



Electronic mini-mag distributed every full moon

# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

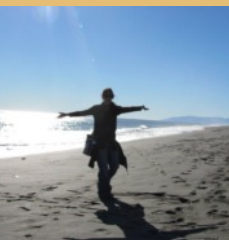
Issue Thirty

2 August 2012

## CONTENTS

- 3 **Heaven Letters** GLORIA WENDROFF
- 5 **Rational thinking** ROY EUGENE DAVIS
- 6 **In search of God** LUCIS TRUST
- 7 **Qualities of a magnetic personality** ANANDA SANGHA
- 9 **Top five regrets of the dying** ROD BRIGGS
- 10 **Truth and illusion** GAYATHRI PEEDAM
- 11 **Cosmic nature** SUREN PILLAY
- 12 **Empowering women** BAHAI TOPICS

- 13 **The path of co-operation** SHARE INTERNATIONAL
- 14 **Ten commandments** JADATHARAYA INSTITUTE
- 15 **Women and survival** DR BERNIE SIEGEL
- 17 **The Science of Getting Rich** WALLACE WATTLES
- 18 **Solving problems!** ECKANKAR
- 19 **Readers' Inspirations**
- 20 **Additional Resources**



Welcome to the August 2012 issue of *Transcendence*.

August is national Women's Month in South Africa, with the 9th of August being designated to Women's Day, when women are celebrated for their role in society and in the history of the country.

Men and women may be different but they are equal in spirituality, and both have the same potential for spiritual growth. Although God is neither male nor female, western society tends to promote the male aspect of God. For those of us who are of western religious upbringing, our experience of the Almighty can be vastly expanded by a different view.

Worship of, or meditation on, God in a female form opens an entirely new experience to spirituality. Traditionally, it is the mother who is the creative force in any family. She is the nurturer, the one in whom children seek comfort and love, while the father is the protector and the provider.

Why not try a different slant in your prayer and meditation during August? In honour of Women's Month, if you haven't done so before, perhaps take the time to visualise God in the form of Divine Mother. This will be a new experience for many. It was for me too, many years ago. But today, I allow both forms of God to be part of my spiritual practice. This creates balance, and it no longer feels as if there is 'something missing'. It creates an experience of completion and perfection, a merging of the inner feminine and masculine aspects, of yin and yang, shiva and shakti, as both male and female energies are imperative to spiritual balance and transcendence.

In Love and Service, always,





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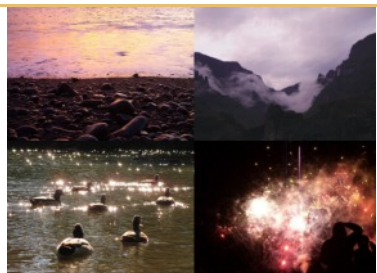
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## Heavenletter # 4084 - All are one and all are worthy

GLORIA WENDROFF

God said:

Be a friend first. There is no need to wait for others to extend their hands to you first. When you greet another, you are greeting yourself. By all means, greet yourself. No ands, ifs, or buts.

For easy understanding, you have made yourself into an I and so have many others, and I give a lesson in grammar that you and I are a We. We like to be We. You like to be We. You like to be We with Me, and you like to be We with others.

You want to be a part of we with people as well. You like to say: We went to the movies. You like that better than to say: I went to the movies. You don't like to be by yourself.

The fact is that you are united with everyone. Whether you are biased against one creed or another, the fact is that you are One. When you are biased against any group, therefore making yourself believe that you are superior, you are One just the same. There is no getting away from Oneness, regardless of your stance. You can consider yourself King of the Mountain, and you are not singled out, for everyone partners with you. You do not stand alone. No one stands above another. All are equal. In Reality, all are equal. All are equal in Oneness. All are equal in My eyes. Whose other eyes would you go by?

You can be healthier, taller, shorter than your neighbor, yet none of these make any difference. You are One with everyone and everything. There is no superior. There is no inferior. We are talking about souls. We are talking about Inner Being. All are Mine in Oneness. There is no all. There is I. If you think you exist as an entity apart from Me, it doesn't matter. We are One, for Oneness alone is.

Put away those patterns that distinguish one individual as worthy and another as unworthy. I have the say on that, and I say that all are One and worthy, in My eyes, and My eyes count. I count One.

Everyone you meet is One with you. Everyone you don't meet is One with you. Everyone you meet is I. Be good to Me, beloveds, in whatever form I may appear to be in. And remember that I am within you the same. You are Love, and I am Love, and what else is there to say?

I will say to you to stay in love. Surely, you don't want to stay in anger, grief, resentment, disappointment and so forth. Make life simple. Stay with Me. Stay in Oneness in your perception. If you do desire Truth, then admit you are Oneness. Nothing else matters. What I mean is that nothing else makes a difference. Ten toes or none, everyone perceived out there is I.

The murderer is I. The victim is I. The judge in his robes is I. You do not have to be a judge in robes in order to judge. You have been rampant with judgment, and one common judgment is that you are better than someone else, or someone else is better than you. This is ignorance, beloveds. Better not to be a perpetrator. Better not to be a victim. Better not to be a judge who pronounces sentences on others.





You may have sentenced others to be beneath you or above you. You may have sentenced yourself to be a beggar in life, holding out your hand for a pittance of belief in yourself.

I more than believe in you. I believe in Me. I regard Myself and everyone else (all the imagined everyone elses) as Myself, which, in fact, you are, and so is everyone.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/all-are-one-and-all-are-worthy.html>

## Inspirational Quotes



God said:

*You reach your hand up into the sky, and you choose a star. You may choose with your eyes closed, and yet you choose a star. You chose your destiny, and yet you can change it. That is also your choice. You can choose a nickel or a dime. You can choose a fortune.*

Heavenletter #4076 Choose a Star



*No matter what another person does or doesn't do, you are not to curtail your love. Love is not to be freeze-dried. I speak of the love within you. You are not to cut notches in your heart. I am not saying that you are to spill your love upon everyone or anyone. You do not have to be in love with anyone, yet the love in your heart is to remain intact.*

Heavenletter #4072 Love, Love, Love



*Rather than condemning another, I ask you to inspire. I ask you to brighten someone's life. And so I ask you, with all My heart, I ask you to give a higher understanding. That is love. Give unexpected love. Give love even where, from your eyes, it is not deserved.*

Heavenletter #4070 A God of Lighting Up the World



*We call your Heart human, and your Soul Divine. You are My Divine Soul sauntering around unreal Earth, in an unreal human body, and the reason is so that you can meld into the awareness of Oneness.*

Heavenletter #4068 Your Soul is Made in My Image



*My words are beautiful, and you are beautiful. Beauty is surrounding you. Even in bleakness, there is beauty. Look for it. Even in the most awful situations, there is something of beauty. It could be the sound of a nurse's voice. It could be the glass of water on a table. It could be the sun streaming in the window. It could be a cloud outside the window ... It could be you.*

Heavenletter #4063 Look Through a Wider Window

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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## Well-informed rational thinking and spiritual practice

ROY EUGENE DAVIS

Has your understanding (or concept) of ultimate Reality (God) provided you with the unwavering peace of mind and complete freedom from limitations that you hoped it would? Many people say that, although they have a reasonable degree of mental peace, they also have personal problems and other troublesome conditions, some of which they think are manageable and some that are either debilitating or are difficult to overcome.

I recently received an e-mail communication in which the sender inquired: “Why don’t my occasional experiences of what seem to be profound meditative states clarify my awareness or replace my morbid sense of ‘life’s purposelessness’ with a more cosmic and satisfying understanding?”

Many truth seekers are surprised to discover that, after a few weeks, months, or years of metaphysical study, endeavors to live holistically, and regular practice of meditation, they and their circumstances are not much different. Their ability to use the jargon (words used when they discuss philosophical ideas), pray, meditate, and affirm has been somewhat useful, but not noticeably transformative. If they fervently aspire to have better results and are highly motivated, they examine what they have been doing, become more intentional and focused, acquire more information that is useful to have, and meditate more deeply. If their aspiration to be spiritually awake is weak or they are not highly motivated, they may hope to discover easy solutions to their problems, find someone who will do for them what they could do for themselves, become angry or depressed, or stay involved with mundane activities and relationships to try to avoid thinking about their situation. To have satisfying results on a meaningful spiritual path it is necessary to know what to do, be highly self motivated, and patiently persist (calmly adhere to a resolve or course of actions in spite of obstacles) until innate qualities and Self-knowledge are completely unveiled.

*Wisdom is the principle thing; therefore get wisdom: and with all your getting, get understanding.*

THE PROVERBS 4:7

The quick way to acquire reliable information about how to live skillfully and effectively nurture spiritual growth is to obtain it from someone who has it: by talking with them, reading what they wrote, or listening to what they recorded. Information is not transformative unless it is understood and applied. Examine it and experiment to verify its practical usefulness. When acquiring information, discriminate. Even an honest, sincere person may unknowingly mix facts with theories, opinions, or folklore, or mistakenly think that flawed philosophical or religious teachings are true.

1. Some sincere but spiritually unenlightened people may teach profound philosophical ideals and concepts along with traditional views without knowing the differences. When they do know the differences, they may not always emphasize them because they: 1) don’t think it to be necessary; 2) may think that others won’t understand; 3) are not interested in communicating accurately; 4) are intellectually lazy. Even when the truth is clearly explained, some people will misinterpret it, argue about it, “hear” only what they want to hear, or try to adapt it to their personal beliefs and opinions. People who have a broad but incomplete understanding of metaphysical principles may unknowingly promulgate erroneous ideas about God, reincarnation, karma, life in other realms and telepathic communication with people who are there, evil forces, ascended masters, or other matters.

(To be continued)

Excerpt from *Truth Journal*, April/May 2012 (pgs 6-7)

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



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Truth Journal Online



## In search of God

LUCIS TRUST

The oft debated duality between ‘religion or faith’ and the ‘secular world’ is often intolerant, divisive and far from open-minded. Nonetheless, there is an encouraging trend in the modern world that people are thinking for themselves, using their own inner guidance to tap the inner resources of intuition and to develop a holistic perspective. Is it not true then that many people religiously inclined or otherwise have a sense of that which is beyond their understanding, beyond the material, not entirely of the planet — transcendent, luminous, artistic, creative, an intensity of finer feelings. A beauty is sensed that makes all of life worthwhile.

Is the search for God then, now closer to home? Coming to know the inner resources of the soul will surely lead to a recognition of the soul in others and of the divine in all of life and ultimately to an understanding of God transcendent. It is a spiritual fact that the inner urge of humanity is to draw closer to the divine. And, although there is a questioning of the need for organised religion, especially in the West, an inner yearning for the good, the beautiful and the true is drawing out the best of the human spirit in which the enduring and enhancing power of love becomes manifest.

By virtue of our surroundings and the impact of the media, we are developing a global consciousness as the world is reflected back to us and our spiritual sense recognises this extraordinary time of change, as also one of opportunity. Seeking to understand the energies behind events presents a panoramic view, engendering an expansion of consciousness. And, as conscious participants in the unfolding drama of life we become conduits for the energy of spirit through the agency of the soul. The individual awakened to the soul and dedicated to a life of service participates in the forward motion of evolving life.

Spirituality is not a passive philosophy, it requires an incisive approach to life, rising to the inspiration and motivation of inner impulse. The energy of spirit doesn’t necessarily soothe, it can shake things up, destroy glamour and break up crystallization. We recognise that the universe is the expression of a great Life and whilst materiality urges towards separation and differentiation, all is connected by the subtle realm of etheric life, and on a higher turn of the spiral by the soul of all things. Truly everything is related to everything else.

Humanity needs mental illumination, it demands “light on its way”. As a result of the daily action of Triangles workers a network of light and goodwill is generated and spiritual intention impinges on human consciousness. In co-operation with the hierarchy of greater Beings, we are participating in the distribution of light and love for the good of humankind and the entire planet. Humanity is awakening to its spiritual destiny to become an outpost of the Consciousness of God in the solar system. Quite possibly, the search for God has only just begun.

*The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.*

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LUCIS TRUST





## Qualities of a magnetic personality

PARAMAHANSA YOGANANDA

Each human being is a medium through which God's magnetism flows, but humans allow many things to obstruct that magnetism, and very few people are truly magnetic. However, the right kind of magnetic power can be developed. We may hear someone say, "Oh, I met a friend who is so magnetic; he inspired me and expanded my consciousness." This is the kind of magnetic power that we all want – attracting, uplifting and expanding. This type of magnetic power is a quality of Spirit. It expands the consciousness but does not stupefy it, as does hypnosis or animal magnetism.

### Magnetic power comes from within

Our magnetism is determined by our habitual attitudes and actions. To become magnetic to others, you must make yourself attractive from within. Sattwic actions, including meditative activities, are those that help you realize the pure image of the Self within. Someone with a sattwic personality is sincere, kind, accepting, and possessed of great self-control – qualities that are highly magnetic and produce a good effect on oneself and others. Positive behavior, control of speech, and kind words are qualities which clothe the soul in spiritual magnetism. Ego-inspired attitudes and actions obstruct the free flow of one's energy and are demagnetizing. The mental habit of criticizing others, regardless of whether the criticism is gentle or severe, has a darkening effect on the consciousness and drags a person down into greater delusion. When you occupy your mind with an unholy interest in the failings of others, you also rouse and stimulate your own pre-natal bad habits. Try not to give in to moods. The darkness of moods will invariably be reflected in your facial expressions. The best cure for a bad mood is to try to do something that will raise your energy level and put you in a good mood. Always stay away from people in ugly moods, to prevent them from spreading to you their epidemic of inharmony.

### "Learn to behave"

I can never thank my guru enough for constantly saying to me, "Learn to behave." Like many people, I thought I was a winged angel and that nobody could say anything to improve me. However, as wisdom grew, I found that I could see myself better in the mirrors of calm minds, especially in my Master's unprejudiced mind, than in the little mirror of my own hazy understanding. And I discovered there was a difference between how I assumed others viewed me and how they actually viewed me. It is easy to see the faults of others but very difficult to see your own faults and to conduct yourself properly. If you can find your own faults without developing an inferiority complex, and can keep busy correcting yourself, then you will be using your time much more profitably than wishing others to be better. Your good example will do more to change others than your words or wishful thinking. Like attracts like. Whatever you want others to be, first be that yourself, then you will find others responding in like manner to you. If you want to be loved, start loving others who need your love. If you expect others to be honest with you, then start being honest yourself. If you want others to sympathize with you, start showing sympathy to those around you. If you want to be respected, you must learn to be respectful to everyone, both young and old. If you want a display of peace from others, you must be peaceful yourself.

### The glow of sincerity

Sincerity is a quality of all highly magnetic souls. All the great ones – Jesus, Buddha, Babaji – possess this quality. Many people, to gain fame or outward success in the world, sacrifice their sincerity and self-respect, but they never derive real satisfaction from the achievement of their longed-for goals. Man's nature is many-sided and demands all-around development, which includes being sincere and truthful at all times. Be sincere with all and above all, be sincere with yourself. Watch your thoughts to be sure they are right. When your thoughts are right, sincere and helpful words, and good deeds, will naturally follow. Carry the vibration of sincerity with you wherever you go. People will feel this vibration. Sincere, sweet words are nectar to thirsty souls. They contribute to the happiness of people in the home in social outings, in churches, and in business offices. Above all, never forget to smile, not the mask-like smile without truth and sincerity behind it, but the sincere, radiant smile that comes from a light, joyful heart, which belongs only to the "good" and cannot be worn by the wicked. Learn to emanate sincere smiles and to wear the glow of sincerity on your face. ►

**Consideration for others**

Consideration for others is a wonderful quality and gives you the greatest attractiveness. Practice it! Consideration for others means being aware of them, listening to them, and being attentive to their needs. Try to develop an intuitive awareness of the needs of others.

Let your supreme goal be to make others happy in order to gain happiness for yourself. Take a genuine interest in the problems of others. Every time you meet a receptive human being, make him feel your interest in his physical, mental, and spiritual welfare. Never neglect to do whatever you can for yourself in the forms of others. Live by the principle, "Each for all and all for each." In getting for yourself, you must get for others too.

Remember that whatever you do attracts those same actions to yourself. If you set the example of selfishness, people will practice selfishness on you, but whatever you freely give to others with love, yields an ever-increasing harvest of happiness. Find happiness in helping whoever crosses your path. Once a certain well-known teacher in India was invited to participate in a religious congress in Chicago. He and fifteen of his followers were coming through Los Angeles on their way to Chicago. I invited him to Mount Washington, where we prepared a great banquet for them. At the last moment, there came a telegram from him in Hawaii. He had felt the inspiration, suddenly, to return to India. No master would have behaved in such a way!

People would do well to understand that the masters do not behave erratically, even though they are guided by the flow of inspiration. In dealing with this world, they honor its ways. And they are ever true to their word. Moreover, if they are obliged to mix socially with others, they are considerate of people's feelings.

**Self-control and peace-loving behavior**

Exercise extreme vigilance in maintaining your self-control at all times. You must be able to put on at will the apparel of your best disposition whenever you come across people with combative mentalities. Above all, be so peaceful that nobody can get your goat. It is human weakness to get angry and scold, but it shows divine strength to be able to hold the reins over the wild steeds of your temper and speech. No matter what the provocation may be, behave yourself and by calm silence or genuinely kind words, show that your kindness is more powerful than the other person's ugliness.

Civility, heartfelt courtesy, and continuous good will are the panacea for all bad behavior. You can teach your quick-tempered friends and dear ones to mend their faults through the example of your own magnetic, peace-loving behavior a million times better than by harsh words. If you remain even-minded by holding a calm disposition and, at the same time, are both forgiving and firm in your own principles, then you will inspire the wrong-doers to reform themselves.

**Dissolve all inharmonious vibrations**

Divine magnetism is the power of all powers. By meditating regularly, you become increasingly charged with the pure magnetism of God. Think of God so constantly that He is with you wherever you go. When you meditate and live in the consciousness that you are God's child, you gradually dissolve all inharmonious emotions and vibrations.

Always keep in tune with the Divine Magnetic Power. When your prayer bursts from your heart and God gives up His vow of silence and speaks to you — you will have gained divine magnetism.

SOURCE LINK TO THIS ARTICLE: <http://www.anandaclaritymagazine.com/2012/03/magnetism-yogananda-moods-yoga/>



*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)*







## Top five regrets of the dying

ROD BRIGGS

The following was sent to me by a palliative care specialist (R Kelly) and is too important not to share. Many of us believe that we will live forever and so make decisions based on that illusion. When those who were close to death were asked what they regretted most about their lives common themes repeatedly surfaced. Here are the top five:

1. I wish I'd had the **courage to live a life true to myself**, not the life others expected of me. This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. It is very important to try and honour at least some of your dreams along the way. From the moment that you lose your health, it is too late. Health brings a freedom very few realise, until they no longer have it.

2. I wish I **didn't work so hard**. This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence. Simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities, ones more suited to your new lifestyle.

3. I wish I'd had the courage to **express my feelings**. Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

4. I wish I had **stayed in touch with my friends**. Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.

5. I wish that I had **let myself be happier**. This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again.

Life is a choice. It is YOUR life. Choose consciously, choose wisely, choose honestly and choose happiness.

*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)





## Truth and illusion

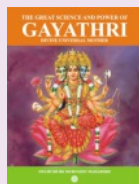
SWAMI MURUGESU MAHARISHI

You should first of all know a great truth. Usually we say that the eyes ‘see’, the ears ‘hear’, and so on. But this is not the truth at all. Eyes, ears and other sensual organs are merely channels through which light, sound and other sensual waves can enter our being. When we recognise a cow, what takes place is that, firstly, light rays reflected from the cow’s form enter our eye and stimulate our optical nerves in an appropriate wave pattern. When these strike the brain our mind reproduces the form of the cow which we recognise.

Prior to birth, we never had contact with the physical cow so we cannot assume that the cow’s form was reproduced in the mind. We recognise the cow only on the basis of mental reproductivity. Sometimes it may happen that light waves from the cow’s form enter our visual field, but due to poor light the mind reproduces the form of a goat instead - then we recognise that we have seen a goat. This is called illusion, and hallucination. In Hindu Vedanta many examples have been given for this illusionary knowledge. We see actual water in a mirage where water does not exist at all. I explain all this to prove that we do not actually know what exists in the outer world. All that we recognise is a mental image, which is subtler. The eyes and ears actually exist in the subtle mind.

The second proof of this is dreams. In dreams we see many things and hear many sounds and after we awake we don’t consider them to be true. What we have experienced in dreams is not at all false, thought often the visions are not logical and seem, even, to be insensible. We may see a ferocious lion in our dream so we become afraid and run away quickly, but consider this as an untruth when we awake, upon which we remember the lion and are able to reproduce a drawing of it on paper. The fear experienced in our dream persists even after we wake up, and the reactions of it extends to our waking state. If we did not see a lion before, and fear it, how could such a thing have happened in our waking state? The truth is that our seeing the lion and fearing it in our dream is actual, even though it took place on the subtle plane. We can at least assume, by such occurrences, that we have subtle eyes and ears, through which we see and hear physical objects via our physical sense organs. The subtle is truth. The material is illusory.

Clairvoyance is the science of control over our subtle senses and the use of them to directly understand, visualise and hear not only the subtle worlds, but the physical also. If we see any physical object with our subtle eyes, there’s no chance that we’ll mistake it for something else. We will always see and hear exactly what actually exists in the physical world.



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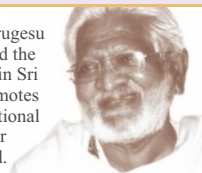
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## Cosmic nature

SUREN PILLAY

In a world of attractions both visual and auditory and olfactory, many a sadhaka may ask the question as to how one is to overcome the senses to attain a state of calmness within oneself. In order to attain inner calmness it is necessary to enquire about the nature of the mind. Why does the mind always move from one pleasure to the next? Are we destined as human beings, to continually shift our attention and perception from one object to the next, or is there a deeper state of contentment which the human mind is capable of experiencing?

I believe there is unbounded possibility in the universe and therefore a man's mind is capable of great accomplishments if it is disciplined and focused. Some of the world's greatest minds were developed through intense discipline and practice. The medical evidence surrounding practices such as meditation and prayer indicate that such practices lead to greater brain coherence and lower frequency emanations. This has been linked to a calmer disposition, increased mental focus and intellectual ability.

Back to the original question as to why the mind continuously moves from one thought to the next and never remains in any real state of constancy. The answer is remarkably simple. The mind is continuously in search of joy and bliss and, until it finds such joy and bliss, it will continually move from one object to the next. The problem for most humans, though, is that the nature of joy and bliss received from sensory attractions are not long lasting and very transient in nature. Due to this fact, the mind continually moves to the next object hoping to find some long lasting satisfaction in that object. It is only when the mind has found long-lasting joy, an eternal joy, that it becomes still and unwavering in its own nature. This state of mind may be regarded as the 'ananda' state of mind. In order to achieve this state of mind, it is necessary for the human being to delve beyond the level of thought. Thought by its very nature is material and measurable, but the underlying consciousness from which thought emanates is much subtle and powerful. It is only when one is able to access the immovable state of pure consciousness, which is beyond the level of thought, that it is established in true calmness.

Over centuries of philosophy and religious doctrine, the most effective method of experiencing this pure consciousness (which has also been referred to as 'being'), is the scientific art of meditation. An effective meditation technique will allow one to traverse beyond the 'thought state' to 'no-thought' and allow one to feel an immeasurable inner joy that passes the grosser joys of sensual pleasures. The effect of being is to nourish and reconnect the individual to his or her cosmic home which is in God.

My message to you this month, dear reader, is to contemplate on the nature of thought and to rest in yourself everyday to reconnect to that which you truly are.

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>





## Empowering Women: A Step Towards Peace

FLORA TECKIE

National Women's month, observed in August, is a reminder of the important contributions women make to our society and of the need for greater commitment to achieve full gender equality.

Although there has been significant improvement in the status of women and girls in the last few decades, women are still frequently not treated as equals in their families or in society and the conventional beliefs that women are inferior to men make them easy targets for anger, frustration and violence.

In the Bahá'í view, the principle of the equality of women and men is fundamental to the future well-being of the earth and its people and is a prerequisite to world peace. The denial of such equality is injustice against one half of the world's population.

It is stated in the Bahá'í Writings that: "Until the reality of equality between man and woman is fully established and attained, the highest social development of mankind is not possible" and that the "world of humanity is possessed of two wings: the male and the female. So long as these two wings are not equivalent in strength, the bird will not fly. Until womankind reaches the same degree as man, until she enjoys the same arena of activity, extraordinary attainment for humanity will not be realized; humanity cannot wing its way to heights of real attainment".

Equal rights, opportunities and privileges for women should be enforced both in the family and in the society. However, in order to achieve this, there must be a shift in the values, outlook and conduct of both men and women. Women must be aware of their rights and their capabilities and they must have a desire to improve themselves in order to realize their potential.

In a statement from its UN office, the Baha'i International Community says: "The personal transformation required for true equality will undoubtedly be difficult for men and women alike. Both must ... assume responsibility for their own part in transforming the societies in which they live. Men must use their influence, particularly in the civil, political and religious institutions they control, to promote the systematic inclusion of women, not out of condescension or presumed self-sacrifice but out of the belief that the contributions of women are required for society to progress. Women, for their part, must become educated and step forward into all arenas of human activity, contributing their particular qualities, skills and experience to the social, economic and political equation. Women and men together will ensure the establishment of world peace and sustainable development of the planet".

### Women and Peace

"The creation of a peaceful and sustainable world civilization will be impossible without the full participation of women in every arena of human activity". Only when women are welcomed into full partnership in all fields of human endeavor, will the moral and psychological climate be created in which peace can emerge and a just and united world civilization develop and flourish. As stated in the Bahá'í Writings, "when women participate fully and equally in the affairs of the world ... war will cease".

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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 path of co-operation

BY THE MASTER through Benjamin Creme

When men realise the benefits of co-operation they will adopt it naturally as the most pleasant and intelligent way to proceed. Gone for ever will be the hardship and tension of constant competition, the strain of which saps the joy of work and makes each day a struggle for existence.

Of course, there are many who adore this competitive struggle, who find in competition the stimulus that for them makes life worth living, pitting their frail egos against the rest. They need competition to register themselves to themselves. However, in the time immediately ahead, men, more and more responding to the beneficent energies of Aquarius, will realise the divisive nature of competition and will gladly acquire the habit of co-operation.

In this way the world will reap an enormous benefit, as men work together as equals in the many tasks of reconstruction which will await their service. Thus will the world be transformed by willing hands. Thus will the new world be wrought.

Aquarius is another word for unity, and through its gift of co-operation that unity will gradually become manifest. Unity will be the hallmark of the new time.

## The choice today

For countless thousands of years, competition has held sway. Many are the achievements by which the habit of competition has enriched the forward striving of the race, but significant as these may be, they are as naught against the possibilities which co-operation would have allowed. As civilisations have marked the progress of man, the highest inspirations have sprung from co-operative effort, and have beckoned men forward. Today humanity has come to a turning point.

Man's ever-enquiring mind and competitive spirit have brought the race to its most dangerous point in history. The desire for ultimate power in its most material form has given us the atomic bomb and a life of misery for millions. Man has thus to enter gladly a new path that will bring an end to destructive rivalry and war, or face oblivion itself. This is the choice which now faces the race of men. Each one must think deeply and take his stand.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/magazine/old\\_issues/2012/2012-06.htm#Mestari](http://www.share-international.org/magazine/old_issues/2012/2012-06.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>





## The ten commandments of Hinduism

SWAMI SHANKARANANDA MAHARAJI

**ONE: Ahimsa – non killing, non injury**, not consuming meat, not even having a single thought of injury in your mind. That means you never think, “I should injure or kill somebody”. It's the most beautiful commandment. We're saying that all living entities have the aspect of God, a fragment of God within. Even you have that. It's called the Self or the soul.

**TWO: Satya or truth**. When you're preaching God's word you must be truthful about it. Do not make what you preach the only truth. There are other truths in preaching God's word.

**THREE: Asteya or non-stealing**. We should not steal. What is the meaning of the word 'steal'? It's more than taking something from someone else. You should not even steal in your mind. You should not even think that you want someone else's possessions. It is very important. If we want to follow sanatana dharma, then we should be in this state at all times.

**FOUR: Brahmacharya**. This commandment confuses everybody it has three meanings. (i) Being completely celibate in this life. It's the most difficult aspect. (ii) Restraint: that means that if you are married you should have restraint in your married life. This is easiest – just see God in everybody. Brahma charya - see the Brahma in everybody and you are an acharya.

**FIVE: Aparigraha – non-accumulation of wealth**. We should have just enough, not more than enough. We should know when we have enough. But we don't know. We will accumulate and accumulate until we have more than we can account for.

**SIX: Shaucha – cleanliness**. We need to live in cleanliness in every aspect of this life. You should follow a specific personal hygiene routine.

**SEVEN: Santosha means to be happy**, content with whatever you have in life. Do not think you should have more or less than somebody else. Even if you have one grain of rice on your plate.

**EIGHT: Tapa or Sadhana – spiritual practices**, austerities. We all have to do this. Work is tapas if we regard it as sadana, but if we regard it as a salary, then it's not pure.

**NINE: Swadhyay - the studying of scriptural literature**. A beautiful spiritual literature is the Bhagavad Gita. I emphasise this because it is a very easy book to understand. It can make you spiritual overnight if you read it with faith. So study spiritual literature like the Bhagavad Gita, the Bible or the Koran. Study them. Dedicate at least one hour a day for this sadhana.

**TEN: Ishwara Paridhan means surrender totally to the Lord**. It doesn't mean you must leave your wife, vehicle and property, and go sit in the forest and meditate. It means you must do everything and still maintain complete divine awareness of the Lord.

Only if you follow these Ten Commandments, can call yourself a Hindu. Just as if you follow the Ten Christian Commandments, then you're a Christian. These were given to us by great saints in the form of yoga. They are the yogic sadhana that we should be performing daily.

SOURCE LINK TO THIS ARTICLE: <http://www.fridaysatsang.blogspot.com/2012/07/10-commandments-of-hinduism.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)







## Where survival is the question, men are the weaker sex

BERNIE SIEGEL, MD

This article is written for two groups. Number one the women who need to be educated about the behavior of men in a crisis and two, the men, who are willing to change and go beyond the traditional self-destructive masculine behavior. Most men do not handle emotional problems well. Too often they desert their wives and girl friends in time of crisis.

I know some husbands who drive their wives to our support groups and then sit in the parking lot waiting for them. They are chauffeurs and not soul mates. They have a great deal of difficulty sharing feelings and joining a team, which is something women do as a reflex in times of stress. Men are more likely to take a fight-or-flight approach. If they can't fight it or fix it, they take off. Be prepared. You are not the problem. The problem is their discomfort, or their dis-ease with disease.

Is this survival behavior? No. Do women live longer than men with the same cancers? Yes. But it has a lot to do with our biology and patterns of thinking and behaving. Men need to be given something to do. It can be as simple as a hug or mowing the lawn or getting out of the way and playing golf. But it can also be knowing that your presence is what is needed and not your attempt to fix and cure it all. You can go on the Internet and get information and feel like you are doing something for your afflicted loved one. Remember if you do what Lassie would do you can't go wrong. Just find your role model and behave as if.

To be fair, there are men who are not afraid of their feminine side and are willing to join a healing team. In the same way, some women are not afraid to use their masculine side, and to speak up for themselves in hospitals. If you want to heal, it is important that you be a complete human being and be comfortable with behaviors that are typically masculine and feminine.

To be a fully empowered patient and healing team member, you need to be able to step outside gender-defined ways of behaving. Fortunately, this is somewhat easier than it was in the 1950s. Today people do not find it particularly strange when a man admits to being scared or a woman makes John Wayne look like a wimp when she is unhappy with the care she is receiving. Men and women are generally allowed a wider range of emotions and behavior, and people may not find it odd that you are feisty when that is needed, and open, receptive, and expressive when circumstances call for that kind of response.

Moving beyond the traditional masculine and feminine roles can be a matter of life and death. In today's environment we need to combine both features because they make a difference. For a man joining a group and developing relationships and asking for help may be very difficult but it is survival behavior. For the woman stopping the good girl behavior and expressing emotions may be a big change from her family behavior pattern.

What it is really about is our becoming a complete human being which very few of us are. Men need to stop being afraid of their vulnerability and take their place in society alongside women who have the right to their place in society. It took us long enough to even let the women vote. Why? There are women physicians I know who are so masculine it is unhealthy and their patients suffer. We all need to be in touch with our unconscious female and male components the anima and animus. They are within us whether acknowledged or not.

Men stop being afraid to feel and give your sons the freedom to be complete human beings. It is healthier to be authentic than it is to live a role.





## Today's Prescription for the Soul #330 – Rare Butterfly

*Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.*

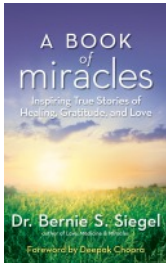
RUMI

One evening I was at a meeting of Compassionate Friends, a group consisting of parents whose children have died. A father came up to me and began telling me about his deceased son who had loved butterflies. The summer after his son's death, the father had been walking in the woods near his Connecticut home. A beautiful, enormous butterfly followed him wherever he went. It gave him a wonderful feeling, and he felt it was his son coming back to help him deal with his grief. When the father got home, he looked through his son's books to find a picture of the butterfly. To his amazement he found that the species that had been his uplifting companion in the woods actually existed only in South America. We never know where or when a comforting messenger will appear, or what form it will take.

### Soulution of the Day

*When you are walking through a forest of grief, watch for messengers.*

BERNIE



### 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 (continued)

WALLACE D. WATTLES

You cannot retain a true and clear vision of wealth if you are constantly turning your attention to opposing pictures, whether they be external or imaginary. Do not tell of your past troubles of a financial nature, if you have had them; do not think of them at all.

Do not tell of the poverty of your parents, or the hardships of your early life; to do any of these things is to mentally class yourself with the poor for the time being, and it will certainly check the movement of things in your direction.

“Let the dead bury their dead,” as Jesus said.

Put poverty and all things that pertain to poverty completely behind you. You have accepted a certain theory of the universe as being correct, and are resting all of your hopes of happiness on its being correct; what can you gain by giving heed to conflicting theories?

Do not read religious books which tell you that the world is soon coming to an end, and do not read the writings of muck-rakers and pessimistic philosophers who tell you that it is going to the devil. The world is not going to the devil; it is going to God. It is a wonderful Becoming.

True, there may be a good many things in existing conditions which are disagreeable; but what is the use of studying them when they are certainly passing away, and when the study of them only tends to check their passing and keep them with us? Why give time and attention to things which are being removed by evolutionary growth, when you can hasten their removal only by promoting the evolutionary growth as far as your part of it goes?

No matter how horrible in seeming may be the conditions in certain countries, sections, or places, you waste your time and destroy your own chances by considering them. You should interest yourself in the world's becoming rich.

Think of the riches the world is coming into, instead of the poverty it is growing out of; bear in mind that the only way in which you can assist the world in growing rich is by growing rich yourself through the creative method - not the competitive one.

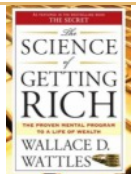
Give your attention wholly to riches; ignore poverty. Whenever you think or speak of those who are poor, think and speak of them as those who are becoming rich, as those who are to be congratulated rather than pitied. Then they and others will catch the inspiration, and begin to search for the way out.

Because I say that you are to give your whole time and mind and thought to riches, it does not follow that you are to be sordid or mean. To become really rich is the noblest aim you can have in life, for it includes everything else.



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)





## Solving Problems - Part I

ECKANKAR

*The spiritual life is not meant to finally end the succession of problems, for they are given as opportunities for Soul's unfoldment. What the spiritual student does develop, however, is the inner link with the ECK, the Holy Spirit. Thus he taps into the Supreme Creative Force that guides him around all the blocks in his path that once defeated him. One's ability to take charge of his own life increases. This is a solid step toward self-mastery and that state of consciousness called the kingdom of heaven.*

[Harold Klemp, *A modern prophet answers your key questions about life.*]

In any subject you take in school, whether it's science, math, history or art, the secret to success is problem solving. Generally, the solution is contained within the problem. The more experienced you become, the more problems you solve, the more you grow in mastery and confidence, especially with problem solving on a mental level.

The same is true in the school of life. Sometimes, however the problems we face seem beyond our abilities. Here is our opportunity to grow spiritually. Knowing how to work with the ECK, Divine Spirit, helps us to overcome the fear of facing something that seems beyond our ability. We live a much more joyful, fulfilling life. Knowing how to strike a balance between doing everything within our power to address a problem and handing it over to the ECK is the secret of problem solving from a spiritual perspective.

Whether the problems we face are financial or health related, or spring from a lack of self-discipline, there are spiritual experiences to help us address them. Following are some examples.

### The fine art of knowing when to give up

A short while ago an ECKist found himself in a discouraging financial position. He looked at the stack of bills on his desk for mortgage, car payment, utilities, and credit cards. Then he looked again at his checkbook balance and projected his income for the month. He felt numb when he discovered he would be short several hundred dollars at least. Even if he paid some of the bills late, it wouldn't solve the problem. It seemed impossible. To complicate matters, he soon found that his position with a large corporation was to be eliminated in several months because of downsizing. The company had just undergone a merger and was eliminating duplication. He'd been working diligently to seek out new opportunities for the survival of his family. They loved their little home in the country and the quaint community in which they lived. But it seemed nothing was working out. Finally, he reached a point of surrender. "Mahanta," he said, "I've done all I can. I surrender this situation into your hands." Then he let go of his attachment to all of the problems he faced. He put his trust totally in the ECK and the Inner Master. When he received his next paycheck, he discovered to his amazement that it included an extra two weeks' salary. A note accompanying the check explained that this was money that had been held out at the beginning of his employ by the old company he worked for before the merger. To help simplify bookkeeping, employees of that company were being reimbursed. The check contained enough money to cover the deficit he faced, with enough left over to get a jump on the following month. In addition he found a new permanent position with another company that turned out to be the best job he'd ever had. It meant leaving the large corporation, giving up his cherished home, and moving halfway across the country. But it also meant a more secure and spiritually fulfilling future for his whole family.

(To be continued ...)



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

### Causeless Mercy

As a moth to a flame I cling to thee for dear life.  
 Unsparingly, you forgive my transgressions  
 and propel me in more ways than I will ever know.  
 In this I salute thee, as the causeless cause of all action in my life.

SUREN PILLAY



### Love

Love is pure, it is innocent, it's sharing and of naturally ability, of receiving and giving. Love can not be described. When shown it creates a bridge of love. An overwhelming history, a statement of survival. Love does not destroy or change, answer against any odds. Selfness, greed, prejudice, ignorant and fear, not forgetting the lies. Love is in everyone, in every being. Degrees of love,

flowing with guarantee, active revealing and wanting to be shared. Despite the suspense, starvation acts as an expressed, captured joy. One can learn and relearn the point of love. There is always more to discover. That statement never ends. A change from attitude, learning involves a lesson. Being dissatisfied with one's self, of filling the void and healing the hurt, turning the hope and loss to love. It is the greatest pleasure that one can feel. Loneliness and hate only builds frustration of the mind, body and soul, not allowing one to clear its path of negativity and to bring the joy and light to their heart, and love to their lives. Love is beautiful, with no description.

Everyone has their own tale to tell. A sharing feeling with great pleasure and a blessed act. A word: love. A question of love is usually a simple word without prejudice and lies. It is universal to all, creates and recreate knowledge of the mind, food for the body and nourishing to the soul, especially of that learned and experienced. Love can come in many tales. A never-ending story.

ZARINA MALICKSHA



### Meditation on Silence

I obey Thee in the temple of discipline.  
 I love Thee in the temple of devotion.  
 I worship Thee in the temple of my love.  
 I touch Thy feet in the temple of stillness.  
 I behold Thine eyes in the temple of delight.  
 I feel Thee in the temple of emotion.  
 I fight for Thee in the temple of activity.  
 I enjoy Thee in the temple of peace.

PARAMAHANSA YOGANANDA



Action is far inferior to the Yoga of Wisdom.

Seek Wisdom because action with desire for the fruits of that action is only for the petty minded.

THE BHAGAVAD GITA 2: 49



## 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

PO Box 2000, Chanhassen, MN 55317-2000 USA  
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

Web. <http://www.jadatharayayoga.blogspot.com>  
Karl Ziesing - 083 533 9001  
Email. [karlziesing@gmail.com](mailto:karlziesing@gmail.com)

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### Lucis Trust

Web. <http://www.lucistrust.org>  
Suite 54, 3 Whitehall Court, London SW1A 2EF, UK  
Email. [london@lucistrust.org](mailto:london@lucistrust.org)

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### Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>  
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Email. [info@mindlinkfoundation.com](mailto:info@mindlinkfoundation.com)

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**Self-Realization Fellowship**

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