



Electronic mini-mag distributed every full moon

# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-one

10 November 2011

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Welcome to the November 2011 issue of *Transcendence*.

Transcendence is a process of removal, not accumulation. This is a realisation which should shape the thoughts, words and actions of any serious spiritual aspirant.

But what is Transcendence? There are a number of dictionary definitions for this fascinating concept from 'surpassing others', to 'going beyond the ordinary fields of perception' and 'being above and independent of the material universe'. The definition we choose to adopt will depend on our past conditioning and will alter our spiritual focus and direction. If we believe that transcendence means 'surpassing others' we may tend to take on an egoistic approach to our quest towards transcendence, and endeavour to be better than others in everything we do. We may try to accumulate as much knowledge and information as we can in order to achieve this. If we believe that Transcendence is achieved by 'going beyond the ordinary fields of perception', we may find ourselves delving into study of extrasensory phenomena and developing our psychic powers. This, too, is considered an accumulation of knowledge or skills. Attempting to attain a state of transcendence that is 'above and independent of the material universe' may also promote ego-inflation and cause us to separate ourselves from our brethren. So, how is one to transcend if the meaning of transcendence is unclear?

To transcend is to overcome, to move beyond. It is a constant ongoing process. We cannot overcome or move beyond our current situation as long as we are in the mode of accumulation. Accumulating knowledge or special powers does not lead to transcendence. They create barriers to transcendence as they cause attachment to that knowledge and those powers. In order to transcend we need to offload all that we are attached to and which does not serve a basic practical function. The less we have weighing us down, the higher we will ascend. Ask yourself: what have you got to lose?

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

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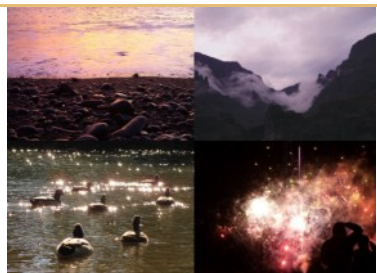
Design and layout by Cosmic Creations  
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## Heavenletter # 3753 - The Path is Love

GLORIA WENDROFF

God said:

True love knows no bounds. On the other hand, bounded love is love ensnarled, enslaved, trimmed, lobbed, cut off. True love is not like fingernails that you pare. True love does not ration itself. True love is rather like a balloon rising, rising. True love is unattached. It does not attach nor does it gauge. It is given without quarter. There is no charge for it. Recompense is not asked for. Love itself freed is recompense enough.

Love hires no accountants, no sentries. Love requires no accounting. Love is like an artist who paints as he paints. His painting is free to be what it is. There is no tampering or hampering with love any more than there is with art. Love and art are more than analysis. Love and art are not mechanized.

Love sets sail with its flag flying. It sails along an uncharted sea. For the love of sailing, love sets sail. And love takes its course across the uncharted seas.

Loving is enough. Love does not wind up somewhere. It continues. When it reaches land, love continues to sail.

Love ventures, and love abides. Through all kinds of weather, love abides. Love lets go, and everything follows it, so mighty is the power of love. So mighty is the power of love that it runs on its own steam. It takes no energy at all. Effortless is love, for love is natural. It is because of love that a dandelion makes its way through cracks. It is love that makes a humble dandelion reach for the sun.

All love is reaching for Me. Everyone and everything wants to reach Me, and love boosts you higher. The heights of love lift you higher. Love stands on your shoulders and reaches to the heights where all is love and you ride through the waves of love. Where is there to rise to except where love is? What do you think Heaven is? Heaven is where your love comes from and where your love is. Heaven is your natural state. Take the elevator up.

All that is needed for this rise is to get rid of the ballast that has held you down. All the ballast is the weight of the past, past thoughts, conclusions about what is called the past, false conclusions about the past and false conclusions about what is called the future. I suppose We must also add false conclusions about the present as you fly through it. You try to catch hold of that which cannot be held onto. The bongos of time have you in their thrall, and so you measure the bounty of natural love in your heart. You want to sew it up. Even when you know better, you still like the idea of love sewn in place. When you try to sew love in place, you squelch it.

Love is not an answer. Of course, it is the only answer there is, and yet love is not to be sought as an answer. The object of love is to love. There is no other gain but to love. Love is not an accumulation of merit badges. It is a giving. It gives solace to all concerned.





Consider love a path and go down it. Let love be the name of the street you go down. Of course, love is the only path to go down. All other paths are one way or dead-ends. All other paths leave you at the brink. They are false paths, trick paths. You have gone down them. And every time, even when you despair of enough love in your heart, you are left with no other path to go down but the path of love -- no other path to go down worth its salt, that is.

SOURCE LINK TO THIS ARTICLE

## Inspirational Quotes

God said:



*You will not drift as you rise to peace. I am setting your course, and there is nothing you have to do but let go of past predictions and past everything. You are stepping out of the past. Wouldn't you like to be free of all the bonds that have kept you chained?*

Heavenletter #7 Trust in the Driver of the Bus named Faith



*The heart will tell you when to turn left and when to turn right. The heart will tell you where to turn. The heart will not wait. The heart does not have to think about it. This is not whim We are speaking about; it is heart direction.*

Heavenletter #9 The Simple Youngest Son



*Call on Me to help you know truth, to know it when you see it, and to hold truth and nothing else. Why would you want to hold anything else when you can hold Me?*

Heavenletter #10 The Essence of You



*Think of what it means to be a being. And to be a Human being, fashioned of God, made to be a watcher of great scenes. I made you to be. Not to fluctuate with the pictures. Whatever the pictures, you are a being who is being.*

Heavenletter #11 The Innocent Being of You

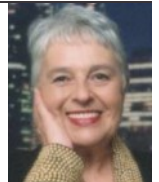


*All you have to do is to notice My light in you and to let it shine all of itself. You do not even have to turn on a switch. It is already on. You just have to open your eyes. You are not blind. You have merely closed your eyes. And you thought you were surrounded by darkness. But you are the Light.*

Heavenletter #16 The One Truth you have Denied

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.*

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## Exploring Transcendent States of Consciousness

ROY EUGENE DAVIS

### Timeless Guidelines for Effective Spiritual Practice and Constructive Living - Part One

For all who aspire to spiritual enlightenment that culminates in liberation of consciousness, only uninterrupted, progressive spiritual growth is acceptable. To be satisfied with erratic spiritual growth or only partial unfoldment of soul qualities is to perpetuate an illusional, self-centered existence. What is not generally known, or is often forgotten, is that we can assist ourselves to rapid, authentic spiritual growth by doing things which allow it while avoiding actions which restrict it.

When obstacles to our inclination to be Self-realized and freely expressive are absent, our innate knowledge and powers unfold as effortlessly as a plant flourishes when conditions for its growth are ideal. A common obstacle to natural spiritual growth is the habit of falsely thinking, feeling, and behaving as though the ordinary human condition were our real identity. What do you consider to be most important for your wellbeing and happiness? Observe your thoughts, feelings, and habitual behaviors for a few hours or for several days. What you think about most of the time, the moods you allow to prevail, and the behaviors that you habitually or intentionally express indicate your choices of lifestyle and circumstances. Identify with your innermost level of being and live from there.

If you are mentally confused, emotionally disturbed, need healing, or are challenged by external circumstances, before trying to solve problems, withdraw attention from the them and be still. Rest more. Meditate to reduce stress and clarify your awareness. Then, without allowing emotions to influence your thoughts, use reason, intelligence, and intuition to decide the best course of action. When my trials become very great, I first seek understanding in myself. I don't blame circumstances or try to correct anyone else. I go inside. I try to clean the citadel of my soul to remove anything that obstructs the soul's all-powerful, all-wise expression. That is the successful way to live. – Paramahansa Yogananda. [From the book: *In the Sanctuary of the Soul: A Guide to Effective Prayer*. Self-Realization Fellowship, Los Angeles, California.]

When your personal relationships are not harmonious, stay inwardly calm and outwardly appropriate. Don't try to change or control others. Attract supportive friends and associates. Allow people with whom you have little or nothing in common to go their way while wishing for them their highest good. If you need more money, cultivate a prosperity attitude and use your skills, talents, energy, and time productively. Since God is the reality of everything, can there be any lack in the universe? Renounce mental attitudes, feelings, and behaviors which cause you to experience limitations. Thrive and flourish in all ways. Remember this: Because you, as an individualized aspect of God's being, abide in God, all that God is, you are.

Some people retain false beliefs and complacently accept restrictive circumstances because of habit; convenience; lack of desire to explore new ideas; reluctance to learn how to perceive a different, better way to view and relate to the world and to others; stubborn adherence to misguided opinions and modes of behavior; laziness; fear of or unwillingness to change; addictive tendencies; or wanting to be like others who don't aspire to spiritual growth. Tiredness, disinterest, confusion, inability to concentrate or think rationally, or emotional unrest may also be contributing factors.

Excerpt from *Truth Journal*, August-September 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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## Mysterium Magnum

LUCIS TRUST

The last five hundred years or so have seen remarkable shifts in human consciousness. The interaction between the old ideologies and the new inclusive thinking has shaken humanity to its very core.

Since about the time of the Renaissance, the spark of human creativity, imagination and beauty has been kindled and nurtured in a way that was not possible previously. Converging with these positive developments are those forces in any age that seek to hold back the tide of light and love, and keep humanity imprisoned in a maelstrom of crisis, separateness and confrontation.

The unfolding drama between the progressive emerging order and the entrenched reactionary institutions that oppose any movement towards human welfare is fermenting a global crisis. But, slowly, today, the balance between these two powerful streams of human thinking is shifting, and more and more people throughout the world are embracing a higher sense of values.

The work of the plough of God is nearly complete in preparing the soil for the birth of a new age and for the restoration of the Mysteries. They have been fittingly described as providing “the entire clue to the evolutionary process, hidden in numbers, in ritual, in words and in symbology; these veil the secret of man’s origin and destiny, picturing to him, in rite and ritual, the long, long path which he must tread, back into the light.”<sup>1</sup>

These emerging truths will be “clear, factual, intuitive and nondogmatic”<sup>2</sup>, and they will bring about a transformation as to “the nature of religion, the purpose of science and the goal of education”. The turmoil in these three areas of human thinking and activity is evident for all to see. Nevertheless, humanity is working towards a clearer perspective and rationale in order that these disciplines can adequately evoke the highest potential within us all. Through humanity’s quest to bring about the greatest good for the greatest number, the ageless Mysteries will be revealed and propel humanity into an era that it is impossible for us to imagine today.

Great, penetrating energies have been loosed to turn the gaze of humanity towards the light. Our material civilisation is giving place to a spiritual culture. The “Mysterium Magnum” hovers on the verge of human consciousness, awaiting the day of resurrection and revelation.

<sup>1</sup> The Reappearance of the Christ, p. 122, Alice Bailey

<sup>2</sup> The Rays and the Initiations, p. 135, Alice Bailey

*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



## Three Ways to Deepen Your Spiritual Life

NAYASWAMI DEVARSHI

Most people who meditate reach a point where their practice of meditation becomes somewhat dry. After a few bad meditations they find themselves going reluctantly to the meditation room and mechanically performing their meditation techniques. They've lost the inspiration they once felt. Most of us have had these experiences, yet there are things we can do to rekindle our enthusiasm for meditation. A very important one is to pay attention to the attitude we take into meditation.

I had an experience with dryness in meditation which I overcame by adopting a different attitude toward meditation. At Ananda Village there is a weekly three-hour Kriya Yoga meditation which I usually lead. On the day of the meditation, I had a very busy workday and was rushing just to get out the door and make it to the meditation on time. It was a combination of my rushing to get there and also dragging my feet, if it's possible to do both. My underlying attitude was one of unwillingness. I found myself thinking, "My mind is running all over the place. I can't sit and meditate for 3 hours." As I got out of the car, I heard a voice. This voice had a lot of energy and enthusiasm so I knew it wasn't coming from my current state of consciousness. I think it was the voice of my superconscious mind or soul. And this voice said with so much eagerness and enthusiasm, "This could be the night!" – that I listened to it. I knew it meant that this could be the night that I would go into the final state of complete samadhi, complete union with God.

In *Autobiography of a Yogi*, in the chapter in which Paramhansa Yogananda relates his first experience of samadhi or cosmic consciousness, he tells us that just before that event, he was having a very restless meditation. It was then that Sri Yukteswar called him and said, "Your heart's desire shall be fulfilled." Sri Yukteswar touched him on the chest and Yogananda had the experience of samadhi. So I knew from this voice that, "yes, this really could be the night." As it turned out it wasn't, but by going into that meditation with such a positive attitude, I had a very good meditation. It wasn't the ultimate, but it was so much better than if I'd been thinking, "Do I really want to be here?"

In meditation, as in all aspects of the spiritual life, attitude is everything. If you're having difficulty in meditation, work on developing enthusiasm and a positive attitude. "This could be the time!" is a good attitude to take into every meditation. Taking an attitude of positive expectation into every meditation is very important because the truth is: God could come to us at any time. We don't know how much or how little karma we have left. Our job as devotees is to keep working at it day by day, with energy and eager anticipation, and, as Yogananda said, with divine inevitability the ultimate experience of oneness with the Infinite will come to the sincere seeker.

Paramhansa Yogananda said that if you want to succeed in meditation, you must develop devotion. But people who aren't particularly devotional by nature often wonder, "What is devotion and how do I practice it?" Swami Kriyananda gave us an important key when he described devotion as "living our life and practicing the teachings with a sense of self-offering." You should try to see devotion as the practice of offering yourself, with freedom and deep love, at the feet of God or the guru.

Many years ago, I had one of my frequent near-tragic encounters in nature that taught me the importance of learning to see devotion as a heart-felt sense of self-offering. What I learned from that experience, and what has proved true ever since, is the following important truth: if you can offer your entire self into the light of God with complete freedom, with absolutely no sense of compulsion, with no feeling of "What am I getting out of it?" but with love and gratitude—you'll experience divine bliss. ►





What if you can't see the light in meditation? Then you can simply offer yourself at the spiritual eye, the point between the eyebrows, as if you were giving the gift of yourself to God. Swami Kriyananda said that when you concentrate on the spiritual eye, the Christ center, you're actually looking at it from the medulla, the seat of ego. By the practice of offering yourself into the Christ center, you are taking the energy of the ego and offering it to God for purification. By repeatedly making that self-offering, you will gradually transcend the ego and become freer and freer within yourself.

Self-offering consists of offering all your positive attitudes, all the negative issues you're struggling with, everything you own, anything you're proud of, all of your tests, your entire being—and offering it either into the light of God or the Christ center. When doing any of Paramhansa's Yogananda's meditation techniques, always try to do them with a sense of devotional self-offering. During your daily work, and in relating to others, try also to feel that you are offering your life in service to God. Krishna in the Bhagavad Gita said that "even a leaf offered with devotion is pleasing to Me." Instead of offering just a leaf, offer your entire self. That's what pleases God the most.

One time when I was visiting Swami Kriyananda in India, I felt very uplifted in his presence. As I was about to return to America, I said to him, "It's easy to feel attunement with Yogananda in your presence. How can I continue to feel that way when I return home?" Since my work puts me in contact with many other devotees, I was asking this question for others too. He responded, "What I do is ask myself, 'Master, what would you do? What do you want me to do?' I ask both those questions. For instance, while writing *The Essence of the Bhagavad Gita*, I felt a real joy inside as if Master were saying, 'This is what I want you to do.' So it is not enough just to pray and meditate. We need to ask Master, 'How would you handle this?'"

Kriyananda continued: "I also have found that mentally chanting 'Aum Guru' is a wonderful practice. If you maintain that practice day and night, even while you're working and doing other things, it's amazing how much you can change. You feel more and more desire for God, more and more purity of heart, more and more dedication. That's what really matters." Kriyananda has also said that mentally chanting "Aum Guru" will help you not only to attune to the consciousness of the guru but also to AUM, the creative power of the universe.

Our true nature is Satchidananda, "ever-conscious, ever-existing, ever-new bliss." We don't have to make some great achievement to gain that bliss. We don't have to climb a high mountain. We simply have to meditate regularly, with the right attitude, and with a sense of devotional self-offering. Deepening our attunement to the Guru by asking for his guidance and chanting "Aum Guru" throughout the day is also very important. As these practices become more and more a regular part of our daily life, we will begin to experience the bliss of our true nature.

From an August 2010 talk at Ananda Village.

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](http://www.ananda.org)*







## Helicopter Parents

ROD BRIGGS

Genes regularly make fools of us. One of the most common ways this manifests is in the “helicopter parents” - those who hover over their children, ostensibly to protect them; the pacers of floors and the throwers of departure phrases at teenage backs - “is your cell phone on?” “Don’t get into cars with strangers” “call when you get there, whatever the time, I can’t sleep until I know you’re safe!”

While we think we react like this for the good of our offspring, the effect can be very detrimental. Children need to find their limits, if we keep running shotgun for them how can they ever know what they are capable of: Only those who exceed their own boundaries ever find out just how much can be achieved.

This doesn’t mean that we should kick our kids out into the big bad world with callous indifference, but once they have been taught about the way of things they need to be free, indeed encouraged, to explore. It’s how we grow.

It was one of my grandmothers who, without any particular awareness of it, single handedly invented the helicopter parent. Because of her influence as a youngster I was convinced that my eyes were held in their sockets by only a very weak force, simply waiting to explode out of my skull. She had a thing about eyes you see, or rather sharp objects and eyes in the same vicinity; every time I picked up a pencil, knife, scissor or stick her traumatized wail of “sure you’ll have your eye out in two seconds with that...!” would echo across the garden.

Fifty odd years later (some would say very odd indeed) and... you guessed it; I have a thing about my eyes. I cannot bear anything near them; during school plays I could never get my eyes made up and eye drops are still things of severe trauma. My grannies voice is trapped, on eternal repeat, in my head.

Be careful what you trap in your children’s heads.

*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.

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## Objective Meditation

SWAMI MURUGESU MAHARISHI

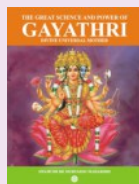
Select any physical object. Suppose you select a horse, the figure of the horse should be clearly visualized in the mind, then concentrate on it. Think about its bodily structure, its characteristics and its swift running. After some time you would have exhausted all thoughts about the horse, then automatically consciousness will cross over from the mind and you will witness the horse without any thought about it. Our consciousness will slowly become one with the horse. We will become that horse itself (in consciousness). We may, after some time, return from the horse and resume normal mental activity in which we can express all the qualities of that horse. If we do this for some time, continuously, many of the characteristics of the horse may dawn within us: we may run very fast and even begin to chew grass!

All these qualities are not really wanted but, for the purpose of practice only, I simply teach this so that students are trained in correct meditation. So, when once or twice you feel that you have absorbed the effects of meditation, leave off this practice. But if you want to derive knowledge of any other useful thing, and to develop the qualities of that thing, you may continue this meditation for some time, until you feel that complete knowledge of that object has been derived and its qualities have been imbibed in you.

## Colour Meditation

Colours have effective qualities. Nowadays a form of colour healing, called chromopathy, is practised in many places. Violet, Indigo, Blue, Green, Yellow, Orange and Red, the seven colour rays of the sun, have different effects on the objects upon which they fall. Sometimes we may need powerful qualities of any one colour for our progress. We cannot absorb such power through ordinary colour objects. Suppose we want to absorb the power of blue, to help us develop spiritual qualities, we cannot derive such power through any visible blue-coloured object, for example. But if we meditate on the colour blue, the strong power of blue can be acquired.

Take some time to study numerological literature and find out what colour qualities are needed by you currently, in order to lead a happy life now. Take up that colour for meditation. Sit, close your eyes and in your mental consciousness field, imagine that particular colour is shining. Begin concentration on this colour starting with objects comprised predominantly of the colour, and the special qualities of those objects, until you exhaust all known knowledge of that colour. Then simply keep the colour expansion at the forefront of your consciousness. When all thoughts have been withdrawn, you will find yourself to become, in consciousness, the luminosity of that colour and, after a few days of this practice, will begin to imbibe the qualities of that colour in your life.



### *The Great Science and Power of Gayathri, Divine Universal Mother*

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

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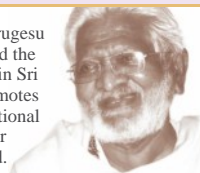
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## Knowledge and Action

SUREN PILLAY

There is an old adage that states that knowledge is power. To many this is a profound statement with a great deal of truth in it. Most people with strong education and intellectual knowledge, appear to handle material life easier than many of their counterparts with lesser knowledge. From the material perspective it can thus be seen that knowledge, especially specialised knowledge that society places a high value on, grants a person a certain degree of power and material affluence.

In the spiritual realm, however, knowledge might have a wider and yet deeper definition. Book knowledge, or intellectual knowledge as it is commonly referred to, does not constitute the entire definition of spiritual knowledge. The highest spiritual knowledge, in fact, comes from a source much more subtle and complete in its nature than intellectual spiritual knowledge. The yoga of knowledge, known as 'jnana yoga', is not book knowledge. The true essence of this yoga is intuitive wisdom born of authentic self realisation.

Self-realisation is not an abstract philosophical concept, but a measurable truth. The yoga of knowledge affirms that every man can be self-realised provided he practices certain actions with intelligent self-effort. Such a man, inspired by inner wisdom to attain inner perfection, is bound to reap the fruits of inner bliss and perfection of perception. The knowledge one acquires in self-realisation is not the same as the intellectual knowledge one acquires from spiritual books. The knowledge acquired in self-realisation is lived rather than merely understood.

For example, understanding the spiritual principle of ahimsa, and having a desire to live the principle of ahimsa, is not the same as living the principle in its fullness and glory. However, it is a foregone fact that in order for anyone to attain something in life there must be a spark of inspiration within the mind of the person. In this regard, books have a definite value in that they may inspire one on the journey of self-realisation. They may also provide the aspirant with a certain level of discriminative knowledge which acts as a protection against dangerous temptations.

There are some people who believe that action is higher than intellectual knowledge. So you may understand ahimsa and have a desire to practice ahimsa from your intellectual understanding of ahimsa, but now you go further and start to practice ahimsa actively in your conscious day-to-day living. This practice slowly becomes habit and, with years of practice, you may attain perfection in ahimsa. From this standpoint it can be seen that action is superior to intellectual knowledge. However, even higher than action is intuitive knowledge which is obtained in super-conscious meditation. When this knowledge dawns on an individual, there is no effort for the individual to live righteously. This type of living occurs spontaneously and effortlessly. Scriptural works present no ambiguity in their purpose and intent and all of life is viewed in its proper context and nature.

My message to you this month, dear readers, is to inspire yourself with holy books, but remember to practice spiritual principles as this has a greater value to one's self and one's society, than mere reading of the principles. Always remember that contact with God is the greatest type of action as its joys are unbounded and its potential unlimited.

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>





## Ending Violence against Women - A Bahá'í Perspective

FLORA TECKIE

From my experience, having lived in 8 countries, on 3 continents, violence against women is one of the most widespread abuses of human rights, and it is unfortunately a fact of life for many women and girls, everywhere, regardless of race, class, or educational background. Abusive practices against women have been, and are still being, justified in the context of cultural norms, religious beliefs and unfounded “scientific theories” and assumptions. As we commemorate the “16 days of Activism Against Gender Based Violence”, we need to focus simultaneously on dealing with violence against women and girls and with equal, if not greater, attention on preventing violence.

*How do we end violence against women?* Our individual and collective commitment, demanding action and accountability from the authorities on their commitments, are all necessary. It is the Bahá'í view that “Alongside critical changes in the legal, political and economic architecture slowly taking shape, the development of individuals' moral and spiritual capabilities is an essential element in the as yet elusive quest to prevent the abuse of women and girls around the world.” As the international community is struggling to implement laws to protect women, statistics indicate that there is little change in the attitude of the perpetrators of violence and little reduction in the alarming levels of gender-based violence. Therefore, appropriate laws, and the mechanisms developed for their enforcement, although very necessary, seem to have had limited impact on eradicating gender-based violence.

From the Bahá'í perspective, for any programme of social change to be effective, it needs to take into account that individuals have a spiritual or moral dimension and that this dimension shapes their understanding of their life's purpose, their responsibilities towards the family, the community and the world. Drawing inspiration and authority from religion, moral and ethical values serve to define our attitudes and to motivate and orient our behavior. “... moral capabilities, when articulated in a manner consistent with the ideals of the Universal Declaration of Human Rights and aimed at fostering the spiritual, social and intellectual development of all persons, represent a key element of the kind of transformation required for a non-violent society to take shape.” says the Bahá'í International Community, in one of its statements. After many years of work, effort and money spent on the effort, still no holistic solution is being used to eradicate violence against women. The need to create the spiritual and emotional environments that will enable both men and women to reach their full potential cannot be over emphasized. Education is one important way of achieving our full potential, reducing the level of violence and increasing cooperation. Moral, material and practical education are not only a fundamental right but a practical necessity.

The attempt to curb violence, if it does not educate individuals to overcome gender prejudice, will certainly fall short in producing the expected results. The effect of the denial to women of equality with men is currently sharpening further the challenge of dealing with violence. A commitment to the establishment of full equality between men and women will be central to the success of efforts to eradicate violence against women.

In conclusion, appropriate laws, and the mechanisms developed for their enforcement, although very necessary, seem to have had limited impact on eradicating gender-based violence. There is clearly a need for us to follow moral and spiritual principles. These facilitate the shift in our values required to put into practice gender equality and justice towards all.

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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](mailto: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.

## Creating the Sword of Cleavage

BY THE MASTER through Benjamin Creme

From time to time, there appears among men a figure who embodies the best, or the worst, that men can show. These individuals become the most loved or the most hated of men. In either case, they usually draw to themselves many followers or devotees. Such figures have enormous magnetic appeal for the majority of men or, on occasion, are an inspiring example of destructive power on a large scale. The history books are full of examples of both types.

Today, in large numbers, many examples of both types are manifesting worldwide. The effect of this manifestation is to set before humanity two opposing lines of action, and so create the tension of choice which will determine the future of the race. In biblical terms this is the 'Sword of Cleavage'. For many years the energies emanating from, and directed by Maitreya have sought to create such confrontation of opposites. This may seem strange indeed to many people but it is essential that humanity make the correct choices for its future. Otherwise that future would be bleak indeed.

The Sword of Cleavage is the energy we call Love: wielded by Maitreya it sets "brother against brother" and tests the true divine consciousness of men everywhere. The ultimate aim of all evolution is to establish on Earth the 'Kingdom of God', and the Sword of Cleavage shows men the way.

The teaching of Maitreya is simple. One might think that His priorities would seem obvious to all men; sadly this is not the case. Maitreya presents a future of tranquillity and peaceful endeavour as the inevitable result of sharing and justice for all, the creation of a world "where no man lacks, where no two days are alike, where the Joy of Brotherhood manifests through all men". How is it possible, you might think, to gain such a message of hope? Is this not the future yearned for by everyone? It is the future hoped for by the majority of men, but not by all. Humanity stands on different rungs of the evolutionary ladder; above a certain level all bodes well for men. It is those who have not as yet manifested that measure of their divine Self who do not recognize that sharing is divine, that justice and right relationship are divine, but who see Divinity as competition and conflict, and register a man's worth by the weight of his gold.

Many are fearful and suffering; bereft of work and hope for the future, they struggle from day to day. But many others are making their future for themselves, and many, too, are dying in the process. Throughout the world men are awakening to the possibility of a better life with freedom and justice at its heart. Have no fear, the people's voice is rising and like a contagion affecting more and more. Maitreya stands behind those who live – and die – for the truth of freedom, justice and the unity of man. The young lead the way, and the future is for them.

### 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>





## What will be will be

SWAMI SHANKARANANDA MAHARAJI

What has to be will be. What has to happen, what has to be attained, will be attained.

Many many moons ago, I was barely 13 years old, I was sitting with my father and he was having a general discussion with me. Only now when I sit back and think, do I realise how nicely he told me how to live this life. He called me 'Dad'. He said, 'Dad, in life you can't have everything. Know that'. We were poor, battling – I had just finished washing the car on a Saturday, the rims, the polish. I had started at six o'clock in the morning.

My father taught me that there's only one thing in life you must know: what is not yours can never be yours. What you can't have, don't even bother trying to attain. I'll give u an example. If you take a drum, smear it with oil and roll it down the mountain, not all the dirt will stick. Only that dirt which is supposed to stick will stick.

When I was held up in Gateway Shopping Centre for 8000 Rand, I thought about that. It wasn't for me. The guy had a gun and I'm still important. So in this life you must live like that. We can't have everything, but what we are supposed to have we will have. No matter how you try not to have it. For example, somebody close to me had a baby. When she was pregnant she went to the gynaecologist who said, 'We must terminate the pregnancy because the baby has Down's Syndrome'. The next day they gave her some tablets and she thought she was fine. After all that the baby was still born – and with Down's Syndrome.

What you don't want, if you have to have it, you will have it. I know somebody else who was on 100% guaranteed contraception. The following month she was pregnant. There are certain things you don't play with in nature. So now, because of the type of contraceptive, the baby was affected during the pregnancy. It was born without an earlobe, and one nostril was up here so they did plastic surgery.

Many people think if they don't want it, we can just go and abort it. When they play the game they are masters at chess. But if your master wishes it for you, then you'll have it – always.

Om.



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](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)







## Therapeutic Intention

BERNIE SIEGEL, MD

In my recent readings I have come across many interesting concepts which have always been a part of how I cared for people but are now finally becoming scientific and accepted. For example one revealed the benefits of playing music in the operating room, or reading stories to children that were read to them at home by their parents, while they underwent surgery. The government is actually funding this research and the exploration of the benefits of music. Let me say that the music and stories allowed the anesthesiologist to use fewer drugs and at a lower dosage than in the control group. I would recommend that all of you use the proper music in your treatment regimen and environment.

I laugh now because when I brought a tape recorder and tapes of music and nursery rhymes into the operating room, almost thirty years ago, I was called an explosion hazard due to some explosive anesthetic gases being used then. However, after several days the staff stopped complaining about the risks because they all felt better at the end of the day after working with me.

Another aspect of practice I have written about is the intention of the doctor, therapist, waiter or whomever, and the affect it has upon the persons they are interacting with. The article I read used the term TI, for Therapeutic Intention. Several studies were mentioned showing the benefits of the correct and appropriate therapeutic intention on the person being cared for.

I would suggest strongly to all of you that before you enter the room to interact with a client you pause and clear your mind of any negativity or thoughts like; I'm hungry, late, tired etc. and focus your intention in a therapeutic way upon the person you are about to interact with, be it through massage, or any other modality. What I hope we will see in the future is more research supported by the NIH and others as they open their minds and begin to accept the validity of these findings.

Years ago when I started acting strange and discussing my findings people would ask if I had done any research. When I said no they scoffed at my comments. The reason I didn't do research is that no one believed in what I was doing so I could never get any support from the government or organizations.

I talked to people under anesthesia and was again called crazy. When my patients showed a response to my words, remembered what was said while they were anesthetized and shared what they heard when awake postoperatively, the anesthesia department changed their views. Remember no one is against success even when they can't accept the reasons it works. Now with brain scans we can show that peoples' brains are functioning even when they are not responding consciously to the words being spoken.

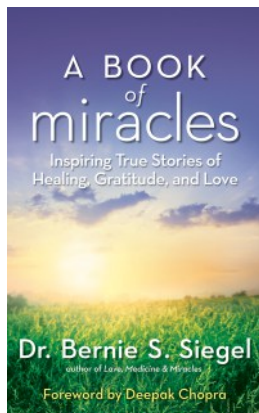
The last point I would make is to remember we are created to survive. Bacteria make genetic alterations and resist antibiotics. We recover from illnesses and heal wounds. There is an inherent inner intelligence to provide these mechanisms. In a recent article a botanist discussed a plant which has a genetic defect that leads to its buds not opening. If this happened to all the plants of this species it would become extinct. What he noticed was that some of the plants spontaneously started to open their buds again. He called it a spontaneous reversion to a healthy, normal state. He believes the RNA makes changes which repair the DNA defects and lead to a reversal of the abnormal pattern.

When I read those words I couldn't help but think of the term we use for cancer patients, spontaneous remission; in other words an unexplained disappearance of their disease. From my experience it is the same mechanism as in the plant. The will and intention to live and quality of life created lead to changes within the genetic make up of the person and their cancer cells. This has even been seen in concentration camps where people sought life and health when disease and the inability to work meant death and to the other extreme where one's mortality starts one off truly living.

So in summary remember to live as if you are going to die, enjoying the experience by living your authentic life and not what was imposed upon you by others and you will intentionally reverse the aging process. Grow young along with me; the best is yet to be.







## New from Bernie Siegel – A Book of Miracles

Introducing Bernie Siegel's new title, *A Book of Miracles*, with inspiring true stories of healing, gratitude and love. Compiled during his more than thirty years of practice, speaking, and teaching, the stories here are riveting, warm, and belief-expanding.

Bernie, as he prefers to be called, first wrote about miracles when he was a practicing surgeon and pioneered Exceptional Cancer Patients, a groundbreaking synthesis of group, individual, dream, and art therapy that provided patients with a “carefrontation.” His safe and loving approach facilitated patients’ awareness of their own physical, spiritual, and psychological healing potential. Compiled during his more than thirty years of practice, speaking, and teaching, the stories here are riveting, warm, and belief-expanding. Their subjects include a girl whose baby brother helped her overcome anorexia, a woman whose cancer helped her heal by teaching her to stand up for herself, and even a family who were saved from a burning house by bats. Without

diminishing the reality of pain and hardship, they show real people turning crisis into blessing by responding to adversity in ways that empower and heal. Their stories offer readers the same opportunity. *A Book of Miracles* is divided into fifteen sections, each consisting of stories of miracles, pertinent quotes, anecdotes, and my reflections. Every aspect of miracles is explored, from miracles of daily life to amazing stories of healing, like Laura’s. I encourage you to look for and help create miracles every day. My hope is that this book will uplift, strengthen, and guide you on the miraculous journey called life.

*Below is an excerpt from Bernie Siegel’s new title, A Book of Miracles.*

### **Never Say Never** by Laura Callero

I am a survivor—in the truest sense of the word. I am now fifty-one years old, married, and with three exceptional children. My story began in 1989. I was the perfect picture of health and happiness. Just married. Happy life. World travels. I had just completed law school and had a fantastic job and lots of business trips. I was in great physical shape. And then, it hit. I suffered massive backaches and headaches and was diagnosed (after two long years of misdiagnoses) with a spinal cord astrocytoma—a nine-inch tumor inside the cord itself. I went to see Norman Cousins at UCLA and heard of Bernie from him. I read Norman’s books, and Norman made me a hypnotherapy tape. I bought Bernie’s books and tapes and read them and listened for hours, pre- and post-surgery. After my surgery in 1990, I was told I would be dead in three months, if that. My surgery was twelve hours long and left my right side paralyzed. I was in the hospital for nearly four months. All my friends went ahead and took the bar exam—not me. I was stuck in bed. I had to learn how to write again and how to walk. But miracles were yet to happen. I got out of the wheelchair by sheer strength of mind, and I went and took the bar exam and passed. I went on to walk with a quad cane, and then only a brace, and now nothing. I have pain now and again, but I never say never.

I credit my survival to not giving up and the guides along my way: Bernie, Norman and my devoted husband, Chris. Miracles do happen...every day...every minute. I am now a human being and not a “human doing.”

**CLICK HERE TO ORDER FROM AMAZON.**



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](http://www.BernieSiegelMD.com).**



## Become a creator, not a competitor

WALLACE D. WATTLES

You must want real life, not merely pleasure or sensual gratification. Life is the performance of function; the individual really lives only when he performs every function, physical, mental and spiritual, of which he is capable, without excess in any.

You do not want to get rich in order to live swinishly, for the gratification of animal desires; that is not life. But the performance of every physical function is a part of life, and no one lives completely who denies the impulses of the body a normal and healthful expression. You do not want to get rich solely to enjoy mental pleasures, to get knowledge, to gratify ambition, to outshine others, to be famous. All these are a legitimate part of life, but the man who lives for the pleasure of the intellect alone will only have a partial life, and he will never be satisfied with his lot. You do not want to get rich solely for the good of others, to lose yourself for the salvation of mankind, to experience the joys of philanthropy and sacrifice. The joys of the soul are only a part of life, and they are no better or nobler than any other part.

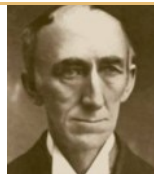
You want to get rich in order that you may eat, drink and be merry when it is time to do these things; in order that you may surround yourself with beautiful things, see distant lands, feed your mind, and develop your intellect; in order that you may love men and do kind things, and be able to play a good part in helping the world to find truth. But remember that extreme altruism is no better and no nobler than extreme selfishness; both are mistakes.

Get rid of the idea that God wants you to sacrifice yourself for others, and that you can secure his favour by doing so; God requires nothing of the kind. What He wants is that you should make the most of yourself, for yourself, and for others; *you can help others more by making the most of yourself than in any other way.*

You can make the most of yourself only by getting rich; so it is right and praiseworthy that you should give your first and best thought to the work of acquiring wealth. Remember, however, that the desire of Substance is for all, and its movements must be for more life to all; it cannot be made to work for less life to any, because it is equally in all, seeking riches and life.

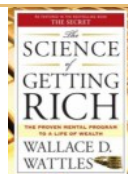
Intelligent Substance will make things for you, but it will not take things away from someone else and give them to you. You must get rid of the thought of competition. You are to create, not to compete for what is already created. you do not have to take anything away from anyone. You do not have to drive sharp bargains. You do not have to cheat, or to take advantage. You do not need to let any man work for you for less than he earns. You do not have to covet the property of others, or to look at it with wishful eyes; no man has anything of which you cannot have the like, and that without taking what he has away from him.

You are to become a creator, not a competitor; you are going to get what you want, but in such a way that when you get it every other man will have more than he has now.



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](http://www.thescienceofgettingrich.com)





## Reincarnation Part Two

ECKANKAR

Reincarnation helps explain aspects of our personalities. Why does a young child show great musical talent when his parents have none? The reason could be that these talents were developed in a previous life and a subtle memory persists. If the awareness of Soul is maintained, living in the physical world can be joyous. However, members of Eckankar aspire to spiritual freedom. This means they may choose to reincarnate but are not compelled to do so. The mahanta can guide Soul out of the worlds of illusion and help It rise above the Laws of Karma and Reincarnation. Reincarnation is a widely held belief. Hundreds of millions of people, including most Hindus and Buddhists, believe that Soul inhabits many bodies over the course of time. ECKists believe that Soul enters the body at or around the time of birth. Without the entrance of Soul, the body could not survive. Soul is always moving forward. It is never punished. It must simply obey the Law of Karma and will eventually learn from Its experience. It is rare for an individual who has attained the human state of consciousness to be reborn as an animal. This would slow the ability to learn, to unfold, and to graduate from the school of life.

Most of us have lived before. Soul reincarnates on the physical plane again and again until It graduates from the school of physical life. By choosing different bodies and different life experiences, Soul learns to view life from all sides. Living as male or female, as black or white, as rich or poor, for example, Soul tests and purifies itself. There is a reason for the veil separating us from the past. If we could remember all of our previous lives, the confusion would be overwhelming. To survive on this earth, we must be able to focus on our current identity and deal with day-to-day events. Divine Spirit protects us from confusion by pulling the veil over our memory when we are reborn.

The patterns of karma often bring us into contact with those we have known before. This is a thread which runs between family and friends, neighbors and business associates. Your sister from ancient Egypt may be your father-in-law today. Your adversary from the Civil War may be your friend in this life. Through the Spiritual Exercises of ECK, you can remember past lives. You would remember those which have a bearing on this life, the ones which give you insight into your current spiritual problems. These records are stored on the Causal Plane. They can be viewed as easily as you would visit a library on the Physical Plane, as long as you are detached enough to handle the information.

We often return to the school of life on earth, or some other physical arena, to continue our spiritual education. Soul, in harmony with the Law of Karma, chooses Its next incarnation. We choose our parents and our circumstances because they suit our spiritual needs. From this perspective, Soul is not concerned with pain or pleasure, riches or power. It simply is looking for Its next spiritual experience and is compelled to balance Its karmic account. Similarly, those of us who find ourselves on a spiritual quest have probably pursued these interests before. many on the path of Eckankar have studied with previous ECK Masters. We find a glint of recognition in this life. Others have led lives committed to spiritual unfoldment and now find themselves ready to continue with the next step. ECKists are not frantic to escape this world or avoid rebirth. As a Co-worker with God, Soul is never finished with Its work. But at a certain point It may no longer need to inhabit a physical body. Reincarnation will only continue for those who need or choose it. The Mahanta can guide Soul out of the worlds of illusion and help It rise above the laws of karma and reincarnation.

Excerpt from *ECKANKAR: Ancient Wisdom for Today*, which can be downloaded for free from [www.eckankar.org](http://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](http://www.eckankar.org)





## Readers' Inspirations

### Dharshan

In the fragrance of the jasmine lies the eternal presence.  
Unknown, unfathomable, yet undeniable in every sense of perception.  
Quartets start playing to the symphony of bliss as the descent  
of the Divine Being becomes more apparent to the seeker.  
We ask only for your darshan  
so that we may remain blessed for a life time!

SUREN PILLAY



The drum of the realization of the promise is beating,  
we are sweeping the road to the sky. Your joy is here today, what remains for tomorrow?  
The armies of the day have chased the army of the night,  
Heaven and earth are filled with purity and light.  
Oh! joy for he who has escaped from this world of perfumes and color!  
For beyond these colors and these perfumes, these are other colors in the heart and the soul.  
Oh! joy for this soul and this heart who have escaped  
the earth of water and clay,  
Although this water and this clay contain the hearth of the  
philosophical stone.  
RUMI from Mystic Odes 473



It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there will be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from you action. But if you do nothing, there will be no result.

MAHATMA GANDHI



A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

ALBERT EINSTEIN



So long as we believe in our heart of hearts that our capacity is limited  
and we grow anxious and unhappy, we are lacking in faith.  
One who truly trusts in God has no right to be anxious about anything.

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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### **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](mailto:sanghainfo@ananda.org)

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### **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](mailto:nsa.sec@bahai.org.za)

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### **Bernie Siegel**

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

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### **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](mailto:csainc@csa-davis.org)

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### **Eckankar**

PO Box 2000, Chanhassen, MN 55317-2000 USA  
Main: (952) 380-2200  
Web. <http://www.eckankar.org>

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### **Gayathri Peedam South Africa**

Web: <http://www.gayathripeedam.com>  
Dean Petzer - 082 825 3202  
Email. [sivabalayogi@mweb.co.za](mailto:sivabalayogi@mweb.co.za)

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### **Heaven Letters** (TM)

Web. <http://www.heavenletters.org>  
Gloria Wendroff - Email. [gloria@heavenletters.org](mailto:gloria@heavenletters.org) / [santhan@heavenletters.org](mailto:santhan@heavenletters.org)

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### **Jadatharaya Institute of Right Living and Yoga**

Web. <http://www.jadatharayayoga.blogspot.com>  
Karl Ziesing - 083 533 9001  
Email. [karlziesing@gmail.com](mailto:karlziesing@gmail.com)

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### **Lucis Trust**

Web. <http://www.lucistrust.org>  
Suite 54, 3 Whitehall Court, London SW1A 2EF, UK  
Email. [london@lucistrust.org](mailto:london@lucistrust.org)

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### **Mindlink Foundation**

Web: <http://www.mindlinkfoundation.com>  
Rod Briggs - 032 946 2710  
Email. [info@mindlinkfoundation.com](mailto:info@mindlinkfoundation.com)

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**Self-Realization Fellowship**

Web: <http://www.yogananda-srf.org>  
3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA  
Email: [PublicAffairs@yogananda-srf.org](mailto:PublicAffairs@yogananda-srf.org)  
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