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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-five

8 March 2012

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Welcome to the March 2012 issue of *Transcendence*.

Despite the busy world we live in today, many people suffer from loneliness. It is part of our natural human-ness to want to be with other people in order to feel wanted, loved and useful. But many who spend most of their time in the company of others, suffer from loneliness when they are on their own, and become bored, frustrated or irritable. Our 'alone' time today is so taken up with television and computer activities that we forget who we are and how to just be alone without convincing ourselves that we're lonely.

In essence, we forget how to communicate with our inner selves and mistake this for loneliness. Your first best friend should be you. Time spent in reflective solitude is so important in balancing body, mind and spirit. Solitude does not mean 'doing things' on your own like reading or watching television - it means doing nothing except sitting quietly, talking and listening to yourself, taking note of what your private 'conversations' consist of. What things are bothering you and why? How can you change them?

Solitude is about self-reflection and those who have more time alone are at an advantage as they are given the best opportunity for spiritual growth and the perfect situation to know the Self.

If you're suffering from 'loneliness', try and see it as an opportunity to grow from within and be at one with your Self. If your life is a busy one with little time alone, designate as much time as your day allows for reflective solitude, just to touch base with You.

In Love and Service, always,





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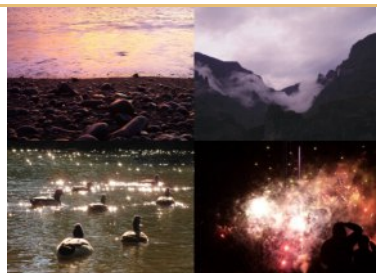
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Heavenletter # 4089 - Innocence in the World

GLORIA WENDROFF

God said:

From the very beginning of Heavenletters, I have told you that you do not owe anyone anything, and no one owes you anything. No one is an owner of anyone, nor is anyone owned by anyone. You are free. This is what free will means.

If, in the world, another or others seem to own you, their sense of ownership, no matter how they see it or how you see it, comes with your agreement. This is hard to believe.

No matter what, you are your own shining light. If you are owned, somewhere along the line, you partnered in this. It may not have been your conscious volition, and yet, somewhere, sometime, you okayed it. An agreement was made.

You can undo agreements, beloveds. If undoing agreements is hard for you, then you can begin to see your own attachment to another's attachment.

The virtue of not owning or being owned is that you let go of attachment. You let go of attaching, and you let go of being attached by another. This means you are your own sovereign self.

You may say, "What if I am imprisoned? How does this theory of yours work, God?"

It is the same, dear ones. You made choices along the way that led you to where you are.

"What if I did not commit the crime, God?"

This is harder, yet, somewhere along the line, you acquiesced. Before birth, after birth, somewhere along the line. Even if you are innocent. Even if you are the one who robbed a bank, you are innocent just the same. Do you understand? Even if you did the deed, you are innocent. You have to be very innocent indeed to rob a bank and think you won't ever get caught. All are innocent. We're not questioning innocence. All My children are innocent.

If you were kidnapped, you are innocent. If you are a reprobate and kidnapped, you are innocent. If you are a baby kidnapped, you are innocent. Everything seems random, yet it is not. Something unfathomable is being played out. You cannot fathom it. You cannot fathom it anymore than you can fathom that your tummy is empty, and others' tummies are full, or you cannot fathom that your tummy is full, and others are starving. What can you fathom, dear ones?

There is no opposite to innocence. Guilt is not opposite to innocence. Guilt is something implied applied. Guilt is applied to another or to yourself, yet, really, all anyone can be guilty of is being a human being. Human beings sometimes make mistakes. The ink that spilled was a mistake. A word misspelled was a mistake. The murder of another is a mistake. Everything that is not love itself is a mistake.

The teacher who scolds the child for spilling the ink or misspelling a word is also making a mistake. Anyone who judges is making a mistake.

The world would say that some mistakes are greater than others, for the world itself is all about relating one thing to another. All the world is relative. That's what makes it the world.

For the purposes of Our discussion this morning, a mistake is a mistake. For every mistake, there are repercussions, yet a mistake is a mistake, and mistakes are made. Let mistakes be mistakes and not weigh them so judiciously.





But the world is not a mistake. And you are not a mistake. You can rise to any occasion, whatever the occasion may be. Some of you have risen. In fact, everyone has risen. No one stays the same in the world. The world is all about change. The one who murders can become a saint. A proven saint may falter. Anything is possible in the world.

Extreme goodness is possible. Extreme goodness is not only possible, it is an everyday occurrence. The world is not about justice, as you perceive justice. It is about goodness, however.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



Everyone has the right to live his life as he sees fit, or even as he doesn't see fit. Everyone has the right to open the door he chooses to open. And everyone has the right to close the door he chooses any time he wants. He has the right to change his mind and choose another door.

Heavenletter #4076 Choose a Star



Frivolousness is one thing. Frivolity is another. Let's have some frivolity. Let's have some fun together. There is no fun without Me, beloveds. I love to join in. You cannot keep Me out. My laughter reverberates throughout the Universe. Never would I sing a dirge. My singing turns on all the stars in the firmament. Consider the stars the notes I play. You see the stars blinking on and off as the stars dance to My tune.

Heavenletter #4075 All the Good Things



Why does anyone have to be anything for you? It is not for you to seize another's being. You are not their reason for being. It is not for you to put a clamp on others, yet when you think you need something from others, when you feel there is something they must bestow upon you, you are demanding and pressuring them to serve you.

Heavenletter #4071 It is Blessed to Give



Everyone may not love you and value you, yet you, whoever you are, in your heart, are to take the first step. You are not simply a reactor to life. That makes you weak, not mighty. That makes you one step behind. And you are meant to be a leader.

Heavenletter #4069 Love, Like Cream, Comes to the Top



You are being stretched. There is no doubt about that. Life is stretching. By hook or by crook, life is going to make you flexible. It is also going to make you solid and strong. Right now you are learning to bend to life and not fight it so adamantly. Resisting is fighting, and when you resist life, you try to push it back. That is like trying to stem the tide, beloveds.

Heavenletter #4065 Life is Like a Shepherd

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 2

ROY EUGENE DAVIS

What is to be known that makes possible the knowing of all things that are worth knowing is our true nature and ultimate Reality. Without that knowledge, only superficial perceptions of life are possible and we may be inclined to aimlessly drift in time and space. With that knowledge, episodes of cosmic awareness are more frequent. Powers of perception and discernment are enhanced. Functional abilities improve. Accurate knowledge replaces opinions. Troublesome subconscious influences are weakened and neutralized. The mind is purified and consciousness is illumined. Problems and difficulties associated with ordinary human consciousness are easily overcome or transcended. To have accurate knowledge of our true nature and ultimate Reality, neither arduous, costly travels to distant destinations nor long discussions with philosophers or sages are necessary. We only have to be informed about it once from a reliable source, learn how to allow our innate knowledge of it to be unveiled and Self-revealed, and skillfully do what we need to do.

Your Mind: How to Use It; How to Transcend It

Lord, I want to be more holy in my mind. My thoughts tend ever to be divisive and scattered. In so many ways, my mind is a house divided; and conflicts rage up and down its corridors. I need wholeness. O that my mind may be stilled by your holy hush! Lord, I want to be more holy in my mind.

—Howard Thurman (1899 – 1981) *Meditations of the Heart*

Your mind records impressions of your perceptions (what you see, hear, touch, taste, smell, and think) and enables you to remember, think, reason, plan, and imagine. With a well-organized mind you can remember your history in this incarnation, appropriately relate to current events, and rationally plan your future activities and experiences. A disorganized, dysfunctional mind interferes with endeavors to live effectively and with our spiritual growth. Improve your ability to easily remember what you want to know, focus your attention, think constructively and rationally, creatively plan future events, and imagine ideal circumstances and experiences. Cultivate optimism: expect positive outcomes for all emerging situations. Avoid anxiety, worry, sad moods, and feelings of despair. Remember that you are an immortal, spiritual being superior to your mind. Use your discriminative intelligence to discern the truth of what you are. Consistently think and act from that point of view until it is easy to do.

A question that truth seekers throughout the world often ask me is, “How can I control my mind and emotions, think rationally, concentrate easily, and meditate successfully?”

Regulate mental states and emotions by choice and intention. To think rationally, stay with facts and be practical; don’t allow whims or emotions to influence you. Stay healthy and obtain sufficient rest. Poor nutrition and hormone imbalances can contribute to emotional instability and mental confusion. Prefer a quiet, well-ordered, uncomplicated lifestyle. When you have clearly defined purposes that enhance your life it is easier to concentrate on accomplishing them and to disregard what is less important. Skillful living is good preparation for meditation practice. Positive mental attitudes and the will-to-accomplish that empowers you to live effectively can help you meditate successfully.

Excerpt from *Truth Journal*, December 2011-January 2012 (pg 7/8)

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



Letting in the Light - Part 1

LUCIS TRUST

The nature of light has engrossed and at the same time perplexed the attention of intuitive thinkers down the ages. Philosophers, scientists, writers, artists and other seekers after truth have sought to understand and interpret this elusive, yet profound phenomena. Great religious beliefs, too, which have swayed civilisations and cultures have paid homage to the source of light in our solar system – the sun. From the dawn of time, its worship and reverence, have been influential in many belief systems, such as Celtic Druidism, Egyptian mythology, Mithraism and Vedic philosophy. Christian and Buddhist scriptures also celebrate and allude to the significance of light. And, modern esoteric writings suggest that the nature of LIGHT is central to our entire planetary purpose.

None of us doubt the importance and place of light in our lives – whether on a spiritual or physical level. From the tiniest cellular nuclei in the human frame to the stupendous solar lives that grace the celestial spheres, all, according to the spiritual and physical sciences, are points of light. “Light is substance” and “substance is energy” declares the perennial philosophy. Modern physics reinforces this viewpoint – light is energy. Whether we realise it or not, light is becoming an increasingly powerful influence in the world. Information in digitised format moves at the speed of light throughout the vast interconnected internetwork – the internet. Money, too, moves in a similar way around the world, from one financial centre to the next. Light amplification by stimulated emission of radiation, or lasers, are increasingly used in modern medicine to diagnose disease and to perform surgical treatment. These uses of light energy would have been unthinkable even a few decades ago. And who can say what the future holds in the altruistic use of this remarkable energy?

From a deeper perspective, the ageless wisdom informs us that humanity is destined to assume the mantle of the planetary light-bearer. Little by little, awakening humanity is bestowing the light of understanding to elevate the ‘little’ lives that embody the mineral, vegetable and animal worlds. The advance guard of the human family acts as a lens through which the light of God penetrates to levels of consciousness which have hitherto remained in ‘darkness’. From point to point, from sphere to sphere and from glory to glory the light of God flows – touching, stimulating and vivifying all in its wake.

And as we weave in the light creating strands of pure lighted substance charged with goodwill, the reaction of lighted essence to the attractive power of love, it is suggested, will herald a revelation in human consciousness, which will have far-reaching effects. Through Triangles the fusion of light and love is helping to bring about the emergence of that which is new and better and progressively right, so that ultimately the human family can live, enriched and enlightened by divinity.

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



Was Jesus Christ a ‘Firebrand Revolutionary’?

SWAMI KRIYANANDA

Seldom has a great master come into the world with such an outwardly commanding and heroic role as Jesus. His mission was not only to deliver new statements of eternal truth around which he had to create a new tradition. It was also virtually to wrench old traditions (both practices and attitudes) in a completely new direction.

A bold and powerful self-affirmation

Jesus Christ, even among great masters, was exceptional in his mission, and in his need to affirm his own importance to that mission. Sometimes he spoke in terms that, from anyone who had attained a union with God less perfect than his, must surely have seemed almost embarrassingly boastful and arrogant. He said, for example, “I am the way, the truth, and the life: no man cometh unto the Father, but by me.”*

Jesus’ self-affirmation did not indicate any lack of humility. He had no ego of which to be either proud or humble. Jesus came, however, with a particular expression of the eternal truths, and it was necessary for him to focus people’s high spiritual aspirations in himself as an instrument of divine grace. Otherwise, the many schools of thought that were rampant in his day would have diluted his message and made it seem merely another “school of philosophy,” from whose teachings people could select as they chose.

Reading his words in the Bible, one is nonetheless surprised at how powerfully he affirmed the importance of his own mission on earth. Repeatedly through the New Testament we find Jesus referring, without the slightest hesitation or reticence, to himself. Sometimes he spoke of himself as the “son of man;” sometimes, as the “Son of God.” It was, however, necessary for him to speak in that way. Very little valid spiritual tradition remained among the Jews of his time. Few would have been accepted his new expressions of eternal truth had he declared them self-effacingly.

A way-shower and conqueror of unknown territories

The age Jesus lived in was a hard one. He had to survive a public mission in a rough, dogmatic, and intolerant society. Never did he hesitate to “thunder” when the occasion called for a divine rumble. To those who like their saints “soft and cuddly,” Jesus would have been—shall we say?—an embarrassment. Indeed, to some people he must have seemed glaringly offensive!

It is, indeed, perfectly understandable that the self-assertiveness with which Jesus so often spoke would have seemed offensive to the unenlightened rabbis of his day. They were, in their own opinion, the supreme authorities in Judaism. If Jesus were to appear and teach in the same way on earth today in any country in Christendom—not as himself, but as someone unknown—I venture to say that almost every priest, pastor, minister of religion, and every other sort of prelate would probably consider his bold self-assertion quite as outrageous as did the Pharisees.

To those at the top of any social ladder, Jesus might well have seemed “pushy” and “a bit over the top.” In fact, he was “pushy.” It wasn’t himself he was pushing, of course, but divine Truth and God. He had come as a way-shower, a road builder, and conqueror of unknown territories. The more restrained and socially approved way of expressing oneself, always with tactful care, was not at all what was needed in his times.

One wonders, even, how the expression — “Gentle Jesus meek and mild” — ever got started. Jesus fitted perfectly the Vedic description of the man of God, as Paramhansa Yogananda quoted it in *Autobiography of a Yogi*: “Softer than the flower, where kindness is concerned; stronger than the thunder, where principles are at stake.”





A “firebrand revolutionary”?

Certain modern writers have claimed that Jesus Christ was a firebrand revolutionary, citing, among other things, his statement, “Think not that I am come to send peace on earth: I come not to send peace, but a sword.”

Viewed literally, it would be easy to take Jesus’ words as bellicose. Viewed in the broader context of his life mission, we quickly see that he was not issuing an inflammatory call to arms, but speaking thus only to light a fire of divine courage in the hearts of devotees. The conflagration Jesus sought to ignite was a fire of pure love for God, underscored by renunciation of every lesser attraction and attachment.

Jesus’ reference to “sword” was a reference to the “sword” of discrimination, essential for slicing through the chains of outward attachment. He also meant “sword” symbolically, referring to the determination one needs to find God.

As for revolutionary zeal, the only “uprising” he encouraged was to urge people to “revolutionize” their inner, spiritual outlook. Jesus Christ came on earth to inspire people to seek union with God. “My kingdom,” he said, “is not of this world.” Constantly he urged them to seek God-consciousness: “He that taketh not his cross, and followeth after me, is not worthy of me.” Christ’s message was that the spiritual path is not for armchair devotees but for spiritual warriors, for those who would embrace death itself, rather than abandon their divine search.

(To be continued)

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visit www.ananda.org





Finding Atlantis

ROD BRIGGS

Ever since Plato's *Critias* over two and a half thousand years ago, with its description of an ideal society called Atlantis, people from all walks of life, and various disciplines, have searched for the fabled lost city. While the physical hunt has fuelled the media frenzy for the last two hundred years it is really just a side show, Atlantis's real treasure lies in metaphysics, in the lessons it has for us. The clue that the Atlantis story is allegorical is in its source. Plato tells us that he got the tale from an Egyptian High Priest by the name of Solon; the Egyptian Mystery School he represented was one of the repositories of the world's metaphysical knowledge, the stories he would have shared would reflect this.

The basic story, one I'm sure most of us know, is of a Shangri-la gone bad, destroyed by its own technology and lack of moral compass. Sound familiar? "...when the divine portion began to fade away, and became diluted too often and too much with the mortal admixture, and the human nature got the upper hand, they then, being unable to bear their fortune, behaved unseemly, and to him who had an eye to see grew visibly debased, for they were losing the fairest of their precious gifts; but to those who had no eye to see the true happiness, they appeared glorious and blessed at the very time when they were full of avarice and unrighteous power." (*Critias*)

In this much vaunted year of 2012 the lessons from our long lost antecedents have never been more pressing. We live on the cusp of greatness or destruction – we have never had such potential for both. Plato hit the nail on the head by saying that it was when things were the most debased that they appeared to those involved "the most glorious..." Like it or not that is just how many live their lives today, profit is more important than people, share holder dividends more a priority than sustainability. Most of us feel so pressured by the material nature of society and the life that we live, that much of our moral compass is ignored. We have forgotten who we are, and what we are an integral part of. This is not sustainable in the long term, as many in the "western" world are now finding out.

The lessons from antiquity are clear. Refocus on humanity and the common good – above all else, strive for eudemonia, harmony and balance, or pay the price. You have a choice.

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 II

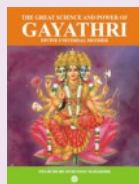
SWAMI MURUGESU MAHARISHI

Meditation actually does not represent any state of the mind. Only concentration represents the focused, one-pointedness of the mind. When meditation is practiced the consciousness begins to slowly slip from the mind, and when meditation is established, the consciousness completely withdraws from the hold of the mind. So the mind becomes still, like an electric fan becoming still due to a power cut. Now the consciousness begins to make contact with the physical world directly, without the medium of the mind or any other factor.

Until one's consciousness retreats from the mind in meditation, it needs the mind to know the material world, and to activate any change in it. But if meditation is accomplished, then the consciousness begins to know and act in the material world without the aid of the mind. The consciousness, though, has the power to materialise anything from the atoms. It acts like a slave to the mind until it transcends the mind. When consciousness retreats from the mind during meditation, it is able to materialise or de-materialise anything through direct cohesion, attraction or repulsion. It is this consciousness which materialises the physical body with the cooperation of the sub-conscious mind, which retains impressions of previous births. So, when the consciousness exits the mind, it is able to materialise bodily cells, group cells and from them form tissues and bones, and thus cause growth of the organs.

Many may not know how Jesus Christ was able to give sight to a blind man. Manicka Vasagar imposed life and body from a decomposed corpse, and many siddhas gave life to dead bodies. All these seeming miracles are accomplished by what is commonly called 'spiritual healing', during which spirit matter is supplied to the deceased. This is no different to that mentioned in foregoing paragraphs: the power of consciousness exiting the mind during meditation. I therefore hope now, that the reader of this article will believe that by meditational power one can cure any physical or mental disease or disorder, be it for oneself or others.

During meditation the consciousness of the meditator can be directed to the body of the patient and, according to its bhavana, can eliminate accumulated poisons and waste products from organs, cause fresh formation of cells in decayed areas, and correct chemical changes wherever these properties are required - and basically set right all disorders by its power. During meditation the consciousness radiates directly into the sub-conscious mind according to the bhavana, neutralising and removing unwanted bad influencing impressions from it and implanting beneficial impressions instead, which then begin to act accordingly. Although a hypnotist makes similar changes in one's sub-conscious mind, the subject often regains the negative impressions that were removed by the hypnotist and may relapse into negative habits or states again. But in meditation there is no chance or regaining removed impressions as the structure of the subconscious itself has been altered by the direct action of the Spirit. If a patient who was spiritually healed, wishes to walk the spiritual path, he will do so easily and without much labour. By meditational healing a dull and absent-minded person can become fully active-minded; a cruel man can become a pious one, and a weak-minded person can gain will-power.



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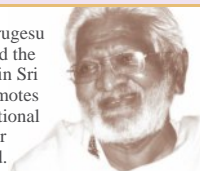
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Eternal Values

SUREN PILLAY

The essence of spirituality lies in the universality of common values. These values of truth, faith, devotion, love, and beauty are immortal and reflect the inner success secrets of most affluent societies. It is, therefore, not surprising that most of the values mentioned also have spiritual significance.

Truth or *satyam* is mentioned in Patanjali's *Yoga Sutra* as a requirement of ethical behaviour. Many aspirants may ask why truth carries such importance in the spiritual journey. The answer may be found in the fact that every word, thought, and action should be harmoniously in tune with the vibration and energy of nature. When a person speaks a lie, he consciously expresses a mismatch between the reality of what is and what is said. This mismatch does not serve the individual in any useful way and may be of further detriment to him as if someone is able to find out about the lie, it is likely that the liar will suffer some pain in the process.

It is said that a man without faith in God will find the spiritual journey a very tough one. It should be noted that faith is not belief, even though both terms are often used interchangeably. Belief can, in many instances, be of weak substance or poor faith, in which case such belief is not transformative. Real faith only blossoms when an inner experiences arises within an individual. Such experiences transform the individual on multiple levels, simultaneously, such that he innately realises the presence of something more than what is apparent.

Without devotion to any particular goal or objective, it is unlikely that such goal or objective will be achieved. The price of success, in either the material or spiritual plane, is often the result of perseverance. It has been said that mastery in anything is the result of 10000 hours of sincere practice in that subject. Devotion to attaining enlightenment by following the principles of the scriptures are thus a most necessary requirement to attaining spiritual liberation.

Love is that which connects all of us at our most deepest level. It is that which is the subject of the most deepest spiritual experience. The purest form of love is the unconditional love of God. This is attained through repeated spiritual practice with faith and devotion. When the unconditional love of God is attained, then a man can truly love another man without bias or prejudice. A man is only truly prosperous when he experiences and expresses love in every aspect of his life.

Beauty is the result of attaining love of God. It the end result of spiritual perfection. People who have attained the state of *mukti* or liberation, live lives of true beauty and authenticity. They do not wish to conform to any social ideal prevailing at the time but automatically abide by the laws of nature effortlessly. The result is perfect harmony with natural laws and all creatures of the Almighty.

In conclusion, I would like to say that a life without values is likely to be susceptible to decay and destruction, both material and spiritual. It is values that hold societies in harmony, wealth and health; and the same values can be applied to a human being at a micro level.

My advice to readers this month is to try and live the eternal values noted for a more complete and fulfilling life!

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>





Joyous celebrations to greet the New Year - A Bahá'í Perspective FLORA TECKIE

The Baha'i New Year festival known as Naw-Ruz (literally "New Day") is held on 21 March.

The festival comes at the end of a 19-day fast in which Baha'is abstain from food and drink between sunrise and sunset as a reminder of the need for individuals to be detached from their material desires. Naw-Ruz is the first day of the first of 19 months in the Baha'i calendar.

The Baha'i New-Year coincides with the vernal (spring) equinox, the first day of spring. It is the time of freshness and renewal in nature. It is also symbolic of the periodic renewal of the religion of God - the coming of the spiritual spring.

The Bahá'í calendar is based on the solar year. It begins on March Equinox and is divided into nineteen months of nineteen days each month. Four intercalary days are added (and in the leap years a fifth day) to make up the year. The months are named after some of the attributes of God such as might, glory and grandeur. The Bahá'í calendar dates its years from 1844, which marks the beginning of the Bahá'í Era. This year is 169 B.E. (Bahá'í Era).

Founded by Bahá'u'lláh over a century and half ago, the Bahá'í Faith is today amongst the fastest growing religions. With followers in at least 235 countries and dependent territories, it embraces a cross section of the human race and has become the world's second-most widespread religion in its geographic reach, according to the Encyclopedia Britannica. Its Founder, Bahá'u'lláh, teaches that there is only one God, that there is only one human race, and that all the world religions have been stages in the revelation of God's purpose for humankind. As Bahá'u'lláh wrote: "The earth is but one country and mankind its citizens."

The coming together of the peoples of the world in a harmonious relationship is the most crucial need of today. As stated in the Baha'i Scriptures: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."

At the present time the Bahá'ís of South Africa, as well as the Bahá'ís in every other country are engaged on a path of action that promotes the spiritual development of the individual and channels the collective energies of its members towards the spiritual transformation of society. These activities include the systematic study of the Baha'i writings in small groups in order to build capacity for service; devotional gatherings which are aimed at connecting the hearts of the people with their Creator; neighbourhood children's classes that offer lessons aimed at laying the foundations of a noble and upright character; and groups that strive to assist young teens to navigate a crucial stage of their lives and become empowered to direct their energies toward the advancement of civilization. This is a process that seeks to raise capacity in the individuals to take charge of their own spiritual, social and intellectual development. The inward and outward transformation of the individual will of course contribute towards a collective transformation in society and towards Bahá'u'lláh's vision of a prosperous and peaceful civilization.

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 Great Decision

BY THE MASTER through Benjamin Creme

Steadily, humanity moves forward to its Great Decision. Unbeknown to all but a few, men are being tested as never before in their long history on Earth. The Sword of Cleavage, wielded by Maitreya, the Christ and World Teacher, is doing its beneficent work: separating and dividing men, accentuating their different natures and proclivities.

In this way, the choice before men becomes clearer, more sharply defined. Maitreya's energy of love is impersonal, it stimulates everyone, those who long for peace and right relations, and those who love greed and competition, risking thereby a final war and total self-destruction. Thus the importance of the choice faced now by all.

Many might wonder that such a choice is necessary. Surely no-one wants a devastating war? Today, a small and local war could become a major war of nuclear dimension. The result would be too terrible to contemplate, yet there are those who, even now, are planning how to survive such an eventuality. The choice for men is clear: to continue recklessly on the present greedy course and destroy life on planet Earth for ever, or to follow the promptings of the benevolent heart and practise sharing and justice as the only guarantee of a peaceful future for men of Earth.

The events of the Arab Spring are a sign that the young are responding to Maitreya's Call. Ahead of their elders, they have awakened to the new energies of Aquarius and the promise of the new life that they bring. They have lost all fear and gladly sacrifice themselves for a new-found freedom and dignity. A new splendour is growing among the young.

Evolution

Throughout the world, groups plot and plan for revolution. Arms in many countries are now stockpiled for this purpose. Not revolution but evolution is Maitreya's advocacy. He knows well that revolution precipitates conflict and carnage, replacing one set of problems by another. What is required is a step by step process of change which allows everyone the experience of being involved in their own destiny.

Sharing is the sole means of ensuring such a process; sharing alone will engender the trust essential even to begin. Maitreya has said: "The first step into sharing is the first step into your Divinity." Accept sharing therefore, and enter into your birthright.

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 Greatest Love

SWAMI SHANKARANANDA MAHARAJI

You know, I was thinking about the difference between love and the bank. They are so similar, yet there's a big difference. When you have enough money in the bank, then they want to give you more. When you have no money, then they won't give you any. When you have enough love, you don't need any love. But when you have no love, you search for love.

Osho said, 'How true is this love?' Do you really know the meaning of love, and if you know the meaning, does the other person love you as much as you love them? So you are fully occupied with this idea: 'Am I getting as much love as I should be having in this relationship?' And it continues for a long time this thought, this constant thought in your head, 'I love him so much. Does he love me as much?' And just as the interest you owe the bank adds up, when you don't pay them they attach everything you own, it's the same with love. Eventually this idea you have that the person you love doesn't love you as much, destroys you. So you become totally destroyed, and an emotional wreck.

Osho also said that if you really want to enjoy love, seek it when you have enough of it, when you don't need it, and you'll find the right one. Love is not two strangers meeting each other. Love doesn't happen at first sight. It's a growing process. You need to acquaint yourself first, know the person first, understand the person first, and then develop a relationship that you can call love. Anything that has to change, needs to grow. So anything that grows has changed. And anything that does not grow is dead. Love is like that. As long as it's not growing it's dead. If you look around you, the reason we say the tree is still alive is because it's changing and growing. The day it stops growing and the branches go brown, we say it's dead and we cut it down. As long as it doesn't stop growing, it's alive. The day it stops growing it's not alive at all.

So we need to cultivate this love for God, not for human beings. No human being can love another human being. We use these words loosely. If you are going to the park with your boyfriend or girlfriend you say 'I love you,' fifty times because you don't have anything else to say. You can't talk about how the atom bomb was manufactured because you don't know.

With God you don't have to say 'I love you'. And God won't tell you that He loves you because He doesn't need to. The fact that He gave you this human body means that He loves you dearly. It is God's gift to you. He has put you here for free. He gave you free sunshine but the municipality charges you for electricity. He's given you rain and the municipality charges you for water. Not one day did God ask for it back, or ask you to pay for it. So He constantly loves you and He's given you this thing called 'prana', which He gave to the Sun first. He has not restricted you in that. He's allowed you to breathe as fast as you want or as slow as you want, so you can live as long as you want by your breath. That is the greatest love.



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





Communication, Messages and Signals

BERNIE SIEGEL, MD

The key to life in all its forms is its ability to communicate. This includes the ability of complex organisms like ourselves to communicate with each other but more importantly within ourselves, our individual organs and cells. How do animals communicate without words? Studies show they can count and make intelligent choices when given options yet we do not know how they are able to reason and communicate without using words.

Life began with one celled organisms who learned how to communicate by altering the chemistry of their environment. In times of danger they would secrete substances which led them to come together into a balls of cells which would survive adverse living conditions like droughts or temperature fluctuations. Today these same methods of communication go on within us but problems arise when we do not pay attention to these messages of danger because of our level of consciousness. Notice I didn't say intelligence. If we were intelligent we would pay attention to the messages we are giving our bodies and they are giving us so that the intracellular signals would be life enhancing and not disease inducing.

Think of the simple fact that Monday has a higher mortality and suicide rate than other days of the week and you begin to see why we are not the wisest of creatures. Bacteria develop resistance to antibiotics by intelligent alterations in their genetic mechanisms and survive. We can't even get through the week without succumbing to adverse conditions.

I also marvel at the intelligence within a seed. Did you ever notice how seeds will sprout and grow through pavement to survive. How do they know which way is up without sensing warmth? There is a sense of gravity within a seed and they don't give in to adversity when they run into obstacles. They push forward or find new ways to reach the light. What signals them to keep going and not succumb?

The method of communication has to be chemical signals within the cell directing its behavior but how a protein molecule thinks and knows what to do is beyond me and probably science's understanding. It is awesome to think of one cell developing into a human being and differentiating into all the components we are made of and getting them to develop in the right places too. Think of the endless number of signals which must be given to each intracellular component to do this.

Now think of the signals this organism receives after it is formed. What does a touch, hug or caress say to it about living? What do unexpressed fears, despair and depression tell it about the desire to live. Every cell in our bodies is aware of our will to live and our desires and intentions. The emotional and the physical are one. Mind and matter are not separate entities. Just as one celled organisms reacted to their environment our cells react to both our physical and emotional environments because there is a chemistry to both.

The question is what messages are you giving your body so that the signals created are life enhancing and not life threatening. I think the key words and signals are inspiration and expiration. We use the latter when things are ending. When someone dies we say he expired. The breath of life has left.

Inspiration is a word that fills us with the joy of living and our desire and intention to survive. Inspiration means breathing in but it also speaks of being inspired to create life and survive hardships. When I meet an inspired individual who is living a meaningful life I know they will live longer in the face of adversity than others with the same afflictions or problems. I believe this is why some people overcome so called incurable diseases. They find new meaning in life and signal their bodies that their desire and intention and determination is to live. They are not ready to expire because they are inspired to live, love and serve.



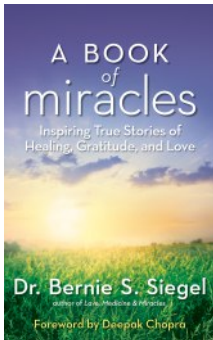


Their bodies get the message and changes occur which lead to their healing and curing themselves and their bodies. Now we are getting somewhere. Like the bacteria we are living with a sense of our mission here and role in creation and respond to adversity with a will to live. We see this idea supported by research being done today. Join a support group or simply keep a journal of your feelings and you slow the progression of your disease, reduce the number of symptoms, lower the recurrence and death rates. It doesn't matter what the disease is. The will to live is physiologic and communicated to every cell in your body.

Remember the song, "Eat an apple every day. Go to bed by three. Take good care of yourself. You belong to me. Be careful crossing streets. Don't eat meats 'cause you'll get a pain and ruin your tum, tum." You don't know how lucky you are reading this and not having me sing it to you. The latter might create some negative signals to your body.

The message is clear. Give your body messages and signals related to your inspiration and will to live. Your body will do the best it can to sustain you when you do so. Exercise produces neuropeptides which protect the cardiovascular system. Massage enhances growth and immune function. The beneficial effects of love are not an accident. So find your reason for living now and get going. Then you will never be working and Mondays won't be a threat to your health.

One last word of advice. This article is not written to help you avoid disease and death but to help you enjoy life. In Heaven the grumpiest people are the vegetarian, meditating, joggers who despite eating only vegetables, meditating regularly and getting up early every day to jog died anyway. So do what feels right because that is how those chemical messages from your body are communicated, through feelings and not what is thought. The body signals us too. The mind matters and feelings matter and when we live right they are the healthiest unit they can be. Consciousness and matter unify and become one through the inspirational signals we provide. So get in touch with your body.



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.

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.



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.



Thinking in the Certain Way

WALLACE D. WATTLES

You must form a clear and definite mental picture of what you want; you cannot transmit an idea unless you have it yourself. You must have it before you can give it; many people fail to impress Thinking Substance because they have themselves only a vague and misty concept of the things they want to do, to have, or to become.

It is not enough that you should have a general desire for wealth, “to do good with”; everybody has that desire.

It is not enough that you should have a wish to travel, see things, live more, etc. Everybody has those desires also. If you were going to send a wireless message to a friend, you would not send the letters of the alphabet in their order and let him construct the message for himself; nor would you take words at random from the dictionary. You would send a coherent sentence, one which meant something. When you try to impress your wants upon Substance, remember that it must be done by a coherent statement; you must know what you want, and be definite.

You can never get rich, or start the creative power into action, by sending out unformed longings and vague desires.

Go over your desires in detail. That clear mental picture you must have continually in mind, as the sailor has in mind the port toward which he is sailing the ship; you must keep your face toward it all the time. You must no more lose sight of it than the steersman loses sight of the compass.

It is not necessary to take exercises in concentration, nor to set apart special times for prayer and affirmation, nor to ‘go into the silence’, nor to do occult stunts of any kind. These things are well enough, but all you need is to know what you want, and to want it badly enough so that it will stay in your thoughts.

Spend as much of your leisure time as you can in contemplating your picture, but no one needs to take exercises to concentrate his mind on a thing which he really wants: it is the things you do not really care about which require effort to fix your attention upon them.

And unless you really want to get rich, so that the desire is strong enough to hold your thoughts directed to the purpose as the magnetic pole holds the needle of the compass, it will hardly be worthwhile for you to try to carry out the instructions given in these articles.

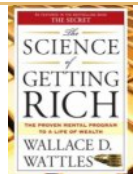
The methods herein set forth are for people whose desire for riches is strong enough to overcome mental laziness and the love of ease, and make them work. The more clear and definite you make your picture, then, and the more you dwell upon it, bringing out all its delightful details, the stronger your desire will be; the stronger your desire is, the easier it will be to hold your mind fixed upon the picture of what you want.

Something more is necessary, however, than merely to see the picture clearly. If that is all you do, you are only a dreamer and will have little or no power for accomplishment.



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





Love

ECKANKAR

The very heart of the doctrine of ECK is love. This love is that divine essence which unites all reality and brings together all Souls. The higher Soul goes into the other worlds the greater this becomes. Love is the bond which holds the worlds together.

THE SHARIYAT-KI-SUGMAD, BOOK ONE

At Minneapolis, Minnesota, a newspaper once reported the story of a dog named Norman. Norman is very special. He's a shining example of divine love in action. Norman, a curly haired cockapoo with weak knees, sports a different brightly colored scarf around his neck each day. He is a caregiver at south Minneapolis nursing home. An odd occupation for a dog? Not really, if you think about it. He's good at what he does. Residents look forward to his arrival every day. He arrives in the morning with the activities director. He moves from lap to lap, day after day, giving selfless love and bringing joy to his patients.

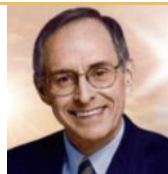
Divine Love needs no words to communicate. One patient in particular, who suffered a stroke, is especially appreciative of Norman's attention. She always welcomes him with a big smile and outstretched arms. They set off for an adventurous ride in her wheelchair. The stroke took away her ability to speak, so she can't communicate with him verbally, but she scratches him on the head. Neither needs words to express the love they share.

Why does Norman take his job so seriously? Why does he do it so well and willingly? Because of the love he's been given. When Norman was a pup many years ago, he was abandoned on a doorstep. A loving Soul, his former master, rescued him. When it was discovered that he had leukemia, she invested over two thousand dollars of her own money to save him and nursed him back to health. It was then he began his career as a pet therapist. His master was associate director for a nursery and early childhood center. Many of the children were developmentally disabled. Norman's owner saw a bright future for him as a caregiver. He charmed and inspired the children until his master died. That could have spelled the end of his career, but Divine Spirit and his master's sister saw more need for his gift of love. She started taking him to the nursing home where she worked, to continue his mission.

What can we learn from Norman about Divine Love? The love given Norman by his master transcended the love most people give to an animal. The love she gave was given with no thought of return. It was love given straight from the heart. Totally selfless. This type of love keeps on giving, building on itself. Speaking of divine love, The Shariyat says, "One does not see and grasp it at first glance but it grows within him like the acorn of the oak in the earth. Gradually it opens the consciousness of the receiver and flows through to the world, changing all about it." Further it says, "The wise man is one who stores up the ECK within himself and at the same time distributes the spiritual love which is within himself. He is not one who gives his compassion to a few but to all, whether or not many understand this. He is able to live among the wretched, the thieves, the unhappy, robbers and fools, for he accepts life for whatever it is and gives love to all. He is the wise one who is able to give all that he has to his fellowman. He finds love for those who greedily accept what he gives, and they shall be blessed a thousand times for his love".

Life in the lower worlds is made possible by the interaction of two powerful forces: the ECK force and the Kal force. Positive and negative. Love and power. The ECK force descends from the pure positive worlds of God giving love and life to all that exists in the worlds below.

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

Invisible Witness

Now I see thee in the back of my eye,
Lurking watching and noting.
Yet never were you away
Always you were here
For now and forever!

SUREN PILLAY



Beautiful Wisdom from the Buddha

May the Love Particle Bloom within you.
May that Blossom into the Love He meant it to be.
May that Blossom Radiate 'Love Radiation' always and forever!

KAILASHADEVA



The secret of health for both mind and body
is not to mourn for the past, not to worry about the future,
or not to anticipate troubles,
but to live in the present moment wisely and earnestly.

GAUTAMA BUDDHA



Wouldn't it be wonderful if we had a world where everybody said, 'We don't know?'
The fact is that you're surrounded by God and you don't see God,
because you KNOW ABOUT God.
The final barrier to the vision of God is your God concept.
You miss God because you think you know.
The highest knowledge of God is to know God as unknowable.
All revelations, however divine, are never any more than a finger pointing at the moon.
As we say in the East, 'When the sage points to the moon, all the idiot sees is the finger'.

ANTHONY DE MELLO



Marriage

I have never heard about any perfect marriage.
They say perfect marriages are made in heaven.
Nobody comes back from there so maybe it is true, but what kind of marriage will those perfect marriages be? There will be no tension, there will be no individuality in the man or in the woman.
They will never collide, they will never fight. They will be too sweet to each other.
And too much sweetness brings diabetes!

OSHO



Index of Resources and Online References

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