



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

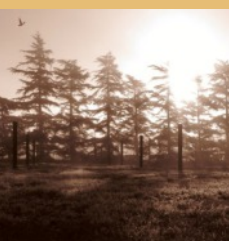
Issue Twenty-two

10 December 2011

CONTENTS

- 3 Heaven Letters GLORIA WENDROFF
- 5 Dedicated Discipleship ROY EUGENE DAVIS
- 6 The Inner Pilgrimage LUCIS TRUST
- 7 Christ's Message: The Power of Love ANANDA SANGHA
- 9 Shifts in Awareness ROD BRIGGS
- 10 Qualitative Meditation GAYATHRI PEEDAM
- 11 The Eternal Now SUREN PILLAY
- 12 Rights and Responsibilities BAHAI TOPICS

- 13 Maitreya's Promise SHARE INTERNATIONAL
- 14 A Christmas Message JADATHARAYA INSTITUTE
- 15 Recipe for a Season of Miracles DR BERNIE SIEGEL
- 17 The Science of Getting Rich WALLACE WATTLES
- 18 The God Worlds of ECK ECKANKAR
- 19 How Shall We Celebrate Christmas? SRF
- 21 Readers' Inspirations
- 22 Additional Resources



Welcome to the December 2011 issue of *Transcendence*.

At the helm of every ship (and also every motor-vehicle) is a steering wheel. There are many spiritual analogies referring to God as the captain of our ship, and as long as we allow God to be the captain, He will steer us across turbulent waters of the sea of life, safely home to His harbour. In today's modern age we could extend this analogy to regard God as the driver of our car along the busy, and often dangerous, highway of life.

Another guiding analogy is that of the Pole Star, referring to the spiritual teacher or guru, lighting the way to God, through the darkness of our ignorance. With these two ideas in mind, I'd like to reflect upon the meaning of the logo chosen for the *Transcendence* magazine. It is a combination of these two analogies. It represents both a steering wheel and a star.

We hope that over the past twelve months, *Transcendence* has been just that to our readers - a guiding light on the path to Self- and God-realization - and that it continues to be so in the months to come.

We would like to take this opportunity to say a very big thank you to all our regular contributors and readers. Although most of you never meet one another physically, the relationship that exists between you is one of sharing and learning.

To show our appreciation, we have created six beautiful computer wallpapers that you can download from our website for free. Each one features an original nature photograph by Victoria Rodda and a special verse from one of our *Transcendence* contributors. You can find these in the left-hand margin of our subscription page (www.transcendence-subscribe.blogspot.com).

May every one of you enjoy a blessed holiday season and be guided towards a divine and prosperous 2012.

In Love and Service, always,





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Heavenletter # 3750 - The Earth Star of God's Love

GLORIA WENDROFF

God said:

Our continuation hand in hand is assured. We are a ship that has set sail, and We are mates. Myself you call Captain, and you call yourself mate. In one sense that is Our arrangement. In a truer sense, We are One. There is One of Us. One. Yet We like to be mates sailing across the bounty main. Even as We sail and sail, We are a still picture. It looks as if the wind blows astern, and the waves wax and wane like the moon in the vast sky, and yet We are a still picture. We are about to sail. We are already in the middle of the ocean, and We are about ready to reach shore. We are nothing but Silence, and yet there are sound waves of Our Silence, cresting and furling, furling and cresting. We Who are the Sea appear to sail. The horizon is vast. Our hearts are vast. All is Vastness even though there is no measure to it. There is no beginning nor end to Our Vastness. We are the rolling hills of life. There is a tide of Us in the Vastness of Stillness or the Stillness of Vastness.

We ARE. It matters not the definitions. The fact is that We cannot be defined, yet that is what life in the world seems to be about, a definition, an identifiable definition, a puzzle unanswerable on that level. We know and are known on a vaster level than definition. In that sense, We are an insoluble puzzle.

And, so, life on Earth is a search for answers to the puzzle that cannot be found yet feels urgent to solve. What is there to solve? Your mind wants to know what the heart and spirit already know. Deep down you truly know that which you call the Unknown. Funny, isn't it, that you call Truth the Unknown when you have always known it. The knowledge submerged is the knowledge Known. All the rest is swirls and ruffles. You must think you need to stitch that which is already sewn.

Hearts are in place. And heart and spirit and Silence are all that are knowable. All the rest is speculation. You place your bets when, all the while, the outcome is assured. You like to speculate. Your mind likes to roam the range and lasso the cattle. There is only the herding of your heart, beloveds. You herd the herder, as it were. You chase yourself. You hear the rumblings of your own heart and call the rumblings the beginning of time.

Your heart is stirred. You stir it. You stir life. You collect it. You try to fathom it. It is unfathomable. The Sun and the Moon coexist. It is like impossible, and the impossible is what is. You are the Sun and the Moon, and you coexist with the Oneness. Impossible, yet that is what is.

You are unreinable, and yet you pull the reins on yourself. You start and stop yourself when you are unstoppable. Into One Heart you rest and never sleep and are always awake. You are always under the umbrella of My heart. You are spokes of My love. You radiate. The umbrella turns on its axis, and so the North Star appears in the sky. The North Star seemingly holds everything in place, even when there is no place to hold anything.

And, behold, you. You are the Earth Star of My Heart, and My Heart is full with love for you, and with My love for you, Eternal Life begins and stays, Eternal Life which is what has always been.

SOURCE LINK TO THIS ARTICLE





Inspirational Quotes

God said:



We can say that Heaven is transported to another dimension called earth where Heaven is not so visible. Through the density, Our light has been distorted. It has been bent, refracted. An image is projected that is not quite true. And that is called life on earth.

Heavenletter #169 Valleys of Beauty



How often I am considered responsible for the circumstances in the lives of men! I am responsible for your great imagination, for I gave that to you along with all else that is unlimited, but I am not responsible for your flights of fancy which are limits you chose to set upon yourself and others. All limits are imaginary. I don't set any limits.

Heavenletter #887 Vision and Imagination



You hammered your thumb. How clumsy. Yet, what if that were, unbelievably, a great finesse? What if, because you hit your thumb, events in the world and your life swung into place? What if hammering your thumb heralded something wonderful, perhaps in the future, perhaps in the past, or how about right now? You will never know, but perhaps you can imagine it.

Heavenletter #991 Very Close to Truth



The Human mind needs to confess that it has thwarted the heart at every turn. The mind deals in proof and reward. The heart deals in love. The heart pumps blood and supports the whole Being whereas the mind would regulate. The mind prides itself on rules and regulations while the heart thrives on love.

Heavenletter #1629 Valiant Soldier of Love

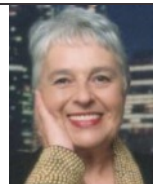


You can be creative in life. You can be an artist of your own life. You can see situations in a new light, and you can find ways to respond that never occurred to you before. If you have been someone who runs into controversy head on, or if you have been someone who dances around life and avoids it for all you are worth, whatever your practice has been, now you can meet life as you never did before. You can sidestep your own patterns. You can present yourself and all that you call holy in a new way. You can be creative in life. Think of it!

Heavenletter #1910 Visit the Palace

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

Timeless Guidelines for Effective Spiritual Practice and Constructive Living - Part Two

To remove obstacles to spiritual growth, personal behaviors can be modified. Self-confidence and willingness to explore new ideas and to imagine ideal possibilities can be cultivated. Self-centeredness and arrogance can be replaced with humility. Laziness can be overcome by acquiring a sense of meaningful purpose and energetic performance of wisely chosen, intentional actions. Fear of change can be overcome by learning to appreciate constructive unfoldments of life-enhancing events and circumstances and by nurturing the soul's innate will to live, instead of allowing the inclination to withdraw from the game of life to be influential. Overcome addictions by cultivating behaviors which nurture growth to emotional maturity. Tiredness, apathy, boredom, disinterest, and other symptoms which may be related to physical, mental, or emotional imbalance can be overcome by restoring the basic mind-body constitution to a state of functional wellness.

There some basic philosophical principles that should be known by everyone who aspires to spiritual growth. Other facts of life can be learned, or will be discovered, as spiritual growth progresses. (1) One ultimate Reality, commonly referred to as God, exists. Its transcendent aspect is pure and formless. Its expressive aspect has attributes that produce universes. (2) From the expressive aspect, a vibrating force (Om) is projected that produces space, time, and cosmic forces. From that field of primordial (original) nature, the universe and everything in it is produced. (3) The blending of the purity of ultimate Reality and primordial nature produces units of that Reality referred to as souls. Souls that acquire a mind and a physical body often mistakenly think that they exist apart from their source, and temporarily forget their true essence.

The progressive stages of our spiritual growth (emergence of innate qualities and improvement of functional capacities) are from egocentric awareness, Self-inquiry (which may include metaphysical study, meditation, and other practices), Self-realization, and liberation of consciousness. The ultimate extent of Self-realization that liberates our consciousness is experience along with knowledge of our pure essence of being. In some enlightenment traditions the ultimate realization is said to be a void or emptiness; a pure essence continues to exist without any attributes or defining characteristics.

In yoga literature it is described as absolute aloneness or isolation (Sanskrit *kaivalya*) because, during meditative contemplation, one's attention and awareness are completely detached from objective conditions and from mental and emotional conditions which are not our true Self or essence. People who cannot intellectually or intuitively grasp the significance of this extent of Self-realization may think that to have it would mean that they would cease to exist. Although their former mistaken self-sense and ego-nurtured characteristics would cease to exist, spiritual enlightenment would result in complete Self-knowledge and provide access to knowledge of ultimate Reality and its processes. When the ultimate extent of Self-realization is permanent, you will perceive accurately, think rationally, and live skillfully while always being inwardly Self-knowing.

The pure radiance of your essence of being will then continuously illumine your mind and weaken and neutralize troublesome subconscious causative (karmic) influences. When all levels of your mind are as pure as your essence, you will be liberated. To be liberated is to be free from conditions which formerly confined your consciousness, clouded your awareness, dulled your intellect, and limited your ability to accomplish worthy purposes. Fervently aspire and firmly believe that you can, and will, be spiritually free in your current incarnation. Nurture your aspiration and demonstrate your conviction with constructive thoughts and actions. By always thinking and living constructively, everything you do will be effective spiritual practice that produces and attracts ideal results.

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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The Inner Pilgrimage

LUCIS TRUST

Nowadays many of us are used to long-distance travel. It is a part of modern culture that we take for granted, walking out the door, suitcases in hand, heading off for an extended period of work, relaxation, education or recreation.

Travel is also part of the modern spiritual life. In the religious world pilgrimages to sacred sites continue, especially in the eastern religions of Hinduism, Buddhism and Islam. In a secular sense people are giving a moral significance to their travel – perhaps selecting a location because it provides the peace and quiet necessary to attend to the quest for meaning, or because it is seen to be spiritually rich. Increasing numbers of people are travelling to attend retreats and workshops aimed at restoring connection with the soul.

At another level of meaning travel, and in particular pilgrimage, can be viewed as a metaphor for the spiritual life itself. Our journey from birth to death, in this life and the next, is the ultimate journey through time and space. We become pilgrims to the extent that we experience ourselves as being on a journey towards the higher potential for this life. This is not some idle abstraction. To experience our life as an inner pilgrimage is to see the journey itself as well as the destination as being full of poetry, significance and meaning. A daily review becomes an observation of the Way – outer events seen in the light of the inner pilgrimage.

This view of ourselves as pilgrims helps us to see life and all events from the perspective of the soul. It's a way of fostering detachment. Understanding that the journey is long helps to soften extremes of devotion and intensity. It reminds us to keep an eye on the destination while also valuing each step of the path – knowing that the goal is reached step by step, and that the path passes through cycles and seasons.

Our personal journey is part of the wider journey of our species travelling towards a new-found experience of community, and learning to express a new sense of synthesis. That which is eternal in us, our soul or Angel is on a great journey, travelling into the valleys of time and space to bring the radiance of light, love and purpose into the substance of the world. The Earth itself and all the lives of the kingdoms of nature are journeying towards an alpha and omega moment. It has been thus since the beginning of time.

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



Christ's Message: The Power of Love

SWAMI KRIYANANDA

The births of Christ and Krishna

When King Herod heard that Jesus, King of the Jews, had been born in Bethlehem, he was greatly troubled and wanted to destroy the child. In a dream, an angel warned Joseph of Herod's plans and advised him to flee to Egypt with Mary and Jesus.

Knowing that his sister, Devaki's, eighth child (Lord Krishna) would cause his death, King Kamsa threw Devaki and Vasudeva, her husband, into prison and killed their first seven children. When Krishna was born, with the blessing and guidance of the Lord, Vasudeva was able to leave prison and carry the infant Krishna to safety in Gokula.

It's interesting, the parallels—Jesus being born in a manger and Krishna being born in a prison and both having to flee the kings who were out to kill them. We see in both these stories that the world fights the Divine. In both cases, we find King Herod and King Kamsa wanting to destroy the divine incarnation.

Those who are not in tune with what is good will fight it. And this will be true any time you find people or individuals trying to do great things, noble things. People will try to fight that because it's a lot easier to tear that down than to change oneself. There will always be an opposition between light and darkness and we can't change that fact.

Christ and Krishna: divine warriors

When we think of Jesus coming into this world, we think of him as an incarnation of peace and love. In fact, He was and so was Krishna. But we must also bear in mind that that love is a very powerful love, a love that doesn't accommodate itself to evil in the name of being sweet and loving.

People sometimes have said, "Oh, well, Krishna took up the sword but Jesus didn't." But the fact is that Jesus was every bit as much a warrior in his way as Krishna was. Remember how he scolded the Pharisees? He said, "You are children of your father, the devil!" He took up a whip and scourged those moneychangers out of the temple. It took considerable force of character and a lot of power to stand up in the crowd and make all those men run helter-skelter out of His way.

All too many ministers make Jesus out to be only gentle, meek, and mild. He was certainly that when the occasions called for it. But He also said, "Don't think that I came into this world to bring peace." Imagine, the incarnation of peace making a statement like that! He said, "I didn't come to bring peace but a sword. I came to set father against mother, and father against son, and brother against brother." What did he mean? Was he trying to sow disruption in this world? Certainly not. He was saying that when we make a stand for what is right, that has to be an absolute stand on our part.

Stand up for what is right

There is going to be a battle between light and darkness in this century in which we're living. And let us understand that we must fight for the good. Fight with love. Love is the strongest force of all. Jesus could afford to express anger because he knew that he was free from anger. Paramhansa Yogananda could afford to express anger because anger wasn't in him. But, unless you are really sure in your heart, it's wise not to express anger because then the ego comes in and you reinforce those delusions you're trying to get out of.





Be strong in your love, be strong in your conviction that what you're doing is right, and don't worry about what other people say. Jesus was very unconventional. Jesus didn't fight the Mafia of his day. He fought the priests. They were the ones who fought him, I should say. Why? Because he was muscling in on their territory.

The people who say to you that you are doing something wrong will rarely be people who will say that it's wrong for right reasons. They will come up with some sort of false reason and usually it will be. "Well, it isn't done." Discriminate in your heart and always be ruled by dharma, by what is right, and you will find that God will support you.

The courage to love

I remember saying to a brother disciple years ago once, "What courage it takes to love." And he said, "I don't know what you're talking about." And I was so surprised. To me it takes the greatest courage in the universe to love—to love without thought of self. That type of love won't let you alone once you've taken it up. It will tell you that "I am the only reality and you have to leave everything else."

That is the love that Christ is demanding of us. It requires of us that we take up the sword of discrimination and slay the demon of ignorance within ourselves. It requires that we be courageous.

The soul's hunger for love

Unless and until we come up with that kind of courage, we will never be satisfied. This hunger for love is the hallmark of our souls. We can't kill it by laughter; we can't kill it by partying. It's always there, shining silently like the stars. And for most people, just as distant. But it's still there and it won't leave us alone. It can't leave us alone because that's what we really are.

I'd say that Herod was probably the smartest of all the worldly people living at Christ's birth because he knew there was something fighting him. Most people don't. It comes like a thief in the night. People don't know that it's there until it's got them by the throat. It may take incarnations, but it won't let you alone until you finally say, "Okay, I surrender." Why not surrender now?

Sometimes popular songs have beautiful meanings, especially if you tune out some of the words and just hear the basic message. "I remember one time hearing out of a music store in Los Angeles a song that was popular from the 40s, "I Surrender, Dear." And it was really an inspiring thing: "We played a game of stay away, but it costs more, far more than I can pay." I don't remember the words exactly but something like, "I can't stay this way, I surrender, dear."

That kind of feeling is what we must feel in our hearts. I would like to see us all feel this Christmastime that we've played these games of stay away all too long. Let's say, "Now I know that I can't get away from it any longer so I surrender. I give my love and all my aspirations to Thee and I don't want anything else."

Excerpted from "Christ and Krishna," a talk given by Swami Kriyananda on December 23, 1979.

[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





Shifts in Awareness

ROD BRIGGS

*I must go down to the sea again, to the lonely sea and the sky...
I left my vest and socks there, I wonder if they're dry!*

Spike Milligan

(With apologies to John Masefield)

Most early mornings I spend an hour or so on our local beach. It's a time for walking and blowing the physical and mental cobwebs out. Free from the constraints of the normal daily dross, my mind drifts and picks up relevancies and insights not normally associated with my obvious personal life.

I notice, for instance that the sandy shore I'm on represents a borderline, a barrier between two worlds; If I turn to face the land I see apartment complexes, fronted by a boardwalk full of holiday-makers and their children, joggers and dog walkers, with the village rising on the hills behind.

Turning my back (figuratively and literally) on the land I look out over a vast expanse of ocean, the occasional ship on the horizon only serving to accentuate the enormity of the big blue and the crash and hiss of the singing surf drowning out any human sound. Our local mascots, dusky and bottle nose dolphins are almost a daily sight as are the Humpback cows teaching their newly delivered calves how to be whales. The overall effect is to give me a glimpse into other worlds, other ways of being. I am presented with the chance for a shift in my attention, in my awareness if you will.

You don't have to live on a beach to have this experience. We live in an infinitely rich tapestry of life and bringing your attention to any one aspect of it will allow the pause needed for reflection. I have found it by gazing at clouds, insects and trees; by experiencing new fragrances and tastes or textures. Anything which causes you to stop single-pointed focus on your own life and to feel from another way of being is an opportunity to recognise the microcosms within the macrocosm that form the matrix of our wonderful world.

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





Qualitative Meditation

SWAMI MURUGESU MAHARISHI

You may be aware of some beneficial qualities like piety, mercy, devotion, courage, truthfulness, and others - which you cannot develop by ordinary means. By meditating on a specific quality, you can develop it within yourself. Suppose you are fearful and need courage to face your situation boldly. Courage cannot be acquired by reading or hearing about it. It should dawn automatically within oneself. Meditation is the direct way to derive such qualities.

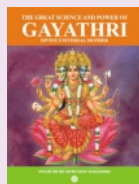
Think about courage. Not the word, but the idea. Concentrate on it. What is courage, and what qualities develop by courage? And so on and so forth. When you have exhausted all the qualities that you can think of that are related to courage, simply maintain the idea of 'courage' within your consciousness and continue in your usual meditation. You will begin to behave like a courageous person and, within a few days of regular practice, you will certainly become a courageous individual.

Self-Realising Meditation

From previous explanations on meditation, you would have understood well how to meditate in order to develop a specific quality or power within the self. The meditation I am going to explain now is 'to know thyself'.

From early morning until bedtime, we use pronouns like 'I', 'they', 'me', 'he', 'she' or 'it', a hundred times. Without these words there would be neither comprehensive sentence nor speech. But does everybody know what that 'I' or 'you' represents? This has been a great dilemma from time immemorial, even among great philosophers and religious teachers. Many think that this is an unanswerable and inexplicable subject. Seers and yogis have said 'I' cannot be described in any human language. It cannot be imagined by the mind, and cannot be understood by logic or arguments - but is to be witnessed directly within oneself. How is this done? It is by meditation only that one can realise oneself.

When next you sit to meditate, raise the following question within your mind: 'What am I?' Concentrate on this as 'I am the speaker, thinker, doer and experiencer of all; I am not the body, mind or any other inner faculty,' and so on. Exhaust all knowledge about 'I'. A stage will come when you cannot think about it anymore. Then keep the idea (not the word) of 'I' in your conscious awareness. In other words, be aware of yourself without being aware of anything else. Suddenly you will experience yourself. This does not mean that you will see something specific. Soul cannot be seen but felt only. You will 'feel' yourself. When you return from meditation, you will certainly feel in your mind that you have experienced a new internal pleasure which you cannot explain in words. Feeling or experiencing oneself is knowing oneself.



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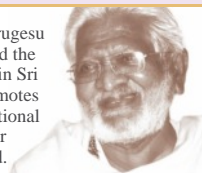
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





The Eternal Now

SUREN PILLAY

One of the greatest contradictions of life is that a man may travel thousands and thousands of kilometres, spend millions and millions of rands in pursuit of the state of happiness which is essentially free and within himself. The conditioned being is controlled by the effect of past impressions which have a binding effect on his thoughts and actions. Such mental impressions, also known as *samskaras*, can be damaging to the spiritual journey.

The method of clearing *samskaras* lies in superconscious meditation, and in adding new, positive spiritual *samskaras* that will counter the past negative *samskaras* of both the current and previous lifetimes. 'Living in the now' is a contemporary phrase that few appreciate in the context of *samskara*. When an individual chooses to live in the anxiety, regret and disappointments of the past, he is effectively choosing to be ruled by *samskaras* instead of free will and intuitive perception.

Similarly, when an individual focuses his awareness on the future, and his every breath is in anticipation of a future event, the expectation of outcome (which becomes a created *samskara*) governs his awareness. This is also damaging to the spiritual journey as a spiritual being essentially has no expectations about anything and is neither governed by guilt and anxiety of the past nor the stress of the future.

So the ideal state of mind is to live in the present. The present moment represents all possibility: past and future in one moment. This moment has been suspended in time to create a fictitious reality in which a physical body - with hormones, mind and senses - is allowed to be more expressive. The advantage is that the richness of the physical can be experienced while at the same time experiencing the mind and spirit. The disadvantage of this is that physical pleasures, which are of transient nature, often result in distasteful outcomes.

When one lives in the present moment he is free from past anguish and stress for the future. He lives in intuitive grace, with the awareness that all things exist in him and that he exists in all. He realises the collective connectedness of humanity, and the true nature of the dream world. God is dreaming us, from one to the many, in a physical continuum designed for greater experience of oneself. It has been said that many astral beings and *Gandarvas* (heavenly astral beings) long to be in the physical body so that they can liberate themselves completely.

If one is able to maintain the state of 'now' perpetually in existence, he will come to realise the folly of most of world who are attached to physical and sensory pleasures. People choose to live in a conditioned state either in anticipation of the future, or in anguish of the past. Such a state is not conducive to spiritual or material growth.

My message to you this month, dear readers, is to live in the eternal now. Choose to live in possibility and opportunity, embrace uncertainty and live in the zest and exuberance of the unknown. For this is the best way to live as multidimensional being in a three dimensional reality!

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>





Rights and corresponding Responsibilities - A Bahá'í Perspective

FLORA TECKIE

We all would like to live in a better world where every individual member in our society is given equal rights and opportunities.

It is true that over the last few decades, a greater understanding has emerged towards the recognition and protection of human rights internationally, and the Universal Declaration of Human Rights, adopted by the United Nations, and other international treaties and conventions inspired by this Declaration are all significant steps. However, greater emphasis needs to be placed - and more endeavours made - towards achieving the ultimate objectives of this noble undertaking and towards responsibilities that accompany the rights.

In a new world order envisaged by Bahá'u'lláh, rights are inseparable from responsibilities. Each right is attached to a corresponding responsibility. For example the right to be recognized equally before the law, implies the responsibility to obey the law. Likewise, the right to marry carries with it the responsibility to support the family unit, to educate one's children and to treat all family members with respect. The right to work cannot be divorced from the responsibility to perform one's duties to the best of one's ability. The right to expect respect implies that one has to respect others. In the broadest sense, the notion of 'universal' human rights implies a responsibility to humanity as a whole.

Given that rights cannot exist without corresponding responsibilities, each member of community has a responsibility to uphold the rights of the other members based on a recognition of their unity and interdependence. When individuals assume responsibility for ensuring each other's human rights, this can empower all members of our society and give them a new sense of purpose and dignity in life. As stated in the Bahá'í writings:

And the honour and distinction of the individual consist in this, that he among all the world's multitudes should become a source of social good. Is any larger bounty conceivable than this, that an individual, looking within himself, should find that by the confirming grace of God he has become the cause of peace and well-being, of happiness and advantage to his fellow men? ...

The obligation and right to live in a moral society has become crucial. It is also important that moral and social laws blend and unify humanity as a whole and become subject to the same law. Morality, should, therefore, be the basis of incorporating the principles of human rights in every aspect of our lives.

Governments, the non-governmental organizations and religious organizations in particular, should consider ways of instilling an awareness of human rights, human unity, and responsibilities towards others. Besides, children from young ages should be taught the value of human life, of personal integrity, of ethical and moral concern for the world and of respecting the rights of others. They should be taught about their own rights and liberties, while at the same time they are taught to respect and protect the human rights and liberties of 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.

Maitreya's Promise

BY THE MASTER through Benjamin Creme

While many people continue to believe that the present banking and stock exchange systems are necessary and unalterable, more and more are coming to the conclusion that they have passed their usefulness and must soon be replaced. Too many are suffering from the effects of unfettered greed, and yearn for greater justice and fairness in order to survive what is so glibly called 'the current economic climate'.

Before the economic collapse of 2008, at least in the developed world, there was plenty of money. People had work and houses to live in; new millionaires were born everyday. Elsewhere, of course, millions still starved and millions more went hungry, but for some there was plenty of money and life felt good.

Where has all the money gone? What has happened to it? Now, no one has work and the money has disappeared – into the banks and disappeared. And the millionaires are now billionaires. It is all very puzzling. A conjuring, a confidence trick, you would think, has been played on half the world.

Will the old ways, the old time, return? Do we really want them to return with the wealth of the rich doubling daily and the poor picking up the coppers they let fall?

Change

The people everywhere are sensing a change and are lending their voices to its call. They are sensing, too, their power to act, and many die to prove it. They sense that the old ways are almost over and have spent their force. They feel that there are other, better ways to live and look forward to tomorrow.

Verily, the old ways are dying and hold back the race. The wheel turns and mighty Rome is falling once again. Maitreya's fire is lit in the hearts of countless millions and they respond, eager to build a new world where justice and harmony rule. Maitreya's promise is that this new world is on its way.

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>





A Christmas Message

SWAMI SHANKARANANDA MAHARAJI

Dearest immortal souls of these troubled times. As we honour the birth of the Christ Consciousness in the form of the beloved Lord Jesus, may your heart be uplifted anew by the joy and hope so strongly felt during this sacred season. The joy of this sacred season of Christ's birth opens our hearts to feel a new blessing that this glorious victory has brought to multitudes through the centuries. The coming of such great ones, who purely reflect God's light, strengthens our faith so that we too can experience a re-birth from a matter-bound existence to the limitless nature of our souls. We behold in them our own infinite potential to expand our consciousness and manifest in our individual lives and our relationship with God's goodness and love. Our souls respond to this triumph over all human limitations because it stirs within us the dormant knowing of our infinite, immortal nature.

Within every human being dwells the glorious, ever-loving image of God. Through the lives of such great ones, as the Lord Jesus, in whom God's omnipotence and divinity are fully revealed, God calls each of us to resurrect ourselves from anything that impedes the expression of the immanence of this limitless power and blessings, from an ego- and matter-bound existence to the unbounded divine qualities and bliss of Spirit. Though centuries have come and gone since Jesus was born the power of His example and His omnipresent love continues to transform receptive souls. He, too, lived in a time of much turmoil, but He showed us how to respond divinely – to so attune ourselves with the Heavenly Father that we can feel for all as He does, that we can rise above the dualities of this world to find peace in this and be a giver of love and peace to others.

By dwelling on Christ's life and striving to emulate the qualities He expressed, you will open your heart to absorb more deeply the spirit manifest in Him and all God-united souls. The strength that upholds the universe filled His being, yet even greater was His humility, which allowed Him to perfectly express God's will and His love. As long as we live within the confines of our ego's needs and opinions, we easily create barriers that separate us from God and from one another. But when we think less of ourselves we become more receptive to His wisdom - in all the ways it comes to us, thus expanding our understanding and compassion. Christ was free of any need for position or recognition. He sought only to serve and, by doing the same we can know as He did, the joys of giving. Jesus saw the divine in everyone, even in those who had erred, for He looked beyond their human flaws to see the true SELF.

Every outreaching act enlarges our consciousness, but it is by going into the temple of silence where restless thoughts and emotions subside that we can fully experience the 'peace that surpasseth all understanding,' - the infinite love Christ felt – the love by which God is drawing all souls back to Him. If you preserve what I tell you, you can attain 'a communion of unutterable sweetness with infinite Grace, the indescribable glory, the eternal protection.' That is the priceless gift God offers to us this Christmas season. May this be the beginning of a joyous soul-awakening time.

Merry Christmas to all!!



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





Recipe for a Season of Miracles

BERNIE SIEGEL, MD

Money Talks but Chocolate Sings

*Remember
This December
That love weighs more than gold!*
JOSEPHINE DODGE DASKAM BACON

The Holiday Season is now in full swing. Thanksgiving Day has gone by, but Hanukkah on December 20th, Christmas on December 25th, and Kwanzaa on December 26th are fast approaching. Whether you are celebrating the Season in a traditional way or not, it is a great time to either begin or renew a commitment to learning from their message and living holistically. Make the Mind-Body-Spirit Connection your foundation for life. It represents empowerment to take control over your health and well-being.

By using the healing potential of your mind with techniques like visualization and meditation, you can build up your immune system. It is astounding how much the immune system is strengthened by reducing daily mental stress levels with either visualization or meditation. The other great tonic for the immune system is love—loving ourselves as well as others. Because of their painful pasts many people have trouble with the idea of learning to love themselves. Visualization can be the key to breaking through that barrier.

Remember, as I've written before, the immune system responds to complex chemical reactions designed to keep us well and also to respond internally when disease is not contained adequately. We now know that stress is a definite factor in developing life-threatening illnesses like cancer and heart disease which gain a foothold in the body when our genes do not get live messages. The most powerful tool in the doctor's "little black bag" to prevent or treat illness is the patient's (your) own mind!

The Holiday Season is also a perfect time to practice the art of laughter. Merriment goes along with most traditional celebrations, but whatever your plans are for the rest of December leading up to New Year's Day, 2012, make sure you do plenty of laughing.

As you probably know by now, one of my recommendations for just about any problem is to laugh out loud several times a day—for no specific reason, but you could do it by recalling how a joke someone told you really made you laugh, or the memory of a childhood antic, or thinking about a holiday gathering with the family when as children one year, you and your sister burst out laughing when "Aunt Mildred" once again said the same thing she said every holiday—like clockwork!

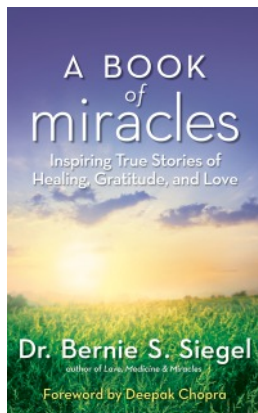
Think about giving yourself gifts to help you begin or strengthen your commitment to the Mind-Body-Spirit Connection. Find a meditation workshop, browse through the CDs on my website on effective visualization techniques, and, if you need more inspiration, treat yourself to *A Book of Miracles*. Among the many wonderful and inspirational true stories shared with me throughout the book were five centered around the Holidays, so I devoted a chapter to "Holiday Miracles." If you don't believe in miracles put your empty shoes outside your door on the eve of the holiday and see if Santa leaves a gift in them for you.

I am wishing for each of you the gift of a strong Mind-Body-Spirit Connection as your foundation for living. Love represents the bricks, and laughter the cement, which holds the foundation together. The control we each have over our health and well-being when we use the power of our minds is truly awesome. I'll leave you with the quote that starts the "Holiday Miracles" chapter in *A Book of Miracles*,

Blessed is the season which engages the whole world in a conspiracy of love.
HAMILTON WRIGHT MABIE

Peace, Love & Healing to all.





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.



Become a creator, not a competitor

WALLACE D. WATTLES

When I say that you do not have to drive sharp bargains, I do not mean that you do not have to drive any bargains at all, or that you are above the necessity for having any dealings with your fellow men. I mean that you will not need to deal with them unfairly; you do not have to get something for nothing, but can give to every man more than you take from him.

You cannot give every man more in cash market value than you take from him, but you can give him more in use value than the cash value of the thing you take from him. The paper, ink, and other material making up a book may not be worth the money you pay for it, but if the ideas suggested by it bring you thousands of dollars, you have not been wronged by those who sold it to you; they have given you a great use value for a small cash value.

Let us suppose that I own a picture by one of the great artists, which, in any civilized community, is worth thousands of dollars. I take it to Baffin Bay, and by 'salesmanship' induce an Eskimo to give a bundle of furs worth \$500 for it. I have already wronged him, for he has no use for the picture; it has no use value to him; it will not add to his life. But suppose I give him a gun worth \$50 for his furs; then he has made a good bargain. He has use for the gun; it will get him many more furs and much food; it will add to his life in every way; it will make him rich.

When you rise from the competitive to the creative plane, you can scan your business transactions very strictly, and if you are selling any man anything which does not add more to his life than the things he gives you in exchange, you can afford to stop it. You do not have to beat anybody in business. And if you are in a business which does beat people, get out of it at once.

Give every man more in use value than you take from him in cash value; then you are adding to the life of the world by every business transaction. If you have people working for you, you must take from them more in use value than you pay them in wages; but you can so organize your business that it will be filled with the principle of advancement, and so that each employee who wishes to do so may advance a little every day.

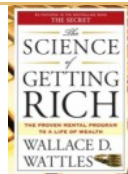
You can make your business do for your employees what this information is doing for you. You can so conduct your business that it will be a sort of ladder, by which every employee who will take the trouble may climb to riches by himself, and given the opportunity, if he will not do so, it is not your fault.

And finally, because you are to cause the creation of your riches from Formless Substance which permeates all your environment, it does not follow that they are to take shape from the atmosphere and come into being before your eyes. If you fix upon your consciousness the fact that the desire you feel for the possession of riches is one with the desire of Omnipotence for more complete expression, your faith becomes invincible.



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





The God Worlds of ECK

ECKANKAR

The best hotels and the most luxurious accommodations on earth seem like dark huts compared to the things you see on the inner planes. The worlds of God are light and spacious, and the joy that Soul experiences there is beyond human understanding. This is what Soul is trying to get to, and it comes through the spiritual exercises.

HAROLD KLEMP, Cloak of Consciousness.

Years ago, a lone ECKist stood on a bridge over a river in Wisconsin. His story is a dramatic example of the ultimate experience of the Light and Sound, God-Realization.

“From out of the night,” he recounts, “as if from a distant lighthouse, came a searing bolt of blue-white light that pierced my heart ... a heavy roll of thunder shook the bridge, as if a locomotive were sweeping past a railroad crossing at high speed. I trembled at the power of the sound ... all became still. The sound of thunder ceased, but the Light and Sound of God poured endlessly into my heart as it swept down from the God planes, from the very center of creation ... Then it came, barely a breath of sound gliding over the water ... the soft fipple of sound washed in again. Without a doubt, it was ocean waves upon a peaceful shore ... The sound of waves grew still. A pause, then again the ocean swell, but this time more compelling ... *The tide must be coming in*, I thought. Faster, louder came the surging. Thunderous, booming, crashing ... With each tidefall I reeled. The full Ocean of Love and Mercy was crushing me, cleansing, scouring, blessing ... The sound was All. It filled my every atom. The sweet and holy Current of God cradled me with Its fierce love. There was no part of me where it was not. This was the ECK, the ancient ageless Voice of God, giving new life to Its creation.”

That ECKist who stood on the bridge is Harold Klempe. This experience, excerpted from his book *Autobiography of a Modern Prophet*, occurred while he was in training to become the Mahanta, the Living ECK Master. His experience was dramatic and unique. Yet it shows what is possible for the seeker who loves God with all his or her heart.

Soul travel makes it possible to achieve God-realization in this lifetime. Learning to recognize, understand, and work with the Light and Sound of God, is one of the most unique and exciting aspects of Eckankar. Becoming attuned to the sounds, visual characteristics, and vibrational rates of the God Worlds via Soul Travel makes it possible for the seeker to achieve Self-realization and even God-realization in this lifetime.

The God Worlds can best be described as planes of reality. Each plane corresponds to a certain state of consciousness and vibration. God, or the Sugmad, is the source of all the planes. From out of the Sugmad flows the ECK. It is the ECK, Divine Spirit, which supports and sustains all life in all planes.

Harold Klempe experienced the Ocean of Love and Mercy in the pure spiritual worlds of God while physically on that bridge in Wisconsin. Sugmad exists at the heart of the spiritual worlds, in the Ocean of Love and Mercy, beyond matter, energy, space or time. It is in these worlds that you take the journey from Self- to God-realization.

Excerpt from *ECKANKAR: Ancient Wisdom for Today*, which can be downloaded for free from www.eckankar.org



Harold Klempe 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 Klempe'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





How Shall We Celebrate Christmas?

BY PARAMAHANSA YOGANANDA

This excerpt is from Paramahansa Yogananda's *The Second Coming of Christ: The Resurrection of the Christ Within You* (Copyright © 2004 Self-Realization Fellowship, Los Angeles, California. Reprinted with permission).

For twenty centuries, the world has celebrated in various ways the birth of Christ. Many count the coming of Christmas as an occasion for family gatherings and the exchange of colorfully wrapped gifts. Young children look upon Christmas as the time when Santa Claus will give them new toys and other things they are wishing for. They hang their stockings by the fireplace, and Santa is said to slip down the sooty opening of the chimney to fill them with the longed-for articles. With what anticipation the little ones lie awake the night before, waiting for Christmas morn, till they drift off into happy dreams! The mothers and fathers delight in decorating the family Christmas tree and loading it with gaily wrapped presents.

Many who have no home and family look forward to Christmas as perhaps one time in the year when they will be invited to a special home-cooked hot dinner. The worldly minded enjoy their social rounds, and drink themselves into oblivion as their way of celebrating the birth of Christ.

To the practical-minded, Christmas has also a mercenary side. Churches count on the spirit of the season to bring bigger collections to support their work; and on the same basis merchants encourage spending in anticipation of higher profits. There is nothing wrong in using business methods to advance the spiritual work of Christ to establish his ideals in receptive souls; but it is blasphemous to use Christ and his ideals merely as a means for increasing business.

Christmas in many churches means great festivity, and is observed with music, plays, ceremonies, socials, and often extra charitable works. In special religious services the congregations fervently thank God for sending His beloved son "to redeem the sin-laden world." Those who are deeply spiritual, such as the sincere monks and nuns sequestered in their monasteries and convents, celebrate Christmas even more seriously and fervently, by meditating on Christ.

Superficial celebrators turn his hallowed day into little more than an expensive social occasion. They at least get out of Christmas a few gifts, the kindness and love behind those gifts, and some

passing moments of joy. But how few receive its fullest blessings, by really celebrating Christmas in the thought of Christ! Most people do not know how to celebrate the coming of Christ on earth: by beholding the divine Christ Consciousness, which was manifest in Jesus, born anew in the cradle of their own spiritual awakening in deep meditation.

The question is, which is right? to observe the birth of the Christ Jesus with worldly rejoicings expressed in bright decorations, festive dinners, and the exchange of gifts; or to worship him in spirit only?

Birthday celebrations are meant to make the one who is being honored feel that his life is of value to those observing his birth anniversary. Such observances also serve to focus the attention of others on qualified souls whose lives are worthy of appreciation and emulation. Jesus does not need our celebrations to gratify and uplift him. But it is right and appropriate that we celebrate his birthday every Christmas, because his life is permanently useful and inspiring to all humanity in all ages. We certainly need to celebrate his coming in order to remind ourselves of his exemplary, abiding, uplifting life, so that perchance our deeper thought of him may encourage us to remold our lives, and to pattern them through all futurity after his divine life.

Millions are planning to celebrate this coming Christmas in their usual way, as a purely social event. Who is looking forward to using this special time for spiritually remembering Christ and for exchanging gifts of soul and heart qualities?

Will Christmas be for you just a romanticism of religious and social festivity, or will you observe the real meaning of Christmas? I urge you to celebrate truly the birth of Jesus: by realizing within yourself his universal love, forgiveness, character, renunciation, and devotion, and by feeling Christ-love for all brother races and all living creatures. Unless you make the effort this coming Christmas to get truly acquainted with the ever-living Christ—born within you as new wisdom, new happiness—I am afraid you will let yet another precious instructive season pass without heed.





I am not asking you to omit the social observances of Christmas. What I want to see is that you do not, like the millions who forget God, omit in your celebration the paramount spiritual factor. Add to your social festivities the bringing of Christ a second time—in your meditative consciousness. There is only a suggestion of Christ in Christmas festivities; but in the cradle of divine ecstasy in meditation he is seen and felt as an everlasting, ever joyous reality.

Prepare yourself to celebrate Christmas in the real way:

Make your heart an altar of Christ-love—which lives in all races and loves them equally—so that you may love all people, seeing in their body-temples the dwelling place of omnipresent Christ.

Forgive all your enemies—real and imaginary—even as Jesus forgave his adversaries. Fill your heart with compassionate understanding for those who crucify you with unkind actions, words, or ingratitude in exchange for the good you give them. Let your prayer be: “Father, teach me to love my error-stricken brethren, who know not what they do. Let me not by unkindness drive them deeper into evil, but rather let my love persuade them to better ways of living.”

Govern all the actions of your life with the honesty and fearlessness of Jesus Christ.

Overcome sorrow-producing temptations by self-control, even as Jesus overcame the temptations of Satan. Develop a preference for all things good. Forego the temporary pleasures that derive from misuse of the senses, and pursue the lasting, true happiness of the soul.

Give to others good for evil, understanding for misunderstanding, kindness for unkindness.

Within yourself, substitute peace for disquietude, calmness for restlessness, and lasting bliss for material pleasure.

Give the spiritual gifts of your outstanding good qualities to those who need them, and receive ennobling soul qualities from the great ones, who love you for your own good.

Remember that Christ can be born again every Christmas, or at any other time, in your meditation-awakened consciousness. Behold the omnipresent, ever-living Christ born anew in your devoted attention. Make the unknown Christ known to you by communing with him as the ever-new, ever-increasing joy of your daily deep meditation. Love Christ as this joy of meditation, and in this way celebrate every day the spiritual Christmas: his second coming, within yourself.

See the rebirth of Christ in the magnificence of all nature, in your awakened wisdom, in everything that wears true beauty, and in everyone who is saturated with the fragrance of Christ qualities.

Enjoy whatever you do at Christmas with the thought of Christ, in the peace of Christ.

Exchange gifts as offerings to the Christ in all; and on the Christmas tree of your calm consciousness, richly decorated and glistening with divine soul qualities, place for him the gift of your heart. There receive from Christ the gift of himself.

Through the portal of meditation, let your imprisoned joy escape to, and rest in, the heart of Christ, which is in everything. Let your joy dance in the farthest planets, over the vastness of the blue, and in the wavelets of souls you have met and loved, and who are nearest to you. Then you will behold Christ cradled in every manifestation of creation. You will discover the omnipresent joy of Christ in all saints, in all men, in all creatures, in the star-studded cosmos, and in the cradle of your thoughts and the temple of your soul.

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



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



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

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



Readers' Inspirations

Christos

To him I bow, north south east and west;
To thee I salute with zest and exuberance;
To thine I recognise in me, and in all things;
And in Spirit may the Christ-consciousness expand in us evermore!

SUREN PILLAY



Think about this during the Holiday season:

From the very night of time, the period wherein the sun moves northward again has been regarded as a festival season; for thousands of years it has been associated with the coming of the Sun-God to save the world, to bring light and fruitfulness to the Earth. Christ availed Himself of this period and came to us in the dark of the year and initiated a new era in which light was to be the distinguishing note. He inaugurated a marvellous period in which humanity has been widely and universally enlightened.

ALICE A. BAILEY FROM *Destiny of the Nations*



Spirit of Soul

The heart of love knows the spirit of Soul,
And by the present practice of this perspective,
Shall the journey home be commenced,
And someday our destination shall meet within
To discover again, the true substance we are.

And what am I but Soul,
And what is Soul but that I am;
The substance of beingness,
Expressing the consciousness of Spirit.

OLIVER MBAMARA



The Beloved

An entire lifetime we have remained captives in our own cage.
This much is clear: we cannot become settled in this trap.
O Beloved, cast but a glance our way; have mercy:
We are the wretched and poor of Your lane.
O auspicious master, you who pay no attention to us,
Through your love our hearts grow young, however old we may be.
Ever since your love brought light to the house of the heart,
Our minds have been at peace, far from both cleric and king.
Once we heard Gabriel's call at the tavern door,
We became strangers to the melodies and songs of the world.
Come back and take this ego away, that only You might remain:
We've been weary and fed up with our existence for such a long time.
We've washed our hands of everything, that You might bestow light:
We've given our heads on Your path, and lie ready to die at Your feet.

JAVAD NURBAKSHI



Index of Resources and Online References

Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>
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Baha'i International Community

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Centre for Spiritual Awareness

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Heaven Letters (TM)

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TSOGR (The Science of Getting Rich)

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