



Electronic mini-mag distributed every full moon

# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twenty-nine

3 July 2012

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Welcome to the July 2012 issue of *Transcendence*.

In Hinduism, the July full-moon is put aside to celebrate gurus, spiritual teachers, saints and masters, as beacons who lead us to God.

Everyone on the path towards Transcendence should have a spiritual teacher, whether that teacher is still living and we are privileged to spend time in their physical presence, or whether they no longer on this physical plane and we are granted indulgence only in the teachings they have left us in writing or recordings.

Some believe that a teacher is not required for spiritual growth, as we are each our own teacher. Although this is true and it is inevitable that everyone is traveling towards enlightenment, whether we have a teacher or not will depend on the rate at which we want to progress. A teacher has already walked the path. They know both the pitfalls and the shortcuts, we don't. By adopting a spiritual mentor, we can learn from their experience - first hand. Or we can learn by our own trial and error a lot more slowly. Either way is a personal choice.

Some also choose to have many teachers and follow many teachings. This can become confusing and lead to diffused focus on the journey, especially when some teachings appear to contradict others. It is better to stick to one teacher or philosophy and follow that completely and consistently until we experience progress.

So let us dedicate July to the spiritual teachers, mentors, saints, sages and masters - who are still among us today, or who have gone before us and forged a path of light for us to follow in their wake.

In Love and Service, always,





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## Heavenletter # 4085 - Heartlight

GLORIA WENDROFF

God said:

Have a heart. Here. Here's Mine. It's yours. You already have it. It may be buried in your chest. Bring it to the forefront. Let your heart speak for you. Within your heart, lies Mine. Where did you think love came from?

All love is Mine, and all love has been secured in your heart. So your heart is Mine, and My heart is yours. Our hearts are made for each other. Even though as there is One of Me, there is One heart, and it is Ours, this one heart favored by all.

Sometimes My heart held by others is misused or not used at all. How can that be? Impossible, yet, seen from the outside, that is the case.

My heart would never be cruel. My heart would never be unthinking, shall We say. My heart bursts with love and nothing but love, yet less than love is known upon Earth, and so the Earth is ravaged.

Love gives. Less than love takes. At the same time, love is a give and take. Love has to be issued, and love yearns to be received. So, be a giver, and, when it comes to love, take it. Yet receiving isn't taking, yet nor is receiving passive. Receiving is a loving art, and so shall you receive.

To begin with, here is My love all laid out on a platter. You don't even have to ask for it, though you may. All you have to do is to reach out and bless My love with your acceptance. Be eager to accept My love, for I pour it out. I pour out the fullness of My heart rampantly. Catch it now, and catch it later again because My love is a continuum of pouring. There is no stopping it. Keep your receipt of My love just as constant. You are never without it. No matter how lonely you may feel, My love pours voluminously out to you. My love is never just a trickle. My love is a torrent of love. My love is Niagara Falls. My love. Beloveds, you are My love, and you act on My behalf.

What is your job on Earth? It is to deliver My love. On My behalf, you give love, and you give more, and you create more, and you receive more.

Let the issuing of love be a song that sticks in your mind. It simply won't go away. You are aware of this song of love that runs through you. Nothing deters this music. Is not love music? Is it not the music of the soul and the music of the Heart of God?

Let My music course through you. Let it light each cell of you. Let it brighten life for yourself and everyone who sees a star like you on Earth. Why not be a star of light on Earth as you are in Heaven?

What would hold you back from revealing the Bright Light you are? You are capable, not incapable. You have the wattage. You were born with it. All you have to do is turn it on. You are a light bulb from Heaven on Earth. You are a long-lasting light bulb that is never to go out. First you turn your light on and then never dim it. Let your light so shine before the whole world so that the whole world can recognize the light that it is. Light is beautiful, and you are beautiful. You are My beautiful heartlight on Earth. Beloveds, you are like a search light on Earth. You are a beacon light of Heaven shining for all to see.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/heartlight.html>





## Inspirational Quotes

God said:



*There is something, when you are raising your children, you are also the child you are raising. If you could have been your own mother or father - if, somehow, you could have parented the baby and child you were, you would be so good to yourself. You would know how.*

Heavenletter #4073 Raising your children



*Never fear of dreaming too big. You cannot dream too big. Life is made of miracles. Life in the world is founded on miracles. Of course, you are to dream big dreams, and, further, you are to expect your dreams to come true. Why not? Dreams are coming true all the time. Why not yours, beloveds?*

Heavenletter #4074 God's Blessing



*Mighty power means mighty love. Love is the power. Love is vast. Smallness is, well, small. It is smallness to think of revenge or of avenging or putting anyone down. I am a God of Lighting Up the World, not dimming it.*

Heavenletter #4070 A God of lighting up the world



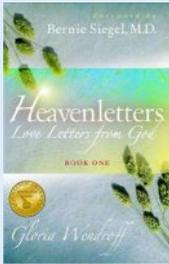
*Life in the world is like a camera that takes photos, one picture here, another picture there. All the camera shots are taken of a mutually-agreed-upon illusion. They can be bound in a book, and one book after another, and, yet, there is no boundedness.*

Heavenletter #4068 Your Soul is Made in My Image



*How much focus there has been on imperfection. How much attention have you put on imperfection? You have perhaps specialized in it. Imperfection may be the subject of your every thought, your imperfection, others' imperfection, the imperfection of the world! Endless has been your focus on imperfection.*

Heavenletter #4064 Have a Heart



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

**Click here** to buy yourself or a friend this inspirational gift.

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

### When choosing your spiritual practices, ask:

*Have they been used and verified by several people who are now spiritually enlightened?*

Consider only what will be effective. Avoid opinions of unenlightened people and “new” systems that are aggressively promoted or are said to be secrets now offered to a few special applicants. Disregard unrealistic philosophical ideas and teachers and organizations that emphasize complete loyalty or submission to them and their practices. Don’t believe those who say they have the only way to spiritual enlightenment, their teachings are a special dispensation (a unique, revealed system of guidance for human affairs), or want you to be a dependent believer of their doctrines rather than to know the truth that can be revealed from within you. Acquire reliable metaphysical knowledge to be well-informed. Use your common sense, intellect, and intuition to know the truth about what you see or hear. Rational thinking can enable you to make practical choices. Intellectual discernment can enable you to more accurately determine what is true. Intuition (perception independent of the senses, mind, or intellect) is a direct way to know about something. Self-revealed knowledge is flawless.

*Are they compatible with my psychological temperament and capacity to practice them?*

Forms of prayer, meditation, mantra, affirmation, lifestyle regimens, and other practices should be easy to learn, pleasant to use, and produce satisfying, beneficial results. If you are inclined to be very devotional, avoid excessive emotionalism and improve your powers of intellectual discernment and intuition. If you are inclined to be egocentric, be willing to discard and outgrow that small, mistaken sense of self identity. If you are inclined to be lazy, inattentive, or confused, learn to act with intention, be alert, and think calmly and rationally. If you are inclined to be aggressive and impatient, learn to relax, cultivate patience, and nurture Self-contentment, peace of mind, and emotional stability in all circumstances.

*Do I know how to apply them? ... and will I diligently do it?*

Learn why the methods you are investigating or have chosen are recommended and how to apply them. If you know someone who has effectively used them, ask to be taught how to you can use them. When you are sufficiently informed, establish a regular routine of alert, dedicated, practice. A spiritual path is one of aloneness in the Infinite. Even if you have friends who share your ideals, your meaningful spiritual-growth experiences will be known only to you. Persist in the right way until you have the results you want to have. Support intentional spiritual practices with a wisely chosen holistic (emphasis on the whole and the interdependence of its parts) lifestyle. Your spiritual growth will be much faster when everything you think, feel, act, and privately do supports your aspiration to be spiritually awake. Endeavor to have conflicts resolved, problems solved, ideal conditions easily maintained, and to harmoniously integrate the spiritual, emotional, mental, physical, and environmental aspects of your life.

Excerpt from *Truth Journal*, February - March 2012 (pgs 8-9)

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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## The Spiritual Master

LUCIS TRUST

The introduction in the late nineteenth century of the teaching on the spiritual Hierarchy, the Masters of the Wisdom, was a revelation to Western seekers. Many aspirants embarked upon a search for the Masters, some travelling to remote regions of the world in hopes of discovering these great initiates who would be able to guide them in their spiritual development.

Such a desire is understandable but it misses the point: that the first authentic master is one's own soul, the inner light whose guidance is unfailing if one is willing to cultivate the techniques for listening to its voice. The first sound of this inner authority is the conscience, that "still, small voice" within that ever alerts us when we deviate from the intention of our higher self—from what Lincoln called "the better angels of our nature".

The presence of the master within, the soul, is deeply hidden within the cave of the heart. Its earliest stirrings are felt as the physical disciplines. Subsequently, the inner master's attention is turned to the emotional nature, to the process of instilling control over the volatile astral body which consumes many lifetimes until mastery is achieved. Then the soul's focus turns to control of the mind, refining the thinking processes until the mind becomes an instrument and not an impediment to the soul's plan. Still later in the evolutionary journey, the personality's resources are finally and completely turned over to the soul in an act of relinquishment and dedication which releases the full authority of the spiritual master.

If this conveys an image of the soul as a potent resource of dynamic energy, that is correct, for the spiritual master must exert great power to gain control over the personality, the outer form which has been dominant for so many lifetimes. Not easily does the personality give up its control, but the soul is far stronger. What ignites the spark of the soul's forces, the internal fires banked for so long but never extinguished? Buddhism speaks of the effect of the Buddha's teaching causing the Dhamma—the inner recognition of spiritual truth—to "rise up" in his listeners, suggesting that the inner spiritual authority was always present but dormant, unawakened until confronted by the authenticity and integrity of the Buddha's own hard-won achievement.

Perhaps that's why the spiritual seeker is encouraged to welcome crisis, not run from it—not because struggle and suffering are somehow more spiritually valid than joy is, but because crises cause the aspirant to reach within for deeper resources than the habitual patterns of the personality. The spiritual master, initially the soul and later the member of the spiritual Hierarchy under whose direction the disciple serves, does not require blind obedience but persistent practice. All gifted athletes know the need for diligent training to meet their goal. They understand, as a great teacher once said, "this is accomplished by accomplishing. This mastery is achieved by mastering. This elimination of desire is brought about by conscious eliminating. Get therefore to work...."

Triangles is a wonderful way to awaken the intelligent people of goodwill to the inner spiritual master. Through the irradiation of the planetary network with light and goodwill, the soul of humanity is steadily deepening its grip on human consciousness, igniting the spark of divinity residing within all human hearts and fanning it into a true source of mastery.

*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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## Spiritual ignorance, the cause of all disease

SWAMI KRIYANANDA

The teachings relating to health tend to focus on foods that will strengthen the body or on removing toxins that block the flow of energy in the body. These teachings are an important part of the picture so long as you haven't reached a certain level of spiritual realization. But we need to understand that health is a total process and primarily a reflection of our strength inwardly. Illness and other health troubles come from not being in touch with our deepest reality. Our true nature is healthy. It can't be otherwise because we are children of God. Spiritual ignorance, therefore, is the greatest disease of all. From spiritual ignorance all other mistakes follow. When you are ignorant of the fact that you are a child of God and not just the body and personality, when you are ignorant of your wrong attitudes, it is possible again and again to make mistakes that create bad karma and illness. Therefore the most important thing of all is curing this ignorance.

I once knew a woman who had been hired as a cook at Mount Washington. She was a big, strapping woman and strong enough to carry things it would normally take two or three people to carry. I was very surprised when she told me she'd had polio and was told she would never walk again. She responded to her illness by telling herself, "I am not going to be a cripple for the rest of my life!" When people weren't looking, she would tumble out of bed and kind of crawl across the floor and huddle against the wall. Using all of her will power, she would then try to push herself up to a standing position, leaning against the wall for support. She did this repeatedly and with great determination. She didn't know anything about drawing energy from the cosmic source, but she just kept trying. She kept sending out the thought that she wanted her legs to move, which was, in fact, sending energy to her body. Little by little, her body started to respond. And after a while, the miracle occurred. She overcame the paralysis completely. This woman healed herself without knowledge of spiritual laws. How much easier it is to use will power to heal yourself when you know that energy can make you well, and that a strong affirmation of wellness can draw energy from the cosmic source and heal your illness.

The body's ability to heal or resist disease depends primarily on being able to draw energy into the body from the cosmic source. We live surrounded by an ocean of cosmic energy, and we draw on it to a greater or lesser extent all the time, depending on our will power or willingness, and on the clarity of our awareness. There are a number of saints and yogis who have lived for many years without eating, yet somehow they manage to carry on and, in fact, they put everyone else to shame with their high level of energy. They are sustained by that cosmic source. The energy we bring into the body from the cosmic source is intelligent. It can transform the chemistry of the body. It can become whatever chemicals we need in order to heal because all of these chemicals are manifestations of cosmic energy. The body itself is not a physical object. It is a holding pattern of energy and this pattern can be changed. When we change the holding pattern, we suddenly find new and different chemicals rushing in to take the place that's been created for them.

It is by changing the holding pattern that amazing miracles and instantaneous healings have occurred: people dying of cancer who suddenly became well; people who bathed in the waters at Lourdes who suddenly grew new organs. The woman crippled by polio, by her will power and determination, changed the holding pattern and healed her legs. How do we become ill? Illness enters the body through the agency of our karma. Our karma creates weaknesses in the aura, and through those weaknesses illness can enter. There isn't anything we can do about the existence of that karma. We can't banish it. But we can we can offset karmic law by spiritual means, by devotion and being more in tune with God. There was a young boy at the Self-Realization Fellowship Hermitage in Encinitas who had an accident which resulted in his cutting off a finger. Paramhansa Yogananda said he had seen a black cloud in the boy's astral body shortly before this accident. Yogananda said that if the boy hadn't been at the hermitage, the accident would have been far worse. Something very similar happened to Daya Mata shortly after I came onto the spiritual path. She was rushed to the hospital with an illness which the doctor diagnosed incorrectly. Karmically she was supposed to die but by Yogananda's blessings, she lived. Explaining the situation, Yogananda said, "That's the way karma works. The doctor diagnosed it wrongly because it was her karma to go." Attunement with the Divine gives you a very strong aura. It's as though you were wearing armor. Any bad karma that comes either can't get through or is greatly lessened. There are certain instances when it is not appropriate to offset the karma of illness. An example involved a very saintly 19-year-old girl in ▶



India who had healing powers. She had healed many people but she steadfastly refused to heal her father, who was very ill. Finally her family, and especially her mother, pressured her so much that she had no choice but to pray for him. However, she wrote her mother a note saying, “You will see what will happen.” She prayed for her father and he became well. Not very long afterwards, he began living a dissolute life. A dissolute life in the past had created the karma for her father to be ill. His illness was a means of creating a break with his past and changing the mental tendency to lead a dissolute life. For that change to occur, however, the illness needed to reach deep enough levels of his mind to rid him of those old tendencies. When his illness was removed prematurely, all of those old tendencies surfaced. Illness and physical problems are often an important part of spiritual growth. They are the means by which the soul propels us away from error and toward God. Paramhansa Yogananda had a great deal of respect for Christian Scientists but he said that good health requires more than mental affirmation. Our mental attitudes, our dynamism and optimism, are very important. But the most important thing of all is our attunement with the Divine. Swami Sri Yukteswar said that the unfolding of the heart’s natural love fills the body with such harmonious energy that it banishes all disease. To develop the natural love of the heart is the most important thing that we can do for our health. Saint Francis had so much love that he could eat the scraps in people’s garbage pails, yet he was untouched. His deep attunement to God and Christ protected him. The best thing is to have a balance – to eat properly, to exercise regularly – while always keeping in mind that the greatest need is for loving God, for loving people, and for having this kind of harmonious energy. Anything that makes us more giving towards other people, more sharing, less defensive and less competitive with them, helps very much in the development of devotion. On the other hand, attitudes of aggression, defensiveness, worry, fear, and self-condemnation constrict the heart and are harmful to the body. Divine love not only fills the body with harmonious energy and dissolves impurities, it puts us in tune with the great universal flow. When we are in tune with that flow, we have the power of the universe supporting us, giving us strength. Try to rely more on God. You have to do your part but God has no favorites. Anytime you put yourself in His hands and just flow with His great symphony of life, everything seems to work out for the best.

A lovely instance of this occurred when I visited India some years ago. I had written to friends that I was coming to Calcutta. When I didn’t hear from them I naturally wondered if they had received my letter and would be at the airport to meet me. And yet, I thought, “Well I’ve done my part. God will take care of the rest.” When I arrived at the Calcutta airport, my friends weren’t there, but I didn’t worry about it. I just stood there thinking, “Well, Master, what do you have in mind?” Hardly ten seconds later a man came up to me and asked my name. He said he had been seen a photograph of me a few weeks earlier. It turned out he was in Calcutta to visit a dear friend of mine, someone I had hoped to see while in India but whose address I could not find—and he took me to see this friend. I later got together with the friends who were not at the airport to meet me. So don’t think you have to do everything. Do your best in a common sense way but, above all, try to be in tune with Him and the universal flow will constantly sustain you. The right things will happen for your physical, mental, and spiritual health. The right guidance will come at the right time. The right kinds of foods will be there when you need them. Everything will be there if you cling to God with faith and devotion. This body is just a small part of that which you really are. For a while you are living in this body, but the truth is that you have come from Infinity and are living only temporarily in this little physical form. You will not be anything but hopelessly diseased until you realize the truth of your own nature, the reality of your oneness with God. Ignorance of your oneness with God is the supreme disease of which all others are merely outward and limited manifestations. Banish that ignorance and know who and what you really are.

SOURCE LINK TO THIS ARTICLE: <http://www.anandaclaritymagazine.com/2012/06/disease-karma-kriyananda-god/>

Ananda  Sangha

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





## Rest but don't rust

ROD BRIGGS

Many people I have met recently seem to view the world as a threatening and gloomy place, redolent with insecurity and fear; not surprising really when we are repeatedly reminded by the media what a mess we are in. The problem, of course, is that it is very difficult to view the situation in a balanced way with such a massive imbalance in the reportage. It is, however, rather easy to rectify the situation and to re-instate a sense of equilibrium in our lives. Simply follow the prompts in this mental exercise:

Imagine for a moment, with as much emotion as your mind's eye muster, that you have just lost everything you hold dear, from all your material possessions to your loved ones....Pause for a moment and reflect. How does that feel? Pretty awful I'm sure you'll find. Now imagine getting them all back again... Wow! That's better. In a simple but powerful way you have just proved to yourself how wonderful your life actually is. Once we learn to see our lives in a balanced way we become free to enjoy the journey.

Like all journeys there are route changes and detours in our life's voyage, but we have trained ourselves to see them as problems instead the growth indicators they actually are. We need these troubles to nudge us out of the complacency of comfort zones which would otherwise become stifling. Without continual growth our groove would become our grave. The curved balls that we all see as terrible trials are the very mechanism our subconscious uses to grow, if it were not so we would rust.

Before my travels and timetable got in the way I was a member of a life boat crew for the NSRI (RNLI) and noticed a bench someone had donated to our radio shack. On it was riveted a simple sign which summed the whole thing up.

Rest... but don't rust!

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





## Understanding Clairvoyance - Part II

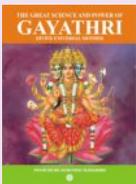
SWAMI MURUGESU MAHARISHI

In actual clairvoyance, not only the subtler planes are seen but happenings of other places in our earth plane can also be seen as if the clairvoyant is present there at that time while, in actuality, he is sitting in his own space. Not only this, he can see happenings that took place many thousands of years previously on earth. For example, he can see how Jesus lived, where he went and how he was crucified, as if a direct witness during that time.

Although Sri Lanka was demolished by Sri Rama thousands of years ago, the battle between Ravana and Rama culminating in the destruction of Sri Lanka during those days, could also be seen. Some say that even future happenings can be seen with clairvoyance, but this is not correct because future events take place according to the decisions of people, which change from one minute to the next. But some future events of the earth can be seen by clairvoyance as they have been fixed years before and will actually take place. Examples of these are earthquakes, floods and sudden submersion of lands into the sea - these are predetermined. The actual happenings take place in the subtle planes years or days before they take place on the physical plane.

A good example of this is as follows: one day a lady used to dream often. In every dream one particular incident persisted - that of her neck being crushed, or hurt, or someone pressing on her neck. All her dreams were related to something happening to her neck. She was concerned about this and consulted eminent doctors. After taking an X-ray of her neck and running numerous tests, they could find nothing unusual. Finally she approached a clairvoyant who, after gazing at her neck psychically, said, "after a certain period of time a tumour will form in your neck". The subtle tumour had already begun to form and the clairvoyant could see it astrally. It was this that was causing the lady to have recurring dreams. After some months she started experiencing pains in her neck and on having an X-ray it was discovered that a tumour had indeed formed in her neck.

This proves that whatever manifests in the physical world is first visible in the subtle world, to those who have the ability to see. A clairvoyant, by studying events in the astral world, can come to know of events that will take place in the physical plane. Since people change decisions often, it is difficult to see all future happenings beforehand but these can be discovered through premonition, which will be explained in another article.



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

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

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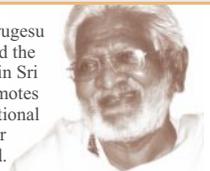
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## Devotee vs disciple

SUREN PILLAY

A common question on the path of enlightenment is “what is the difference between a devotee and a disciple?”. Often the words are used interchangeably, indicating that they are some commonalities between both types of spiritual aspirant. However, the wisdom of the sages confirm that there are some significant differences between both types of aspirants. Unfortunately inner realisation is not something seen or perceived by the gross senses, and it is in this area that the primary difference between devotee and disciple lies.

A few points are worth noting when discussing some of the distinguishing factors between devotee and disciple. First of all the distinction only has relevance in relation to a spiritual preceptor or Guru. A spiritual master is an essential on the spiritual path not only because of the guidance and wisdom he imparts but also the energy and vibration which he transmits. It is this hidden or subtly energy that many aspirants absorb unconsciously that provides the real inner transformation necessary to walk the path of enlightenment. Reading and knowing about the path of enlightenment at least on an intellectual level is certainly different from walking it. And it is in walking it, that a Guru has real value to the sadhaka on the spiritual journey.

Coming back to the distinguishing points between a disciple and devotee, many may ask why this topic is even necessary, why does it really matter? And more so, why is it relevant? Well the answer is pretty simple. Disciples usually embody the master’s teaching in every respect. Spiritual evolution for disciples is rapid and instantaneous. They are like naturally aspirated super cars that require no modification for optimal performance – yes, no turbo charging and certainly no nitrous oxide! By understanding the underlying characteristics and nature of a disciple, one might endeavour to actually become one and achieve a rapid rate of spiritual growth in the path. It also gives one a basic yardstick of where one is and what is required to become more spiritually evolved on the journey.

My master once said that one’s spiritual journey is determined by commitment, dedication and love (CDL) to God and Guru. These words are reinforced in the *Yoga Sutra* and *Bhagavad Gita* in numerous verses. These three factors play a critical role in determining whether you are an ordinary devotee or a disciple. A disciple naturally exhibits high levels of CDL in all spiritual activities, his Gurus words are Gospel, never arguing or even slightly displaying negativity or arrogance to his master. His love for his Master and God is unwavering and he lives in the gratitude of the Divine.

His commitment to excellence is also second to none for he treats his Guru’s word as scripture. An important point to note here is that the disciple’s adherence to the teaching of a Guru is flawless. I think this is one of the greatest distinctions between a disciple and devotee. When the Guru is not physically present devotees might not strictly adhere to the teachings of the master. However a disciple is consistent in his practice and adherence to his master’s teaching.

The level of CDL in a devotee is often fluctuating. Consistency in spiritual practises as well as attendance of spiritual discourses and meditations may change according to season or temperament. This inconsistency is disastrous for the aspirant as it sets a pattern of mental impressions that oppose spiritual growth.

To a disciple it really doesn’t matter whether the Guru is actually physically present, the master lives in his heart and, by practicing the teachings of his master, the disciple becomes more and more in tune with his master everyday. Dear brothers and sisters, you may ask yourself today whether you are more of a devotee or a disciple, but more importantly: what do you intend to be in the near future!

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.surenpillay.com>





## Balancing Material and Spiritual aspects of our lives

FLORA TECKIE

It is important that the material and the spiritual aspects of our lives advance together in order for humanity to prosper and be happy.

As stated in the Bahá'í Writings: "... we must thank God that He has created for us both material blessings and spiritual bestowals. He has given us material gifts and spiritual graces, outer sight to view the lights of the sun and inner vision by which we may perceive the glory of God".

Our contemporary world is often ruled by the materialistic values and standards. People evaluate success in the course of their lives with materialistic outcomes. Usually their questions are: Do I have a larger house than my neighbour? Is my business growing faster than the competition? Instead, should we not ask ourselves: Is my family happy? How can I make my neighbourhood happy? Am I trusted at my work? Is my business serving the customer well? This is not to say material means are not important. However, it is not in the nature of the human being to be a material being alone, just as it is not in the nature of the human being to want to live in poverty thinking of the next world only.

According to the Bahá'í Scriptures, "It is indeed a good and praiseworthy thing to progress materially, but in so doing, let us not neglect the more important spiritual progress ...".

There is an important link between practical and spiritual aspects of human life. The body is the instrument of the soul's development in this earthly life, and as such physical health and development cannot be neglected. Material means are essential for humanity to be able to pursue its spiritual and other goals, as long as we use our material means towards the primary goal in life, which is fostering our soul's progress, and contributing towards the spiritual transformation of our societies.

It is stated in the Bahá'í Writings that: "... only if material progress goes hand in hand with spirituality can any real progress come about, and the Most Great Peace reign in the world. If men followed the Holy Counsels and the Teachings of the Prophets, if Divine Light shone in all hearts and men were really religious, we should soon see peace on earth and the Kingdom of God among men. The laws of God may be likened unto the soul and material progress unto the body. If the body was not animated by the soul, it would cease to exist".

Our spiritual capacities and qualities, being part of the immortal soul, will eternally endure, while the body and its capacities will not. Therefore proper and full development of our spiritual capacities should be the most worthwhile possible goal in our lives. We can develop our spiritual capacities through prayer, meditation, regular study of the Holy Scriptures and service to humanity. Acceptance of the teachings of the Messengers of God and obedience to the laws They reveal are the essential requirement for the success in our spiritual development and growth.

In conclusion: We should endeavour to maintain a balance between the spiritual and material aspects of our lives, while allowing our spiritual nature to take control.

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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.

## Water into Wine

BY THE MASTER through Benjamin Creme

As is so often the case, Europeans are searching for an ever elusive unity. This time the problem is mainly economic. The Common Market, in this testing economic crisis, is fraying at the seams and losing its precarious unity.

The USA, in election year, treads carefully, anxious to see an upturn in trade and a down-turn in responsibility abroad. Israel, therefore is emboldened to take over the task of pressuring Iran. Meanwhile, China is booming and waxing rich while neighbouring Russia apes the USA of the 1930s. Thus the diehards of the old order struggle to keep the leaking ship afloat in the maelstrom of the new and more just energies of Aquarius. The Age of Synthesis is upon us, recognised or not, and every new day etches its stamp on the world.

Only the young, and the young in heart, it would seem, recognise the dimensions of this change. They alone know that justice and love can never be cast aside without pain. So it is with the young today who recognise a new note in Earth's song and seek, by all means open to them, to make it heard. Vast numbers throughout the world are beginning to respond to this new theme and search for valid means to implement their longing for change.

Many are beginning to grasp the essentials of life and with courage bear witness to their truth: Sharing, Justice and Love, they comprehend, are the essential ingredients of a civilisation based on the understanding that all men are Gods. In this way the world is slowly being prepared for an entirely new conception of the meaning of life.

Tirelessly, Maitreya and His group teach the age old way to happiness and divinity, for these two are one. When men truly understand this simple law they will gladly renounce the patterns of the past: the unholy divide which sustains the greed of so many, the disdain of the rich for the poor and the lust for power and war.

They will put behind them this dross which has gripped their imagination for so long. They will listen keenly to the Masters' advice and will, themselves, change water into wine.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/magazine/old\\_issues/2012/2012-05.htm#Mestari](http://www.share-international.org/magazine/old_issues/2012/2012-05.htm#Mestari)

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>





## Meditation for Students

SWAMI SHANKARANANDA MAHARAJI

It's that time of year when the children begin their exams, and the outcome depends on the child's ability to retain whatever they've studied. One simple technique of retaining what you study is called meditation. Through meditation you can retain everything you have studied and write your exams successfully. Meditation sounds like a very difficult process, and you're right, it is very difficult. But it is only difficult if you carry garbage in your mind: greed, lust, brutality and violence. Because we are so committed to the cellphone, our minds are only looking down, and not up. We're looking down at the cellphone for a message, whether we're driving, walking, in a meeting, or with friends. We always have the cellphone ready to reply, to answer. Yet, if you meditate there are greater messages.

First of all, with meditation you can retain whatever you studied. All that we do in life is breathe – that's the only thing that keeps the body going. Pranayama is a technique of how to breathe, and if we breathe correctly, train our body to breathe correctly, then we will be able to retain whatever we study. What does it mean to breathe correctly? You think you are living, so you must be breathing correctly. Prana is required to maintain the body. We should be taking fifteen breaths each minute, that is 900 breaths in an hour, 21600 in 24 hours. But we are not breathing like that because we have such an active life. We are racing our breath. For example, when you have an accident, you are in shock and breathing heavily, so you give wrong information to the policeman because you are not thinking properly. If you slow your breath, you'll think properly and speak sense. So breath is a very important. We are supposed to breathe 15 times a minute. If you breathe like that from the time you are born, you are guaranteed to live 100 years.

So, if you breathe properly then you can retain more information. This is very important. I don't understand why they don't teach yoga in schools. They should have it as a subject in school where they teach you how to do asanas, breathe, meditate and study. Yoga is the best technique to study. And yoga is very important in our lives. We don't know that, yet the westerners know that. You go to America – every third shop in San Francisco is a yoga studio. The whole of America is doing yoga. We are Indian. We don't do yoga. Do you know why? We think it's our birthright, that we are yogis at birth. It doesn't work like that. We need to do yoga. Take one aspect of yoga – pranayama – and master it. It's difficult if you don't breathe properly. Slowing your breath slows your thoughts, which slows your actions – and results in greater retention.

SOURCE LINK TO THIS ARTICLE: <http://www.fridaysatsang.blogspot.com/2012/06/meditation-for-students.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)





## Mind and heart matters

BERNIE SIEGEL, MD

*If you can give your son or daughter only one gift, let it be ENTHUSIASM.*

~ Bruce Barton

Studies reveal that when a child grows up feeling loved by their parents we do not have to worry about their future emotionally, physically or spiritually. The opposite of love is indifference and rejection and if one seeks attention through self-destructive behavior or revenge the end result is obvious.

What wounded teenagers can do is to abandon their past and all the negativity associated with it and use their anger and energy to change their lives and re-parent themselves. “When you let love into your prison it changes all the negative items in it, meaning the experiences in your life, and turns them into something meaningful.” Those are the words of a woman who was abused as a child. They can also look for chosen parents who will accept and love them even when their behavior is not liked. These are people who love you and don’t blame you for having something wrong with you when they are critical of your behavior as do most parents, as well as many teachers and religions. They are like coaches who discipline and criticize you for your benefit because they care about you. So find someone to coach you through life who has had a major loss or illness because they will know what lessons are important for survival. You are like a work of art, a work in never ending progress.

The most important thing for teenagers to realize is that suicide is not ever the treatment of choice. A young man I know, Tony Johnson, who wrote *A Rock and A Hard Place*, was planning to commit suicide. Tony was HIV+ due to sexual abuse by his parents and others. I told him we could get a gun and kill his parents instead. He said, “No I never want to be like them.”

You were never meant to eliminate yourself. You were meant to love yourself and your neighbors and enemies. What you need to eliminate is events and behavior that is killing you physically, emotionally and spiritually. You must not give up the life you want for yourself to please others. When you do, you lose your life. You must be willing to lose the untrue self and save your authentic life. You are a divine child, so get your baby pictures out and live for that awesome child. Be like children and animals when you need attention and love—make noise, move, and express your feelings. Just so you know, Tony went down to the subway to jump in front of the A Train but my angel delayed the train so Tony ended up calling the suicide hot line number on the subway wall. He was rescued and learned about love.

Having seen many children of millionaires suffering because their parents gave them money, which they were to use to make more money, and be a success. I have a simple message for you and them. One young man said to me, “My father ruined my life when I was 21. He gave me a million dollars and told me I had to be a success.” What would his father have said if he started a charity with the money? Most parents give their children mottoes to die by and not to live by. We need to grow up being told to do what makes us happy, difficulties are God’s redirections and material things are to make the world a better place.

First of all what is your definition of success? If it is a big estate and lots of money you will never be happy or successful. When speaking to a group of young business owners, all of whom were millionaires I asked, “Is life fair?” They yelled “NO!” louder than any group I have ever spoken to. ►



A young man in therapy for the grief he was experiencing trying to be a success said, “When you are a success you are not happy, but when you are happy you are a success.” Remember these messages from various religions and myths: The son of man comes not to be served but to serve and to ransom his life for the good of the many. Let me be born again and again on the wheel of rebirth so that again and again I may offer this body for the benefit of others.

Decide how you want to serve the people of the world and then go do it. You will be living your life and accomplishing what we are all here to accomplish in our lifetime. And when you enjoy serving in your way, Monday morning will not be a threat to your health and you will never feel like you are working. It is only work if there is someplace else you’d rather be. I loved working at Subway and interacting with the people because they wanted a sandwich and interacting with me and my questions about life were necessary if I was going to make it for them.

The final lessons for you all are:

First, accept the fact that you are mortal and don’t waste your life time doing what you do not want to do. Learn to say no to the world and yes to yourself.

Next, let me repeat what my parents told me. When a decision was to be made there was only one way to decide; “Do what will make you happy.” When troubles and difficulties occurred which are inevitable I heard “God is redirecting you—something good will come of this.” And when material things and finances were involved “Money is to make life easier for people.” Remember, I came from a minority group. I was loved by my parents, did well in school and got along with God. You can join my group too.

Understand that a perfect world is a magic trick and not creation. What makes our love and actions meaningful is the fact that we have a choice. Life is a school, and commencements never cease happening, so live and learn and remember there are no mistakes, just lessons to be learned.

To survive, find meaning in your life; express appropriate anger when you are not treated with respect; ask for help when you need it and do not deny your needs and feelings; say no when appropriate to your life and feelings; find time to play and live your chocolate ice cream; use your feelings to help protect you and redirect your life rather than be disturbed by them or turn to drugs to numb yourself; live an authentic life and not a role. Remember we were meant to be human beings and not human doings. We are all made of divine stuff and members of the same family.

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**SOULUTION OF THE DAY**  
*Don't let others flip your switch.*  
*Radiate your true light and share the enlightenment.*



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 (continued)

WALLACE D. WATTLES

You cannot hold the mental image which is to make you rich if you fill your mind with pictures of poverty. Do not read books or papers which give circumstantial accounts of the wretchedness of the slum dwellers, of the horrors of child labor, and so on.

Do not read anything which fills your mind with gloomy images of want and suffering.

You cannot help the poor in the least by knowing about these things; the widespread knowledge of them does not tend at all to do away with poverty. What tends to do away with poverty is not the getting of pictures of poverty into your mind, but getting pictures of wealth into the minds of the poor.

You are not deserting the poor in their misery when you refuse to allow your mind to be filled with pictures of that misery.

Poverty can be done away with, not by increasing the number of well-to-do people who think about poverty, but by increasing the number of poor people who purpose with faith to get rich.

The poor do not need charity; they need inspiration. Charity only sends them a loaf of bread to keep them alive in their wretchedness, or gives them an entertainment to make them forget for an hour or two, but inspiration will cause them to rise out of their misery.

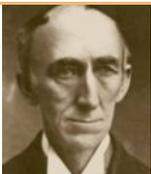
If you want to help the poor, demonstrate to them that they can become rich; prove it by getting rich yourself.

The only way in which poverty will ever be banished from this world is by getting a large and constantly increasing number of people to practice these teachings. People must be taught to become rich by creation, not by competition.

Every man who becomes rich by competition throws down behind him the ladder by which he rises, and keeps others down, but every man who gets rich by creation opens a way for thousands to follow him, and inspires them to do so.

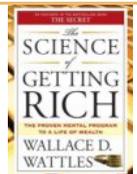
You are not showing hardness of heart or an unfeeling disposition when you refuse to pity poverty, see poverty, read about poverty, or think or talk about it, or listen to those who do talk about it.

Use your will power to keep your mind OFF the subject of poverty, and to keep it fixed with faith and purpose ON the vision of what you want.



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)





## Golden-tongued Wisdom and the Waking Dream

ECKANKAR

The ECK-Vidya has identified the various cycles which govern man's life here on earth. The responsibility of working with the ECK-Vidya is great, because the information gained can be so easily misused. Many people would be knocked out of balance if they knew what was going to happen to future generations. Others would try to take the information and use it for their personal financial advantage. A rule of Divine Spirit is that we must never use our knowledge to control or manipulate others.

There are two elements of the ECK-Vidya which play a role in the life of the average person. These are called the Golden-tongued Wisdom and the Waking Dream.

The Golden-tongued Wisdom is a phenomenon which trains people to look for spiritual guidance in the most mundane of events. For instance, you could be shopping in a store when the clerk suddenly makes a casual remark to you. Though innocent enough in itself, the comment has some specific spiritual meaning to you.

It's as if the ECK is speaking to you through the unwitting channel of the store clerk. Or perhaps you turn on the radio and begin listening to the lyrics of a popular song. The message inspires you, and you see the solution to a current problem. With an open heart, you can hear Divine Spirit speaking to you through the Golden-tongued Wisdom.

A variation on the principle of the Golden-tongued Wisdom is the waking dream. The waking dream is another vehicle through which Divine Spirit communicates to you. But these experiences are more couched in symbols, similar to dream experiences.

Say a man is shown a picture of a butterfly, but in his mind it looks like a bee. A few hours later, he hears his wife mention the letter B. A week later, a friend asks if he is getting enough B vitamins. Now the connection between all three events becomes clear to him. He starts taking extra B vitamins, and a health problem he'd asked for help with improves.

Soul, the higher self, made sense of the symbolic events, and the message made its way to the conscious mind. This is an example of the waking dream.

To learn more about the theory and practice of the ECK-Vidya, you can read *The ECK-Vidya, Ancient Science of Prophecy* by Paul Twitchell. More specific information on the Golden-tongued Wisdom and the waking dream can be found in Harold Klemp's books *The Art of Spiritual Dreaming*, *The Eternal Dreamer*; and *The Dream Master*.



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

### Spiritual wish

How I long to see thee.  
Come to me,  
Oh my sweet, infinitely now,  
Forever unchanged in the eternal horizon!

SUREN PILLAY



### Mirror

A piece so delicate, intricate and fragile. My edges can be sharp, sometimes round or jagged. I come in various patterns that attract one's eye. I see deeds that are good and bad. I hear conversations, I see acts, I see beauty, I see innocence, I see vile and I see you. I am a piece of reflection... I don't speak. I see and hear - a reflection that can be or maybe or why. I reveal to you your secrets; your admirer and your shadow. I don't judge anyone. I am a reflection of you. What you see is what you get; a masterpiece that cannot be erased. I am the eye of a beholder. Full of secrets that can't be heard or revealed. Hidden, but seen. Perfection comes from within...

ZARINA MALICKSHA



### Meditation on Silence

My silence, like an expanding sphere, spreads everywhere.  
My silence spreads like a radio song, above beneath,  
left and right, within and without  
My silence spreads like a wildfire of bliss;  
the dark thickets or sorrow and the tall oaks of pride are all burning up.  
My silence, like the ether, passes through everything, carrying the songs of earth,  
atoms, and stars into the halls of his infinite mansion.

PARAMAHANSA YOGANANDA



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.

Self knowledge then soon prevails.

THE BHAGAVAD GITA 2: 64,65



The capacity for hope is the most significant fact of life.  
It provides human beings with a sense of destination and the energy to get started.

NORMAN COUSINS



## 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**

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Tel: 011 462 0100  
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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>  
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### **Gayathri Peedam South Africa**

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### **Heaven Letters (TM)**

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### **Lucis Trust**

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### **Mindlink Foundation**

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**Self-Realization Fellowship**

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Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

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