



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

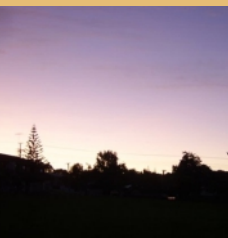
Issue Twenty-four

7 February 2012

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Welcome to the February 2012 issue of *Transcendence*.

February is the month of Saint Valentine. And in many parts of the world, Valentine's Day has become a commercial racket. But it doesn't have to be that way if we look beyond the superficial meaning.

A number of this month's articles have, coincidentally again, placed their focus on the power of our own manifestation abilities. The phrase 'You become what you think you are,' has more truth in it than many realise.

The best way to realise the truth in this is by experimentation, which will lead us to experience of the truth. By keeping the mind focused on God as much as possible, one can become god-like. By maintaining an attitude of gracious, unconditional love, we will attract the love of others in abundance.

Experiment with your mind. Know your mind, and you will know the Self. We have been told in many ways exactly how to know the Self. All that remains to do is to make the commitment to a designated amount of time each day, and to put in the practice.

Know what you want to achieve in this lifetime so that your vision is clear and your path to achieving your goal is without obstacles. Focus your mind single-pointedly on your spiritual goals and you will achieve them. Truly express the Self that you want to become and you will become that Self. Whatever is most predominant in your thoughts today, will become your reality tomorrow.

In Love and Service, always,





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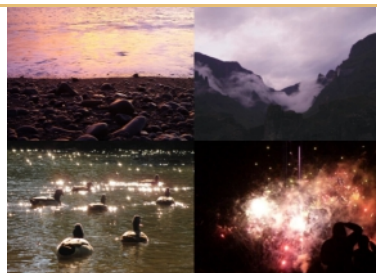
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Heavenletter # 4083 - Those Little Red Candy Hearts

GLORIA WENDROFF

God said:

You are in My heart right now. You incubate here. I speak metaphorically. I can only speak metaphorically, you understand. In My Great Love, you are housed. There is no greater than love, Mine, yours, anyone's.

If you want to know how to climb the Golden Ladder to Heaven, I will tell you how to do it. Love. Simply love. Every step of love is a rung up on the ladder. Of course, there is no distance when it comes to love. Love is immediate. It takes no time at all.

Any question you may ask Me, the answer is love and more love. Begin with love, and end with love. Love is all.

There is no accounting for love. It comes from unexpected places, does it not? Now anticipate seeing love. Watch it all around you. See love issuing from you. The less you feel loved, the more reason for you to love. You do not have to account for love. Do not think that love is not deserved or that someone, even yourself, has to earn it. Love is your birthright. It is coming to you.

The thing is not to pout when you don't see it or feel it. Love anyway. Love morning, noon, and night. Program an abundance of love. See those little red candy hearts spilling out from your heart. Love out, and love comes in. See those little red candy hearts flowing in. Nevertheless, it doesn't really matter so much how much love comes in. What really matters is how much love you extend.

You may think that it is not easy to love. The only reason why you might think that is because you allow yourself to be a victim of judgment. What do you think finding fault is but judgment? Beloveds, you are not too good to give love. It is not superior of you to withhold love. Certainly, you do not have to hug and kiss everyone. Just let your love be known quietly, subtly. Love is not a big hurrah. It is like breathing. You breathe in, and you breathe out. In terms of love, breathe out first. Keep breathing love out. There is always more. There is no limit to love. Let there be no hesitation. Let it be okay to feel love, think love, be love, receive love. There is no tally card for love. Love where you love. And where you don't love, let love emanate from you just the same. Love in all directions. No cap on love, please. You have thought that your life is dependent upon many things, getting a job, getting married, having a child. These are important to you, yet you are not dependent upon them for love. You are a carrier of love, and it matters that you love. You get dressed every morning. You put make-up on. Remember that love accompanies you. Every opportunity is an opportunity to love. You can do it. You can love. You are love. Announce that to yourself.

Send love even to those you can't stand. You don't have to sit in their lap. You can love from afar. All you have to do is to love.

Wish everyone well, and mean it. That is love.

Sense your aura of love. Sense it filling the room you are in. Sense how far love issues from you. It fills your house. It fills the city or town you live in. It fills your province. It fills your country. It fills the oceans. It fills all the continents. It fills all the world. It fills the Universe. It fills Heaven. From your heart, love extends itself, and is happy to do so. This is an easy thing I ask of you when I ask you to love from your heart.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



What do you think the meaning of "Not my will but Thy Will" is? Your will is fallacy. Your will is a forager. It hunts for purpose. My Will is Purpose. My Will is the fullness of the ocean, and your will, when separate, is a tiny splash every now and then.

Heavenletter #15 Your Will, God's Will



One of your misconceptions is that you must get ready for Me. You think you have to purify yourself. You think you have to change your life. You think you have to do something. You think you have to eat some magical foods and not others. You think you have to say some certain words and avoid others. You think you must prepare yourself. You think there is a procedure you must follow. You think you have to be different before you can appear before Me. That is not so.

Heavenletter #18 You are Ready for God Right Now



You have an inner guidance system that is from above. It is not from littleness. It is from greatness. It is not from tiny marks but from a great unmarked territory. You have to trust. What other choice do you have?

Heavenletter #32 Your Flight to Greatness



Become close to Me, and you will speak My mind. Christ read My mind, and he spoke it. He was clued into Me. That was his greatness. He knew whereof he spoke. He was authentic because of his union with Me. He recognized Me. He chose Me.

Heavenletter #50 You Are Mine

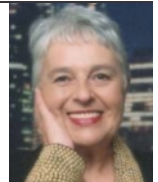


You cannot keep looking at the ground, for you will keep seeing what you have always seen there. Either look beneath the surface or above it. Either way, you will find Me. The pangs of life are also gifts for they remind you to look deeper or higher. Deeper and higher are the same. They both mean to look beyond.

Heavenletter #90 Your Journey

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





Overcoming Obstacles to Spiritual Growth - Part 1

ROY EUGENE DAVIS

Progressive spiritual growth of incarnated souls occurs naturally when they are physically and psychologically healthy, have a wholesome environment with fresh air and natural light, live creatively, endeavor to bring forth their innate qualities, and aspire to have their consciousness restored to its original, pure wholeness. As the body's nervous system becomes refined and the brain's capacities to process refined states of consciousness are developed, progressive awakening from modified mental states and states of consciousness to Self-knowing, cosmic consciousness, and spiritual enlightenment is effortless. For a person who thinks rationally, the only obstacle to spiritual growth is their passive disinterest. Anyone who sincerely wants to be spiritually enlightened and is highly Self-motivated can acquire and wisely use knowledge of how to live effectively and clarify their consciousness.

Although spiritual growth can continue in subtle realms, it is more useful to intend to be fully Self- and God-realized in our current incarnation, believe that it is possible, and do all that is possible to allow it to be actualized. It is best not to talk with others about spiritual aspirations. Doing that may invite unwanted opinions and is a waste of precious time and energy that could be more constructively used. Although it can be enjoyable to have close friends or associates who share our philosophical views, we should not need their approval or encouragement to motivate us to be self-disciplined and attentive to our spiritual practices. Examine your circumstances. What is your physical age? How many more years do you anticipate being in this world? Are you satisfied with your life as it is? Have you made the spiritual progress that you wanted to make? Write your necessary duties and meaningful goals. Write what you will diligently do to live more effectively and nurture your spiritual growth. By writing necessary duties, meaningful goals, and what you will do to more effectively nurture your spiritual growth you will be more intentional and disciplined.

The Knowledge That Liberates Consciousness

Lack of knowledge [of what is true] may incline a person to erroneously presume the noneternal to be eternal, the impure to be pure, the painful to be pleasurable, and a mistaken idea of self-identity to be the real Self. – Patanjali Yoga Sutra 2:5

What is that, which, when known, makes possible the knowing of all things? – Mandukya Upanishad

We can be aware of some of the characteristics of an ordinary (modified or flawed) human-conscious condition by observing the conversations, behaviors, and circumstances of others. We can also examine our own habitual trends of thinking, moods, and public and private behaviors. Even when our ordinary human conscious characteristics are sometimes evident, behind our false sense of identity (ego) we are always whole and pure. To paraphrase the words of the nineteenth century New England transcendentalist Ralph Waldo Emerson: "All people are greater than they know [themselves to be] and better than [what] they [sometimes] do."

Excerpt from *Truth Journal*, December 2011-January 2012 (pg 6/7)

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



The Oratory of the Heart

LUCIS TRUST

In religious terms, an oratory is a place of prayer, such as a small chapel for private worship. That such a place is set aside in many sacred spaces indicates the realisation that worship is both a communal experience which draws upon the strength of alignment that is created by a consecrated group acting in unified approach to Deity, and the awareness that each individual needs the opportunity to discover the path of approach to Deity by drawing upon his or her inner spiritual reserves.

In another sense, the oratory of the heart is the centre within each human being. It serves a function similar to that of the chapel, offering a place of retreat and withdrawal from outer influences. In this private, hidden centre, the veils of the form world can be lifted and the authenticity of the soul can be encountered in an undeniable way. This is why the first master is the Master in the Heart. Only when the seeker has gained access to this inner centre of light and truth can the guidance of a spiritual Teacher be measured against the touchstone of the heart's own wisdom.

The oratory of the heart is inviolable, for it serves as a space where the most precious spiritual treasures can be guarded in their purest state. "The mystery of life is concealed within the heart", it is said, not in order to hide but to preserve. Right of access to this secret inner place within another human being is granted only to those who have discovered within themselves this innermost centre. Then, the radiation of the awakened heart can cast its light into the heart of one's fellowman, fanning the flames of the central fire that burns silently in the cave of every heart.

Just as we cannot really know another person until we recognise that spiritual essence which is imprisoned within him, so we cannot really know ourselves until we come face to face with the innermost centre of our own being. This we discover in the oratory of the heart—through the privacy and loneliness of the search for spiritual truth no matter what the cost.

Trust in the goodness of the Plan, a deep-seated humility in regard to one's little place in the universe, and the courage to enter the darkness of uncharted territory will eventually open the secret door to the innermost core of our being, the heart. This is a journey undertaken in privacy with the light of the soul as the only guide. And, paradoxically, on that Road each Pilgrim discovers that he travels not alone.

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**



Loyalty and Sincerity: Twin Pillars of the Spiritual Life SWAMI KRIYANANDA

The question is frequently asked: “How do I find true spiritual religion?” I will answer this question by the following illustration:

When a dietician expounds upon the wonderful results of a certain dietary system, Mr. John is very enthusiastic. However, because he never tries out that system of diet, he loses interest in it. But if another dietician visits town, Mr. John goes to listen to him because he remembers the enthusiasm he felt while listening to the first dietician. Mr. John does not try out this new system of diet either, or if he tries it a little, he soon falls back on his unhealthy eating habits. In this way, Mr. John, impelled by a theoretical desire to eat properly, develops the habit of listening to all the new dieticians who come to town without ever following their instructions. But Mr. John should remember that he cannot follow all dietary systems at the same time and that he should not discard a good system of diet for a lesser system, just because it happens to be new to him.

The above principles apply to religion as well. Most people try to follow a variety of teachings yet stick to none. Led only by curiosity, they love to listen to new ideas from new personalities without ever assimilating the ideas. They are like people who set out on a path to reach a certain destination but become so enamored with walking that they keep on walking and forget all about the point they wanted to reach. Just as there is more than one true religion, so also is there more than one path that leads up the mountain of divine attainment. In the beginning of the spiritual search it is wise to seek truth through books and lectures and to compare different spiritual paths and teachers. But it becomes important at a certain point to carefully select the best teaching and the best teacher.

You can find the best teaching expressed in books, but to attain spiritual perfection, you also need the assistance of a guru. The willingness to accept divine guidance through one of God’s awakened channels differentiates the sincere seeker from the dilettante. To try to achieve spiritual perfection through a variety of channels shows not only a lack of commitment, but a lack of understanding of the universal path by which all souls find enlightenment. Once you’ve made your selection, it is important to be firmly loyal to your way. You must simply accept that it is not possible to follow more than one teaching at a time, any more than you can reach a destination by following more than one route at a time. Once you’ve found a true teaching, the restless searching should cease.

Unfortunately, many students, even after finding a true teaching, continue to read other teachings and to investigate other paths, perhaps hoping to find easier, shorter routes to divine attainment. I once had a student who read other teachings all the time. She was a very nice person, always kind and polite to everyone. But I used to tell her, “Why don’t you read your own teachings?”

“Oh, all teachings are the same,” she said.

“That’s true,” I said, “but just the same, if you keep reading everything else you will get confused. You have to realize the truth behind those teachings. Only then will you know from realization that they are the same. Until that time, it will be like trying to cross a river with your feet in two boats. When the boats separate, you will fall between them and drown. Some differences do exist between the various teachings. With wisdom, they can be resolved. To the unenlightened mind, however, though they are superficial, they can be a cause of confusion.” Unfortunately, this student didn’t heed my advice but kept on with her eclectic reading. After a time, she drifted off.

The very thought, “Oh, all teachings are the same,” has just enough truth in it to constitute also a pitfall. Until you have risen above your conscious mind and learned to live more by superconscious guidance, the differences between one teaching and another can easily lead into a bog of confusion. To one who lives by superconscious guidance and is planted firmly on his own path,





the differences between one teaching and another become superficial. Such a person understands the underlying purpose of each path, and sees why the good advice of one teacher may differ in some respects from the equally good advice of another. Newcomers to the path, however, may not perceive the unifying rationale behind those differences, and are often confused by them. Always be wise in your seeking. The emotional excitement of finding new ways must always be balanced against the truth that “loyalty is the first law of God.” Eclecticism indicates a lack of serious purpose. This is not to say you should be fanatical, but on the other hand don’t be wishy-washy. If you would unite your soul with Him who is the foundation of the universe, you must be firm in what you stand for. Unswerving loyalty to one’s chosen path is necessary.

Why do so many people truly long for God, yet do not find him? It is because they do not seek Him with deep sincerity and give up too soon. Always be completely sincere with God. Without sincerity, the necessary focus and intensity will be lacking. God already knows what you are thinking, but sincerity lends power to your thoughts and prayers by focusing and centering them in Him. God never fails to listen to true soul-calls. The devotional call, if sincere, deep and continuous, and supplemented by sincere efforts at deep meditation, always brings a divine response. The sincere truth-seeker tells himself, “I know what an arduous task it must be to achieve perfection, but I will give it all I have. With God’s help, success surely must be mine!”

We are living in a new age when the standards of living are less strict. It becomes even more important, therefore, to remember always that the correct spiritual way to live is to go within and ask yourself whether what you are doing is right or wrong. Be absolutely sincere with yourself. If you are sincere you will rarely go wrong, and if you do, you will quickly correct yourself. Sincere repentance for past wrong actions is needed before a person can go forward and make the kind of effort needed to attain divine freedom. For this reason, Jesus wanted to test the character of his fallen disciple, the woman of Samaria, to see if she could be helped. The woman of Samaria had had five husbands and was then living with a man who was not her husband. To determine the degree of her degradation, Jesus asked her to call her husband. When she responded honestly by telling Jesus that she had no husband, he was pleased. Her truthfulness showed that her moral degradation was only temporary. Because of her honesty and recognition of Jesus as the promised Messiah, he was able to heal her. Thereafter, she became one of his disciples and devoted herself to the spread of his teachings.

No matter how far a disciple has strayed from the spiritual life, he can be saved if he is sincere and honest with his guru. Insincerity and prevarication toward the guru are the greatest sins for these are deliberate transgressions, unlike flesh transgressions which are often due partly to instinctive compulsion. It’s possible to help wayward souls if they sincerely confess their faults and are willing to accept the guru’s advice and blessings. But if the disciple practices insincerity toward his guru and tries to hide his moral disease, he shuts the door to the guru’s healing help. Never indulge in hypocrisy or insincerity. Always remember: no matter how far you fall from the grace of goodness, you are spiritually safe if you sincerely try your utmost to become good again.

From books, articles, and lessons (1938).

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





Yin Yang

ROD BRIGGS

Each gift we get comes at a price and every loss carries a blessing.

Our lives continually reflect this eternal truth, if we can but train ourselves to step back from the events enough to see.

Last week was a great example. It started with a phone call from Monaco, to my wife inviting both her and I to the local celebration of the wedding of Prince Albert and Princess Charlene. This, of course, led to great excitement as it was, and will no doubt remain for some time to come, the hottest ticket in town. The talk was all of what kind of dress to wear, which accessories to choose and a thousand other minutiae totally beyond the male thought process. The house went to bed on a high.

The next morning we got another phone call. My wife's father had been admitted to hospital in such a serious condition that he was not expected to make it through the night. All the previous days excitement evaporated like mist in sunlight as the enormity of the situation dawned in our minds. The next few days past in a whirlwind of international phone calls to far flung relatives, making travel plans and the family pulling together to support my father and mother-in-law.

The social event has passed, so too has my father-in-laws health crisis. We are still here.

We get so caught up in events that are transitory and so addicted to labeling things as either good or bad that we fail to see the truth. The day that we got the invite was no different to the day we got the bad news, except in our thoughts.

And the things that we think are so bad bring blessings; in this case the illness brought a degree of closeness and bonding to the family that was not evident before.

Think of your life and the events that, over the years, you have labeled as good or bad and you will find that they carry the seeds of their opposites within them just like the Taoist symbol the Yin-Yang.

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





Meditational Healing Part I

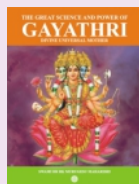
SWAMI MURUGESU MAHARISHI

What is meditation? The answer to this question presents itself in various explanations and techniques. I wish to emphasise that my definition of meditation is as follows: 'Yath Bhavam Thath Bhavathi' Whichever you modify consciously, that will take place physically. The word 'bhavana' is to be understood well. One layman was asked by his guru to contemplate his favourite buffalo as he was not able to think of anything else in the world, even for a few minutes. He began to do so daily and slowly he was able to concentrate on his buffalo. In a few days he was able to pass into the level of meditation. What happened then? In the state of meditation he began to bellow like his buffalo, as his mind and consciousness had modified to that state. Not only this, during normal waking hours he began to behave like a buffalo too. Now his guru asked him to follow the same process, concentrating on a form of deity upon which he was able to meditate well. By doing this, he manifested divine qualities. By meditation on Brahma, one becomes 'Brahma' himself, and all the qualities of Brahma manifest in him.

I hope this definition is understood well. One can develop the power and characteristics of whatever one meditates upon. I also used to explain meditation in the following way to my students: If one meditates on a chair, during deep meditation he or his consciousness modifies into the form of that chair and if anybody strikes that chair he will feel the sensation within himself, but without it being a distraction. As an experiment, I asked my students to meditation on heat and, consequently, their body temperature rose. When they meditate on cold, their temperature lowers. When they meditate on slowing their heartbeat, it decreases. Anybody who can meditate correctly can test this for himself and discover its truth.

Apart from the above assertions, it is well known to those with knowledge of modern psychology, that man can create anything by use of his mind power. Concentration and meditation are the channels through which the mind force expresses itself. The truth is, mind does not actually create anything. It is the consciousness which functions through the mind that creates. It is known to all that miracles performed by yogis are also performed through the power of meditation. Many were able to split atoms, materialise and dematerialise physical things within a few minutes, by their meditational powers which are sometimes considered to be a form of magic.

Here I would like to point out the difference between 'meditational power' and 'mind power'. Many beginners in yoga think that during meditation the mind functions at a high frequency and velocity and on that basis only wonderful benefits are acquired. But this idea is not correct. Mind actually has no power of its own. Its normal functions are carried out by the conscious power which usually flows from the mind outwards into the physical world. If consciousness will, the mind will function more powerfully, but if the consciousness withdraws its hold on the mind for a moment, the mind will become still.



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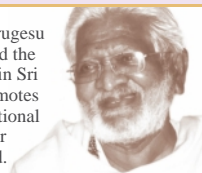
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Glory of Yoga

SUREN PILLAY

The message of Yoga has been emphasized for thousands of years by the saints and sages of the world. The real question is: how is yoga any different from any of the religions practiced by millions in the world today? One of the major differences between yoga and any other religion, is that yoga is not a religion. It does not require or confine one's faith or belief in a particular system but rather, strengthens one's faith with the power of experience.

Yoga attempts to draw closed the gap between intellectual understanding and spiritual experience. Whereas most religions put forth a belief system in a particular God or deity, yoga emphasises a scientific system where one can consciously come into contact with God. The dynamic practicality of yogic science makes it the preferred choice amongst sincere devotees who wish to commune with God.

Ashtanga Yoga was developed thousands of years ago for the specific reason to attain inner realisation. The eighth fold path as expressed in Patanjali's Yoga Sutra, represents eight sequential phases in the path to liberation or *moksha*. The first two phases represent ethical practice and moral guidelines. These include truth, non-violence, celibacy, non-greed, non-stealing as well as purity, contentment, austerity and study of the scriptures. These principles maintain a strong foundation for rapid spiritual growth.

The third step is *asana* which has been defined as a physical posture of relaxation. This step is necessary to purify and strengthen the body so that it can sit motionless in meditation. The fourth step is *pranayama*, which is the scientific art of mastering the breath. In *pranayama*, the *vasanas* or desires are controlled since the breathing rate has a direct correlation with mental activity. The fifth step is *pratyahara*, where one is able to withdraw life energy from the senses and internalise attention. In the sixth step, termed *dharana*, one is able to start contemplating on the object of meditation.

The seventh step is known as *dhyana* which means 'the scientific art of mastering the mind' - where one's attention becomes one with the object of meditation. One achieves mental calm and stillness. Prolonged state of meditation results in the eighth state of *Samadhi*, during which one attains complete absorption in consciousness with no limitation or object remaining.

The sages have mentioned that the eight steps of *Ashtanga Yoga* result in perfection of inner realisation. The result is inner bliss, youthfulness, inner calm, extraordinary concentration and memory, and heightened intuitive capabilities.

My advice to you dear readers this month is to give the science of yoga a chance in this very lifetime and judge the results for yourself!

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>





Science and Religion, Faith and Reason - A Bahá'í Perspective

FLORA TECKIE

Religion and science are both important and are necessary for our development. For many centuries there has been conflict between advocates of science and those of religion. There has been a belief that scientific truth contradicts religion and one was obliged to choose between being a religious person and following God's teachings, or a scientist and being a follower of reason.

In the Bahá'í view, religion and science are two complementary sources of knowledge, are mutually dependant and both needed. Science without religion becomes a cruel instrument of materialism, and religion without science falls prey to superstition and fanaticism.

Science and religion are like two wings of a bird complementing each other and the advantages of both need to be used together if we are to build a progressive and peaceful society. Scientific method is our tool for understanding the physical side of the universe and is the key to new technologies. God's teachings offer to humanity a basis for values and provide answers to moral questions, human purpose, and our relationship to God that science cannot provide.

If we look at the religion in its purest form (the way it was revealed through God's Messengers) it is not opposed to scientific facts. God, Who has given us the gift of the intellect, does not expect us to lay it aside when investigating religious truth.

The Bahá'í Writings state: "All religions teach that we must do good, that we must be generous, sincere, truthful, law-abiding, and faithful; all this is reasonable, and logically the only way in which humanity can progress. All religious laws conform to reason, and are suited to the people for whom they are framed, and for the age in which they are to be obeyed". Furthermore, "In divine questions ... we must exercise reason, analyze and logically examine the facts presented so that confidence will be inspired and faith attained".

The independent investigation of reality, whether scientific or religious, is strongly encouraged in Bahá'u'lláh's Writings. Individuals should strive, He said, to free themselves from prejudices and preconceptions. According to the Bahá'í Writings: "... *in the search for truth man must weigh religious questions in the balance of science and reason. God has given us rational minds for this purpose, to penetrate all things, to find truth*". At the same time "... *the principle of harmony between religion and science, while it enables us, with the help of reason, to see through the falsity of superstitions, does not imply that truth is limited to what can be explained by current scientific concepts*".

In general science provides us with tools and means, and religion teaches us how to use them to the best advantage of all humanity. For example atomic energy is useful, but without God's guidance it can become one of the most destructive forces produced by science. According to a statement of the Bahá'í International Community: "*In the quest for truth, science and religion -- the two systems of knowledge available to humankind -- must closely and continuously interact. The insights and skills that represent scientific accomplishment must look to the force of spiritual commitment and moral principle to ensure their appropriate application*".

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.

The Future Before Us

BY THE MASTER through Benjamin Creme

Quotations from Maitreya, Benjamin Creme's Master, and Creme himself describe the beneficent changes coming in the world.

When the Masters establish Their presence in full view of the world, a great change will take place in the relationship existing between humanity and Them. Whereas, until now, They have been remote and removed from close contact with all but a few disciples, in the immediate future the Guides of the Race will foster a deeper and more continuous form of co-operation with mankind. This process, known as the Externalization of the Hierarchy, has already begun and several Masters have established contact with groups on the physical plane. So far, this contact has been restricted to groups working in the fields of economics, administration and science, and to a lesser extent in education, but the time will come when Their inspiration and guidance will be given freely to all the groups working to rehabilitate the world.

From that time onwards, an entirely new system of communication will be established between the Inspirers and humanity. For the most part, telepathy will continue to be the mode of contact, especially where disciples are concerned, but where necessary, the Masters, Who have undergone special training for this purpose, will use the ordinary modes of speech. This will bring within the orbit of Their influence many who otherwise would not receive this stimulus. Then the true training of humanity will begin. (Benjamin Creme's Master, from 'The Masters in the world') Our future on this planet is destined to be one of happiness where everyone can enjoy life to the full. Corruption and chaos have been created by politicians and the Masters have come to end all of that and to make the politicians realize that they are not the masters but the servants of the people. (Maitreya, Maitreya's Teachings – the Laws of Life)

Man's mind is an instrument, a body, more or less sensitive, depending on the person, by which the mental planes can be contacted and known. The plane of mind, the mind-belt, is infinite in extent and serves as the conduit for all mental experience. When men realize this, they will understand how telepathy is the natural result of this relationship, and a new era of mutual communication and understanding will begin. The nervous system will be understood as the connecting link between the soul and its vehicles, the means by which the soul, in incarnation, grips and demonstrates itself through its reflection. In this way, consciousness, the nature of the soul, expands and grows, shedding its light through all the planes, awakening man to his destiny as a Son of God. (Benjamin Creme's Master, from 'Growth of consciousness')

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
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<http://share-international.org>





Let me be your shelter

SWAMI SHANKARANANDA MAHARAJI

Life is a turbulence of events that can take us to many points. At the lowest point, even the desire to pray to God might cease to exist. Many of us get caught in these turbulences, and the first thing we do is give up God and find blame with God. We throw the blame on God at all times. During these times I ask you to let me be your shelter, let me cast my shadow over you. In that protection you will be able to go through those turbulences and live in this ocean of maya without even knowing it.

Understand life differently - that it is more than what you're caught up in. In the *Narada Bhakti Sutras*, it is stated that only true divine love, intensely true divine love, can pick you up from the ocean of this maya, this world. And that true divine love can only come from God. Therefore, you should always, no matter what the situation is, believe that God will always have his hand out towards you. It's just you who have not reached out towards his hand. No matter the situation, whether in business, divorce, separation or work, just remember one thing: the hand of God is always stretched out to you. You just have to lift up your hand and, without fail, God will hold you. But you have not reached up your hand and asked. You bargained with God. He doesn't like bargaining. He likes you to ask him. Tell him that you need him

Remain as a mirror in your life. A mirror is not a mirror only when it reflects you. It's still a mirror when you leave the room. You're going to merge with God, just how the wave merges with the ocean. Are you ready to merge with paramatma? Not a blade of grass or a drop of dew is possible without God. My hands are always stretched out to you, no matter where you are. You are holding your hands behind you and walking. Reach your hand out and you'll see. I believe in God and that God exists. Do you believe in God and that God exists? God is. He's within you.

We really get caught up because we forget God, so much so that we've accepted this maya, this illusion, this thing that we think is reality, that we think is real: this building, this car, this grass, this foundation we put on our face. We think it's real. So we are caught in this maya. It's beautiful. You can sit in your Mercedes, put your foot on the accelerator. Beautiful, but it doesn't last. You think you have to become a Christian to go to heaven, because the Christian teaching is that on the day of judgment, God will weigh you. He will weigh everyone, Christian and non-Christian. Christian is righteous-living, and non-Christian is non-righteous living. Each one of you will be weighed if there is a day of judgment. But we're afraid to we rather become Christian in case that God is a better God. There's no better God. God is God.

Hari om, God bless you.



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





Creating a Work of Art

BERNIE SIEGEL, MD

The meaning of existence was to preserve unspoiled, undisturbed and undistorted the image of eternity with which each person is born. Like a silver moon in a calm, still pond.

ALEXANDER SOLZHENITSYN

Conceiving a child and raising it to feel loved is the most significant action parents can attain. A loved child becomes not only a creative, inspiring being but one who helps all living things to survive and thrive. Think of your child as a young artist who has come to you to learn how to paint or sculpt. As a teacher you would show patience and guide and instruct the child so they can create a work of art. You would not throw out their painting or pottery but show them how to rework it and create a true work of art. Well you have the clay, the paint and the blank canvas to work with; your child.

As a surgeon I listened to eighty five year old parents complain about their kid and I had to laugh remembering they were talking about a kid, who was in his sixties. We can constantly be critical of our children by using phrases like, "There's something wrong with you." Or we can let them know they are loved even when we don't like what they are doing.

I know from working with all age groups that when you ask eighty or ninety year olds whether their parents loved them close to ninety percent answer yes; but when you ask high school students the same question the figures are reversed. When for homework you ask students to write a note about why they should commit suicide and why they are loveable the suicide notes are three to five pages long and the love notes one page. I am not trying to depress all the parents reading this. I have lived the experience with our five children so I know wounds can be healed and that if we are truly educated about the parenting experience our children will be the beneficiaries. Licenses are needed for just about every significant activity or occupation except parenting. So when the birthing classes finish start parenting classes and learn from those who have preceded you and lived the experience.

Why is it your children's children are called grand and their children become great grand children? The answer is that as we grow and mature and learn what is truly important in life we see the children as grand and great. So if you do not have time to read this entire article all I ask of you is to act as if you are a loving grand parent towards your children.

I was born an ugly duckling, who my parents hid in a covered carriage. I survived because I had a grandmother who, to quote my mother, "Poured oil over your body and pushed everything back where it belonged many times a day." I didn't have to find my own beauty, as the ugly duckling did, because I had a grandmother. Studies show the benefits of massage in newborns by their rapid weight gain. So touch and massage your children and watch them grow and develop in response to your loving touch. One teenager I know said she was staying at her grandmother's house and there were no full size mirrors for her to look in before she went off to high school. When she complained to her grandmother her grandmother said, "Come over here and look into my eyes and you'll see how beautiful you are." There are many ways to touch your child.

We must remember the opposite of love is indifference. So the child who feels unloved and drives you nuts gets your attention. While the angel often feels unloved because no one pays attention to him. As one of our children said, "I don't get twenty per cent of your time." I explained his brother drove us nuts and got forty per cent. I admire the fact that he felt comfortable confronting his father with those statistics. When siblings are born one or five years apart there is little rivalry. So apologize, as I have, to our kids and help them become a family. Our children learned that love and appropriate anger can exist together.





Make magic and do things as a family every week. It can be eating out, going skating, visiting a museum, whatever; just make it an activity that allows you to interact and not sit staring at a TV set or a movie screen. When you do the latter have a session in which you all discuss your reaction to what you saw and learn from each other. Various states are currently debating passing laws to ban spanking until age four and not allowing smoking in cars with children under the age of six, while a religious cult in another state wants a law passed to allow whipping of children. I can see the fourth birthday becoming spanking day to make up for what parents weren't allowed to do until that day. It is absurd.

What we need is a law which says you must love your children.. I know smokers who smoke outdoors to protect their pets but do not think about their children's lungs. Love is the answer. As Emmet Fox wrote, "There is no difficulty that enough love will not conquer; It makes no difference how deeply seated may be the trouble; A sufficient realization of love will dissolve it all." A young woman I know whose parents are alcoholics started saying to them every morning, "I love you." They never answered her. After doing this for three months she ran out of the house one morning late for school. Her parents were in the street yelling, "You forgot something."

"What did I forget?"

"You didn't say I love you." Their healing began.

Yes, love is a weapon and I prefer to kill with kindness and torment with tenderness.

When we do this our natural tendencies towards aggression are utilized in creative ways through work, sports, games and hobbies and not through destructive behavior. A child's brain wave pattern up to the age of six is like that of a hypnotized individual. So your messages can stay with them for a lifetime. If they are mottoes to die by, and the child does not make a conscious effort to eliminate and abandon them, it does lead to their illness and early death.

A study of Harvard students showed that of those who felt loved by their parents, while attending college, only one fourth had suffered an illness by midlife while almost one hundred percent of those who didn't feel loved had suffered a major illness by midlife. The addictions and self destructive behavior are not an accident. To quote a woman who said her mother always belittled her efforts and only dressed her in dark clothes, "My mother's words were eating away at me and maybe gave me cancer." The cancer motivated her to be born again and redirect her life; repent herself, find self love and buy a red dress. So curses can become blessings as castles can be built out of the mud.

Centuries ago Maimonides wrote, "If people would take as good care of themselves as they do their animals they would suffer fewer illnesses." So get some pets and treat your children as you do your beloved pets with love, affection, trust, respect, consistency, discipline, exercise and a reverence for life. Those bits of advice actually come from veterinarians. So when in doubt WWLD; just ask yourself What Would Lassie Do?

If your children have any questions just remember love is my answer.

My Mom's answers were, "Do what will make you happy." "Troubles are God's redirections and something good will come of this."

And my Dad's, "Material things are to make life easier and when you are happy you are a success."



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.



Gratitude

WALLACE D. WATTLES

It is a fact that the first step toward getting rich is to convey the idea of your wants to the Formless Substance. This is true, and you will see that in order to do so it becomes necessary to relate yourself to the Formless Intelligence in a harmonious way.

To secure this harmonious relation is a matter of such primary and vital importance that I shall give some space to its discussion here, and give you instructions which, if you follow them, will be certain to bring you into perfect unity of mind with God.

The whole process of mental adjustment and atonement can be summed up in one word – gratitude.

First, you believe that there is one Intelligent Substance, from which all things proceed; second, you believe that this Substance gives you everything you desire; third, you relate yourself to It by a feeling of deep and profound gratitude.

Many people who order their lives rightly in other ways are kept in poverty by their lack of gratitude. Having received one gift from God, they cut the wires which connect them with Him by failing to make acknowledgment.

It is easy to understand that the nearer we live to the source of wealth, the more wealth we shall receive; it is easy also to understand that the soul that is always grateful lives in closer touch with God than the one which never looks to him in thankful acknowledgment.

The more gratefully we fix our minds on the Supreme when good things come to us, the more good things we will receive, and the more rapidly they will come; the reason simply is that the mental attitude of gratitude draws the mind into closer touch with the source from which the blessings come.

If it is a new thought to you that gratitude brings your whole mind into closer harmony with the creative energies of the universe, consider it well, and you will see that it is true. The good things you already have come to you along the line of obedience to certain laws. Gratitude will lead your mind out along the ways by which things come, and it will keep you in close harmony with creative thought and prevent you from falling into competitive thought.

Gratitude alone can keep you looking toward the All, and prevent you from falling into the error of thinking of the supply as limited; to do that would be fatal to your hopes.

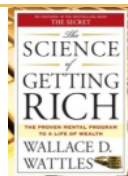
There is a Law of Gratitude, and it is absolutely necessary that you should observe the law, if you are to get the results you seek. The law of gratitude is the natural principle that action and reaction are always equal, and in opposite directions.

The grateful outreaching of your mind in thankful praise to the Supreme is a liberation or expenditure of force; it cannot fail to reach that to which it is addressed, and the reaction is an instantaneous movement toward you.



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 II

ECKANKAR

The source of the mind and its constructs - philosophy, ethics, and moral teachings - is the Mental Plane. It is a grand place populated by advanced spiritual beings.

The word Aum, changed by those in many religious groups, originates from the Mental Plane. Although this is a very spiritual plane, residents of this plane are still subject to reincarnation. This is because the Mental Plane is still part of the lower worlds.

To pass into the true spiritual planes, we must drop the mind. Soul uses the mind as a tool, but cannot be guided by it.

The mind cannot understand the true nature of God. God can only be experienced, and descriptions of God are most often inaccurate because they depend on the power of the mind.

The Temple of Namayatan, the Temple of Golden Wisdom on this plane, is located in the city of Mer Kailash, and the guardian is the Koji Chanda. You can recognise the Mental Plane by the sound of running water.

Marking the border between the lower and higher worlds of Divine Spirit is the Etheric Plane. This is the source of our subconscious, and primitive thoughts.

The Dayaka Temple of Golden Wisdom is located here in the city of Arhirit, and the guardian of the Shariyat-Ki-Sugmad is Lai Tsi. You can recognise the Etheric Plane by the sound of buzzing bees.

As you unfold spiritually, you'll travel through the various God Worlds of ECK. This journey will be a unique experience because we are all individuals, each at a different point in our unfoldment.

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

Wisdom for Today

In delusion, knowledge is absent and wisdom is dormant.

In activity, passion is active and instinct is dominant.

In wisdom, discrimination is active and realisation is imminent.

Therefore be wise and explore yourself

SUREN PILLAY



Beautiful Wisdom from the Buddha

Once Buddha was travelling with a few of his followers. While they were passing a lake, Buddha told one of his disciples, "I am thirsty. Do get me some water from the lake." The disciple walked up to the lake. At that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy and turbid. The disciple thought, "How can I give this muddy water to Buddha to drink?" So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink." After about half an hour, again Buddha asked the same disciple to go back to the lake. The disciple went back, and found that the water was still muddy. He returned and informed Buddha about the same. After sometime, again Buddha asked the same disciple to go back. This time, the disciple found the mud had settled down, and the water was clean and clear. So he collected some water in a pot and brought it to Buddha. Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be, and the mud settled down on its own -- and you have clear water. Your mind is like that too! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

Having 'Peace of Mind' is not a strenuous job; it is an effortless process!



Rumi's Love Poem

Don't go anywhere without me.

Let nothing happen in the sky apart from me,
or on the ground, in this world or that world,
without my being in its happening.

Vision, see nothing I don't see.

Language, say nothing.

The way the night knows itself with the moon,
be that with me. Be the rose
nearest to the thorn that I am.

I want to feel myself in you when you taste food,
in the arc of your mallet when you work,
when you visit friends, when you go
up on the roof by yourself at night.

There's nothing worse than to walk out along the street
without you. I don't know where I'm going.
You're the road and the knower of roads,
more than maps, more than love.



Index of Resources and Online References

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