, Ananda's founder, Swami Kriyananda. Yogananda called his path "Self-realization," and our goal is to help our guests tune in to *their own* higher Self. Guests at The Expanding Light can learn the four practices that comprise Yogananda's teachings of Kriya Yoga: the Energization Exercises, the Hong-Sau technique of concentration, the AUM technique, and Kriya Yoga. The first two techniques are available for all guests; the second two are available to those interested in pursuing this path more deeply.

visit www.expandinglight.org

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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





Genetic Wisdom

ROD BRIGGS

Over the last fifty years the science of Genetics has taught us much, in the last fifteen years the latest Epi-Genetics has pushed that boundary even further. The more we find out about our miniscule biology the greater importance becomes attached to the lowly cells that make up our bodies.

Although we can't, for the most part, feel our individual cells at work, it is at this level that basic decisions about our health – physical, emotional and mental – take place. If that were not enough, it seems that whether we succeed in our endeavours or not is also down to the proteins that drive our cells.

Life it seems, as far as our cells are concerned, is simply a movement of proteins. This movement can only be in one of two ways and it is an either or, never both at once. It is either expanding or contracting. During expansive cycles we procreate and grow in all areas of our life, we explore and experience the “brave new world” of a life lived going forward.

In periods of contraction the system is driven by the need to defend, to close down to outside influences, to contain itself within its own immediate environment. The motivator behind all of this is an external signal to the protein and whether or not this indicator is expansive or not depends on the emotions which trigger specific endorphins, encephalins and opioids in the body.

In other words if you perceive life as threatening your cells respond as such, conversely if you perceive life as an adventure you create the internal environment to make it so.

Ask yourself how many times, and in how many ways, you interact with life from a place of defensiveness, fear or lack of self worth.

Every time you do this you are, quite literally closing your system down, creating blocks and negative programming that will become both self fulfilling and self perpetuating.

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





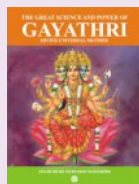
Meditation Rules and Regulations

SWAMI MURUGESU MAHARISHI

You might well know by now that the qualities of the mediated object begin to flower in the meditator. You may think it good to meditate upon wealth, strength, vigour, and such things, because they are good for you. Friend, many think that possessing enormous wealth is useful, but it is not so. Many who lead a happy life with much wealth, became unhappy and worried they would lose their wealth. An ordinary, seemingly healthy man appearing to maintain good health by eating food readily available to him, can begin to suffer due to inadequate nutrition. So, before deciding what we would like to acquire by practice of meditation, we should think about it deeply and then decide our real want. Before you select an object for meditation, think deeply on the following. Until you understand well what meditation is, practically, it is adequate to practise on any suitable object of your choice. Once you pass into the level of meditation and understand its practicalities, begin practising on your selected object.

There are a number of meditation techniques I will give later on, which should be practised in the order they are supplied. Once you are satisfied that you are practising the first technique correctly, only then move onto the next one. But before you start, below are some basic rules and regulations for successful meditation.

1. Have a silent and separate room for your practise. It should be well-ventilated
2. Use a wooden plank, meditation bench, or a silk or cotton cloth or sheet to sit on.
3. Never meditate on a full stomach and take no stimulating drinks before meditating.
4. Early morning and at night are the best times to meditate. If you cannot meditate twice a day, then meditate at least once a day at the same time every day.
5. If you can sit comfortably in Padmasana (lotus pose), this is the best posture for meditation. But if you cannot then assume a posture in which you will be comfortable for the duration of your meditation. Whatever posture you assume, ensure that you are sitting erect, but not stiffly.
6. Keep your mind relaxed throughout your meditation.
7. If you experience headache or dizziness during meditation, stop and go for a walk outside in the fresh air.
8. Your meditation sanctum should be lit very dimly, preferably with a blue light.
9. Face North or East but never face south.
10. Do not meditate when you are worried, over-stressed or in the grip of strong emotion.
11. If you know pranayama, practise a few rounds of retaining and a few rounds of alternating Pranayama (Nadi Suddhi) before you start meditating.
12. Sometimes you may fall asleep without your knowledge. Try to control this. You should be fully aware throughout your meditation.



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.



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





Recognise the Inner God

SUREN PILLAY

There is a saying that goes: 'no matter how much evidence you show a man to prove your assertion, a few doubting thomases will always exist'. The fundamental obstacle for most spiritual sadhakas on the path of enlightenment is that there is not enough tangible evidence to prove the existence of the Almighty. The absence of this evidence lead most agnostic people to the belief that God is neither existent or non-existent. This fence-sitting approach is considered to be the logical approach of the agnostic since there has been no tangible evidence to prove the existence or non-existence of the Creator.

The atheist's view on God is a wholly different one, viewing the world as a creation without a Creator or God. The atheist supports his philosophical system with the belief that since God has not revealed himself in the physical to the world, he is surely non-existent. Both the atheist and agnostic approach to existence is based on a common grounding or hypothesis. The hypothesis is that God exists in a physical body and the existence of God is proved by one seeing him in the physical and him declaring himself to be the supreme God. To my mind the hypothesis applied by atheistic and agnostic views are wholly incomplete, given the vastness of reality and consciousness. Such a limited view is bound to bring about an incomplete perception of God and spiritual realities. Limiting the existence of God to be confirmed only in the physical lacks the knowledge that every being exists in three parts: physical, mental and spiritual.

I am also firmly of the opinion, that even if God had to appear physically, many would not accept such a being as God, as their mental perceptions, religious beliefs, ideologies and dogmas prevent them from accepting anything outside their idea of God as the Creator. Ego is considered a major stumbling block on the spiritual journey. Not only does it inflate one's pride, jealousy, desire and anger, in many instances the greatest affliction of ego is that prevents one from accepting change and possibility. Many people cling to dogmas and ideologies because their ego will not allow them to let go of that which makes them great in their own eyes. This subtle ego has a disastrous effect for aspirants on the spiritual journey, as their mind is unable to let go of previous paradigms of who and what God is. This attachment to philosophical untruths keeps individuals in the same state of consciousness perpetually until someone or something shatters their entire perception of that philosophy.

Returning to the false hypothesis underlying agnostic and atheistic views, we find that for many sadhakas who have fallen from the path, the underlying hypothesis that God needs to show himself to the devotee physically in order to be accepted as real, is present in some degree or the other. The need to associate and connect with God on the physical plane has resulted in disappointment for a great number of devotees. The underlying reason for this disappointment is an incorrect expectation of who and what God is. In the *Yoga Sutra*, this confusion is noted as an obstacle on the path of yoga. The surrender to a Guru, in combination with super-conscious meditation and intellectual understanding of spiritual knowledge gives the sadhaka a firm foundation on the journey to self realisation.

My message to you this month, dear readers, is to recognise the inner God, and commune with that God inwardly. The saints and sages have confirmed that this God will talk to you if you are sincere and devoted enough to finding him within you!

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>





Youth contribution to build a better world - A Bahá'í Perspective

FLORA TECKIE

It is within the power of the youth to contribute significantly to shaping the societies of the coming decades. They have the potential to channel their energy, capacities and talents towards building a better society and advancement of civilization.

According to the Universal House of Justice, the governing council of the Bahá'í international community *"the transformation which is to occur in the functioning of society will certainly depend to a great extent on the effectiveness of the preparations the youth make for the world they will inherit."*

We as parents and teachers have the challenge and the arduous task of raising our children in a world overwhelmed with many problems and difficulties. We have the challenge for consciously creating a global culture, one that emphasizes peace and justice.

Through effective guidance our youth can be empowered to override the needs of their lower nature in keeping with ethical requirements, to control and channel their natural drives and urges and to transform them into human perfections. An effective education and guidance should prepare the youth to act in the long-term interests of the humanity as a whole.

Our youth have great capacities. We need to converse with them, listen to their opinions and try to find out how we can help them enhance their potential capacities. They should be guided to analyse the constructive and destructive forces operating in society and recognize the influence these forces have on their thoughts and actions. Independent investigation of reality, whether scientific or religious leads to individual conviction, rather than imitating others, and will help our youth to free themselves from prejudices and preconceptions.

"Everywhere the signs multiply that the earth's peoples yearn for an end to conflict and to the suffering and ruin from which no land is any longer immune. These rising impulses for change must be seized upon and channelled into overcoming the remaining barriers that block realization of the age-old dream of global peace."

To a great extent, it is by nurturing in our youth the consciousness of the oneness of humanity and a sense of world citizenship that we can bring changes in the structure of our societies, currently confronted with prejudices that divide us in racial, national, class and ethnic groups. Fostering a love for humanity must begin in the family, where our youth learn the principle of the oneness of humanity and are trained to rid themselves of various prejudices.

It is also important that we help our youth to express their God given talents and capacities in service to humanity. The new paradigm advanced by the Bahá'í Faith focuses on empowering individuals to become agents of constructive social change in their communities. It is through service to others that one can bring social transformation and change one's life from predominately self interest to one of sharing and caring for others.

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.

Change Towards Unity

BY THE MASTER through Benjamin Creme

When men eventually take stock of their present situation they must surely admit that all is not well for humanity. Political, economic, social, environmental conditions are filled with problems which test the resources of all the countries to the limit. Even those countries which seem to be economically dominant at the present time have problems which deny them the ease their wealth implies.

What is preventing the nations from achieving a degree of balance and well-being? Why do even old, rich and experienced nations plunge suddenly into chaos and strife? Why the pain and struggle for so many; what prevents a greater sense, and expression, of unity?

The answers to these questions are many and varied, but the single inclusive factor is the time, the moment in this Earth's history, in which they are being asked.

This time is like none other in the history of the world. The changes taking place are momentous, beyond human comprehension, and will alter life, as we now know it, profoundly and for ever.

On every plane these changes are taking place, some slowly, even in the very fabric of the Earth's crust; others in a growing momentum which challenges men's capacity for correct response.

Useless, in this context, are the tired ideas of backward-looking politicians, steeped in the glammers of position and power. Today, it is the people who are ahead of their leaders, and are voicing aloud their understanding and needs.

In country after country, the voice of the people is becoming more focused and distinct. Millions are now educated and sure of their needs: peace, work and hope for their future. A growing sense of unity, too, is beginning to inform their expectations and demands. They know they are not alone in the world but have millions of brothers and sisters everywhere, with the same problems and needs.

In this way, even if unaware of His presence and teachings, they are responding to Maitreya's energy and influence, and building the framework of the future.

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>





Keep your focus on God Always

SWAMI SHANKARANANDA MAHARAJI

Just as we eat daily, just as are happy and party daily, so we need to pray daily, and our prayer should be in the same proportion as one-is-to-one-is-to-one, or two-is-to-two-is-to-two, or three-is-to-three-is-to-three. Not five-is-to-one-is-to-zero, or five-is-to-one-is-to-one. If we party for eight hours, we should pray for eight hours. If we sleep for eight hours, we should work for eight hours.

Prayer is not sitting in front of a murthi ringing a bell so your neighbours know that you're praying. Be engaged in divine sadhana, in religious books. Whenever I see our young girls today they are carrying a People Magazine. It's the fashion, and they'll show you the cover when they're walking past. But if you give them a Bhagavad Gita they will put it in their bag so no one can see it. Why?

Sanatan Dharma, Righteous Living, is the most beautiful way of life ever given to man by God. Everything about it is directly from God. The Mahabharata, the Bhagavad Gita, Talsidas' Ramayan ... The people who wrote these books were not saints but when they sat in meditation they engaged with God. I pray that every day more people engage with the Divinity of God.

You must have great love for God, and resonate in the name of God. That is what we need - to resonate in the name of the Lord. It's not about how you pronounce His Name, or whether you're in harmony while singing His praises. It's about being with God. No spiritual organisation is better than another when you are doing God's work. Nobody is better than anyone else. Everyone does God's work to their best ability.

God does not reprimand the child that tries to repeat his name. You don't get reprimanded for saying it wrong. Don't let people tell you that if you don't pronounce God's name correctly you will be punished. They have gone to schools to learn how to pronounce the words. You haven't. If you pronounce the names of God the way you think is correct, and with love for God, God will accept your prayer.

Many people focus on God only during religious festivals and forget about God afterwards. This happens during the Hindu Diwali Festival. Everyone is full of peace and love, and then afterwards the hundred sons come out again: greed, anger, brutality, violence, hate. The same is true for many Christians during Christmas and Easter time. The focus is on Christ twice a year and then it is forgotten.

Keep your focus on God all year around, every minute, every hour of every day.



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





The Power of Words: Revising the Doctor-Patient Relationship

BERNIE SIEGEL, MD

The present health care crisis is not just related to health care; it is a crisis related to what is happening in our society. We have become depersonalized as a society, invested in technology and not the experience people are having. Consider this: studies verify what happens to children who grow up unloved and experiencing indifference, rejection and abuse -- by midlife if they haven't killed themselves and others while seeking revenge and experiencing guilt related to their actions, almost 100 percent of them have experienced a major illness, while loved children have one-fourth the serious illness rate. Information does not resolve unhealthy behavior. People who smoke or are 200 pounds overweight are not acting out of stupidity or a lack of knowledge. What everyone needs is inspiration. When parents, teachers, clergy, doctors, politicians and other authority figures display their love for individuals they are related to or caring for the health of the planet and its residents will improve. This is not about liking what people are doing, but it is about loving them and maintaining a relationship with them until they realize they are worthy and loved. At that point they begin to follow instructions and behave in a manner that is life enhancing and not self destructive. I know this from my experience as a surgeon who did not reject his patients.

When you grow up without love what you seek are rewards and feelings that you never experienced in a healthy way. So individuals turn to addictions of drugs, food, alcohol and more as a way of rewarding themselves and numbing their pain. We need to listen to each other and treat the wounds of the individuals we are caring for and about. Studies reveal that when a patient states that their doctor listened to them during their office visit they are far more likely to take their medication and follow the doctor's advice. Society should see parenting as a public health issue and help parents to bring their children up feeling loved. We have birthing classes but no parenting classes. The latter is desperately needed if we are to avoid self destruction. All authority figures in a person's life become either destructive or constructive parents for the individual. This includes everything from global warming to obesity. If you grow up with a sense of self worth and esteem you are far less likely to behave in a destructive and unhealthy manner towards yourself and others. As the father of five children I know the importance of letting the children know that parental discipline comes from a sense of love for them. Then they follow directions because it gives a new sense of meaning to the message. I was called a CD by a suicidal teenager, who is alive today because I became her Chosen Dad, who loved her. We all have the potential to re-parent ourselves and others.

Doctors also need to understand that what people need is treatment of not just their diagnosis but their experience. When you ask patients what they want from their doctors they do not ask that every disease be cured but they do ask that doctors: Knock on my door, look me in the eye when they talk to me, say hello and goodbye and call me by my name. Having a disease is an experience which varies with every individual. If you ask one hundred people with the same illness to describe their experience you will get a different answer from almost every one of them. I know from experience as a physician who has counseled cancer patients and others for decades. The words they come up with relate to their life and help me to treat them and understand their woundedness. When a major medical journal publishes a pharmaceutical ad which reads, "I was depressed, unable to cope. I went to see my physician. I said you've got to help me. He prescribed an antidepressant and I feel wonderful now," I wrote in criticizing them for ignoring the patient's needs and responding so impersonally and asked them to insert a sentence which asked what was happening in the patient's life. They canceled the ad.

I know doctors whose salaries were capped because they talked to patients four minutes longer than the department average. The American College of Surgeons' pledge ends with, "I will deal with my patients as I would wish to be dealt with if I were in the patient's position." I gave up trying to get them to change it to care for my patients as I would wish to be cared for. The only way to avoid a health care crisis is to care for and about the people who need our care. We also should reward those who remain healthy. If I do not require a doctor's service, except for an annual physical exam, or any medications why not reward me at the end of the year with a refund or lower premium on my health insurance. If I am a safe driver I am rewarded. So why not reward me for safe and healthy living and let those who are self destructive pay the price and maybe rethink their actions if it becomes costly for them. We also ought to be sure that all future doctors and health care executives spend a week in a hospital bed so they no longer are tourists but have the native's experience. The former CEO of the Ritz Carleton Hotels, Horst Schulze, changed the way the hotels were run after he spent time in a hospital being treated for cancer. He humanized them so employees took on the problems of their hotel residents and greeted them by name. Every employee gets a list of 20 behavior patterns that they are to adopt. Some hospitals have used this list when I gave them a copy.





We also need to understand that we have something to learn from patients who do better than expected. There are cases of self-induced healing and we can learn about survival behavior from these people and teach it to others. Relationships, connections, meaning all are survival behavior qualities. It is no accident that women live longer than men with the same cancers and that married men live longer than single men and have less lung cancer than single men if they are both smokers. We could cancel Monday and reduce the rate of heart attacks, strokes, suicides and other illnesses. Truth is that wouldn't work because Tuesday would now be the problem. Again we need to teach people how to cope with stress and how to control their depression, fears and other self-destructive emotions. Your body loves you but if you do not love your life it will end it far sooner, thinking it is doing you a favor. Mind-body medicine should not be an "alternative," nor should complementary and integrative medicine be something doctors are not exposed to during their training. Medical journals which are supported by pharmaceutical advertising do not print articles which would expose doctors to alternative therapies. When patients are diagnosed with an illness they should be given instructions, not just a pill to swallow, about how to enhance their immune function and act like someone with an immune competent personality.

Psychiatrist George Solomon saw the benefits of such behavior early on when working with HIV positive patients, and I see it in cancer patients and others. Doctors need to be teachers. Doctors also aren't trained in mind body medicine. They are not told about Carl Jung interpreting a dream and diagnosing a brain tumor. Yes, mind and body communicate and the inner wisdom is also vital to survival. The patient's beliefs affect the outcome of therapy. When chemotherapy is portrayed as the devil giving you poison you are in big trouble. So doctors need to be taught how to communicate and enhance our healing potential. Scalpels can kill or cure and so can words become swords. Survival behavior means people should not be submissive, suffering patients but respants, or responsible participants. One hundred thousand people a year die from medical errors. Patients need to be known as people and not by their disease or room number. We need to humanize the system for both the doctor and the patient. Then doctors will know how to deal with their feelings and loss and not just think and separate themselves from their patients so they will feel less pain if their patient dies. There are many famous paintings showing the doctor sitting next to the patient's bed, chin in hand, thinking while their patient is dying. We need to reach out and touch each other and to quote a young man who died of AIDS. "What is evil is not the disease but to not treat the person with the disease with compassion."

My life as a physician was changed when my patient with breast cancer said to me, "You're a nice guy. I feel better when I am in the office with you. But I can't take you home with me, so I need to know how to live between office visits." I started support groups to help them to learn. I was amazed at how few patients came to the groups when I offered them a longer better life if they attended. I learned that if you grew up with guilt, shame and blame, due to parents, teachers and religions, you were afraid to participate in your own well being. That is why the group became ECaP or Exceptional Cancer Patients. What I learned was when you helped people to live they derived physical benefits from their new joyful life and didn't die when they were supposed to. The best hospices have graduations and drop outs too. If I were in charge of health care I would also reward those people and companies who show the benefits of treatments that they can't patent. A tax deduction or some other financial reward would help lead them to investigate more natural therapies and treatments rather than reject them as unproven or unknown. I have continued to run support groups for over 30 years. I have also benefited from the therapy. I have learned that people are not statistics and that we have to help them to achieve their potential and not see death as a failure or lost battle. When we see disease as the enemy and only focus on killing the disease, we empower our enemy. As Mother Teresa said, "I will not attend an anti-war rally but if you ever have a peace rally call me."

We need to help people to heal their lives and bodies and benefit from the healing and the internal environment it creates. We give messages and instructions to our genes and so our lifestyle and personality all affect our vulnerability. Just as bacteria, viruses and plant life alter their genes to survive antibiotics, vaccines and the environment, so can we. Medicine needs to focus on the people with the illness and not just the disease.



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.



Increasing Life

WALLACE D. WATTLES

You must get rid of the last vestige of the old idea that there is a Deity whose will it is that you should be poor, or whose purposes may be served by keeping you in poverty.

The Intelligent Substance which is All, and in all, and which lives in All and lives in you, is a consciously Living Substance. Being a consciously living substance, It must have the natural and inherent desire of every living intelligence for increase of life. Every living thing must continually seek for the enlargement of its life, because life, in the mere act of living, must increase itself.

A seed, dropped into the ground, springs into activity, and in the act of living produces a hundred more seeds; life, by living, multiplies itself. It is forever Becoming More; it must do so, if it continues to be at all.

Intelligence is under this same necessity for continuous increase. Every thought we think makes it necessary for us to think another thought; consciousness is continually expanding. Every fact we learn leads us to the learning of another fact; knowledge is continually increasing. Every talent we cultivate brings to the mind the desire to cultivate another talent; we are subject to the urge of life, seeking expression, which ever drives us on to know more, to do more, and to be more. In order to know more, do more, and be more, we must have more; we must have things to use, for we learn, and do, and become, only by using things. We must get rich so that we can live more.

The desire for riches is simply the capacity for larger life seeking fulfillment; every desire is the effort of an unexpressed possibility to come into action. It is power seeking to manifest which causes desire. That which makes you want more money is the same as that which makes the plant grow; it is Life, seeking fuller expression.

The One Living Substance must be subject to this inherent law of all life; it is permeated with the desire to live more; that is why it is under the necessity of creating things. The One Substance desires to live more in you; hence it wants you to have all the things you can use.

It is the desire of God that you should get rich. He wants you to get rich because he can express himself better through you if you have plenty of things to use in giving him expression. He can live more in you if you have unlimited command of the means of life.

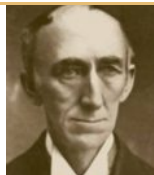
The universe desires you to have everything you want to have.

Nature is friendly to your plans.

Everything is naturally for you.

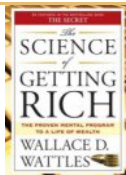
Make up your mind that this is true.

It is essential, however, that your purpose should harmonize with the purpose that is in All.



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





Reincarnation Part One

ECKANKAR

You're like a hamster going around and around in a wheel. This wheel is called the wheel of reincarnation. Life after life you come back trying to solve the mystery, wondering how to love God, then how to love yourself. The answer to that mystery is called spiritual freedom. And the way to spiritual freedom is simply to sing HU with love. That is where you begin. That's the doorway to a new life, a life of love. [Harold Klemp]

Another scientific principle is the conservation of matter and energy. This natural law states that matter can neither be created or destroyed' it can only be changed from one form to another.

French chemist Antoine-Laurent Lavoisier discovered this principle in the late eighteenth century shortly before losing his head in the French Revolution. Since then, several scientists, including John Dalton and Albert Einstein, refined and expanded on the principle. They found that the total amount of matter and energy in the universe always remains the same. The parts are just reassembled into new combinations.

Every aspect of the universe is part of a phenomenal recycling effort. We, as Soul, are divine sparks of God. That which can never be created nor destroyed. This doesn't mean that the human population on earth remains the same. Not all souls incarnate as humans at the same time. We evolve in consciousness through many different forms of life, even in the plant and animal kingdoms, before we take human form. Our goals are to learn how to survive, how to love, how to achieve self-mastery, and how to find our way home to God. Some people have had near-death experiences. They were able to view their injured body from above and had a glimpse of the higher worlds. Most have extremely happy and uplifting experiences.

Soul never dies. It does not grieve for Its physical body. Many tell of meeting old friends or relatives who have passed on or of encounters with great majestic beings who greet them but say the time for their death has not yet arrived. Those who return to their physical body often feel totally different about their lives. They are now free of the fear of death and are able to live life more fully.

And there are those who've had out-of-body experiences. These experiences are similar to the near-death experience but can occur under more ordinary circumstances. The person is able to shift his spiritual attention away from the physical realm and travel in the Soul body. After such experiences it is hard to be afraid of death because the continuity of life becomes so apparent.

When the physical body dies, Soul continues to exist on the other planes of God. Soul may stay on these planes for a day, a thousand years, or more. This is dependent on Soul's mission, Its karmic obligation, and Its level of spiritual unfoldment. For many, this in-between time is heaven. The Astral Plane, for example, has sections which resemble all of the heavens described in the major religious traditions. you might find Saint Peter and the pearly gates, or the happy hunting grounds, or even visit the palace of Zeus or Jupiter. On the Astral Plane you will find what you expect, what you hope for, or what you fear.

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

The Transcendent

To him who is always in the ascendant, we revere.
 To him who is in the descendant we blaspheme.
 And to him who is transcendent we ignore.
 Grant us thy wisdom to live in the transcendent evermore!
 SUREN PILLAY



Each person comes into this world with a specific destiny--
 he has something to fulfill, some message has to be delivered,
 some work has to be completed.
 You are not here accidentally--you are here meaningfully.
 There is a purpose behind you.
 The whole intends to do something through you.
 OSHO



To offer no resistance to life is to be in a state of grace, ease, and lightness.
 This state is then no longer dependent upon things being in a certain way, good or bad.
 It seems almost paradoxical, yet when your inner dependency on form is gone,
 the general conditions of your life, the outer forms, tend to improve greatly.
 Things, people, or conditions that you thought you needed for your happiness
 now come to you with no struggle or effort on your part,
 and you are free to enjoy and appreciate them - while they last.
 All those things, of course, will still pass away, cycles will come and go,
 but with dependency gone there is no fear of loss anymore.
 Life flows with ease.
 ECKHART TOLLE



Remember, we are all affecting the world every moment, whether we mean to or not.
 Our actions and states of mind matter, because we're so deeply interconnected with one another.
 Working on our own consciousness is the most important thing that we are doing at any moment,
 and being love is the supreme creative act.
 RAM DAS



The appearance of things change according to the emotions,
 and thus we see magic and beauty in them,
 while the magic and beauty are really in ourselves.
 KAHILIL GIBRAN



Index of Resources and Online References

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