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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-seven

6 May 2012

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Welcome to the May 2012 issue of *Transcendence*.

There is much religious debate that goes on via the internet. In fact, entire social media groups have been created to discuss religious differences. I've yet to come across one that discusses religious similarities.

Much time and effort is wasted in arguing, with each side attempting to explain why they are right and the other is wrong. Many who are still seeking a spiritual path and questioning their own faith get caught up in such debates.

I believe that one who is strong in their faith and personal relationship with God, in whichever form they perceive Him (or Her), will find no cause or reason to argue the Truth with others.

That which is beyond understanding, cannot be grasped by speech and exchange of ideas. It can only be grasped by going within and experiencing the Truth for oneself. It will then be found that what we refer to as God cannot be expressed in words, and religious debate will become immaterial and, indeed, pointless.

The articles shared in *Transcendence* serve not only to promote common ground between different religions, but also aim to help readers delve within to find their own Truth, and experience God for themselves. After all, the ultimate goal of every religion is to reach heaven, nirvana, samadhi - the abode of God - which every spiritual path teaches can only be found within each of us.

Enjoyment of spiritual books, articles, and uplifting conversation are all 'items' that we take with us to ready the mind on our journey towards the Infinite. What are you taking with you on your journey?

In Love and Service, always,





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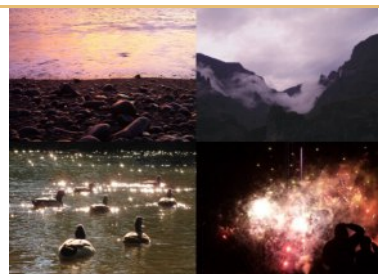
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Heavenletter # 4087 - The Answer

GLORIA WENDROFF

God said:

You are an expert on the seeking of love. Indeed, you may have been a beggar of love. You have paid a lot of attention to your need of love, yet love is not something to be begged for. You don't want to be good at begging for love.

The thing to do with love is to give it. There is no other recourse but for you to give love.

If you have been a beggar for love, holding your heart out for even a tiny squeeze of love, stop that now. Giving love is always the answer. If you are hungry for love, the cure is to give your love away. Spend your love. It does not belong to you anyway. Love is for you to give.

If you feel you are needing love, that is a sure sign to give love. When you put your finger on a hot stove, you know to take your finger off the hot stove. When you are yearning for love, take your love out and give it. You are the maker of love. You are the fulfiller of it.

The concept of tithing is that when you are in need of wealth, you give a percent of the wealth you have. If you have little wealth, still you give a percent. In the old days, the poorest of the poor were to give away a greater percent than the wealthy. That is how giving works.

The hungrier you are for love, the more you are to give. This is how to see love. Pour it out, and your love will be plentiful. You will see love everywhere, and you will be love everywhere. This is how you become wealthy in love. Love will fall on you like a spring rain.

When you are generous, life will copy you. When you are stingy, life will copy you. It is yourself you stint.

When you long for love, your longing will multiply. The more you give out love, the more your love will multiply. Take joy in giving love, you will have more joy in receiving love.

This is how you direct your life.

Of course, it is better for you to let go of thinking of getting love back. It is not quite love when you give love with a motive in mind. Give love because it is yours to give. Give love because the world needs your love. Give love because you have love to give. Give love because this is what you are to do. Give love so that you become good at giving it.

The less love you have, the more you give. And the more love you have, the more love you will still give.

Whatever your situation is, give more. This is how you fill yourself.

When you are lonely, make someone else less lonely.

All this is another way for Me to say to let go of putting so much attention on yourself. Too much attention on yourself separates you from life. It separates others from you, and it separates you from yourself.





When you feel a need for more attention, that is a signal to give others more attention. Self-serving does not serve you. It doesn't serve anyone.

Serve Me, beloveds. Serve Me well, beloveds. You serve Me by serving others. The more you serve others, the more you serve Me. The more you serve Me, the more you serve yourself.

This is your true need, beloveds, to serve.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



Love is meant to be amiable and no-nonsense. For example, love doesn't mean giving your child everything he wants, and, yet, at the same time, love is not stern. Love gives all it has to give. Give your child all the love you have to give, and that is a lot.

Heavenletter #4073 Raising Your Children



Your dreams are beginning to come true. They are on the horizon. You can see them. Your dreams are sliding toward you. As you look at your dreams on the horizon, you may not be able to see that they are moving toward you. Their movement may be imperceptible. As you look tomorrow, you may well see that they have moved - an inch or a mile. You will see that your dreams have been gliding toward you.

Heavenletter #4074 God's Blessing



Do not keep looking to others to fulfil your needs. They are not your mother or father. They are simple human beings seeking to find their way in a mysterious world.

Heavenletter #4071 It is Blessed to Give



How I love you. How much I love you. I can love you with the Vastness I do because I love Myself. Because I love Myself, I can love what is called you because I love Myself, and you are Myself on a little jaunt out to a bordered world.

Heavenletter #4068 Your Soul is Made in My Image



Life is a treasure. It is a gift beyond measure. And yet you measure it by day and by night, by this and by that. Treasure life for the great gift it is. Life on Earth is temporary. Your life on Earth is temporary. You may not want to live, and yet you don't want to die. I suggest that you make peace with life and be good comrades together.

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





Beneficial Lifestyle Routines and Spiritual Practices

ROY EUGENE DAVIS

Every person who is not yet spiritually awake consciously or unconsciously yearns to joyously exist forever. That realization is not only imagined as an ideal culmination of their long sojourn in space and time, they inwardly know that they are destined to have it because they are immortal spiritual beings playing a temporary human role. Because everyone will eventually awaken to knowledge of their true nature, I recommend that spiritual enlightenment be the primary aim in life and that we do all that we know to do to allow it to rapidly occur. To continuously experience total well-being and progressive spiritual growth, it is best to choose routines of effective living and studies of higher realities that elicit rapid emergence of innate soul qualities and knowledge.

Although our past actions cannot be changed, their effects may sometimes be modified or neutralized: physical distress related to poor health habits may be healed by implementing good habits; apologizing for inappropriate behavior or performing an act of kindness may heal a relationship; a personal or business project may be revised. Effects of recent actions which have not occurred may sometimes be prevented: a bank may be asked not to cash a check; a letter or memo may not be sent or may be intercepted or retrieved before it is delivered; a purchase order may be canceled. Anger, frustration, guilt, fear, thoughts or feelings of unworthiness, and disabling mental or emotional reactions to memories of unpleasant experiences may be neutralized by replacing them with constructive thoughts and feelings and performing constructive actions. They may be renounced (let go, released) by forgiveness (including oneself if necessary), insightful understanding, and growing to emotional maturity.

Lifestyle routines are actions, procedures, and activities we implement for our well-being and enable us to accomplish purposes of value to us and perhaps others and our environment. When choosing them, ask, "Will it be good for me and/or others and the environment?" Lifestyle routines should include personal hygiene, sleep, recreation, nutrition, exercise, work, choices of social activity, service or charitable activities, and continued learning for self improvement and to acquire useful knowledge. Exercise your mind and brain by being alert, attentive, curious, innovative, and acquiring new skills. Think, feel, and act as a free spiritual being expressing through your physical body.

You will become more skillful and living will be more enjoyable when your knowledge and skills are used creatively and productively. Learn to easily have desires fulfilled, needs satisfied, and a continuous stream of resources and supportive events, circumstances, and relationships for your comfort and security. Be honest in personal and business relationships. Avoid relationships and activities that may cause mental or emotional unrest. When you are becoming too stressed, tired, or overburdened, withdraw a little, rest, and examine your circumstances to determine if you need to change them or the way you view them. Other routines or projects that you want to include in your schedule of activities should be worthwhile and not distract attention from important matters or weaken or waste mental powers, vital forces, or personal material resources. Endeavor to do

everything with specific intention. Don't aimlessly wander or be easily influenced by opinions or behaviors of others. Concentrate on essential and important matters; avoid being overly concerned about or involved with nonessential and unimportant matters. By working, achieving goals, or fulfilling desires in less time with less expenditure of energy, accomplish more or have more free time for doing other worthwhile things.

Excerpt from *Truth Journal*, February - March 2012 (pgs 5-7)

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



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Truth Journal Online



A Paradigm Shift in Consciousness

LUCIS TRUST

From all outward appearances today, it would seem that a paradigm shift in human consciousness is taking place, or in the process of taking place. There is certainly an awakening to the call of freedom across many Middle Eastern countries. A great wave of passion is beginning to sweep across these countries and in time will wash away the autocratic corruption that has imprisoned and impoverished millions of their citizens over the past four or five decades.

As strong as the demand for greater freedom of expression is, however, it is just the most recent evidence of a great awakening in human consciousness that has taken place over the past four hundred years or so. It is the latest example of a spontaneous response to a new emerging pattern in consciousness, a pattern specifically based on the living qualities of the human soul.

Patterns in consciousness manifest on etheric levels. They are those types of energy which are struggling to emerge in material expression. Consciousness is literally the reaction of human intelligence to these existing patterns. Patterns can therefore be similar to thoughtforms created by extensive human thought on a particular idea or ideal. As an idea or ideal becomes energised and more magnetic, it becomes adopted as the blueprint or design for a large group of people or a whole society to use to build a new way of life. The struggle for freedom, democracy and human rights, for example, is based on just such a pattern.

Actually this pattern of consciousness emphasising democracy and freedom of expression has been unfolding in the world for hundreds of years. There have been peak moments in the process, like the American and French revolutions in the late 1700's, and even earlier with the signing of the Magna Carta in England in 1215. The devastation of World Wars I and II broke down many of the remaining imprisoning walls of consciousness and allowed a tremendous flood of spiritual light to flow into the world and open the way for a new sense of global consciousness to emerge. Quite simply, the spiritual force behind this awakening is the ever present, inclusive love of the human soul making a forceful impact on human consciousness.

This sustained impact on human consciousness is of course what lies behind the work of Triangles. The Triangles service invokes the three energies of light, love and the will-to-good embodied in the Great Invocation. These are the same three energies conveyed by the soul. Therefore, the Triangles meditation work contributes directly to the overshadowing pattern which so many people in the world are responding to today. Triangles is building a lighted network in etheric substance charged with goodwill. The network is a pattern of the soul designed as a blueprint for the new age of Aquarius. This soul pattern represents the new paradigm towards which human consciousness is now shifting.

Human thinking is beginning to respond to the vibrating pattern of the soul. It is a pattern that sounds a more inclusive note. And when this universal and powerful note beats upon the human mind, great changes in thinking begin to take place. The mind is reconditioned and begins to beat to a different drummer. This creates many new outward effects and changes in the way human beings look at, and react to, the world. Thanks to the rapid advances in communications technology, we now can see more of the world all at once. Whether the response is to a local or community need, or to an earthquake or a massive flood on the other side of the world, or to a call to come out and join a revolution that has freedom as its keynote, the new paradigm of the heart is manifesting its divine note of inclusiveness and synthesis. Sensitivity to the refining impulses of the soul are being received and acted upon. Human consciousness is shifting upward into the new paradigm of light.

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

**Paramahansa Yogananda - The Power of Divine Love**

SWAMI KRIYANANDA

PART ONE

Most people don't understand what love really means, or how deeply fulfilling it is. I'm not speaking of love for a person, but of love itself, love for God. It's not a sweet sentiment or a feeling that makes you weepy — it's something incredibly powerful. I remember once standing in the doorway saying goodbye to Yogananda, and he looked at me with a power that was overwhelming. I'm near-sighted, so it wasn't his expression that I saw, but it was a power that came out of his eyes and overwhelmed me. I stood rooted to the spot. The kind of power that he brought is what this world needs today.

I had an interesting experience many years ago when I was in Self-Realization Fellowship. At that time I used to review exams from students of the lessons to see if they'd understood the material. Usually the answers they sent were pretty standard, within a narrow range of response, and I could quickly see whether they'd read the right passage or not. But it was strange, because every now and then, some very unusual answer would be sent in. Within a few weeks this would happen several times, and I would get the same answer from all over the world — Australia, Germany, Italy, and Africa. After this flurry of letters with the unusual answer, it would never happen again. I began to think, "My goodness, there's literal truth to what Yogananda wrote in Autobiography of a Yogi, when he said, 'Thoughts are universally, not individually, rooted.'"

A man can perceive a truth; he can't create it. Somebody asked me yesterday, "I want to be creative. How can I learn to do something original that nobody else has ever done?" I said, "Original means to come from your own point of origin. It doesn't mean doing something no one else has done, but doing something that is completely true to you." Think of something common like the simple phrase "I love you." How many millions of times has that phrase been uttered? Many times, though certainly not always, it has very deep meaning because it's sincere. I also mentioned to him the example of Beethoven's Seventh Symphony with that beautiful Second Movement which is fundamentally so simple. If Beethoven proposed it to you, and said, "Hey, I've got this hot idea for a tune," and sang it, you'd have said, "It won't work. It won't sell. They won't like it on Broadway." The chords themselves are the most basic ones you use when you're harmonizing — the tonic, dominant, and subdominant — and yet it's one of the loveliest pieces of music ever written. Why? Because he felt it! And when you feel a thing deeply within it's going to express that power.

Anything you do sincerely, from your own source within, cannot but be different from whatever has been done before because you are unique. No one will ever be you. No one will ever be able to sing the song that the Infinite has given you to sing. Each thumbprint is unique, and how much more so is each individual consciousness. In the Indian scriptures they say that every atom is endowed with individuality. This individuality is an aspect of Spirit manifesting in nature, and it's an aspect of who you really are.

When a great master comes into this world, he comes to show us not who he is, but who we are. In trying to find who we are, it also helps us to understand who we aren't. Most of our self-definitions are false because they're based on externals. You aren't a man or a woman, for starters. These are just bodies we put on for a while, because our hormones influence us in certain ways. This is what causes a woman to act like a woman, and a man like a man. There was an interesting case of a male novelist who underwent a sex change operation. He, along with all his readers, noticed that after the operation he wrote completely differently, with a much more feminine consciousness.

Our hormones definitely have an influence over us, but ultimately we are souls which are neither male nor female. You think, "I'm an American," or "I'm a Japanese," but this is just an act that you've assumed. When you were born, you were brought up in this country, and so you act like an American.





I was born in Rumania of American parents, so it was very difficult for me after coming to this country to try to adjust to the American way of looking at things. It took me a long time to be able to work with Americans and help them understand these teachings, and in a way I'm still learning. But it's been helpful because it's forced me to become more aware of the process of "Americanization," and not just take it for granted.

However, I know that's not who I am. That's not who you are — you're something far more. In fact it's interesting to see how thoughts sweep the world, just as with those people who sent in the unusual answers for the exams I mentioned earlier. We find fads sweeping the world, and suddenly everybody's playing with the hula hoop, or listening to a new kind of music. Suddenly everybody is all for, or all against, Clinton. [Laughter] You go through enough decades of this, and you see that it's all just nothing. I never watch television, read newspapers, or listen to the radio anymore. People ask me, "How do you keep up with news?" I answer them, "If there's anything of importance that happens, people will tell me." [Laughter] I just don't find it interesting because it all seems like gossip.

The reality of who you are is something far deeper. When you live in that reality, you begin to feel these deeper currents of consciousness. Each one of us is an example of the inner soul that's at the center of life, striving to come out and discover who it really is. In a way, the life of any individual is the life of all individuals.

Excerpted from a talk by Swami Kriyananda, Edited by Devi Novak

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visit www.expandinglight.org

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visit www.ananda.org





Power of Words

ROD BRIGGS

Hear my words and bear witness to my vow: Night gathers and my watch begins. It shall not end until my death... I am the sword in the darkness, the watcher on the walls...the fire that burns against the cold, the light that brings the dawn... the horn that wakes the sleepers and the shield that guards the realm of men. I pledge my life and my honour to the Night's Watch, for this night and all the nights to come.

Song of Fire & Ice. Book 1 G.R.Martin

Words have great power, something that has been largely forgotten in today's instant fix world. The cost of this forgetfulness is a lassitude and ennui which has crept unnoticed into society as a whole. We never stop to think about it and so pay the price in many unfulfilled areas of life.

It used to be that 'my word is my bond' and Oaths, once said, were so binding that thoughts of breaking them were anathema to those making them. They allowed no compromise and therefore no failure in attaining the goals associated with them.

The great orators of history have won wars and changed the course of the world with nothing more than the judicious use of vocabulary; from Julius Caesar on the Rubicon, through Henry V and his "Band of Brothers" to Hitler's Nuremburg diatribes and Churchill's cajoling of the US Senate.

On a personal level I was reminded of the evocative power of the spoken word while in the bush last week. While visiting a private game reserve in the far North of Zululand my wife received a message, via the lodge manageress, which simply stated "Please phone your mother urgently!" Instant trepidation ensued; after all when would a message like that, from a loved one far away, contain good news. With thoughts of accident, illness or death in the family, the wait until we could make contact with my mother-in-law seemed interminable. As it turned out there was no bad news, just a miscommunication. But the point is simply this; one simple short sentence had my better half's emotions all over the place, as they would anyone.

Pay attention to the words you habitually use and where necessary, use better/stronger ones.

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 IV

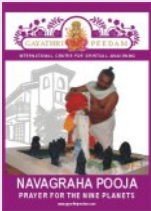
SWAMI MURUGESU MAHARISHI

Ask your subject to sit comfortably, fully relaxed in front of you. Instruct him (or her) to close their eyes and be in a receptive state to absorb your meditational vibrations. If they have no knowledge of such thing, ask them to feel and imagine that their ailment is already cured and to hold that ideal continuously in mind.

Close your eyes and visualise the figure of the patient. See their disorders clearly. Then do bhavana (a mental state in which the meditator concentrates on taking on the character of the object of meditation) as if the ailment has been completely cured. Slowly, move onto the meditational state during which your consciousness should be focused on transforming into a healthy, robust version of your 'patient'. Once this is done, return to normal consciousness.

Within a few sessions, the chronic illness of your patient will dissipate. Even in the absence of your subject, you can use his photograph, but with complete knowledge of his illness in order to visualise their transformation from illness to perfect health, as if they were standing in front of you.

To cure your own illness or ailments, focus your attention on the organ or body part which is afflicted. Make sure you have a crystal clear image in your mind's eye and do bhavana as if the problem has been completely cured before passing on to a meditational state. You may be able to prevent yourself or others from undergoing major operations but it is imperative to remember that this technique should only be used on those who have a naturally good intent and inclination towards positive actions.

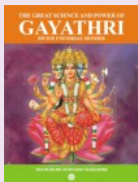


Navagraha Pooja: Prayer for the Nine Planets

This electronic booklet details the significance of the Navagraha Pooja and explains the benefits of performing this Pooja. Download it for free below and find out how this ancient ceremony is performed at the Gayathri Peedam.

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Please visit our website at www.gayathripeedam.com for more information.



The Great Science and Power of Gayathri, Divine Universal Mother

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

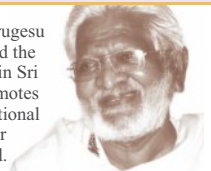
[Click here](#) to download the first four chapters for free.

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Please visit our website at www.gayathripeedam.com for more information.



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





Kriya Yoga: Science and Power

SUREN PILLAY

People are always curious as to whether there is any magical formula to spiritual success. As there are many scripture which give us guidelines as to what the different methods of success maybe, many aspirants are often confused as to which scripture to follow and which scripture should take precedence.

Certain commentators of the *Bhagavad Gita*, for example, argue that one form of yoga, such as bhakti yoga, should take precedence over other forms of yoga like karma yoga or jnana yoga. Their authority comes from literal interpretations of the Gita to support their assertions.

The answer to whether or not there is a magical formula to spiritual evolution is 'Yes, but it isn't magic!'. Spiritual evolution is a result of consistent self-effort, in forgetting about the ego and physical body and knowing the true inner self. This unwavering dedication, which requires persistent mindfulness on thought activity, is what distinguishes the novice from the Master. The Master is in full control of thought. His mindfulness is perfected such that he always remains centred in the self.

To shift or move the mind inward is a difficult task for any human being, and if one is not a meditator it becomes an almost insurmountable task as one will have to apply inner vigilance twenty-four hours a day, seven days a week, to achieve success.

Outer renunciation in the form of garb, and becoming a monk is fruitless if one is unable to silence the inner chatter of mind which remains a constant foe of the soul. It furthermore places the Swami, Priest or Monk in a greater hypocritical position as he cannot reconcile his outer actions with his inner thought vibration which is running almost contrary to his exterior lifestyle.

This contradiction is present in many aspirants who have not practised the scientific techniques of spirituality known as kriya yoga. Kriya yoga brings physiological and psychological changes in the individual that are conducive to steady growth in spiritual awareness. The greatness of kriya yoga lies in that it can be practiced by any sincere aspirant, monk or householder to bring quantum leaps in spiritual evolution.

The will power required for mindfulness is not as high when one is immersed in kriya practice, as awareness is automatically centred in the inner self. Such a beatitude is borne of inner experience and represents a living of the truth as propounded by the ancient scriptures.

In conclusion I would like to echo the words of the great master Paramahansa Yogananda who said that kriya yoga maybe described as the jet plane route to God.

My invitation to you, dear brothers and sisters, is to explore and experience the power and science of kriya yoga for yourself.

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

<http://www.aoi.co.za/index.htm>





Role of Family in Social Development

FLORA TECKIE

Family plays a central role in social development. As a basic social institution it contributes not only to individual development but also to social transformation. The International Day of Families on 15 May is a joyous celebration and reminder of the moments of joy, of strength we have felt whenever the affairs of our family were conducted in unity.

Impact of socio-economic changes in our society has affected the family in its function. Despite the often delicate and difficult situation in modern society and the rapidity of change, families continue to provide the basic and practical life experience. It is in the family where sense of responsibility and of values such as loving, caring and sharing are developed and as such families are an ongoing factor of social cohesion.

In a world suffering from social and moral crisis, societies often overlook the importance of balancing individual and societal needs and reconciling the individual interest with the common good. It is within the family that character is developed, moral and spiritual attitudes are formed and one learns to serve the common good; and it is within the family where the values of tolerance, peace and social responsibility can be initiated and taught.

According to the Bahá'í Writings: "The family unit, the nucleus of human society, constitutes a space within which praiseworthy morals and essential capacities must be developed, for the habits and patterns of conduct nurtured in the home are carried into the workplace, into the social and political life of the country, and finally into the arena of international relations.

Among the signs of moral decay in the present social order is the weakening of the spiritual ties that bind the family. Failure within the household to acknowledge the equality of the sexes and to respect the rights of children gives rise to a culture that belittles women and children, condones the imposition of a single will upon others, and opens the way for aggression and violence -- first in the family, then at school and work, and eventually in the streets and in society at large. Under such circumstances, the family environment, potentially the ideal milieu for learning the principles of consultation and collective decision making, serves to perpetuate tyranny and oppression in society."

The central principle for this new day is the oneness of humanity. "The well-being of mankind, its peace and security," Bahá'u'lláh, the Founder of the Bahá'í Faith, asserted over a century ago, "are unattainable unless and until its unity is firmly established." Acceptance of the interrelatedness and interdependence of all people implies the renewal of every social institution on the planet, including the family.

If the vision held by a family is a global one and one of unity, then education for a unified world view will begin in the family. The children will accordingly be trained to rid themselves of all kinds of prejudice, whether based on race, religion, sex, class, or nationality. Further, the spiritual and social values they learn will apply not only in the context of the family, but outside in the local and national community, as well as in the world community itself.

Stable families are main agents of sustainable social development because of their intermediary role between individuals and society. Family as a basic social institution and an important social network makes vital contributions to both development and transformation of individuals and society. The strengthening of the family plays a central role in the advancement of 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.

Youth at the Helm

BY THE MASTER through Benjamin Creme

This year, 2012, is one of great importance. It is essential that the impetus of the Arab Dawn, and its repercussions worldwide, be not lost. The Voice of the People, so vigorous and confident now, must continue to ring out through all the world, affirming Sharing and Justice as the only way to engender trust and a safer world for all.

The remedy for men's ills is so simple, so easy of achievement, yet so difficult for many to grasp. Men must realise that every other method has been tried and has failed, ending inevitably in war.

Today, let all be assured, another major war would be nuclear, and would destroy, utterly, all life on Earth. Today, also, there are forces who are already planning how best to survive such annihilation, all to no avail. What can, and should, humanity do?

Broadly speaking, the governments today are organisations of elderly men who know no other way to work and govern than the ways of their youth, the ways of the past. They have little sense of why their methods no longer work. They know nothing of the new energies and impulses which flood the world today, and are baffled and betrayed by their inability to control events.

To a large extent, today, the People's Voice is the voice of the young. Governments, and the media under their control, largely ignore or vilify the voices and aspirations of the young; yet it is the young who have the answers, who understand that humanity is One, who call for fairness, for justice and sharing, and an end to war.

The voice of such young people can never be silenced, and will not for long be ignored. The Voice of the People, young and old, will drown the whimpers of the men of money and lead humanity to the New Dawn. So will it be.

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>





What did you do today?

SWAMI SHANKARANANDA MAHARAJI

Krishna says surrender, surrender, surrender. Eventually it becomes a song in the Bhagavad Gita. Many of you think that you have to give up everything to surrender. Surrender your bad habits first.

We've had great saints who used to be robbers: Valmiki, Talsidas - they surrendered and they received an instruction from God – Vyasa is another one. He was doing all the wrong things and one day somebody asked him what would happen if he met God one day. Vyasa replied, 'I'm stealing from my children,' then was asked, 'Whose karma is that, your children or yours?' Vyasa realised the negative karma he had accrued so stopped behaving in an irresponsible way.

To surrender is the most beautiful thing you can do - not your car or your house, just yourself, your habits. Every evening you should be accountable. It's so important. Ask yourself: what did I do today that was divine, with good values? What did I do today that I don't like? Then balance up and see how much good and how much bad you accumulated each day. If you are a young lad driving an M3 BMW, and you see an old man in the road, did you fly him off the crossing, did you hoot at him, or did you stop for him?

One of the last aspects of *kriya sadhana* is accountability. What did you do today? Your sadhana starts at 4am, and lasts the whole day. The last part is before you sleep. Did I do anything that made somebody happy? If you didn't, make sure you write that in red pen in your sadhana book.

You know who has the greatest positive karma in the world? The most good karma? Nurses. But if they swear at the patients or pinch them when nobody's looking then theirs will be bad karma. If they do their work with proper human values and right living, with love and joy, then their karma will be very good. The doctors and nurses in state hospitals who are getting mean salaries for all the work they do, if they do their work with love and joy, their karma will be very good. The same applies to occupational therapists and physical therapists.

Look at your karma daily and you'll find that when you follow this sadhana of accountability journaling, you'll find that every day you become another person because every day you will want to write a good comment in your book - without lying.

SOURCE LINK TO THIS ARTICLE



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





The Universal Wisdom of Dreams

BERNIE SIEGEL, MD

Making the Invisible Visible

Over the years, I have had many dreams and experiences which have served as personal guides for me and made me think about my life, actions and creation. I believe the reason we sleep is not just to allow our body to rest but to allow a universal inner wisdom to speak to us through symbols. The message can be about physical as well as psychological problems.

I have found dreams and drawings very useful in diagnosing physical conditions. Doctors are not told, while being trained, that Jung correctly diagnosed a brain tumor from a dream. This inner universal wisdom which creates our dreams will sometimes manifest itself in images and words.

For example, I wrote a book called *Buddy's Candle* to help people deal with the loss of a loved one of any species. When I finished the book, I took our dog Furphy out for a walk. I heard the voice of my inner wisdom say to me, "Go to the animal shelter."

We got into the car and drove there. I walked in and saw a dog sitting near the door. The voice said, "What's his name?" Of course the answer was, "His name is Buddy. He has been here less than fifteen minutes." I said I was there to take him home and I did.

I have to add that on the way home I stopped for gas and Buddy leaped out of the car and started running down the road. With help I caught him and when we got home I quieted my mind and asked him why he did that? His answer, which blew my mind was, "I belonged to a couple. The husband was an alcoholic. When his wife would ask him to take me for a walk he would go to a bar and drink while I was locked in the car and then he would abuse me."

I told him I would never treat him like that. The test happened a few weeks later when going shopping I accidentally hit the button on my car keys, while putting them in my pocket, which opened the minivan's side door. When I returned to the car Buddy was sitting in the open car. I started yelling for Furphy and then heard Amelia Kinkade, my animal intuitive friend, say, "Bernie, quiet your mind." As soon as I did, I knew Furphy was in Stop & Shop looking for me. And indeed when I went there the guard saw me and asked if I was looking for my dog which he had with him.

Sometimes the universal inner wisdom delivers its message in visual form. Many years ago I experienced hematuria and my associates wanted me to immediately see a urologist as cancer could be the cause of the bloody urine. I was very busy and did not want to interrupt my schedule and caring for patients.

That night I went to bed and dreamed that I was sitting in the cancer support group I ran. Those attending were all introducing themselves and telling why they were attending. When it came my time to speak and introduce myself everyone said, "But you don't have cancer!" before I could say a word. I awoke knowing I didn't have cancer and that I could make an appointment that fit my schedule. The dream proved to be correct. I had an infection, not cancer.

These experiences and many others have led me to the belief that consciousness is non-local, not limited to the body and independent of it. I believe what leaves our bodies and sees when we have a near death experience is the same force which creates our dreams; the universal collective consciousness and the source of creation. So if you want to make the invisible visible pay attention to your dreams and drawings as God speaks in dreams and images.





Bernie's Prescription for the Soul #277 – Just Being

*There is no way to peace;
peace is the way.*

A. J. MUSTE

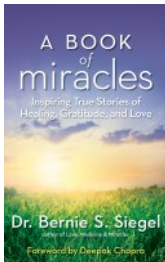
How many of you have become frantic waiting for a ride to the airport or some other event you couldn't be late for? You get agitated and frustrated and feel helpless, yet what does this accomplish?

A Buddhist man was staying at an apartment with friends. When he was ready to leave, he went down to the street to wait for his ride to the airport. Some time later when his friends looked out the window, he was still there. His ride was obviously late, but what struck the people looking down at him was that "he wasn't waiting, he wasn't coming, he wasn't going--he was at peace, just being."

It took me awhile to cultivate that state of being. But months later, when we were being driven through the mountains of Colorado to the Denver airport and had a flat tire, I was prepared. When I couldn't find the jack and the driver said that her husband had it in their other car, I was still prepared. When a truck stopped and offered to help us and changed the tire faster than I could have with the proper equipment, I was ready.

Soulution of the Day

*Learn to accept the flat tires in life
that redirect you to the Creator's schedule.*



New from Bernie Siegel – A Book of Miracles

Inspiring true stories of healing, gratitude and love.

As one contributor wrote in *A Book of Miracles*, one has to be living in a cave if they haven't heard of Dr. Bernie S. Siegel. Well, this reviewer must admit that it is her first experience with his teachings, but it will definitely not be the last. What makes this book special is not only the stories submitted by "A Motley Crew of Angels" (as one story is entitled), but also the personal reflections that Bernie (as the author prefers to be called) makes throughout the 15 chapters. We learn that chance occurrences, and what we may see as disappointments or disasters, often lead our lives in the direction we should have been heading in the first place. If we are open and receptive, having found "a sense of harmony and inner peace," there is no reason not to expect miracles. There is a cat named Harry, not unlike Dewey the famous library cat, but his tail is different. He was devoted to Frances, a little girl prone to dressing him up like a paper doll. Read about their miracle in "The Child Whisperer." In "Not a Sparrow Falls," Cindy Hurn shows that even the most fragile creatures of God, such as an "hours-old incubator chick" can have a hunger for life even bigger than the circumference of its wide-open beak. Then there is "All in God's Time: Rich Eldredge's Story" – a love story, that is. But the most heartfelt miracle comes from the mama of a little four-year-old girl named Amber. Patti DiMiceli poignantly shares in "The Miracle of Change" how, through their struggles with her daughter's cancer, children truly can be God's messengers. If for only this story, and this story alone, read this book.

(Review by Kathleen Godwin)



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.



How to Use the Will

WALLACE D. WATTLES

To set about getting rich in a scientific way, you do not try to apply your will power to anything outside of yourself.

You have no right to do so, anyway.

It is wrong to apply your will to other men and women, in order to get them to do what you wish done.

It is as flagrantly wrong to coerce people by mental power as it is to coerce them by physical power. If compelling people by physical force to do things for you reduces them to slavery, compelling them by mental means accomplishes exactly the same thing; the only difference is in methods.

If taking things from people by physical force is robbery, then taking things by mental force is robbery also; there is no difference in principle.

You have no right to use your will power upon another person, even “for his own good”; for you do not know what is for his good.

The science of getting rich does not require you to apply power or force to any other person, in any way whatsoever. There is not the slightest necessity for doing so; indeed, any attempt to use your will upon others will only tend to defeat your purpose.

You do not need to apply your will to things, in order to compel them to come to you. That would simply be trying to coerce God, and would be foolish and useless, as well as irreverent. You do not have to compel God to give you good things, any more than you have to use your will power to make the sun rise.

You do not have to use your will power to conquer an unfriendly deity, or to make stubborn and rebellious forces do your bidding.

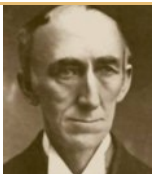
Substance is friendly to you, and is more anxious to give you what you want than you are to get it. To get rich, you need only to use your will power upon yourself.

When you know what to think and do, then you must use your will to compel yourself to think and do the right things. That is the legitimate use of the will in getting what you want - to use it in holding yourself to the right course.

Use your will to keep yourself thinking and acting in the Certain Way.

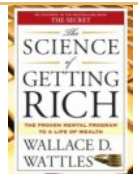
Do not try to project your will, or your thoughts, or your mind out into space, to ‘act’ on things or people. Keep your mind at home; it can accomplish more there than elsewhere.

Use your mind to form a mental image of what you want, and to hold that vision with faith and purpose; use your will to keep your mind working in the Right Way.



Wallace D. Wattles (1860 – 1911) was an author and New Thought leader whose influence has flourished recently. His book, *The Science of Getting Rich* is still helping uncountable numbers of individuals achieve spiritual and material wealth. Since we know so little of his life, we have the gift of being able to relate to him purely through the vehicle of his writing which is kept alive by an anonymous organisation who call themselves the TSOGR Team.

Visit www.thescienceofgettingrich.com





The ECK-Vidya

ECKANKAR

*If you are open to the Holy Spirit,
you will find truth coming to you through the actions and words of other people.
This is a facet of the ECK-Vidya, the ancient science of prophecy.
I call it the Golden-tongued Wisdom. When God speaks to you through others,
the words may even come via the electronic media ...
Suddenly a sentence pops out that is precisely for you.
It may mean nothing to anyone else, but for you it has a significant meaning.*

HAROLD KLEMP, *The Drumbeat of Time*

In his book *Journey of Soul*, Harold Klempe gives several important insights into the ECK-Vidya and the nature of prophecy through the following story:

An individual had a question about the role of the ancient oracles in the spiritual life of man in the time of the Oracle of Delphi. To learn and open up, he decided to study the ECK-Vidya.

First he went into a contemplative state and asked, 'What is this all about?' He then visualized himself in ancient Greece, sitting on the side of a mountain. After a while, an ECK Master came along and asked him what he wanted. He said he wanted an understanding about the role of oracles in the spiritual life.

He came to understand that the oracles were used in those early times because the consciousness of man was so low. They were not able to go to the temple within directly, through the Spiritual Exercises of ECK, and meet the Inner Master to get the information on whatever they were looking for. So the ECK Masters at the time would work through oracles.

What has come to us in history is a poor shadow of the original message that was given; it's merely a rehashing of the psychic and occult techniques which have lost their original meaning.

As he sat there on the mountainside and got insight into his question, the ECK Master showed him some incidents from his past lives, revealing something that was of importance to him in this lifetime, something which had a direct bearing on his spiritual unfoldment.

Little objects that looked like electromagnetic cards were pulled out of a file. You may either read them directly, or they may display pictures that give the complete scope of the individual and of those lives which were of importance. The ECK Master pulled these out for him and gave him a look. He considered this an added bonus, but it happened through his own efforts.

He worked with his creativity to figure out how he could go about getting a deeper; more penetrating insight into his own life, and this is how he did it.

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



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

Visit www.eckankar.org





Readers' Inspirations

The Dream of Life

If thy shall live forever, why does thy memory not recall my eternal nature?
Where hast thou gone astray?
Lead me back to the road of royalty and immortality, Father of the World!
Your creation is unbounded, infinite and causeless
yet it remains suspended by time deluding
us into the reality of the dream!

SUREN PILLAY



My life, my soul, my being, belongs to her. She is superior in all forms.
She is not perfect, but I love her. Her beautiful black hair, smile that never fades.
Her present being makes my world full of love and happiness.
When I am sick, she is always there to place her soothing hands on my forehead.
A shoulder to cry on. Someone to share my sorrow and joys. My rock, solid and true.
My success, failures, trials and tribulation have meanings.
My thoughts and dreams of her are forever.
Every step she has failed, her tears and her sickness made my heart ache.
I longed with sadness, my love is still with open arms. Waiting.
Will you come back to me? I know your spirit lives within.
My thoughts and prayers are with you forever, 'till we meet again.

I love you Mum!
ZARINA MALICKSHA



Find God in Joy

No matter what causes it, whenever a little bubble of joy appears in your invisible sea of consciousness, take hold of it, and keep expanding it. Meditate on it and it will grow larger. Watch not the limitations of the little bubble of your joy, but keep expanding it until it grows bigger and bigger. Keep puffing at it with the breath of concentration from within, until it spreads all over the ocean of infinity in your consciousness. Keep puffing at the bubble of joy until it breaks its confining walls and becomes the sea of joy. In the sound of the viol, the flute, and the deep-toned organ I hear God's voice. Within the soul is the joy that my ego is seeking. I suddenly become aware of His bliss honeycombed in the hive of silence. I will break the hive of secret silence and drink the honey of unceasing blessedness.

PARAMAHANSA YOGANANDA



The Moving Finger writes, and having writ,
Moves on: nor all your Piety nor Wit
Shall lure it back to cancel half a line,
Nor all your Tears wash out a Word of it.
EDWARD FITZGERALD, THE RUBAIYAT OF OMAR KHAYYAM



Index of Resources and Online References

Ananda Sangha

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