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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-three

9 January 2012

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Welcome to the January 2012 issue of *Transcendence*.

And welcome to a brand new year!

There are so many different predictions for 2012 - most of them catastrophic. Astrologically, the position our solar system will be in on the 21 December 2012 was last seen 26 000 years ago.

Whatever we believe will happen during the year ahead, is probably based on something that we've heard or read, and more likely a version of someone else's opinion. The sages tell us not to make assumptions based on the grapevine, but to go within and learn from our own experiences and intuitive messages.

The best time to take up meditation or inner contemplation is now. There's no time like the present. Being mindful of how we think, speak and act are all preliminary exercises to successful meditation. And it is in deep meditation that we can connect with the Universe and understand the bigger picture, first hand.

We will be renewing our contributor 'contracts' at the end of February and we remind all who would like to continue contributing to please let us know. I will be sending a personal reminder to everyone during January. If any readers know of anyone who would like to contribute articles on a monthly basis, please ask them to email me with more info on what they would like to write on (transcendence.mag@mweb.co.za).

All of us at Transcendence wish our readers and contributors a most sublime and divine 2012. We hope you continue to enjoy our articles and take from them whatever is most useful for your growth and upliftment.

In Love and Service, always,





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

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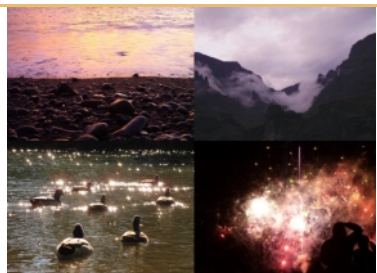
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www.cosmic-creations.net



cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 3749 - Computer Interaction

GLORIA WENDROFF

God said:

You are attached to life on Earth. If you were not, you would not suffer. You would not agonize.

You who are attached to the internet have forgotten the truth of your existence which is: You reach far and wide everywhere with or without the computer. You are far-reaching. You are a far-reaching human Being.

And you, and everyone else, are also far-receiving human Beings.

Do you think that because something is not published, that it does not go out? Do you think that because the physical manifestation, which the internet is, remains within your computer that it is not received?

Do you think that because I am not visible that I am not?

Upset is visible, yet emotions themselves are not seen. There may be evidence of your emotions, yet emotions themselves are not seen. They are construed, yet how very real are emotions to you. How very real are your emotions to you. You may not give great regard to others' emotions. You may smile at others' emotions, their joy or their heartbreak. From your view, others' emotions do not quite have the significance that your own do. You see others' emotions as fleeting things while your own emotions hold you in their vise.

And, so, your computer is broken, and you feel relegated to being out of the loop. You are on a desert island. Life has seemingly gone on without you. It seems to you that you have been severed from life in the world. You have had a kind of death. You have been left behind. The world is going on without you. Although you are as much part of life as you ever were, you feel left out.

Your life is not really dependent upon computer interaction any more than it is dependent upon the style of clothing that you wear.

We, you and I, can write the lyrics for a song: "It is only you and Me, baby, as it ever was. Just you and Me, dancing across the Universe. This is what life is, baby, you and Me."

It is not illusion that you are connected to the world. The illusion is that you are dependent upon the internet to connect you. The illusion is that you are dependent.

Willy-nilly, thoughts are exchanged. There is interchange between souls. Your heart is speaking to all the people you know right now. I am speaking through you as much as ever. It is not really a secret that hearts speak across the galaxies, and hearts are connected, and hearts meet through the simple act of love.

And, so, even in a cave, hearts speak, and hearts hear.

Let there be death of illusion, and Truth arise. Let Truth expand your heart. Let Our companionship wrap the world into Our hearts. Let Us be bound in love and nothing else. Let Our love be far-reaching and near-reaching. Let it be known that Our love is all, and all is love.

Is love dependent upon physical connections? No, love is dependent upon nothing but itself. Love is independent. Love is not dependent upon a word, or a voice, or a smile, or eyes looking into yours, or an email. With or without emails, you and everyone else are connected, and well-connected. You are connected with Me.





So, your computer crashed. The computer, I repeat, is not your connection to the world. It is a graphic display of your connection. It is loud and clear, and yet the computer is not your lifeline to the world. It is a mechanical object that brings the spiritual into the physical. First there is the spiritual. The spiritual comes first. Without the spiritual, the computer is nothing. Without the spiritual, nothing is anything. The spiritual cannot crash. The spiritual is everything. And all is well.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



When you really must make a choice of going left or right, and you are not sure, make it anyway. Choose one. Neither will be wrong. And one direction or another will settle in for you, and you will find yourself going strongly. Maybe there are more choices than you initially saw. Or you go in one direction now so that your true direction may be revealed to you later.

Heavenletter #27 Willingness for God's Will



Ownership is not the measure of you. Evidently, you think it is. Evidently, you think you are less without the illusion of ownership of an object or a person. Ownership is one of your well-developed illusions of measurement, and yet counting is not the best use of your gift of Human life.

Heavenletter #59 Who Owns a River or the Ocean



Connect yourself 100% with Me, and then you cast love on others but do not adhere nor be adhered to. Meld into Me, not to any other. No one has the capability to give and accept love as I do. Furthermore, I offer My love so that you may give it to others also. My love doesn't end anywhere. It stops everywhere; it stays everywhere, but it doesn't stop in one place as a finished object left to stay there.

Heavenletter #95 With God



Truth be known, you are My love. You make My sun to shine. It shines on you. Be the receiver of it. That's all. Bask in the Sun of God. Be warmed. Be brought closer to the Sun.

Heavenletter #108 We are Love Itself

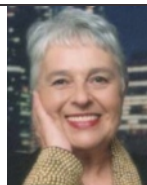


What enchantment Our love weaves! It wove you. It wove you across the universe. From Heaven to Heaven. You are the woven warp and woof of the universe. You are its cross-strings. You are its bow and its arrow. You are its circumference and its center. You are a lodestar of the universe.

Heavenletter #120 Weave the Universe

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





To be Spiritually Enlightened is to be Fully Awake

ROY EUGENE DAVIS

The difference between the kinds of perceptions one has when consciousness is modified and what is known when one is spiritually enlightened is as radical as the difference between dreaming and being fully awake. During a dream, especially one in which we feel threatened by a situation, when we suddenly wake up, we can immediately know that conditions which seemed “real” in the dream do not really exist. In a similar way, gradual or sudden awakening from ordinary consciousness to Self-realization banishes false ideas and replaces thoughts of limitation with the ability to freely express. When we hear about transcendent events, although we may be inspired and more highly motivated on our spiritual path, our mind and consciousness is not fully illumined until we have similar realizations. When virtuous thoughts and behaviors are adopted, our powers of discernment and intuition improve more quickly, rational thinking is easier, awareness is clarified, and personal relationships and environmental circumstances are more harmonious. Improved personal circumstances are not rewards for constructive thinking and behaviors. Constructive actions reduce stress, nurture physical and psychological well being, and allow natural spiritual growth to more easily occur. The characteristics that spiritually enlightened people have should be nurtured by everyone who sincerely wants to live effectively and be Self-realized in their current incarnation. If they are not yet natural for you, acquire them:

- **Humility.** Modesty and absence of pride, arrogance, or other attitudes or behaviors that characterize an exaggerated or inflated sense of self-importance. Habitual egocentric identification, thinking, and behaviors frustrate our innate urge to be spiritually conscious. Knowing that we are immortal spiritual beings should enable us to Self-reliantly attend to our duties without needing or wanting acknowledgment or approval from others.] Renunciation (complete letting go) of false perceptions of self-identity allows innate qualities to more easily emerge. When meditating, if you use a technique (such as prayer, breath awareness, mantra, affirmation, or visualization) to elicit physical relaxation and mental calmness, when you are peaceful, contemplate the omnipresence of ultimate Reality. Blend your attention and awareness with it. Dissolve in it. When you contemplate something, ideas or perceptions of duality (a sense of “I am look at or relating to that”) may be present. When attention and awareness merge in the object that was contemplated, or transcend it, perceptions and thoughts of otherness cease.

- **Simplicity.** Uncomplicated, unpretentious (not inclined to try to create a false impression), practical, natural. It not necessary, or recommended, that a simple lifestyle be dramatized by an overt display of poverty. The practical way to live simply is to do what is necessary to accomplish purposes of value and to avoid nonessential or unproductive activities, relationships, and situations. Mental and physical powers are effectively utilized and vital forces and personal resources are not wasted. For health and well-being, adhere to regular schedules of superconscious meditation practice, metaphysical study, selfcare routines, productive activity, sleep, and recreation. Use material resources wisely. Keep your personal environment clean and well-ordered.

- **Compassion.** Sincere, empathetic concern for the well-being of others with desire to relieve their distress. Honor the innate, divine nature of everyone. Wish for their health, happiness, prosperity, and spiritual awareness. Help in practical ways when it is possible to do so in accord with your resources and abilities. When possible, help them to help themselves, have personal needs satisfied, and nurture their spiritual growth. Encourage them to be optimistic, Self-reliant, and productive.

- **Obedience.** Willing, attentive compliance with what is right, correct, or proper.

Excerpt from *Truth Journal*, October-November 2011

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951 and appointed as the minister of the Phoenix, Arizona, Self-Realization Fellowship Center in March 1952. In 1955 he began his mission as an independent Kriya teacher. Since then, he has taught in more than 100 cities in North America and in Japan, Brazil, Europe, West Africa, and India. He is also the publisher of *Truth Journal* magazine and writes monthly lessons for CSA members around the world.



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Truth Journal Online



Potencies Produce Precipitation

LUCIS TRUST

In our individual lives the awakening of the soul and the birth of the will-to-good are extraordinarily intense experiences of joy and meaning, of light and love. At the same time, however, and of necessity, these experiences bring glaringly to the surface all the incorrect impulses and selfish desires that we have hitherto managed fairly successfully to hide from our gaze. It is because we are now able to deal with them once and for all and stop them distorting our lives any more that we are in a position to have them fully exposed to ourselves and to truly recognise and face them. What is true for the individual is also profoundly true for humanity as a whole.

The life of humanity in recent centuries has been characterised by a spirit of rigorous enquiry which has yielded breathtaking discoveries in every field of human interest and activity. The least noticed but perhaps the most important of all these discoveries is that we have started to learn how to use the mind. All human discoveries can produce both good and bad results, and the use of the mind is no exception to this rule. Motivated by the unredeemed personality, the mind is an agent of selfishness and manipulative aggrandisement. But, under the influence of the soul, the mind is able to think truth and to see things as they really are. It knows that wholeness is the reality behind all outer manifestation and from this perspective it can cast light into the dark recesses of the human psyche. It is thus on a global scale bringing into the open all the patterns of harmful desire and thought and behaviour for which humanity is definitely responsible and which now manifest as the major world crises that are collectively disfiguring and threatening the planet and humanity as never before in history. Furthermore these crises are now converging to a point of supreme climax before our eyes right at this very moment.

If we only look at the surface of things it is inevitable that we feel a deep sense of inadequacy in the face of such stupendous challenges. But when we penetrate beneath the surface and begin to transcend the limitations of the personal, touching with growing frequency the reality of love which we call the soul, we immediately become aware of three things. Firstly, we recognise that all outer events and circumstances are actually precipitations of inner causes. Secondly, we discover that the current world turmoil – and in particular our acute awareness of it and of what it means to the lives of people all around the world – is not simply an emergence onto the physical plane of man's collective desire and thought life. In a profound way it is actually being precipitated by the soul itself. Precisely because it is coming to birth within humanity as a whole the soul is now able to hold a mirror up to human consciousness and bring into the open all that is unacceptable. So paradoxically, behind all the outer chaos and the immeasurable tragedy and suffering of the present period is the loving potency of the soul. Thirdly, we are faced with the reality that only the incarnation of the life and values of the soul on a large enough scale can creatively transform the life of humanity and deal with all the problems facing us. Anything else is merely tinkering with symptoms and compounding the problem.

These recognitions give us all tremendous cause for optimism in a world that is in large measure either in denial or in despondence about what is happening. What a wonderful encouragement for us to rise above preoccupation with our personal affairs into the sphere of selfless service. It is here that we participate in the work of intuiting and grounding the new ideas and spiritual values for a humanity that is hungry for a fresh vision and the light of a new hope.

The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.

Postal address: Lucis Trust, Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
london@lucistrust.org www.lucistrust.org



LUCIS TRUST



How Well do You Get Along with Others?

SWAMI KRIYANANDA

A CHECKLIST

Before I met my Guru, many people — students of acting in the theater where I was studying to become a playwright — tried to convince me that nothing mattered except “getting to the top.” It didn’t matter, they insisted, how many people I trampled down in the process. Nothing mattered except my own self. I alone had to be pleased. Those people had absorbed too much modern existential “philosophy,” which had led them to believe that the only honest attitude in life is to be wholly subjective. It was this line of reasoning, among other things, that drove me almost headlong to the spiritual path.

For it was obvious to me even then that, if I trampled on others in my efforts to “get to the top,” I would also be trampling on myself. The attitudes that I projected onto others would become imbedded in my own consciousness. If I was indifferent to the feelings of others, I would lose my own sensitivity to feeling itself as a fundamentally important part of human nature. And if I lost my sensitivity, I would cease to be a human being, and would become a mere automaton of flesh and blood.

What I must do, I decided, was exactly the opposite: I must deepen my own ability to feel, my sensitivity to life and to everything and everybody around me. Some of those theater friends paid me a visit after my conversion to the spiritual path, and departed afterward with the same cynical smiles of inner emptiness.

A fundamental reality we all share is our egos. Reality, as far as each of us is concerned, is centered in ourselves. Yet we know that there is a vast reality out there to be explored, and if possible, to be understood. Some of us reach out to embrace it. We want to know how this little ego of ours relates to the vastness around us, how our realities fit in with those of other people. Others, however, seek protection from what they perceive as a threat in all that vastness: not just the vastness of the universe, but the vast diversity of human customs, attitudes, desires, and ideas; in short, other people’s realities. Although born with egos, all of us are part of, and belong to, a universal reality. We are self-fulfilled to the degree that we partake of that reality. And we offend against our own deepest nature when we divorce ourselves from that reality.

The following suggestions will help you to recognize and affirm your broader reality, which dwells within everyone. As you adopt them in your daily interactions with others, your understanding of yourself and others will deepen. As you begin to understand others more deeply as extensions of your own self, harmony follows automatically. These suggestions are therefore helpful also as a checklist for how well you are succeeding in your efforts to live in harmony with others.

A checklist for living in harmony with others

1. Never judge anyone. Accept all as they are.
2. Realize that each person has a duty to change and improve himself. Whether or not he does so is not your responsibility.
3. Develop a sense of humor, first as regards your own foibles, and second as regards the foibles of others.
4. Don’t accept error when you see it, but accept simply that people do make mistakes. (Haven’t you yourself made a fair share of them?) Thus, love people not for their faults, but in spite of them, and because everyone is trying, each in his own way, to find his way out of his own pits of error.





5. Look upon other people as friends and acquaintances of yours whom you may have known in past incarnations, and some of them perhaps closely and dearly. It is, indeed, probable that you have known many of them before, for we live a vast number of lives on earth.
6. Whether or not they are your friends from before, God in His infinity is omnipresent. He therefore resides in everyone—as everyone! See all whom you meet as expressions of our one common Father/Mother God.
7. Be strict in practicing the moral principle of ahimsa, or harmlessness. Never wish harm to anyone or to any creature—nor even (if you are deep in this practice) to any thing. Automatically, as you continue this practice, you will find yourself wishing everybody well.
8. Never covet another's property. Wish everybody happiness in their possessions, and in their ideas and inspirations.
9. Dismiss from your mind the thought of personal attachment to anything. Thus, when dealing with others, you will find you have no ulterior motives to warp your understanding of them.
10. Never view anyone with the thought of needing or desiring anything from him. Give him perfect freedom, mentally, simply to be himself, and to be complete in himself.
11. Be ever truthful and sincere—first of all with yourself, and then with everyone you meet.
12. Never tell yourself, regarding anyone else's shortcomings, "I could never be like that!" The sad fact is, you could be. We all have the potential to be like anyone on earth, from the most debased to the most saintly. Be compassionate, therefore. Pray inwardly to God never to let you fall into that error again. For who knows what mistakes you may have committed yourself—perhaps in the far distant past.
13. Smile at others when it seems right to do so. Smile with them, not only at them. Let your smile be not only with your lips, but from your heart. Let it rise from there to shine out through your eyes.
14. Laugh with others, never at them.
15. When others grieve, never withhold your sympathy from them, but, instead of grieving with them, try to give them your heartfelt joy.
16. When others tell you of their troubles, try gently to steer them in the direction of finding possible solutions to them.
17. Try to love people as extensions of your own self. We may think of each person as specializing, on behalf of the whole human race, in being, simply, himself!
18. Live in the thought of God's loving, blissful presence within you. Next, try, when in the company of others, to share with them His inner bliss.

As you follow the above principles, your own inner understanding may suggest to you countless other ways of recognizing and affirming your own broader reality, which dwells within other people also. Seek ways, then, to befriend and help them. All creatures, indeed, each in his, her, or its own way, are parts of your own one, greater Being.

From the essay, "Understanding People," in *Religion and the New Age*, and *Material Success through Yoga Principles*, Lesson Nine, Crystal Clarity Publishers.

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





Moral Bias

ROD BRIGGS

We take much for granted in this extremely complex 21st century world of ours.

In fact because the environment we find ourselves in is so intricate we often leave entire areas of our lives in the hands of 'specialists,' on the grounds that they have devoted time to pursuits which qualify them to make better informed choices for us.

We subsequently never explore these areas, assuming that the experts have got it right.

This leads to lazy thinking on our part, as our critical and emotionally intelligent mental processes stay dormant, and shaky ethical outcomes on the part of society.

While in Europe recently I saw a panel discussion on the right to life which put into perspective just how ambiguous societal mores can be.

Stripped to its essence, the law, in most first world countries, states that a doctor is forbidden from ending life but is permitted to end life support.

This state of affairs is, for the most part, accepted by the public at large as normal and ethically fair. But is it? Think of a murder trial where a person was on the way to drown someone in a bath but when they got there the victim was already drowning.

On seeing this the defendant chooses to do nothing and let the person drown. Is he still guilty?

Our moral intuition would tend to see guilt in both cases yet, because it's in the hands of specialists, we fail to see the same in the medical version.

It seems that we treat actions in one way and omissions in another and as long as we do this the logic will ring false.

Notice what you habitually leave to the "experts" and learn to question the outcomes against your own moral judgement. You will begin to see how ambiguous our ethics really are.

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





Cosmic Meditation

SWAMI MURUGESU MAHARISHI

You know that a great power exists through the whole universe. This is called 'God' by religious followers. You can learn more about this scientifically in my other messages.

Let us presume that you have known well that such a universal energy is functioning in and out of all things, from a tiny electron to a gigantic sun. Suppose you want to witness its existence directly, as well as its qualities and functions. The following meditation is prescribed to do just this.

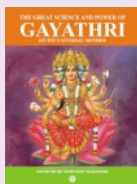
Sit. Close your eyes and focus your attention on the universal space that exists everywhere, and various visible objects that exist in that space. Concentrate and pose within yourself the question: "What is this blue sky that is seen up above and all around the earth's surface? How and from where did the sun, moon and stars come into being? How was the earth created?" and so on until you exhaust all your own ideas about the visible universe.

Then focus your consciousness on that space and hold the following thought in mind: "What is it which has created all these things?" Suddenly your consciousness will expand into the whole universe. You will feel that the entire visible universe exists within you and you are that energy which creates all these things. After finishing the Sadhana, you will feel an inexhaustible new pleasure and the secret of the universe will be clearly revealed to you. This is realising God.

After you have mastered all the meditations explained in these lessons, and you are satisfied that you have obtained the knowledge and qualities of whatever objects you've meditated upon, you may test your capacities as follows: Select a visible tree for your meditation.

After concentration, keep its form in your consciousness and then let your consciousness feel that the tree is withering. This will mean that your meditation power is up to a workable limit. More should be explained here, but you yourself can understand that miracles can be performed by deep meditation. You can change any animate or inanimate object, but you should not do it. For the same good or ill effects will befall you. After experimenting once or twice, stop and use your meditational power for your improvement and happiness only.

There is no use reading hundreds of books without putting their teachings to use in order to acquire beneficial results. Try to put my teachings into practice and achieve marvelous benefits in your life. I certainly hope you will follow my advice and become a superman (or woman) in this life.



The Great Science and Power of Gayathri, Divine Universal Mother by Dr RK Swami Murugesu Maharishi has just been republished in English.

Click here to download the first four chapters for free.

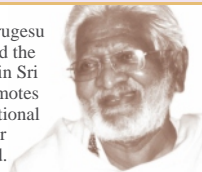
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Yoga and Science

SUREN PILLAY

Since the dawn of time man has pondered the secrets of the universe, and contemplated the nature of the universal power that governs all things great and small in the world. He has attempted to understand the mysteries of existence in two distinct, yet linked paths. The first being religion and mysticism and the second being science. In the search for the truth of existence, science has attempted to explain all things knowable and observable to the senses of a human being by observation, logic and inference. In the last century science has undergone a radical quantum leap in evolution being able to understand and manipulate subtle frequencies of energies and information for the benefit of human beings. The ultimate and end use of such science and technology is, nevertheless, dependant on the state of human evolution and consciousness. The real question is whether there is any fundamental difference between an scientist and a yogi.

To the worldly man there exists a significant difference between both scientist and the yogi ascetic. One appears to be actively involved in the world while the other is renouncing the world. However, a more holistic view of the aims and ideals of a yogi and scientist might lead one to a different conclusion. The yogi is attempting to know and understand the source of creation using a specific technique of yoga to attain an inner spiritual state of knowing. The scientist is also attempting to know and understand the mysteries of universe which underly the entire fabric of creation. He pursues his study by observation of interactions, events, data collection, analysis and inferences using logic to arrive at a conclusion. The primary difference is that the yogi chooses to understand without allowing his intellectual mind to take the front seat in the process of knowing. Instead he chooses to experience the source by transcending his mind and perceiving the finer and subtler vibrations of the universe which become ever apparent to the sincere seeker.

The scientist intellectually engages his mind to discover the source and its finer manifestations on earth. The proof of his understanding lies in his ability to prove its existence by external means which can be measured by some form of instrumentation. There might well be a day when the scientist is able to devise instruments capable of subtle energy generation and detection. It should be noted that even though the scientist and yogi are not contradictory in their life purposes, the outcomes in terms of their spiritual evolution can be vastly different.

The yogi practices a technique to obtain an expansive awareness of cosmic consciousness. The yogic scriptures confirm that even a little of this yoga practice will be enough to save one from misery. The yoga that a yogi practices gives him an inner sense of satisfaction and clarity that no amount of scientific and intellectual proof can give. The proof of a yogi's realisation is in his state of consciousness. This consciousness cannot be measured by external scientific instruments, but can be felt intuitively by any receptive spiritual being.

In conclusion, I would like to say that to practice yoga is to practice a spiritual science. There are definite techniques to achieve definite states of inner consciousness. These are tried and tested principles and can be practiced by anyone.

My invitation to you this month, dear reader, and at the beginning of this new year, is to start engaging in a spiritual science to test its validity on a scientific basis and see what effect it has on your inner state of mind and being!

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>





New Year - Time for setting noble goals and resolutions - A Bahá'í Perspective

FLORA TECKIE

We just started a new year with joy and expectation. A new year is often associated with resolutions on how to change our material lives for the better. It should also be a time for setting new and noble goals and resolutions on how to transform our spiritual lives and the society we live in. As stated in the Bahá'í Writings "... *thoughts must be lofty and ideals uplifted in order that the world of humanity may become assisted in new conditions of reform*".

The Bahá'ís view spiritual transformation as the basis for lasting improvements in our lives and central in our approach to social change. However, our contemporary world is often ruled by materialistic values and standards. The lack of attention to spiritual reformation and the neglect of character development has been the cause of numerous problems in our societies and all over the world.

There is an important link between practical and spiritual aspects of our lives. The body is the instrument of the soul's development in this earthly life. As such physical health and development cannot be neglected. Material means are essential for humanity to pursue its spiritual and other goals, as long as we use our material means towards the primary goal in life, which is fostering our soul's progress, and contributing towards the spiritual transformation of our societies.

As stated in the Bahá'í Scriptures:

"In this new year new fruits must be forthcoming, for that is the provision and intention of spiritual reformation. ... of what avail is the reformation of physical conditions unless they are concomitant with spiritual reformations? For the essential reality is the spirit; the foundational basis is the spirit; the life of man is due to the spirit; the happiness, the animus, the radiance, the glory of man -- all are due to the spirit; and if in the spirit no reformation takes place, there will be no result to human existence."

As we set noble goals and resolutions for the New Year let us have the determination and perseverance to carry them into action. We all praise and admire noble actions and good deeds and would like to be treated well by others. We often tell our children that it is good to make some one happy and to be kind and loving towards others, that one should avoid lying, jealousy and malice at all costs and that it is wrong to be a cause of pain to anyone. But often these remain as good words and are seldom carried into action.

As we refresh our physical lives for the new year, let us also beautify and adorn our souls. Bahá'u'lláh says: *"Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty. Beware, O people, that ye deal not treacherously with any one. Be ye the trustees of God amongst His creatures, and the emblems of His generosity amidst His people."* He further emphasizes *"Let deeds, not words, be your adorning!"* and *"Let each morn be better than its eve and each morrow richer than its yesterday."*

The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



Bahá'í Topics

*Religion bestoweth upon man
the most precious of all gifts.*
-BAHA'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

Tel: +27(11) 801-3100 Email: nsa.sec@bahai.org.za Website: <http://info.bahai.org>



Maitreya is the World Teacher, the Master of all the Masters, the Head of the Spiritual Hierarchy of Masters, the Embodiment of the Christ Principle on our planet. He holds the office of the Christ and worked through the Master Jesus in Palestine for the last 3 years of Jesus' life. He is the Teacher or Avatar awaited by many faiths under different names; He is here for all humanity, not as a religious teacher, but as a spiritual teacher to uplift and bless all humanity, to heal and inspire us to make the needed changes in the world. His social concerns are reflected in His priorities. As He Himself says: "The problems of mankind are real but solvable. The solution lies within your grasp. Take your brother's need as the measure for your action and solve the problems of the world. There is no other course." Maitreya's message can be summed up in a few words: "Share and save the world." He has come to teach the art of Self-Realization. He comes to offer the love that he is, so that we may know the love that we can be.

The Herald of the New

BY THE MASTER through Benjamin Creme

Many will remember the present time as a time of trial, of tension and upheaval. Actually, seen with the more discerning eye, it is a time of renewal, of preparation for a new beginning. Thus may men take great hope from the present changes. The past has had its day and is fast failing to benefit the race. The young grow weary and fretful from its long dominion, and turn to drugs and crime to ease their souls' ennui and despair. Meantime, the Herald of the New is quietly inspiring a new generation of activists who will emerge in every nation, mindful of the needs of men everywhere. Already, as you know, the groups of activists for the new structures are working openly and courageously in many lands, showing a new aspiration which is forming in the hearts of millions: respect for, and co-operation with, all, and an end to the old divisive greed.

Thus are men finding the blueprint of the future time, by renewing themselves in the simple teaching of Maitreya. Peace and Justice are beginning to take centre stage in the minds of millions. When men realize that sharing alone will bring these cherished concepts into being they will embark on a transformation of society beyond anything envisaged until now. Stage by stage, these changes will be adopted and tried out for general use. The pain and sense of loss of today will give way to renewed hope and satisfaction that the world is at last on the right path and thus experiments can be safely undertaken. Thus will disappear the fear of change. Great transformations will proceed in ordered sequence as men realize the beauty of the new forms. Gradually, the old, divisive ways of the past will be seen as the mistakes of the past and die out, useless to the new unity.

The words and example of Maitreya will hasten the sense of the unity, which will more and more manifest the energies of Aquarius, drawing men into a synthesis unknown today. At the present time, the Masters in Their various centres work through Their groups to bring about these changes with the minimum of social upheaval. Theirs is the task to empower change at an acceptable rate with evolution rather than revolution. This is not easy to do, for men, when young, are impatient for the new, and when old, are resistant to change. Thus the present turmoil. Many await this time with hope and joy. Many more are locked in hopelessness and fear. Many are eager to see the future world free from war and destitution. Many more wait wearily for their burden to lighten. Maitreya will awaken men to their destiny and free them from fear and doubt. He will free them, too, from the constant sense of alienation and distrust. Men's long winter in the wilderness has prepared them for the simpler, happier times ahead.

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>





The Soul is Glorious

SWAMI SHANKARANANDA MAHARAJI

As long as we walk with the shadow of no-change, of hate, greed, of no-respect, then we are not going to change. The easiest way to get rid of the shadow is to add light. Ignite the light within.

Each one of you is a light. The only problem is that you don't shine as a light because of the shadow over you. Get rid of that shadow. Once you do that, nothing in this world will create any darkness over you. You'll live a life of purity.

You need to understand one thing. You are one perfect, intelligent, knowledgeable and blissful Being. You are that One. But we are what we are because of what we think... 'I can't do this, I don't have the intelligence', 'I have no knowledge of that'.

We think like that. But in God's creation, we are the light of supreme bliss. And in that supreme bliss we shine in the glow of paramatma.

The wave will always dissolve in the water. The mirror will always stand as a mirror whether or not you are in front of it. Even if you're not in front of it, it still reflects.

It's the same with the soul. It is there with or without the body. It will always merge with the Super-soul or Paramatma. If you understand that, you won't have any problems in this life.

You introduce ourselves to others by the tasks you perform: 'I'm a pilot', 'I'm a lawyer', 'I'm a director...', We don't introduce ourselves as who we are, but as what we do. But who are you? A great, vital, energetic Self abiding within. That's who you are. And once you can introduce yourself in that manner, then you have attained.

Take my words now and let them work for you now, then you'll be a proud person when I fade away.

In 2012, make this change. You have the God-given power to change! In this change, know yourself to be the vital, vibrant energy of beauty and love.

Experience and grow in the energy of the Soul. Make the Soul your masterpiece. Know who you are.



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





What are bodies about and for?

BERNIE SIEGEL, MD

I have written, in other places, about our Creator's latest parable relating to us that we are satellite dishes, remote controls and television screens. To clarify the meaning of these words for those, who like me have problems with parables, we are receivers of words and images and have minds, like remotes, with which we can select the channels we tune in to; and we have bodies, like screens, to act out and make visible what we have heard. The problem is that people are usually not tuning in to the right channel and listening to the right voice speaking the message of creation, which is to serve, rather than the voice of destruction or self interest.

So now you know why we are given bodies. But why are they so complex, interesting and far from being robotic or trouble free? Why don't they come with a warranty? Just think of the first one-cell organism and you begin to understand. How do you survive the changes as the universe is being created? You huddle together like a family in times of trouble, protected by those on the outside who may die because of temperature changes and dehydration while those in the center survive. How do they communicate warning signals to each other during times of stressful exposure and the opposite when the danger is past? They communicate through the neuropeptides they secrete and excrete into the environment so the cell membranes in the vicinity are alerted to the conditions which exist. Some plants and animals still communicate in this way to protect each other from environmental dangers.

It impresses me to think that our cell membranes are really what control our health and lives, in a sense. Think of how many senses our skin, like a cell membrane, is capable of feeling. Think of how many neuropeptides a cell can learn from about what behavior is required of it. Most massage therapists use only their hands to massage a client; that is a big mistake. Our skin can feel pain or pleasure, pressure or touch, heat or cold - not to mention our other senses of sight, smell and sound. We are in contact with the world through our skin. As therapists, perhaps it is time to start using fur gloves, as well as, various healing aromas, sounds and sights when we are massaging or touching each other.

Unfortunately, because we have learned to think, we have depleted another vital sense. The intuitive sense that warns us before a threatening situation is upon us. From one-celled organisms to jungle creatures, the intuitive sense is a life-saver. Any pet owner knows how animals read your mind and intention when you walk into a room. An antelope on the plains of Africa may be saved from a crouching lion by this sense and one of our cats avoids my combing his fur coat by hiding when I enter the room intent on grooming him. An hour later I enter the room and sit down next to him because I have changed my mind but how does he know that?

The CIA uses distant viewing to gain insight into events in other countries, and my friend Amelia Kinkade, an animal intuitive from California, visualized our son's home in Connecticut and described it in detail and where our missing cat, which I thought was dead after being gone for several weeks, was. By following her description and instructions I was able to go and rescue BooBoo. How could she see from California? And how does she communicate with animals?

We are all capable of doing it but our thinking gets in the way. I started 'talking' to our pets after this happened and it works. We speak in pictures and thoughts and they know what I am up to and when I need their cooperation. It works. Try it. Walk into a room thinking something and see how the creatures in the room react to you and your chemistry. Dogs can predict seizures, heart attacks, insulin reactions, and sniff out malignancies. Why have we lost the ability?

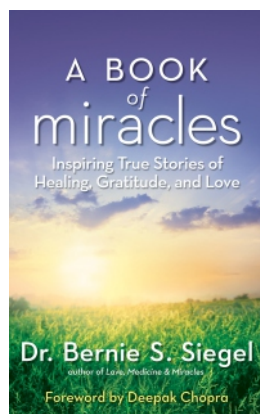
I know when I worked with patients there were times I entered a trance state and could tell who was getting well and who wasn't regardless of their test results. My students were always amazed when I would say things or ask questions that were pertinent and yet I had no information to lead me to say, do or ask about the subject. I see it as a hypnotic state in which communication happens on another level. The cell membrane level, in a sense, which allows me to sense the chemistry of the person and their environment.





So please, when an organism enters your presence be aware of their chemistry and yours and communicate your care and love through all the senses so their cell membranes know they are safe, loved and can be healed. What proves this to me is a strange thing we and other animals do. We sleep. Why would evolution lead us to do such a dangerous thing if it weren't necessary? I see it as dangerous because in the past we didn't sleep in alarmed houses but out in the open, an easy meal for predators. It is true we still hear in our sleep but predators can creep up very quietly like good burglars.

I believe we sleep to rest and communicate with that part of our brain which is responsible for this intuitive wisdom and our survival behavior. If not, sleep would be unnecessary. Resting our bodies could be done by taking breaks during the day, but sleep is a very different activity that is tied into our survival. Our dreams are a part of this behavior and a necessary source of survival information also - from telling you which treatment is best for your cancer to many other important decisions we make in our life times. So touch the membrane with love and let it filter into the bodies of your clients. Pray for, and intend good things for yourself and your clients. When you find yourself in harmony with the universe and getting the weather you need, you will have visible signs that it is happening in your life. Finding pennies on your path is also a sign God uses. Think of the words on the face of a penny. Astronomers and quantum physicists understand because they know that desire (and I add intention and determination) and alter the physical world, thus causing things to occur which would not normally occur if they were not desired. So be careful what you desire and pray for.



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.

[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.



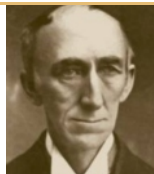
Become a creator, not a competitor

WALLACE D. WATTLES

Once I saw a little boy sitting at a piano, and vainly trying to bring harmony out of the keys; I saw that he was grieved and provoked by his inability to play real music. I asked him the cause of his vexation, and he answered, "I can feel the music in me, but I can't make my hands go right." The music in him was the URGE of Original Substance, containing all the possibilities of life; all that there is of music was seeking expression through the child. God, the One Substance, is trying to live and do and enjoy things through humanity. He is saying, "I want hands to build wonderful structures, to play divine harmonies, to paint glorious pictures; I want feet to run my errands, eyes to see my beauties, tongues to tell mighty truths and to sing marvelous songs," and so on.

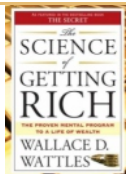
All that there is of possibility is seeking expression through men. God wants those who can play music to have pianos and every other instrument, and to have the means to cultivate their talents to the fullest extent; He wants those who can appreciate beauty to be able to surround themselves with beautiful things; He wants those who can discern truth to have every opportunity to travel and observe; He wants those who can appreciate dress to be beautifully clothed, and those who can appreciate good food to be luxuriously fed. He wants all these things because it is Himself that enjoys and appreciates them; it is God who wants to play, and sing, and enjoy beauty, and wear fine clothes, and eat good foods. "It is God that worketh in you to will and to do," Said Paul. The desire you feel for riches is the Infinite seeking to express Himself in you as He sought to find expression in the little boy at the piano. So you need not hesitate to ask largely. your part is to focalise and express the desires of God. This is a difficult point with most people; they retain something of the old idea that poverty and self-sacrifice are pleasing to God. They look upon poverty as a part of the plan, a necessity of nature. They have the idea that God has finished His work, and made all that He can make, and that the majority of men must stay poor because there is not enough to go around. They hold to so much of this erroneous thought that they feel ashamed to ask for wealth; they try not to want more than a very modest competence, just enough to make them fairly comfortable.

I recall now the case of one student who was told that he must get in mind a clear picture of the things he desired, so that the creative thought of them might be impressed on Formless Substance. He was a very poor man, living in a rented house, and having only what he earned from day to day, and he could not grasp the fact that all wealth was his. So, after thinking the matter over, he decided that he might reasonably ask for a new rug for the floor of his best room, and an anthracite coal stove to heat the house during the cold weather. Following the instructions given in this book, he obtained these things in a few months; then it dawned upon him that he had not asked enough. He went through the house in which he lived and planned all the improvements he would like to make in it; he mentally added a bay window here and a room there, until it was complete in his mind as his ideal home, and then he planned his furnishings. Holding the whole picture in his mind, he began living in the Certain Way, and moving towards what he wanted; he owns the house now and is rebuilding it after the form of his mental image. And now, with still larger faith, he is going on to get greater things. It has been unto him according to his faith, and it is so with you and with all of us.



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





Planes of Existence: Part 1

ECKANKAR

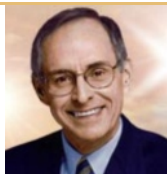
Self-Realization is achieved on the **Soul Plane**, just across the division between the higher (spiritual) and lower (psychic) worlds. The Soul Plane is the only plane in the higher worlds where Soul is still cloaked with a form or body. Each plane, whether psychic or spiritual, can be recognized by its own particular sound. The sound of the Soul Plane is the single note of the flute. The ECK continues to flow outward from the heart of God, even to the far reaches of the lower worlds. These worlds are where we spend most of our time. They are the worlds of matter, energy, space, and time.

The coarsest material level, operating at the lowest frequency of vibration, is the **Physical Plane**. Life is short here, and the understanding of the spiritual laws is usually limited to a very few. As an ECKist, however, you learn that your experience is no longer limited to this plane. You also reach a point where, at the end of this lifetime, you may have a choice whether or not you wish to return. Often we gain wisdom and spiritual understanding by visiting Temples of Golden Wisdom. There are temples on each plane, each with an ECK Master serving as guardian of the Shariyat-Ki-Sugmad, the holy scriptures of ECK. Most notable on the physical plane are the Katsupari Monastery in Tibet (Fubbi Quantz, guardian); the Gare-Hira Temple at Agam Des in the Hindu Kush mountains (Yaubl Sacabi, guardian); the Faqiti Monastery in the Gobi Desert (Banjani, guardian); and the temple of ECK in Chanhassen, Minnesota (Harold Klemp, guardian). The sound of the Physical Plane is often heard as thunder.

As you dream, you may spend a great deal of time in a more refined state of consciousness called the **Astral Plane**. Your body is lighter and functions at a higher vibration. The Astral Plane is the source of human emotion, psychic phenomena, ghosts, and UFOs. The Astral Plane is also home for most humans upon the death of their physical body. The Astral Plane is much larger and more beautiful than the Physical Plane and often mistaken for man's final resting place, or heaven. The spiritual beings who reside there seem angelic by earth's standards, and the rulers of the Astral Plane appear as gods to those unfamiliar with the planes above the Astral. This is the highest plane reached by those practicing astral projection and most occult sciences. Asklepos, the Temple of Golden Wisdom on this plane is located in Sahasra-dal-Kanwal (Gopal Das, guardian). You can often recognize the Astral Plane by the sound of the roaring sea.

Memories of past lives are stored on the next higher plane of existence, the **Causal Plane**. If you are looking for the seeds of your current life, you could visit the Causal Plane and read the Akashic records. The Causal Plane contains more spiritual matter than does the physical, but it is still governed by the laws of duality. The Sakapori Temple of Golden Wisdom is located here in the city of Honu, and the guardian of the Shariyat-Ki-Sugmad there is Shamus-i-Tabriz. You can recognize the Causal Plane by the sound of tinkling bells. As you travel into a higher state of consciousness, the magnificence of what you behold can be overwhelming. This in itself can be a trap, because the temptation to linger is strong. The impression is always that you have reached the highest state. This is why the Mahanta, the Inner Master, is so important. He will always be near to give you a little nudge, to remind you to continue on your spiritual journey.

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



Harold Klemp is the spiritual leader of Eckankar today. In 1981, after years of spiritual training, he became the Mahanta, the Mahanta, or Living ECK Master and gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring and practical approach to spirituality helps thousands of people find greater freedom, wisdom, and love. His teachings uplift and help them recognize their own experiences in the Light and Sound of God.

Visit www.eckankar.org





Readers' Inspirations

Sincerity in Commitment

In the altar of silence lies the bell of illumination;
In chapel of sanctity and reverence lies the oath of integrity;
And in the fragrance of beauty lies the aroma of bliss-consciousness!
May I find the altar, commit to sanctity, and live in thy fragrance of bliss evermore!

SUREN PILLAY



Let it be

Let it be,
that I may someday touch the stars.
When all time for me has expired,
and the soul begins to part.
Guide me through the heavens,
where life one day began.
A perfect creation,
molded right out of
our Fathers loving hands.

ROBERT HENSEL



Meditation

Look within thyself intent -
Close your eyes and there lament.
Be aware -
A beating heart, a breath of air.
Reveal thy love -
Unfold thy Grace.
For there is a different world to see,
By the mystery of this deed -
Be there a change of sight in thee,
You will come to know of ME -

GEORGE RAPANOS



The True Sufi

What makes the Sufi? Purity of heart;
Not the patched mantle and the lust perverse
Of those vile earth-bound men who steal his name.
He in all dregs discerns the essence pure:
In hardship ease, in tribulation joy.
The phantom sentries, who with batons drawn
Guard Beauty's place-gate and curtained bower,
Give way before him, unafraid he passes,
And showing the King's arrow, enters in..

RUMI



Index of Resources and Online References

Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>
14618 Tyler Foote Rd., Nevada City, CA 95959 USA
Email. sanghainfo@ananda.org

Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.
Tel: 011 462 0100
Email. nsa.sec@bahai.org.za

Bernie Siegel

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

Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA
Email. csainc@csa-davis.org

Eckankar

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

Gayathri Peedam South Africa

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

Heaven Letters (TM)

Web. <http://www.heavenletters.org>
Gloria Wendroff - Email. gloria@heavenletters.org / santhan@heavenletters.org

Jadatharaya Institute of Right Living and Yoga

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

Lucis Trust

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

Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>
Rod Briggs - 032 946 2710
Email. info@mindlinkfoundation.com





Self-Realization Fellowship

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

Share International

Web: <http://share-international.org>
PO Box 3677, London NW5 1RU, UK
Phone: +44-207 482 1113 / Fax: +44-207 267 2881

Suren Pillay

Web: <http://www.aoi.co.za/index.htm>
Email: surendranpillay@webmail.co.za
Phone: 084 828 3880

Swami Shankarananda Maharajji

Web: <http://www.swamishankarananda.blogspot.com>
Email: sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web: <http://www.swamimurugesu.blogspot.com>
Email: sivabalayogi@mweb.co.za

The Energy Centre

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

The Expanding Light

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

TSOGR (The Science of Getting Rich)

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

Victoria Rodda

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



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