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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-eight

4 June 2012

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Welcome to the June 2012 issue of *Transcendence*.

Consistency is a necessity in spiritual evolution. Too many aspirants are spiritually 'promiscuous' - jumping from one spiritual discipline to another and wondering why they don't make any progress. It may be that this habit stems from individual expectation - from one's conditioned perception of what spirituality means. For some it's doing good deeds; for others it's about sitting in a cave and meditating all day; while others believe spirituality is attained by going to church, mosque, temple, or studying mysticism.

When a person's 'real life' experience of spirituality doesn't coincide with their conditioned expectations they become despondent and change direction. If one believes that seeing a blue light in meditation has a specific meaning, they will be watching out for that blue light all the time, instead of connecting with the higher source - and their expectation will become an obstacle to their progress.

The solution: don't have any expectations on your spiritual journey. This is also called 'living in the now', consciously accepting each moment as part of our spiritual growth. Most spiritual practices take years of dedication to show results but how can we know this if we don't practice them with long-term consistency?

Stick with one spiritual discipline until you see results, and have no expectation of what your experience of Divinity may hold, as cosmic communion will be different for each one of us.

In Love and Service, always,





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## Heavenletter # 4086 - Where the river will take you

GLORIA WENDROFF

God said:

You often ask Me to give you the conclusion to an episode in your life, as if I have in My pocket the answer to every single thing that will occur or not occur. In life in the world, you set something in motion. When you set something in motion, what you have set is like a big wave, and one wave leads to another. Will the wave you have set in motion reach shore? Will it reach this shore or that shore? Will it come back to knock you over, or will it carry you to the High Seas and where you want it to take you? Will what you have started turn out all right?

Well, of course, everything turns out all right. In terms of the world, eventually, it does. You are coming to Me rapidly whatever your decisions may be. Meanwhile, your decisions will take you somewhere.

You can't worry about finite conclusions to what you set in motion. The thing is you can't know. You can't know the finite destination of everything. You want to live life more than for results. When you look for certain assured results in life, you won't move, and life is meant to hop right along.

When you are pregnant, the pregnancy plays out. Pretty much, you have to wait and see. You do everything from your side, and you wait. In terms of pregnancy, you know about how long to wait. Yet in most of life, you do not know how long. You do not know when or where.

You cannot know all the answers. You want to know, but you can't know anything until it happens, and even then you don't always know. Who knows when something ends or how it ends? You may think something ended, and then, as in novels, a surprising event occurs.

Who even knows when something began let alone where it will end? Is there really such a thing as a beginning and an end? Maybe in books.

In life there are always surprises. Surprises are surprises! Some you love. Some you don't.

There is not a map to your life. You make a map as you go along. Life is set before you, yet it is not calculated for you. Life is not a sure thing. It is an adventure. Columbus intended to reach India. He reached the Americas. No one knows what tomorrow will bring let alone what will happen next year. No one can calculate. No matter what the past might indicate, no one can know what a bell will sound like until it peals.

What an economical thing it is to live in only this moment of Eternity where there is no future and no past, where there is living, and the living is easy. The only place to be is in the present, and you have heard that enough. You would live only in this moment if you knew how. Meanwhile, you attack yourself with the past, and you stab your heart with fear of the future. Beloveds, your life depends on right now. Your life is right now. Let go of the rope that holds you to the past and the same rope that holds you to the future.

The future is an unknown quantity. It is not predictable. Life is not a proven activity. It is not locked in. Anything is possible. You are more than the returns you get in life. If you only fear making mistakes, you are not living life. Live life. You do not know where the river may take you, but you do know that you are rowing your boat in the river.

SOURCE LINK TO THIS ARTICLE: [www.heavenletters.org/where-the-river-will-take-you.html](http://www.heavenletters.org/where-the-river-will-take-you.html)





## Inspirational Quotes



God said: *Yes, of course, there are subconscious choices. Even your fate is your choice. As hard as that may be to swallow, do you think that your fate is not your choice? You may accept that reasoning if you are where you want to be now. You won't accept that reasoning if you are somewhere where you don't want to be.*

Heavenletter #4076 Choose a Star



*You are riding the ship of life full-blast toward Me, and I am catching you now. Ever in My grasp, I can still say that I catch you now, you, who has ever been in My grip. I have never let go of you. And now you are about to clasp Me in your hand, in your might, in your heart, in your mind, in every minute of your life on Earth as it is in Heaven.*

Heavenletter #4074 God's Blessing



*No one owes you anything. No one. Not your children. Not your husband. Not your wife. No one is obligated to you. No one has to do what you want. No one has to be what you want. Only you, you do. You have to be what you want to be. And you don't want to cling to others. When you cling, others can only push you away.*

Heavenletter #4071 It is Blessed to Give



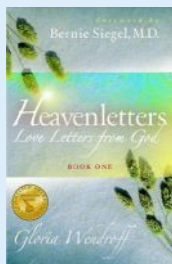
*We have no borders, you and I. We have Wholeness. We have Oneness. In imagination, We go somewhere, even when there is nowhere to go. We could say that We are assimilated, and yet Oneness cannot be assimilated. Oneness Is.*

Heavenletter #4068 Your Soul is Made in My Image



*With or without your cooperation, life is taking care of you. Life knows the big picture. You haven't quite seen the whole panorama yet. You tend to be subject to nearsightedness. It won't be long now, even if your eyes are blind and cannot see, you will see. You will see your life in a whole new perspective, and you will be happy. You will be so happy. You will be overjoyed, and how you will laugh at how unseeing you once were. You were blind, and now you can see.*

Heavenletter #4065 Life is Like a Shepherd



Heavenletters, Love Letters from God, Book One, winner of the Chelson 2004 Inspiration Award, brings us closer to God, humanity, and our own hearts. In these times when the whole world needs nourishing, Heavenletters is already proven to stir the hearts and souls of people of all ages all around the world and from all walks of life. A hard-working father in Iran or a schoolgirl in Pennsylvania resonate with Heavenletters the same, for the same eternal and universal truths lie deep within us all.

### **Heavenletters, Love Letters from God by Gloria Wendroff**

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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.*

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## Choosing spiritual practices and using them effectively

ROY EUGENE DAVIS

*The devotee whose mind is disciplined, who moves in the world with the senses controlled and is free from attachments and aversions, is permanently tranquil.*

*That purity of spirit removes one from all sorrow: knowledge then soon prevails.*

THE BHAGAVAD GITA 2: 64,65

### Effective spiritual practices

*Calm and purify the mind.*

Mental impressions (memories) enable us to know our history, think, and reason. Excessive mental stimulation and/or confusion interferes with rational thinking and concentration. When the mind is calm, thinking is more orderly and powers of discriminative intelligence and intuition improve.

*Clarify awareness.*

Clarified awareness accurately reflects perceptions to the mind and allows knowledge of one's essence and of higher realities to emerge. Distorted awareness causes misperceptions (illusions). Awareness can be clarified by regular superconscious meditation and being superconscious while engaged in ordinary activities.

*Arouse dormant soul forces.*

Much of the soul force of people who are strongly attached to or preoccupied with egocentric and mundane matters is usually dormant. Mental confusion, worry, stress, purposeless activity, excessive talking and eating, lack of sleep, alcoholism, smoking, addictive behaviors, and unwholesome living conditions weaken and waste vital forces. Dormant soul forces are aroused by aspiration to be spiritually enlightened, wisdom-directed purposeful living, mental and emotional calmness, good health habits, fresh air and natural light, meditation, devotional prayer, association with spiritually conscious people, and visits to places considered to be sacred or holy.

*Refine the nervous system and improve the brain's capacity to accommodate refined states of consciousness.*

Specific meditation routines can refine the nervous system. Regions of the brain that process refined states of consciousness are more highly developed by meditative concentration and the constructive influences of superconsciousness.

*Allow our innate qualities, powers, and knowledge of our essence of being and higher realities to emerge.*

As units of the pure-conscious aspect of ultimate Reality, what is true of it is true of us. Knowledge of itself and its expressive processes that is within it and within us effortlessly emerges when our mind is very calm and our awareness is clear. Spiritual practices include all that is done to clarify awareness, allow innate qualities and knowledge to emerge, and have our consciousness restored to its original, pure wholeness.

Excerpt from *Truth Journal*, February - March 2012 (pgs 7-8) To be continued.

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



## Meditation Governs All Expansions of Consciousness

LUCIS TRUST

Meditation has been defined as the continued application of the mind, reflection or contemplation on some theme. There are many meditation techniques in use today – for stress reduction and relaxation, for gaining self-awareness, attaining mental clarity, for healing or in the Triangles work, where people link each day in thought for a few minutes of creative meditation helping to uplift human consciousness.

In order to understand how consciousness expands the word consciousness has to be defined, because it has different meanings. From the perspective of the Ageless Wisdom teachings consciousness concerns the relationship between Spirit and Matter – it is the middle point – the soul of all things that underlies all objective forms. According to spiritual philosophy: “The universe is an aggregate of states of consciousness”, and “every atom in the universe is endowed with consciousness”. As Webster’s dictionary confirms, consciousness is “mind in the broadest possible sense”, mind being the creative factor in human evolution. These definitions may help us understand that the individual mind is not isolated but is an integral part of the Universal Mind, within which everything is interrelated.

Whilst there are differing views about the nature of consciousness few thinkers would dispute the notion that human progress depends on the creative use of the mind. Eastern philosophy maintains that to evolve, the mind must soar beyond the boundaries of the intellect towards the intuition or “pure reason”. Then, the mind becomes the organ of illumination with the physical brain being “... a most delicate receiving and transmitting apparatus”.

The Ageless Wisdom informs us that “the technique of meditation governs all expansions of consciousness [and] the entire process of evolutionary unfoldment”. This is thought-provoking. Meditation techniques may form part of formal spiritual practice; however, the deep reflective thought of the scientist or the creative thinker in any creative field is also a method of meditation. Creative thought can help to bring practical solutions to world problems such as disease, poverty and malnutrition provided there is a will to implement such thought – hence the relevance of the timeless law that “energy follows thought”. The constructive power of thought is employed by individuals and groups who seek to consciously invoke ideas which can be used to serve the common good of Humanity. For example, Triangles workers see in their mind’s eye energies of light and goodwill – energies which are visualised, “imagined”, and circulated through the three focal points of each triangle. The energies of each triangle flow through the planetary network and, as the Great Invocation is sounded, light and love flow into human consciousness. And, at a higher level, we’re told that the spiritual Hierarchy arrive at an intense spiritual perception through meditation.

The role of the imagination, as a creative agent in meditation, should not be underestimated. Indeed Einstein stated that “Imagination is more important than knowledge”. Perhaps this is because the creative imagination lets in the light of the intuition which brings a “synthetic, inclusive grasp of life...” with no hint of separateness. The intuition is accessed via the human mind but lies beyond it; the means of access is through correct methods of meditation.

Now, more than ever before, human progress depends upon the constructive use of the mind and the imagination. The highest intellectual achievements are but a stage in human progress – the next step is for humanity to use the mind creatively and wisely but not destructively. If the mind is not to become the “slayer of the real” – it must be receptive to higher impressions. The challenge for humanity is to fulfill its destiny, through high-mindedness, to become “...the medium of expression for the Universal Mind” – through correct methods of meditation.

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

SWAMI KRIYANANDA

**PART TWO**

When I wrote my book, *The Path*, at first I thought, “I’ll never be able to really reach people in a meaningful way because my life has been so different.” Not many people are born outside their own country, or have had all the experiences that happened in my youth. But the most common reaction that I’ve received in letters from people who’ve read *The Path* has been, “I felt that you were describing my life.” I’m very grateful, because that’s what I’d hoped. If, however, this is true, then I’m sorry for everybody because my life initially was so confused. I had it completely backwards.

I wanted to know what truth was, and in my effort to find it, I read a lot and developed all sorts of theories. I tried to find out what the meaning of life was through science, politics, art, literature, music, and all sorts of intellectual means. Finally I began to realize that I was walking through a desert — it was all mental, intellectual, and empty. I began to remember my childhood, and how happy I’d been when I’d been living more in the heart.

Finally I got fed up with how intellectual I was, and realized that every time I tried to change one aspect of myself, a problem would pop up in another area. It was like washing a shirt — you try to submerge all of it under water, but a bubble of air comes up under one part and pushes the shirt up there. So you try to push that bubble down, and another bubble comes up in a different place. No matter where you push the shirt down, a bubble comes up somewhere else. In every way that I tried to change myself, and I tried many ways, I found I was just going around in circles like a dance — forward, backward, forward, backward. I realized that I didn’t have the understanding to know what I really needed to do. I was like Ogden Nash’s poem about the llama: “This poor benighted have not / Don’t even know what he ain’t got.”

I remember, however, there was one thought that was very strong in me. I felt that there had to be some kind of consciousness behind it all, some kind of God. But to me at that time, God was just an abstraction. Then when I read *Autobiography of a Yogi*, I was so absolutely moved between laughter and tears, between the greatest joy I’d ever known and tears of even greater joy. I took the next bus across America and came to Los Angeles to meet him. Through him, I discovered that the real meaning to life is indeed just like in that song, “Ah, Sweet Mystery of Life.” It is love. When you can love, you have everything — and when your heart is closed, you have nothing.

Yogananda’s way of loving was very different from what you might think. It was not a sweet sentiment or a gentle expression. It was that kind of power that could oppose evil, but with love and respect. Sometimes he scolded us because he was trying to get a thought into our minds to help us understand it properly. At such times I would look into his eyes and see a deep regret that he had to talk to us so strongly. He didn’t enjoy scolding, but even when he did it, he never got angry. You could feel that he had enough love to be able to stand up and attack our delusions head on, and to tell us what we needed to hear.

It wasn’t as though if you’d murdered your mother, and asked him, “Did I do something wrong?” he’d say, “Well, everybody’s got his problems.” No, he’d tell you, “You did wrong.” Why did you do wrong? It’s not because there’s a law in this country against murder, or because there’s a chance that you might go to prison and get executed. You did wrong primarily against your own soul, against yourself.

Master had that kind of power and wisdom in his love that was always working for your true welfare, though living with him was definitely not a mutual admiration society. [Laughter] True, we had plenty of admiration for him, and he had infinite admiration for our soul capacity. But he certainly didn’t admire our delusions, or even what we considered our virtues. To him they were nothing. ►



I remember telling him once about some spiritual experience I was having. To take me off my high horse, he just said, “That’s nothing.” The real power in his life was that he loved God in you. He was not the friend of your ego. He was the friend of God in you, and that divine spark which, whether you know it or not, always longs to escape from limitation and discover its oneness with the Infinite.

Sometimes he encountered quite serious situations because of his uncompromising dedication to truth. There was a marvelous story about him that occurred many years ago during the Depression. He had given a talk saying that it is wrong for rich people to take advantage of the poor. He said it was a tremendous injustice to make them even poorer in order to become richer, and he even named a few names of wealthy people who had done this. Afterwards his friends told him, “You’d better not go home alone tonight,” but he said, “I’m not afraid. God is with me.” Sure enough as he came to a dark section of the town before entering the train station to go home, a man came up behind him and put a pistol in his back. The gunman said, “Why did you talk that way about those people?” Completely fearlessly, Yogananda said, “All people are God’s children. God isn’t pleased when His rich children take advantage of His poor children.” Imagine talking like this to someone who’s got a contract to kill you. Then he turned around and looked into this man’s eyes with great love — not the kind of love that is approving, but the kind that sears your ego down to ashes. Holding him the power of his love, Yogananda said, “Why do you live the way you do? You aren’t happy. I demand that Satan come out of you!” The man began to tremble all over, and finally he said, “What have you done to me? I was sent to kill you, but I can’t go back to that way of living anymore.” The man’s life was completely changed.

That kind of power is what he brought. It isn’t just a lovely teaching, but something that is life shattering. People read Autobiography of a Yogi, and they get the impression that he was so soft, loving, and sweet. Indeed he was all of those qualities, no doubt about it, but he was also extremely powerful. When people listen to his voice on tape recordings that he made, they are invariably shocked because he talked with so much power. His voice thunders out, “I, Paramhansa Yogananda, am praying with you.”

I remember the lecture he gave in Beverly Hills, which I’ve mentioned in The Path, where he was rallying people to go out and start communities everywhere. He said, “Youths, go North, South, East, and West. . . .” It wasn’t as if he were shouting, but I could feel this power surging through him. He was not even he. He was a wave of that Infinite Consciousness which comes and spreads out on the shore, like waves rushing up onto the beach through rocks; they break up into little streamlets, and then withdraw again.

So that Divine Consciousness comes into this world and breaks up into all sorts of different attitudes and outlooks. Whether you know it or not, you are the product of those diverse attitudes. You are not your personality. It is just an aggregate of all the things you’ve done and the reactions you’ve had. The true you is behind all of that. When you come to understand this, then you see that Yogananda, too, was not as he appeared. He said, “I killed Yogananda long ago. No one dwells in this temple now but God.” He was a manifestation without any ego, without any sense of “I like this,” or “I want that.” To him, it was all the Divine. When I looked into his eyes, it was in a very real way like looking into infinity.

SOURCE LINK TO THIS ARTICLE: [www.ananda.org/inspiration/articles/yogananda-divine-love.html](http://www.ananda.org/inspiration/articles/yogananda-divine-love.html)



*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)*





## And God laughed ...

ROD BRIGGS

*"Best laid schemes o' Mice an' Men, Gang aft agley, An' lea'e us nought but grief an' pain..."*

ROBERT BURNS

At the centre of philosophical thought lies the question 'why are we here'? Over the years as belief systems and fashion have changed so, for many of us, has the answer. The scientific materialists believe that we are here as an expression of evolution in a purely mechanistic and evolving universe, our purpose therefore is to continue that evolution; it gives no credence to what might be termed 'things of the spirit'. In the Abrahamic traditions of Judaism, Christianity and Islam our purpose is seen as striving to follow God's laws and to do his will. Transgressions result in various aspects of divine retribution while obeying God leads to a fulfilling and rewarding life.

The old Pagan traditions were much more prosaic: their gods were possessed of many of the foibles of mankind. Consequently our relationship to them was much simpler. In the same way that we have pets to amuse and entertain us, followers of the 'olde ways' thought that we are here to amuse the gods. They believed that if the gods found out what we were aspiring to, they would roll the dice of fate and see how we responded to unseen and unanticipated input from left field. Many of the expressions of this belief have come down in quotes, such as Burns' "best laid schemes..." and sayings like "if you want to make God laugh just tell him your plans."

Whether or not you believe God throws curve-balls, the truth is that we are at our best when dealing with them. When we are presented with emergencies and unforeseen obstacles in life it makes us call on all our resources. It makes us strive to get back to homeostasis, that sense of balance and well being when we are successfully juggling all of life's balls. Without this struggle life becomes bland and boring and this leads us to the core of the thing. The paradox of life is that the very things we complain about are the very things we need in order to grow and thrive.

Wherever life takes you may your gods go with you.

**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.

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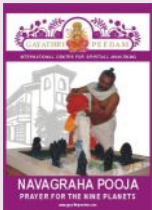
## Understanding Clairvoyance - Part I

SWAMI MURUGESU MAHARISHI

You might know that the word 'clairvoyance' means 'seeing clearly'. Similarly, 'clairaudience' means 'hearing clearly'. But do we not already see and hear everything clearly? Certainly not. No person sees anything in its pure form, or hears sounds exactly as they are. We see things with our eyes, but suppose our eyes are not clear, then what we see will not be clear to its fullest extent. If our ears are not perfect, but have some disorder, is it not logical that we will not hear sounds as clearly as they are produced.

Although the outer frame of any object is recognised by all as the same, the minute details of the object differ from person to person. Let us not go too deeply into this matter. Usually the word 'clairvoyance' does not mean 'to see a physical object clearly', but to see subtle objects. And, similarly, clairaudience really means that a person can hear subtle sounds clearly, and not necessarily just physically audible sounds.

But what does it mean to see subtle objects? There are two different ideas. Some believe that if they develop psychic visual power they may see subtle objects simultaneously with physical objects. Others believe that 'clairvoyance' means 'to awaken the third eye' (the ajna chakra), and to see through it, subtle worlds. We can accept the first proposition to the extent that our ordinary physical eyes can be trained to see the astral body of subjects. Only astral vision can be developed with the physical eyes. The physical eyes cannot be trained to see on the subtler mental planes, for example. For this it is essential to awaken the brow chakra (third eye). If the ajna chakra is activated, then astral visual training for the physical eyes is not necessary as the ajna chakra will perceive not only the astral counterparts of physical objects, but also all levels of the astral plane. (To be continued)

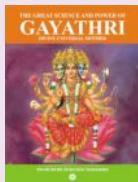


### *Navagraha Pooja: Prayer for the Nine Planets*

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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### *The Great Science and Power of Gayathri, Divine Universal Mother*

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

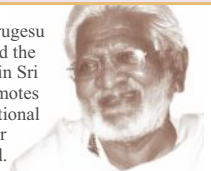
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## The Value of Surrender

SUREN PILLAY

Many aspirants complain that they are not receiving the results that they expect to receive from the spiritual path. My Master once said that what you put in is what you get out. In this respect the material and spiritual paths are very similar. In order to be successful in the material world a great deal of consistency is required in order to achieve a certain result. In some cases even if a certain amount of effort is put in, there is no guarantee that there will be the expected reward. In spirituality most aspirants are striving for a state of Samadhi which will then lead to 'moksha' (liberation from the cycle of births and rebirths).

If one analyses the actions of a novice sadhaka who acts with expectation in the performance of sadhana, one shall see a great contradiction or hypocrisy. The contradiction lies in the fact that the Supreme Intelligence or God requires that one have no desire but union with Him in the performance of actions which are meant to unite him with God. The sadhaka, by intending a certain state of awareness or a massive reduction in karma or moksha, is already disconnecting himself from the infinite by the expectation or attachment to the fruit of action.

Lord Krishna says in the *Bhagavad Gita* that one should renounce the fruit of all action and surrender to him. The verse does not distinguish between material and spiritual action, nor does it distinguish or specify any particular type of fruit or expectation. Even expectation of a spiritual benefit such as a reduction in karma should be forfeited in the act of surrender to God. One of the foremost principles mentioned in the practice of *niyama* as noted in Patanjali's *Yoga Sutra* is 'Isvara pranidhana', which means 'surrender to God'.

The word surrender is significant as it implies that both material and spiritual desires should be renounced. It is often much more difficult to renounce spiritual fruit than material fruit as the former is often more subtle and less apparent than the latter.

The key is always to remain in purity and perform sadhana with the attitude of surrender to the Heavenly Father. Give him all your worries, disappointments, regrets and sorrows, and rest in his arms eternally. Your time for sadhana is time spent in the infinite reservoir of intelligence, consciousness and power. Knowingly or unknowingly you connect with that power every time you practice sadhana. The clarity of the reception is dependent on the purity of the aspirant performing sadhana.

My message to fellow sadhakas on the spiritual journey is to practice spirituality with the attitude of surrender. Let go of all beliefs, attitudes, fears, desires, and philosophies and just immerse yourself into the reservoir of the infinite!

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>





## Mobilizing our spiritual resources for peace

FLORA TECKIE

As followers of different religions, not only do we need to work together in order to bring peace, but the Bahá'í Writings go further prescribing: "Love ye all religions and all races with a love that is true and sincere and show that love through deeds and not through the tongue; for the latter hath no importance, as the majority of men are, in speech, well-wishers, while action is the best."

Throughout history religion has served as the ultimate authority in giving meaning to life. It has also been a primary force in binding diverse peoples together in ever larger and more complex societies. The universal spiritual principles which lie at the heart of religion -- tolerance, compassion, love, justice, humility, sacrifice, trustworthiness, dedication to the well-being of others, and unity -- are the foundations of progressive civilization.

Religion, the Bahá'í Writings say, "is the source of illumination, the cause of development and the animating impulse of all human advancement" and "has been the basis of all civilization and progress in the history of mankind." It is the source of meaning and hope for the vast majority of people, and it has a limitless power to inspire sacrifice, change and long-term commitment in its followers. Therefore, it is unimaginable that we can build a peaceful and prosperous global society - without directly and substantively involving the world's great religions in its design and support

Although religion is a vital force for creating a peaceful and prosperous global society, at the same time religious fanaticism has a great destructive impact on the stability and progress of the world. Religious strife throughout history has been the cause of innumerable wars and conflicts, and a major barrier to progress and peace.

If religion is to help in meeting the diverse challenges confronting the world community today, it must be a cause of unity, free of fanaticism, prejudice and animosity. The Bahá'í Scriptures state that "religion must be the source of fellowship, the cause of unity and the nearness of God to man. If it rouses hatred and strife, it is evident that absence of religion is preferable and an irreligious man is better than one who professes it."

Given the thousands of years during which different religions have addressed the changing needs of a constantly evolving civilization, it could hardly be otherwise. Indeed, an inherent feature of the scriptures of most of the major faiths would appear to be the expression, in some form or other, of the principle of religion's evolutionary nature.

In conclusion, no serious attempt to set human affairs aright, to achieve world peace, can ignore religion. However, the distortion of religion and the misuse of religious authority, have contributed to much of the confusion in society and have caused conflicts between individuals.

We, as the followers of religions, should transform our lives and dedicate ourselves to the service and well-being of the entire human race, thus contributing to the realization of the long-promised reign of peace and justice on earth.

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



## Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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



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

## The Evolution of Humanity

BY THE MASTER through Benjamin Creme

**A selection of quotations on the theme of 'The Evolution of Humanity' from Maitreya (Messages from Maitreya the Christ), Benjamin Creme's Master (A Master Speaks), and Benjamin Creme's writings.**

When we talk about evolution, we are really talking about the evolution of consciousness, of conscious awareness. That is what life is, a gradual awakening to higher and wider vistas of Being and Reality. That is life at every level. So growth of consciousness started as soon as, for the very first time, we came into incarnation in the primeval swamp. When was it? Eighteen-and-a-half million years ago. What is the main impediment in our struggle? The main impediment is karma. Every advance in evolution, and therefore every expansion of consciousness, takes place through the resolution of karma. (Benjamin Creme, Maitreya's Mission Volume Two)

... deep within the consciousness of every man, woman and child lies the awareness of being a soul. As progress upon the evolutionary path is made, that certainty deepens, the conscious link between the soul and its reflection strengthens, and the light of the soul the more readily is contacted and known. Thus the light of understanding grows. Humanity stands now on the threshold of an era in which that light of consciousness will manifest on an increasing scale, expressing itself in every field of human endeavour as a growing awareness of the meaning and purpose of life on planet Earth. (Benjamin Creme's Master, from 'The era of light')

The moment our soul sees that we are ready to begin to express, somewhat, its perfection; to bring the qualities of the soul – truth, beauty, intelligence, the longing for perfection itself – into the incarnational process, the true evolution of the man or woman begins. The time when that happened in each individual case determines our point in evolution. Through countless incarnations, the soul seeks to express its divine nature in time and space through successive personalities: through bodies, physical, emotional and mental, sometimes as a man, sometimes as a woman. It carries out this desire, this longing to replicate its nature and quality, in a physical counterpart. The soul endows its reflection with the means of evolution to its own perfection. In this way, the Plan of God works out. (Benjamin Creme, The Art of Living)

History reveals that evolution proceeds but slowly; nevertheless, in this coming epoch, man will outstrip, by far, the pace achieved by his most illustrious ancestors. Profound changes in man's social life and organisation will release energies hitherto untapped, and unleash upon the world a whirlwind of transformation. Thus will it be. Thus will men meet the measure of their promise and unfold the powers for so long dormant and still. (Benjamin Creme's Master, from 'The time ahead')

SOURCE LINK TO THIS ARTICLE: [www.share-international.org/magazine/old\\_issues/2012/2012-04.htm](http://www.share-international.org/magazine/old_issues/2012/2012-04.htm)

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>





## Nurture Mother Earth

SWAMI SHANKARANANDA MAHARAJI

This world of ours: where is it going and why is it going in that direction? For years you would have noticed, even when you were young kids, that we call this earth 'Mother Earth'. And in all those times few have shown respect to the word 'Mother' in Mother Earth. So today we have great moments of distress, such devastating natural destruction that thousands of people are dying. And, strangely enough, we carry on our normal duties without any concern. We look at the news and say: 'one thousand people died,' and we just carry on.

What have we done with the unconditional love we're supposed to have? Where is the compassion we're supposed to have for other beings? Krishna mentions many times in the *Bhagavad Gita* that we should just love and love, and not hate. Nothing bothers us any more, as long as we have money in the pocket and can drive a car. Humanity at large is not our concern any more. This is why all this is happening. We've lost being in touch. By that I mean, being in touch with emotion. Slowly, in the next two years, in 2014, we will see complete destruction. Many things that we have never seen, and past generations have not seen - hurricanes, tornadoes, tsunamis - will destroy. And what have we done? Nothing.

We need to plant one billion trees in the space of six months to sustain this earth again. We are living on a non-sustainable earth at the moment. We have Spain which has 66% unemployment; Greece which is bankrupt. Have you heard of such things before? There are conditions and diseases we've never heard of before. Why? Because it's only then that we think of God. When our finances are bad we pray to God, we see a priest for help. We're not even praying honestly anymore. We're praying for purpose. We should just be praying for prayer's sake. So God has created these situations. God created this earth, and then He created diseases for us, incurable diseases, and as soon as we find the cure for one, He sends another disease. He does not stop giving us problems. And the only reason is because we forget God. We only think of Him when we're in distress. This is why we are losing the earth.

Islands and countries are going to disappear off the face of the earth in the next two years. The globe is going to be restructured. Science will map a new earth in two years. Can you imagine, going to Google Earth and reading, 'Japan was here'. The Masters have warned us over and over again about this situation but we have not taken notice of it, nor have we been cautious of it even once. And we're really all going to suffer from the mistakes of the past generation and the generations to come.

We need to think about how to plant one billion trees. Go home and see if you have any trees in your yard. Plant some if you don't, and see how good it is for you. We need to create a situation where we can save this earth of ours. We have to look in one direction only – to God. And if each of us does that, I'm sure God will realise that we're ready to make a change and will save this planet for us. But you must start this.

SOURCE LINK TO THIS ARTICLE: [www.fridaysatsang.blogspot.com/2012/05/nurture-mother-earth.html](http://www.fridaysatsang.blogspot.com/2012/05/nurture-mother-earth.html)



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](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)





## Measuring Spiritual Success

BERNIE SIEGEL, MD

When considering how you can measure success in your spiritual life, the answer seems obvious. I meet many young men and women from well to do families who's lives are spiritual wrecks because their family defines success as accumulating more and more material things.

Once a young man walked into my office and said, "My father ruined my life." I asked him what he did to ruin it and he answered, "He gave me a million dollars when I was twenty one." I told him there were many people in the waiting room who would love his problem. I asked, "How did it ruin your life?" "I had to be a success."

He came to understand that being a success does not make you happy and he needed to learn that being happy makes you a success. When you seek security, while fearing challenges, you will not find peace on a mental or spiritual level because you will never find your authentic life or way of serving your love to the world.

The entire reason for life is so that we can experience love. That is my opinion. And when you experience love you are a spiritual success.

The imperfect world is what makes our love necessary and meaningful. To quote God, "A perfect world is a magic trick and not creation. You are here to live and learn. Just as there is no darkness or cold there is no true evil.

Darkness is simply an absence of light while cold is an absence of heat and evil is the failure to express My love through your actions. Just as a graduation is a commencement, and not a termination, and the Bible ends in a revelation and not a conclusion your life is about beginnings.

When you experience change, be it loss or gain, you must begin to use the change to redirect your life and create something new that will benefit the world and its inhabitants, all of whom are the same color inside and so of one family, and continue the process of creation."

Now compare that young man's spiritual problem with mine. One of our sons called me and asked for money to pay his college tuition bill. I reminded him that when my father died he received \$60,000 from my father's estate for him to use for towards education. He responded, "I gave it to a friend I met in Nepal so he could come to this country for an education and then go home and help his people." Now which son would you prefer? The one who turns a million into many millions or the son who gave away \$60,000 and is asking you for money?

At the time of the phone call I wasn't so enlightened, but I have learned from this son about how to be a spiritual success. He used what he had to help others to survive and thrive. The message is that we are here to offer our bodies and our property to benefit others. Only then do we become a spiritual success and immortal in the only way one can become immortal, through love, which is the only thing of permanence.



**Bernie's Prescription for the Soul #240 – Good-bye***Friendship and community are, first of all, inner qualities.*

-- HENRI NOUWEN (1932-1996) PRIEST, WRITER AND PROFESSOR AT NOTRE DAME, HARVARD AND YALE

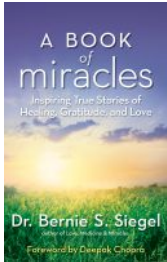
When you say the word good-bye, what are you feeling and thinking? Do you want to be separated from the other person, the “good-bye and good riddance” feeling, or do you want to remain connected even when apart?

Good-byes can be bridge builders that keep us connected even when we are apart. In some ways they maintain a spiritual and emotional tie between you and the person you said good-bye to. Think about your intentions when you say good-bye, and you will be able to remain in touch with the people you relate to in the world, no matter how far apart you are.

We have to remember that consciousness is not local, and when we wish goodness for others we help it to happen. Keep others in your thoughts and prayers and help them to experience a good-bye. Good things are more likely to come to them because of how you act after you say good-bye.

**Soulution of the Day**

*Build bridges with your words and thoughts,  
and that will keep you connected  
to the people in your life.*

**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](http://www.BernieSiegelMD.com).



## How to Use the Will

WALLACE D. WATTLES

The more steady and continuous your faith and purpose, the more rapidly you will get rich, because you will make only positive impressions upon Substance, and you will not neutralize or offset them by negative impressions.

The picture of your desires, held with faith and purpose is taken by the Formless, and permeates it to great distances - throughout the universe, for all I know.

As this impression spreads, all things are set moving toward its realization; every living thing, every inanimate thing, and the things yet uncreated, are stirred toward bringing into being that which you want. All force begins to be exerted in that direction; all things begin to move toward you. The minds of people, everywhere, are influenced toward doing the things necessary to the fulfilling of your desires, and they work for you, unconsciously.

But you can check all this by starting a negative impression in the Formless Substance. Doubt or unbelief is as certain to start a movement away from you as faith and purpose are to start one toward you. It is by not understanding this that most people who try to make use of 'mental science' in getting rich make their failure. Every hour and moment you spend in giving heed to doubts and fears, every hour you spend in worry, every hour in which your soul is possessed by unbelief, sets a current away from you in the whole domain of intelligent Substance. All the promises are unto them that believe, and unto them only. Notice how insistent Jesus was upon this point of belief; and now you know the reason why.

Since belief is all-important, it behooves you to guard your thoughts; as your beliefs will be shaped to a very great extent by the things you observe and think about, it is important that you should command your attention. And here the will comes into use; for it is by your will that you determine upon what things your attention will be fixed.

If you want to become rich, you must not make a study of poverty.

Things are not brought into being by thinking about their opposites. Health is never to be attained by studying disease and thinking about disease; righteousness is not to be promoted by studying sin and thinking about sin; no one ever got rich by studying poverty and thinking about poverty.

Medicine as a science of disease has increased disease; religion as a science of sin has promoted sin, and economics as a study of poverty will fill the world with wretchedness and want.

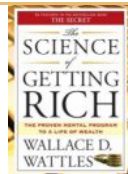
Do not talk about poverty; do not investigate it, or concern yourself with it. Never mind what its causes are; you have nothing to do with them. What concerns you is the cure.

Do not spend your time in charitable work, or charity movements; all charity only tends to perpetuate the wretchedness it aims to eradicate. I don't say that you should be hard-hearted or unkind, and refuse to hear the cry of need; but you must not try to eradicate poverty in any of the conventional ways. Put poverty behind you, and put all that pertains to it behind you, and 'make good'. Get rich; that is the best way you can help the poor.



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](http://www.thescienceofgettingrich.com)





## Man always wants to know the future

ECKANKAR

Men and women have long wanted to know what their future holds. They ask if they will be happy, find love, or become wealthy. They want to know about their health or their careers. Corporations spend millions of dollars trying to figure out the future. For the most part, they employ traditional forecasting methods. If they believed in the power of prophecy, they'd spend millions more to take advantage of it.

Many seekers of truth have the process of unfoldment in reverse order. They believe if one learns how to work with crystals, symbols, numerology, etc., they will unfold spiritually. In Eckankar, we believe one must first be linked with the Light and Sound of God. This process purifies Soul and enables us to become Co-workers with God. Once this occurs, we are able to work with the various tools and symbols offered by the ECK-Vidya.

Without spiritual understanding, these items become playthings of psychic experimentation and do not lead to spiritual liberation.

The ECK-Vidya teaches us that all of life can be divided into cycles. These cyclical patterns have their origins in the ECK, or Holy Spirit. Daily cycles are contained within monthly cycles, monthly within yearly, and so on. Because we understand earthly, physical cycles, we can predict when the moon will again be full. This would seem like a miracle to someone unfamiliar with the movement of the earth around the sun and the moon around the earth.

It is the same with spiritual cycles. All life is governed by spiritual cycles, and the ECK-Vidya adept comes to understand them. Prophecy becomes a natural talent. The cycles governing ideas, nations, and individuals become more clear. Those trained in the ECK-Vidya are able to delve into the past and the future. These adepts can look into the Soul records to understand what has happened and why. They can also look into the future and see what is likely to happen. They can do this because they have come to understand the cycles of life.

This goes beyond astrology, which is the study of planetary influences only. Planetary influences are often overwhelmed by other spiritual forces at work. Knowledge gained from astrology originates from the Astral Plane, only one plane above the physical. The same can be said of other psychic procedures, like numerology or channeling.

What does the future hold? Unfortunately for those utopians who believe we can have heaven on earth, our planet is a warring planet. Any period of peace will be followed by one of conflict. It is the nature of the lower worlds to have life and death, joy and suffering. The only way we can have heaven on earth is if our consciousness resides on the Soul Plane. Though we are in a physical body, our attention is on the love of God. Thus we are in this world, but not of it.

Excerpt from *ECKANKAR: Ancient Wisdom for Today*, which can be downloaded for free from [www.eckankar.org](http://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](http://www.eckankar.org)





## Readers' Inspirations

### Day and Night

What is night for the enlightened, is day for the seeker.  
And what is day for the enlightened is night for the seeker,  
Day and night themselves are borne of conscious perception  
Therefore in the night of day alter your perception.

SUREN PILLAY



### Dad

My angel, my guardian, you belong to me. You are mine, forever true.  
My provider, my king and my dad. I can always ask for whatever I need.  
Our talks were always special. Every second, minute counts. I await you.  
Always guiding and consoling. Bringing joy to our home just by a smile.  
Your laughter lightens our home. You are strong in every way.  
Your hands brought growth to flourish. Your hands bore fruit.  
Whatever you sowed you reaped the harvest that'll grow forever green.  
It's something to talk about that will never fade.  
When your being vanished the stars never shone bright again. The days seemed dull.  
Something was missing. Your presence has gone. It left me alone. I long for you Dad.  
You will always be mine forever.

ZARINA MALICKSHA



### A Prayer

O Cosmic Light, every day I see Thee painting the sky in bright colours. I watch Thee clothe the bare soil with green grass. Thou are in the warmth of sunshine. Oh, Thou are so plainly present everywhere! I bow to Thee. Teach me to behold Thy face in the mirror of my stillness within.  
Divine Beloved, make me know, at once, and forever, that Thou hast always been mine, every mine. My error-dreams are past, buried in the sepulchre of oblivion. I am awake, basking in the sunlight of life in Thee. The ocean of God's abundance flows through me. I am His child. I am a channel through which all divine creative power flows. Bless me, Father, that above all things I seek Thee first, as befits Thy true child. Beloved God, let the flowers of my devotion blossom in the garden of my heart while I await the dawn of Thy coming. Dear Father, open all the windows of faith that I may behold Thee in the mansion of peace.

Fling open the doors of silence that I may enter Thy temple of bliss.

PARAMAHANSA YOGANANDA



Just to be is a blessing.

Just to live is holy.

RABBI ABRAHAM JOSHUA HESCHEL



## Index of Resources and Online References

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### Ananda Sangha

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

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### Baha'i International Community

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

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### Bernie Siegel

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

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### Centre for Spiritual Awareness

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

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### Eckankar

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Main: (952) 380-2200  
Web: <http://www.eckankar.org>

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### Gayathri Peedam South Africa

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

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### Heaven Letters (TM)

Web: <http://www.heavenletters.org>  
Gloria Wendroff - Email: [gloria@heavenletters.org](mailto:gloria@heavenletters.org) / [santhan@heavenletters.org](mailto:santhan@heavenletters.org)

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### Jadatharaya Institute of Right Living and Yoga

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### Lucis Trust

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Email: [london@lucistrust.org](mailto:london@lucistrust.org)

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### Mindlink Foundation

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**TSOGR (The Science of Getting Rich)**

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