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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-six

6 April 2012

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Welcome to the April 2012 issue of *Transcendence*.

Many Christians will start the month of April celebrating Easter and reflecting on Christ's great sacrifice of Himself for the sins of many. Moslems will observe Eid-Al-Jamuh on Friday and give reverence to those who have returned to Allah. Jewish followers celebrate Passover when the ancient Israelites were freed from slavery in Egypt. And Hindu devotees will take part in the Kavady festival when many perform acts of penance, include walking long distances carrying a 'kavady' structure, or undergoing multiple piercings in order to obtain grace and freedom from past karma.

The common thread running through these four faiths, is one of freedom - freedom from our accumulated negative actions, which bind us emotionally, mentally and sometimes even physically. Christ attained liberation on the cross. Our ancestors who have passed on have attained liberation from physical existence. The Israelites were liberated from slavery and, acts of penance can help to liberate us from the ongoing cycle of birth and death.

But how do we obtain freedom from our own actions? One simple method is to simply be yourself. Most of our actions (negative or positive) are carried out based on our past conditioning; how others have taught us to believe and behave. Often we act in a certain way because we are taught that it is what others expect of us. How often do we stop and question the motives behind our actions and behaviours?

Most of us are afraid to be true to ourselves, and seldom want others to see us as we are because of possible ridicule or ostracization. Being yourself is allowing your pure, inner radiant light to emerge between the cracks of your conditioned ego personality, burning away learned behaviours that prevent your true Self from shining forth into the world. It takes time, but let us at least endeavour to remove the veils that obscure our Truth.

In Love and Service, always,





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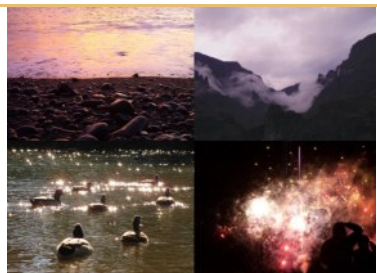
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Heavenletter # 4088 - A Whole World Full of Light

GLORIA WENDROFF

God said:

The world, as you know it, is changing, for you are growing. And so, the world as you know it, changes before your very eyes. The world is a reflection of you. As you change and grow, so goes the world. The world is of your making, and the world is of your perception of it.

As you see a beautiful world, the world becomes more beautiful. And so do you. You become more beautiful to yourself and to others. You have always been beautiful to Me. My perception doesn't change. My perception has ever been true. I see. I have never not seen. Wherever I look, I see beauty. I have heard that beauty is in the Beholder. That saying holds Great Truth.

It is also true that how the Beholder sees rubs off on the Beheld. The more beauty you see in others, the more beautiful they will actually become.

You have seen this. When people feel loved or are in love, they light up, and they are beautiful. It is beautiful to see, and you have seen it. Be beautiful, and you will have a glow. See beauty, and what you see will have a glow about it. This is how you light up the world!

What is glow but light? And what are you but light? Light is spreading across the land. Beauty is becoming more beautiful. Beauty is infinite, and infinite means always more. There is no going back, beloveds. You can no longer hide your light in corners. No longer can you be shy or reticent to shine your light. You came here to Earth to shine your light, and shine your light you will. It is ordained, beloveds, it is ordained that you will come out of the shadows of your own perception. How about now? What is there to wait for? What are you waiting for? Come out from the shadows now.

Simply step out from the shadows of your past thinking. You, yes, you. You are a most beautiful being. Any lack you may have is lack of true perception of yourself, life, and others. You notice I say that it is your perception that is lacking. That is all that can be lacking. I created you as beauty. My perception is accurate. You are the non-believer. You are a non-believer in yourself.

You can't make yourself believe. You believe what you believe. Yet what you believe can be changed. You can raise a lesser belief to a higher belief. You do this by noticing. Any little bit of beauty you notice anywhere becomes you, and it becomes part of you. Start noticing beauty in yourself and others, and pat yourself on the back. Be pleased. You saw beauty. You noticed it. You became it. This is worth celebrating. Celebrate now. It's fine to celebrate even ahead of time.

Once you make the decision to see beauty, you will see it. You will notice it even in dark places. Even in the dark, there is some light. See the beauty in yourself. See the beauty in others. The truth is that all beauty is yours. It is all yours.

In this moment, the supposed you and the supposed I, are beautiful together. We make beautiful music, for you see, We love, and what is love but seeing the beautiful wherever it is, however it is housed. Every single person has a spark of light, and now We are going to make this spark become a huge bonfire of light, a mountain of light, a whole world full of light, thanks to you.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes

God said:



Even what seems to be random is a choice made. It may have been made before you knew it, and yet you made the choice. You saw the package arrive at your door before it arrived. You opened it. Or you didn't open it. Perhaps you didn't even see it, and that was your choice.

Heavenletter #4076 Choose a Star



I invite you to dance to My tune. Sing with Me and dance with Me. We shall vault over the common-day experiences and reach into a treasure-chest of joy, and We shall sprinkle this joy like starlight all over the Earth and beyond. And why would We ever stop? What would ever prevent Our expression of joy and love and peace and all the good things that they bring to the world?

Heavenletter #4075 All the Good Things



When you need to be built up, you are looking in the wrong place. No one is going to build you up to the extent you desire. No one is going to fill your needs. No one has to. You have to fill your own needs. No one has to be there for you. The thing is that people will be there for you of their own free will, not your will. You must not exact fulfilment from others. They must have their freedom to choose, and you must give them the freedom that already belongs to them. If you are needy, that is your problem, not theirs.

Heavenletter #4071 It is Blessed to Give



Long before war arises, find love in your heart to give. If you cannot find that love, then at least do not be bound by hostility. In your heart, do not resist love. Give yourself joy. When you have enough joy in your heart and in your life, who will want war with you? This is not fanciful what I am saying.

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



Life means to welcome you. Life is like a shepherd who leads his flock home. Truly, life is a feast spread out for you. Not every food is to your taste. So be it. You don't like every movie you go to, and you can walk out. You can say, "That's enough." Yet, life you cannot walk out on. Too much depends on you. And, anyway, life is to live, not run away from. You are a contributor to life and to others in the world with you.

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 3

ROY EUGENE DAVIS

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.

When you sit to meditate, if wavelike movements in your mind and awareness activated by subliminal impulses distract your attention or make concentration difficult:

- Pray to have your consciousness purified and to be Self- and God-realized.
- Audibly speak an affirmation several times. Mentally speak it several times, then be still. Know and feel (be aware) that what you affirmed is true for you.
- Audibly or mentally speak, sing, or chant a mantra (a word or simple word-phrase used to focus attention).
- Observe the natural flow of your breathing. As it becomes subtle and less forceful, notice that thoughts and emotions also become subtle and less demanding. Do this for 20 to 30 10 minutes to allow time for the body to relax and the mind to become calm.
- Practice a pranayama: regulated breathing to encourage the body's life forces or pranas to flow freely, calm your mind and emotions, harmonize interactions between the left and right hemispheres of your brain, and improve concentration. Two to five minutes of alternate nostril breathing is a helpful pranayama practice. Kriya Yoga initiates can use meditation methods they learned when they were initiated.
- Sit still, alert and aware. As thoughts or emotions rise and fall, disregard them. Stay centered and observant. Having attention and awareness established in the front and higher region of the brain can help you be detached from objective and subjective conditions and more easily transcend them. Fervent aspiration to be spiritually awake can unveil and bring forth your innate qualities and increase your receptivity to experience refined states of consciousness.

Learn to be conscious of your real nature and the omnipresent Reality commonly referred to as God as always fully present where you are. As a unit of that Reality, you can know that it is expressing as you. Absolute (pure) knowledge of what is true frees you from limitations that were perceived or experienced before that knowledge emerged into your conscious awareness.

Affirm With Conviction: I am a spiritual being; a flawless pure-conscious unit of the omnipresent Reality which is always fully present where I am.

Excerpt from *Truth Journal*, December 2011-January 2012 (pg 9/10)

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 2

LUCIS TRUST

Centuries pass, cycles come and go, and human affairs are in constant flux, but the radiance of spiritual light endures, penetrating ever deeper into the misty vale of Earth to release the light within the form. We are moving into an age where the contrast between light and dark, between truth and falsehood, and between freedom and 'imprisonment' have never been so clearly defined. The great events unfolding in the world before our oft-times perplexed eyes relate to the dissonance between the dawning spiritual realities and the old rhythms of thought. Underlying all these crises lies the right adjustment of the outer world of form to the emerging archetypal pattern of the soul.

In the last 70 years or so, profound energies have been loosed upon the human family. Three times the inscrutable and beneficent 'gaze' of the "Lights that carry out the Will of God" in Shamballa, the Holy of Holies, has been directed towards the human family. The kaleidoscopic interplay of energies has been palpable. During this period momentous effects have been wrought out upon the physical plane, glammers shattered and the play of ideas upon the human mind has been unrelenting. Everywhere we see growing evidence of the right response of form to the underlying inner pattern. The march for freedom and human rights, good governance, a growing international co-operation and the proliferation of serving groups are just some of the many visible developments which are indicative of the unremitting struggle towards spiritual emancipation.

As a race, we are learning to embrace with increasing wisdom that which is above and that which is below to bring about beauty, order and harmonious rhythm. Right relationship to the divine, to each other and to the lower kingdoms is increasingly sounding a resonance amongst a growing number of enlightened thinkers. These developments are bringing about a recognition of the interdependence of all within the greater Whole. Humanity is at long last moving beyond the confines of its own limited perspective, opening up new avenues of thought that enrich life upon the planet, and building bridges that connect the spiritual and the material worlds.

Each day as we enfold the planet in an interconnected triangular pattern of light energised by the dynamic of goodwill, and sound the Great Invocation, we reach up to the heavens and bring down to Earth the limitless fruits and bounties of the spiritual spheres. And, in our quiet moments of reflection, we are mindful of the capacity of Triangles to help humanity move a little further forward in treading the lighted Way of right relationships to God, to each other and to the little lives that embody the animal, vegetable and mineral kingdoms. In doing so we are helping our planetary Life bring about right relations within all spheres of His divine Manifestation, so that ultimately "the weight of the Will of God" may progress unimpeded "from point to point, from sphere to sphere and from glory to glory".

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

CONTINUED FROM MARCH 2012

Fiery power, conviction, and courage

Nor did Jesus comport himself like a rabble-rousing firebrand—a suggestion that a few modern commentators have also made. He spoke with magnetic courage, joy, and unshakable faith, but it is very evident from the Gospels (Yogananda, too, corroborated this statement), that Jesus never spoke with personal anger. He could, however, when the occasion demanded it, speak with fiery power and conviction, reflecting the wrath of God, as when he drove the moneychangers out of the temple!

Jesus, as a human being, was joy-filled, loving, and, to an amazing degree, courageous. On the occasion the Jews accused him of blasphemy and were about to stone him, he replied (I paraphrase), “I’ve done all these good works among you. For which of them do you intend to stone me?”

There could be no other explanation than courageous openness to anything, based on perfect non-attachment, in the way he replied. Only such supreme detachment could have made possible his good humor. Think of it: There he was, threatened with disaster by a hostile mob. Could what he said have been due to self-pity? (“Just look at all the favors I’ve done you. Is this your way—sniff!—of showing gratitude?”) Absurd! He challenged them, almost with a laugh!

Small wonder the orthodox Pharisees rejected him as fiercely as they did. One might almost say that Jesus, by his outspokenness, virtually invited their rage, causing it to erupt, finally, in the Crucifixion!

The Sermon on the Mount: “a revolutionary teaching”

Though Jesus himself was no “firebrand revolutionary,” his Sermon on the Mount has been described as “a revolutionary teaching.” And indeed so it was: its summons to live for God alone was uncompromising. “Seek ye first the kingdom of God,” he declared, “and His righteousness; and all these things [the requirements, in other words, for human fulfillment] shall be added unto you.”

The sermon is the longest single statement by Jesus in the New Testament. It includes some of his most important teachings, including the Beatitudes. Tradition depicts Jesus as delivering this sermon to the multitudes. It is more likely that he was addressing his disciples. The orthodox rabbis of the day were accustomed to the spiritual compromises demanded by worldly people. Jesus’ Sermon on the Mount challenged their lukewarm devotion.

That Jesus was speaking to a more intimate group is implied at the very outset of the Beatitudes: “And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him. And he opened his mouth, and taught them.” His statement, “Ye are the light of the world,” would hardly have been directed at everybody. Jesus was addressing devotees whose deep desire was to dwell constantly in the consciousness of God.

Personal sincerity is what Jesus demanded. Jesus wanted to inspire all to seek God with the same ardor he showed, the ardor of dedication to the divine search. His mission was to help those refined souls whose egos were still trapped in limitation, but who desired earnestly to get out of their egos and to know God.

Why Jesus scolded his disciples

If Jesus sometimes scolded his disciples, it was to urge them to deepen their spiritual insight. Thus, when Peter asked him why it isn’t what goes into the mouth, but what comes out of it that defiles a person, Jesus answered, “Are you still unable to grasp these things? Don’t you see that whatever





goes into a man's mouth passes into the stomach and then out of the body altogether? But the things that come out of his mouth come from his heart and mind."

Peter's request for an explanation on a question that should have been clear to someone as spiritually developed as he showed how powerful prior conditioning can be. His thoughts wavered between the orthodox Jewish teachings on which he'd been raised and the new statements of eternal truth that were being taught by Jesus Christ.

Jesus seldom, if ever, explained his meanings either to the Pharisees or to the spiritual wanderers. The people of his times, and to some extent even his own disciples, were not ready for teachings that were too far ahead of the general knowledge of their day. It was to his disciples that he clarified them, even when their understanding fell short of his expectations of them.

"The truth shall make you free"

Jesus issued a stirring summons to the highest adventure there is: the quest for truth. By his self-affirmation and example, he challenged everyone to deepen his experience of life until he stands face-to-face with Truth itself. Thus, to Nicodemus he said, "Verily, verily, I say unto thee, We speak that we do know, and testify that we have seen."

The challenge Jesus gave us was to make truth our own. "Ye shall know the truth," he said, "and the truth shall make you free." By "truth" he meant the intuitive perception of our essential nature, which is one with God.

From *Revelations of Christ and The Promise of Immortality*

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The Expanding Light



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[visit www.expandinglight.org](http://www.expandinglight.org)

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Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living.
[visit www.ananda.org](http://www.ananda.org)





The Real You

ROD BRIGGS

Most of my work is cerebral in nature and involves teaching people how to get the most out of their grey matter by improving the quality of their thinking. The lecture tours run to often hectic schedules leaving little, if any, downtime. Today however is different. I have just returned from running a retreat on the grounds of an old 17th Century monastery, in a National Forest Park. In front of our lodging is a gin clear lake at the very head waters of the river Lee, surrounded by the heavily forested mountains of West Cork.

The energy in the valley is both tangible and very peaceful. For the attendees the retreat was conducted in silence allowing for the insights that internal stillness brings. When not actively delivering lectures I too remained silent. Much vibrational work and a daily dose of Qi Gong, as well as no watches, mobile phones or television meant that by the time we came to leave no one was in a hurry. It was as if we had rediscovered a long lost and much sought after Shangri-La. The depth of the sense of internal stillness we carried only became apparent on the journey back to town.

When I drive I usually listen to local radio, it gives me a sense of what's going on in the area I am travelling through. I switched it on as I left the retreat and immediately switched it off again; what I normally would perceive as relaxing background music I now found jarring and intrusive. As I drove in silence with the windows open I felt at one with the environment; the heavy mist which cloaked the mountains either side of the old winding road lent an air of mystery to the journey as if I was travelling through time as well as space.

On arrival at the hotel the people all seemed frenzied, their greetings too strident and their smiles too shallow. The change however, was not theirs. My senses, my very sense of self, had been reset to a more refined balance point. I had been renewed.

Try it yourself. Devote some time. A week is ideal but a day, or even a morning, would make a difference. Banish phones, watches and books. Be still, be silent and listen. After the initial panic and the settling down of the mind you will discover something very beautiful. Yourself.

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 III

SWAMI MURUGESU MAHARISHI

Severe and chronic mental and physical problems can be cured by meditational healing, but this should only be resorted to in the case of pious and generous persons who will persevere in their spiritual development after having been cured. This kind of healing will not prove worthwhile for those who are not focused on self-betterment.

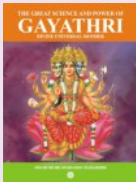
During meditation, the circumference of focusing on consciousness continues expanding. This is described in Hindu religious legends as eventually reaching Kailasa or Vaikunta (heavenly abodes) and touching the 'devas' residing there. Hence distance is not a factor in meditational healing. If it happens that a man settles himself on the moon and suffers from a disease there, he can be healed by being sent meditational healing rays from the Earth. Even if the patient resides on another planet and is unable to describe his complaints, beneficial bhavana can be consciously sent to those planets to cure whatever disease necessary.

Thus, conscious meditational energy rays can be easily radiated to any part of the planet to heal physical or mental disorders. In addition, by these same healing methods, a person who is wrought with negative intent can be converted to one who is positive and gentle, as long as they consciously choose to repent of past negative behaviours.

The modern arts like auto-suggestion, hypnotism, mesmerism and psychic healing, are accomplished only through mind power. It is pointless to question mind power which increases enormously when focused and directed forcibly by will power. But meditational healing is performed by spiritual power.

In Part IV of Meditational healing the long-held secret of this technique will be shared for the benefit of suffering humanity. Anyone with experience in regular meditation can easily follow the method and succeed in curing diseases of the body and mind.

Before learning the technique, it should be understood that meditational power can be passed on even to a staunch disbeliever of such arts, and can also change his belief and mode of thinking radically, but such conversion requires a high degree of meditational skill. The great seers of ancient lore did not use their meditational power for the benefit of those with negative intent. It should only be used for those who need it to further their progress on the spiritual path but are hampered by illness due to past karmic influences. After being healed, they will be able to march on towards higher sadhana.



The Great Science and Power of Gayathri, Divine Universal Mother

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

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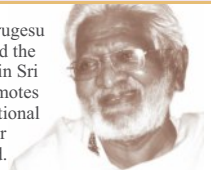


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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





The Value of Mindfulness

SUREN PILLAY

In everyday life we see things that don't make sense to us. Inner judgement determines whether an action is right or wrong in our mind. This perception also determines our ultimate opinion of a matter, which then determines our future words and actions regarding the perception. For example, if an individual believes that the death penalty is a wise punishment for a crime as it serves as a deterrent to criminals, any country that does not enforce such penalty in its legal system may be viewed as having a substandard legal system by the person who developed this opinion.

If, for example, a person is in the company of a group of individuals discussing the death penalty, he will make his opinion on the matter clear, and anyone who opposes his thinking or judgement may also be seen to be supporting a substandard legal system. If the person is egoistic, this opposition may even be viewed as the enemy and many quarrels and fights may result from such differences in perception between egoistic individuals.

The point of the analogy is that the underlying source of all harmony and disharmony is based on the underlying theme of perception and judgement. Perception occurs in two phases: firstly through the senses, and then through the mind. The sense perception is raw and is experienced through the nervous system, it starts to have meaning once absorbed and analysed by the mind. The mind is the storehouse of memory also known as 'samskaras'. These samskaras often play a critical part in the final perception of an object.

An example of this is that the person referred to in the preceding paragraphs now watches television and notices that Country B does not implement the death penalty, even though crime is rising in that country. His memory of his opinion on the death penalty now influences his entire perception of that country. The first stage of perception allowed him to understand through his eyes and ears what exactly is happening in that country, and the second stage of perception allowed him to draw a viewpoint and judgement on the matter.

It is the second stage of perception that is most dangerous for a spiritual aspirant. If previous impressions drive a particular thought, word or action, this might not be conducive to spiritual principles which state that one should be even-minded and non-judgmental in all circumstances. 'Catching oneself' following a judgmental train of thought is the best way to overcome this lethal spiritual opponent. 'Catching oneself' has also been referred to as higher self-awareness and mindfulness. It is this higher self-awareness and mindfulness that determines the difference between an accomplished yogi and a novice.

My message to you this month, dear reader, is to stay away from evaluation and judgement, and leave that for the Universe to decide. Any judgement confines one's mind to relative, or apparent, reality which is limited, and only three-dimensional. When one's mind is free from such judgment, it is open to the reservoir of infinite knowledge that the Universe holds!

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>





Everyone has the Right to Education

FLORA TECKIE

Celebrating Human Rights Day, on 21 March, is a chance to remember those whose human rights are still being violated by oppressive regimes. "Everyone has the right to education" stipulates the Universal Declaration of Human Rights. But this is not the case for the Bahá'í youth in Iran. Since 1979, the government of Iran has systematically sought to deprive young members of their country's largest religious minority -- the 300,000-strong Bahá'í community -- of higher education. Immediately following the Islamic revolution in Iran in 1979, in contravention of the laws in force in their country at the time, Bahá'í students were expelled from Iran's universities and Bahá'í professors and lecturers dismissed from their positions.

Mrs. Mathee, the Director of the Bahá'í Office of External Affairs in South Africa, in a recent media release said: "Human rights day allows South Africans to commemorate the shared human rights enshrined in our constitution. Being a major player in the international community strongly implies that we, as South Africans, cannot ignore that we are world citizens and that addressing violations anywhere in the world is the responsibility of all." As a result of the denial of higher education by the Iranian authorities, the Iranian Bahá'í community organized in 1987 the Baha'i Institute for Higher Education (BIHE). This structure serves as a decentralised network of teachers delivering tertiary level classes in homes across the country. Baha'i professors and administrators, who themselves had been dismissed from employment because of their faith, were joined by courageous Muslim academics, who risked their careers and even imprisonment, to support this creative initiative to educate a generation that would otherwise not be able to receive higher education in Iran. The Iranian government has since declared this structure illegal, imprisoned some faculty members and continues to intimidate all those involved with it.

Attacks carried out against the BIHE continue to evoke condemnation from governments, organizations, academics and young people throughout the world. Two Noble Peace Prize winners -- Desmond Tutu, the Anglican Archbishop Emeritus of Cape Town, and Jose Ramos-Horta, President of East Timor joined the global outcry at the persecution faced by the Bahá'í educators in Iran. In an open letter they sharply criticized the Iranian government, comparing its actions to "the Dark Ages of Europe" or "Spanish Inquisition". The open letter appeared in 'Huffington Post' in USA, under the Title "Iran's war against knowledge."

On 2 March 2012, the Baha'i International Community has noted with alarm a new Amnesty International report that highlights the human rights violations in Iran and increase in the number and severity of attacks against the Bahá'ís in that country. "Non-Muslims, especially the Baha'i community, have been increasingly demonized by Iranian officials and in the Iranian state-controlled media," says the report. "In 2011, repeated calls by the Supreme Leader and other authorities to combat 'false beliefs' -- apparently an allusion to evangelical Christianity, Baha'i Faith and Sufism -- appear to have led to an increase in religious persecution." In November 2011, the European Parliament adopted a strong resolution condemning Iran for its human rights violations. In Geneva, the United Nations Human Rights Council voted on 22 March, by an overwhelming margin, for a continuing investigation into human rights violations in Iran.

A campaign under the title "Education under Fire" (www.educationunderfire.com) is currently seeking to create awareness about the denial of education to Bahá'í youth in Iran, and provides a platform for all who disagree with this unjust treatment of Baha'is to take a stand in various ways.

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.

Messages from Maitreya the Christ

BY THE MASTER through Benjamin Creme

There are many reasons why I should descend and appear once more among you. Chiefly they are as follows: Many there are throughout the world who call Me, beg for My Return. I answer their pleas. Many more are hungry and perish needlessly, for want of the food which lies rotting in the storehouses of the world. Many need My help in other ways: as Teacher, Protector; as Friend and Guide. It is as all of these I come.

I come, too, to show you the way to God, back to your Source; to show you that the Way to God is a simple path which all men can tread; to lead you upwards, into the light of that New Truth which is the Revelation that I bring.

Allow Me to show you the way — forward, into a simpler life where no man lacks; where no two days are alike; where the joy of Brotherhood manifests through all men.

Mine is the task to lead and guide, but you, willingly, must follow. Otherwise, I can do nothing. My hands are tied by Law. The decision rests with mankind.

When I make Myself known, I shall express the hope of all mankind for a new life, a new start, a readiness to change direction; to see the construction of a New World in which men can live in peace; can live free from fear of themselves or their brothers; free to create from the joy in their hearts; free to be themselves, in simple honesty.

My task is but beginning, but even now there exists in men's hearts a new light, a new hope, a sense of a new beginning; a realisation that man is not alone, that the Protector of All has sent His Agent.

Throughout the world there are men, women and little children who have not even the essentials to stay alive; they crowd the cities of many of the poorest countries in the world. This crime fills Me with shame. My brothers, how can you watch these people die before your eyes and call yourselves men? My plan is to save these, My little ones, from certain starvation and needless death.

My plan is to show you that the way out of your problems is to listen again to the true voice of God within your hearts, to share the produce of this most bountiful of worlds among your brothers and sisters everywhere.

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>





Understanding Ahimsha

SWAMI SHANKARANANDA MAHARAJI

One of the first aspects of Patanjali's eightfold steps of yoga is *yama*, the first of the eight rungs of the ladder of yoga. And the first of the five aspects of *yama* is *ahimsa*. *Himsa* means 'killing', 'injury', 'rudness', or hurting by thought or word. *A-himsa* means 'non killing' and being polite to everybody.

On this spiritual journey *ahimsa* is regarded as the highest, and in *yama*, *ahimsa* stands out very strongly. Yet we, as individuals have lost our identity in the process of life. Why have we done this? The second verse of Patanjali's *Yoga Sutra* says 'Yoga is the modification of mind afflictions'. We have lost our identity because we have not modified the mind afflictions. We have not destroyed them, so we go around hurting people, killing, causing injury: mental injury, physical injury. Yet we stand out and we want to be recognised as 'the society of Hindu dharma' or Hinduism. We want people to think we follow *sanatan dharma* (righteous living).

I'm not trying to convert anyone to vegetarianism. I'm trying to make you aware of the fact that you've lost your identity. Ramana Maharishi asked himself at the age of seven: 'Who am I?' And he could not find an answer. By pretense he experienced a state of depth and realised that this body is only here for enjoyment on the physical plane. There is no transition to this body. Our bodies are dying daily. and we suffer from pains and illness. Yet, if we live in the soul, the *atma*, we would not have a situation like this.

As Swami Rama says: 'The most beautiful time to enjoy the spiritual journey is during Kali Yuga...' Because in this yuga you're given the chance to integrate the physical, material and spiritual. In the days before this yogis and ascetics had to stay away from society and family to do their sadhana. In Kali Yuga you're given the opportunity to do sadhana by integration. That is: to carry on with your daily life and enjoy a spiritual journey at the same time. But we don't this because we are so accustomed to Western society's style of living, whether on a farm, in a town or a city, there's no difference. Somewhere along the line Western culture, the Western disease, has started to destroy our lives and our *sanatan dharma*.

In Genesis it says clearly, 'I filled the earth with vegetation so that man can toil the earth and live off the earth'. It says that grass is created for grass-eating animals, and meat animals have been created for meat-eating animals. I'm not here to convert you, but to make you aware that we don't have lesser beings, and we don't have higher beings. We are creating lesser beings by saying the animal is a lesser being. The animal is not a lesser being. Animals can do things that we can't do because we don't have the mental faculty to do them. If I asked you to just jump up into that tree, you'll tell me you can't because you're not a monkey. But in other ways we behave like monkeys. Our thoughts are everywhere except where they should be.



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





Consciousness and Life

BERNIE SIEGEL, MD

When I was four years old I was home in bed with one of my frequent ear infections. I took a toy telephone I was playing with and unscrewed the dial and put all the pieces in my mouth as I had seen carpenters do with nails which they then pulled out to use. The problem was that I aspirated the pieces and went into laryngospasm. I can still feel my intercostal muscles and diaphragm contracting forcefully, trying to get some air into my lungs, but nothing worked and I was unable to make any sounds to attract help. I had no sense of the time but suddenly realized I was not struggling anymore. I was now at the head of the bed watching myself dying.

I found it fascinating to be free of my body and a blessing. I never stopped to think about how I could still see while out of my body. I was feeling sorry my mother, who was in the kitchen, would find me dead but I thought it over and found my new state preferable and intellectually chose death over life. Then for no apparent reason the boy on the bed vomited and all the pieces came flying out. He began to breathe again and I was very angry as I returned to my body against my will. I can still remember yelling, "Who did that?" My thought as a four year old was that there was a God who had a schedule and I wasn't supposed to die now. So an angel apparently did a Heimlich maneuver on me is the way I would explain it today.

I really do believe there is a schedule we create unconsciously because of later life experiences. Twice I have had my car totaled by people driving through red lights and once I fell off our roof when the top rung on my wooden ladder snapped off. In none of these incidents did any significant injury occur to my body. Someone told me it was because I had an angel and he knew his name. I asked what it was and he asked, "What did you say when the ladder broke?"

"I said, Oh Shit!"

He said, "That's his name." I will add he always shows up when I call him in an impassioned way.

My next experience was with the healer Olga Worrall. I had injured my leg training for a marathon. It was very painful and not responding to rest or therapy. At an American Holistic Medical Association conference Olga was a guest speaker. My wife told me to ask her to heal me. I was embarrassed to ask and very frankly a non-believer. Never the less my wife pushed me forward and Olga sat me down in a chair and placed her two hands on my leg. The heat from her hands was incredible. I remember putting my hands on the opposite leg to compare the heat sensation. There was no sense of warmth from my hands coming through the dungarees. When Olga was done I stood up and was completely healed. The pain was gone and I could walk normally.

Another time Olga and I spoke at the funeral of a mutual friend. After the ceremony we were standing in a deserted hallway when she asked, "Are you Jewish?"

"Why are you asking?"

"Because there are two rabbis standing next to you." She went on to tell me their names and describe their garments, which included their prayer shawls and caps. Her description of them was exactly what I saw in my meditation and imagery sessions when I had met these figures while walking on my path.

Another evening after I gave a lecture, which felt like someone else was giving it and I was simply verbalizing it for them, a woman came up to me and said, "Standing in front of you for the entire lecture was a man and I drew his picture for you." Again, exactly the face and features of my inner guide. I still have the picture hanging in our home.

My next experience came when I was telling a friend about how busy I was and she said, "Why are you living this life?" Her intention was to get me to slow down and travel less but her question sent me into a trance and I immediately saw myself with a sword in my hand killing people. My first thought was that I had become a surgeon in this life to use a knife to heal and not kill.





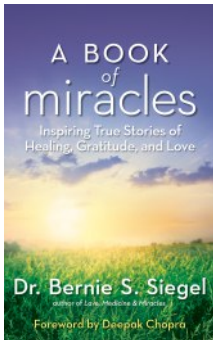
I spontaneously went into a trance again a few days later and saw myself living the life of a knight who killed because he feared his lord and what he would do to him if he didn't carry out his commands. I killed my wife, in this life, and her dog and was devastated by the experience. But at the same time it revealed to me why my wife's face has always had a hypnotic effect upon me and why I am so involved in rescuing animals.

Ultimately it taught me about having faith in the true Lord and like Abraham, Jesus, Moses, Noah and others to understand that what our Lord asks of us is for the greater good and that if I had said yes I would have not been asked to kill anyone.

Most recently one of our cats disappeared when a door was left open. After several weeks with no sign of her I was sure she was killed by a predator. A friend I had made, Amelia Kinkade, is an animal intuitive who lives in Los Angeles. We live in Connecticut and Amelia has never been to our home or near it. I pestered her to tell me where the cat was and one day I received an email, without even sending Amelia a picture of the cat, and it detailed the house, yard, other animals and people who were involved in the cat's life. The next day I went out and found the cat exactly where Amelia said it was hiding.

She told me in the email, "The cat is alive because I can see through its eyes." If that doesn't make me a believer nothing will. I totally believe that consciousness is non-local and not limited to the body. I also have experienced this through the drawings and dreams of patients I have cared for which allows them to know their diagnosis and what the future holds for them. As Jung said, "The future is unconsciously prepared long in advance and therefore can be guessed by clairvoyants."

I believe it is this unconscious awareness which we each bring with us when we are born. So I do not believe we literally live many lives but that we bring with us the experience of previous lives. Thus the wiser we get the better the future will be for those who follow us.



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

Behind your clear vision must be the purpose to realize it, to bring it out in tangible expression. And behind this purpose must be an invincible and unwavering FAITH that the thing is already yours, that it is 'at hand' and you have only to take possession of it. Live in the new house, mentally, until it takes form around you physically. In the mental realm, enter at once into full enjoyment of the things you want.

"Whatsoever things ye ask for when ye pray, believe that ye receive them, and ye shall have them," said Jesus.

See the things you want as if they were actually around you all the time; see yourself as owning and using them. Make use of them in imagination just as you will use them when they are your tangible possessions. Dwell upon your mental picture until it is clear and distinct, and then take the Mental Attitude of Ownership toward everything in that picture. Take possession of it, in mind, in the full faith that it is actually yours. Hold to this mental ownership; do not waver for an instant in the faith that it is real.

And remember what has been said about gratitude: be as thankful for it all the time as you expect to be when it has taken form. The man who can sincerely thank God for the things which as yet he owns only in imagination, has real faith. He will get rich; he will cause the creation of whatsoever he wants. You do not need to pray repeatedly for the things you want; it is not necessary to tell God about it every day.

"Use not vain repetitions as the heathen do," said Jesus to his pupils, "for your Father knoweth that ye have need of these things before ye ask Him."

Your part is to intelligently formulate your desire for the things which make for a larger life, and to get these desires arranged into a coherent whole; then you must impress this Whole Desire upon the Formless Substance, which has the power and the will to bring you what you want. You do not make this impression by repeating strings of words; you make it by holding the vision with unshakable PURPOSE to attain it, and with steadfast FAITH that you do attain it.

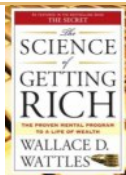
The answer to prayer is not according to your faith while you are talking, but according to your faith while you are working. You cannot impress the mind of God by having a special Sabbath day set apart to tell Him what you want, and then forgetting Him during the rest of the week. You cannot impress Him by having special hours to go into your closet and pray, if you then dismiss the matter from your mind until the hour of prayer comes again.

Oral prayer is well enough, and has its effect, especially upon yourself, in clarifying your vision and strengthening your faith, but it is not your oral petitions that get you what you want. In order to get rich you do not need a 'sweet hour of prayer', you need to 'pray without ceasing'. And by prayer I mean holding steadily to your vision, with the purpose to cause its creation into solid form, and the faith that you are doing so.



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 is Simple

ECKANKAR

In *Cloak of Consciousness*, Harold Klemp says, “It is no secret that the power of love is stronger than the power of the mind. The mind enjoys little games and psychic adventures, such as the use of crystal power. Someone who wants the God Consciousness no longer cares for these things. We care about the Light and Sound of God. For this one must have the Golden Heart, which means a heart filled with love.

“Someone told me about how well his young daughter took to having a new baby in the family. Whenever the baby wants the rattle or needs the bottle back in its mouth, the little girl simply helps the baby in whatever way she can.

“She doesn’t question the reason for the baby’s needs or wait to be told what to do. She does it simply because she loves the baby, with none of the petty jealousies that can make things complicated in a family or a group ... Love makes things very simple.”

The key to love is the Golden Heart. If you have, it is very easy to Soul Travel. Let’s take a moment to look within and experience the radiant love of the Golden Heart.

Begin to visualize a growing, golden light surrounding you. It may be very subtle at first. It embraces you, flows with you. Soon you are riding currents of light into the vastness of the cosmic sea. A place you’ve long forgotten. It’s a place deep within your inner being, the dwelling place of the Soul.

Now your consciousness settles on the surface of the sea. Now the sea of love and light begins to emanate from you, expanding. It’s deeper than the mind can conceive. You’ve moved beyond the regions of space and time.

Ever so lightly, you sense a breeze. You hear the sound of a wind from deep within. It creates tiny ripples on the surface of the sea. Suddenly you realize you’re experiencing the Light and Sound of God. you can stay here for a while if you choose, basking in this radiant, soothing ocean of Light and love.

When you’re ready, slowly come back. It should be easy enough to speak of this kind of experience, but words often fail us. We can try to share our experience, but it’s up to each one of us to open up that awareness within ourselves.

Truth is not gained through observation, it’s gained through experience. The path of Eckankar offers each of us the opportunity to open our consciousness and our hearts to greater awareness, to become the Golden Heart. We can each feel the love that passes on from one world to the next, into the higher planes of reality. But the awakening has to start within your heart.

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

The Immovable Mover

In the morning I wake to birds chirping and sunrays basking.
 During the day I observe the clouds moving and the sky reflecting.
 In the evening I notice the cosmos transforming and the sun setting.
 Yet though it all, the immovable mover remains the string
 upon which these pearls are strung!

SUREN PILLAY



Prayer

Prayer is power to all things in our daily lives.
 Its traditional healing and powers that comes from the Mighty One.
 The holiness is revered spiritually, in different languages.
 It gives us clarity to attain self-mastery and to perform miracles with gratitude, and
 finding one's self-fibre, the impulses towards understanding knowledge and meditation.
 Prayer is so important to everyone.
 It is knowledge of self-realization in the body, mind and soul.
 The principals of healing the body create a habit of unconditional possession.
 Every pure word uttered shall accomplish joy and peace.
 It's like scattered jewellery that shines brightly over the earth,
 shimmering gold sent to different worlds.
 With divine expression, a flower blossom lights peacefully with love,
 showing mankind how beautiful God or a master can be.
 Peaceful beauty and sincerity is all it takes...
 Prayer is for everyone, a key to open many doors...

ZARINA MALICKSHA



I Worship God Everywhere

I bow to the one infinite Father, differently manifesting in
 the many churches and temples that have all been erected in His honor.
 I worship the one God resting on the various altars of different teachings and religious faiths.
 Today I will worship God in deep silence
 and wait to hear His answer through my increasing peace of meditation .
 I will mingle my inner devotional whispers with the prayers of all saints,
 and continuously offer them in the temples of silence and activity
 until I can hear His whispers loudly, everywhere.
 This day shall be the best day of my life.
 Today I will start with determination to dedicate my devotion
 forever at the feet of Omnipresence.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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