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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Thirty-one

30 September 2012

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Welcome to the September 2012 issue of *Transcendence*.

As some of our readers may have noticed, there was no *Transcendence* issue for the second full moon in August. Instead we created a series of Quote-e-Cards, featuring inspirational quotations from our contributors, for you to enjoy and share on Facebook or in your emails. We hope you enjoyed them.

For the past month, there seems to have been a recurring spate of tabloid, internet, and email articles about depression, an increasing, worldwide phenomenon. Although medical experts agree there are many causes of depression, with ongoing research uncovering more all the time, many spiritual and alternative healing therapists agree that depression is caused by lack of self-love and self-acceptance.

By learning to know the self, understanding one's weaknesses and strengths, and accepting oneself despite these, we can learn to develop self-love. Self-love is not that vain egotistical temperament so many have been led to believe it is. Social philosopher Erich Fromm, proposed in the 1960s, that, "loving oneself is different from being arrogant, conceited or egocentric. And that loving oneself means caring about oneself, taking responsibility for oneself, respecting oneself, and knowing oneself (e.g. being realistic and honest about one's strengths and weaknesses)". He further suggests, that in order to be able to truly love another person, a person needs first to love oneself in this way.

If you suffer from any form of depression (and even if you don't), we hope that the articles in *Transcendence* help to inspire you to know and love yourself.

In Love and Service, always,





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## Heavenletter # 3740 - Your passport to heaven

GLORIA WENDROFF

God said:

You did a vanishing act. You vanished from yourself. You turned away from the beauty and vitality of yourself. What a thing to do. You looked for outside entertainment and forgot about the wealth within. Meanwhile, the inner beauty and vitality of yourself are vibrating within you, and you may not even have said, “Knock, knock, come out.” You have such depth and breadth within you wanting to come out and play with you. What fun you will have.

This inner partnership is very strong. Nothing will defeat it. Nothing will discourage it. It is ready and waiting for you at a moment’s notice, at no notice at all. Say the word and your inner brightness will come out and dazzle you with its splendor. This is the splendor of you I am talking about.

There are undeniable layers of you. You have stayed pretty much on the surface. You haven’t even scratched the surface, beloveds. You are like the gold miners who dug for gold and just didn’t go deep enough. They skipped over a great gold mine, just as you may skip over the great gold within you.

Your inner wealth is not dismayed. It watches your contortions. It tries not to laugh when you say you have nothing to do or are bored. Your inner being says: “How can my partner conceive of boredom when there is all this light and love around, and it is already ours. We don’t even have to ask.”

Your inner being stays faithful to you. He will hang around as long as you want. It does make a difference to him, however. He wants to get the show on the road, so to speak. He is eager to dance with you for all the world to see. He wants you out on the dance floor. He wants to set the world on end. He knows it is time for the axis of the world to spin and for you to reach the stars.

What if the little you vanished instead of the mighty hero within? What if your personal importance took a hike? Then you would be without ego. All the things that matter to you, all the fronts, all the impersonations would lose their luster, and your true light would shine. Oh, it is dazzling, your true light. It is just like Mine.

Meanwhile, you play the piano of your little self, and the Grand Piano bides its time. Who would play a spinet when he has a Grand Piano to play? What is within you is no Baby Grand. You’d better know that now. What you have within you is more powerful than an atom. What is within you contains all that can be.

You have everything and know little yet. Be wise and let go of all your programmed self and the programmed selves of everyone. It is only an act with a paid audience, so to speak.

Come out with more of what you truly are. Come out with more of Who you truly are.

Your inner self is the biggest thing there is. It is not meant to be hidden. We can say that your inner self is encoded, and yet it is not a code. It is the light and energy of life itself. It is your passport to Heaven. You have misplaced your passport. Well, you haven’t really misplaced it. It is right where it is, only you haven’t looked there. You have been looking everywhere else but where it is. To one degree or another, this is the case. Will the Real You stand up?

SOURCE LINK TO THIS ARTICLE: [www.heavenletters.org/your-passport-to-heaven.html](http://www.heavenletters.org/your-passport-to-heaven.html)





## Inspirational Quotes

God said:



*You are sovereign over yourself. Once you become independent of your parents, no one else is sovereign over you. You give, and you give a lot, yet you do not give yourself away as if you have to give everything in order to be loved. You want to be loved, you want to be adored, you want to be loving, and you want to be giving, and so there is give and take, where all those involved give and take. It is not just that you give, and the other takes, or that the other gives and you take.*

Heavenletter #4073 Raising Your Children



*Whatever life in the world holds for you or takes away, don't let it take away love from you. Love in sunlight. Love in rain and snow. Love from the mountain-top, and love from the valley. Love as you drive your car. Love as you walk. Keep love in mind. You are a Being of Light who loves. Get that through your head. Love is to supersede all. Love does supersede all.*

Heavenletter #4072 Love, Love, Love



*Beloveds, you see big things in life and you see little things in life. You have even been known to make little things big and big things little. You transform events into space, and so call them big or little. You categorize. You put events in a slot. Some occurrences that you call big make you happy. Some occurrences you call big make you unhappy. And yet you have designated them as big causes for unhappiness. You categorize. Furthermore, you say B must follow A. What if you did not?*

Heavenletter #4067 A Dream you Haven't Quite Awakened From



*There are days when you feel on the outs with everyone and yourself. There are days when you are fed up with everything. Beloveds, can you not be fed up with being fed up? What if I am tickling you under your chin, will you not smile? Why not smile, I ask you?*

Heavenletter #4066 Chewy Caramels



*What if you welcomed yourself and others to your heart? What if you saw without hindsight? What if you were okay? What if you accepted yourself and blessed yourself? Then it would be easier to accept and bless others, and so you would be twice blessed.*

Heavenletter #4064 Have a Heart

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

Continued from August 2012...

2. Without knowing about the research done by Bible scholars during the past several decades, one may not know that some of the books of the New Testament were not written by the person whose name is used as the author or that some texts were changed or modified by scribes who copied them when Christian teachings were still evolving during the first few hundred years of their emergence.

3. Readers of the *Bhagavad Gita* may mistakenly think that the words attributed to the character Krishna are of an actual person who lived in India several hundred years ago. They may not know, or care, that the text is an allegory: a story in which characters, objects, and events symbolically represent moral and spiritual principles. Improve your mental, intellectual, and intuitive powers. Don't believe that there are "mysteries" that you are not supposed to understand or facts that cannot be understood. Aspire to fully comprehend what you think about or examine.

### Well-Informed Rational Thinking

*... now, by God's grace and my own skillful endeavor, I have attained wisdom. The shadow of ego-sense has been removed by Self-knowledge. Rid of the poverty of delusion, I am supremely free. All that is worth knowing is known. All that is worth seeing has been seen. I have realized that beyond which there is nothing more to realize.*

— Vashishta's Yoga

Our mind retains impressions (memories) of perceptions and experiences and enables us to use reason and discrimination to analyze situations and solve problems. When we are engaged in rational thinking, intuition—knowing without the support of senses, mind, or intellect—may reveal what we want to know. Intuitive perceptions can produce the same results as rational thinking. Until intuition is highly developed, we have to learn to discern the difference between it and wishful thinking.

Examples of flawless, rational thinking:

- *To know that you are an immortal, spiritual being.* Your body, mind, and personality are constantly changing. You, the observer and knower, do not change.
- *To know that an ultimate Reality exists.* Because events and things do not emerge from nothing, the universe and life forms must have been produced and must be sustained by an ultimate Reality which pervades them.
- *To know what is for your highest good.* Mental attitudes, emotions, behaviors, lifestyle routines, activities, foods, personal relationships, environmental conditions, and spiritual practices that enhance your life, free you from restrictive circumstances, and clarify and expand your consciousness are for your highest good.
- *To know that all people and living things have an innate essence.* The true nature of something is its unchanging essence. The essence of people and living things is an individualized unit of the pure-conscious aspect of ultimate Reality.

Excerpt from *Truth Journal*, April/May 2012 (pgs 7-8)

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



## Bridging the Gulf in Consciousness

LUCIS TRUST

All who are treading the spiritual path have to face up to the difference – often a very marked difference – between the unsatisfactory state of things as they are and the vision of things as they could be. Getting from the one to the other can actually be said to define the path. In theory it is simply a matter of overriding the old selfish habits with the soul qualities of selfless love and a practical creativity which serves and lifts all in our environment into better understandings and relationships. But as soon as we apply ourselves to achieving this, the magnitude of the task quickly becomes apparent.

We are having to bridge what is in effect a major gulf in consciousness. It becomes clear that we have set ourselves a goal which can only be achieved when we continually manifest the very best that is in us. In particular we have to develop a persistence that will keep on keeping on whatever circumstances and setbacks arise, for as well as striving to embody the best within us, we also have to face up to and transmute the worst, because this also lies within each one of us waiting to trip us up or turn us away from our spiritual purpose.

We usually think of this situation in terms of the experience of the individual disciple, but it is, now increasingly obviously, a very clear description of the situation that humanity finds itself in as a whole. On all sides and in every field of human activity we are faced daily with the painful juxtaposition of the unacceptably bad and the (apparently) unachievable good. Yet a brief survey of recent history will quickly show us that huge strides have been made in human betterment and that the ideal of improving human relationships throughout the world is one that NGOs, the international Agencies of the United Nations, many national governments and millions of people around the world are tirelessly and successfully working for.

In the forefront of this work is a group of dedicated servers who have risen from within the ranks of humanity, who are generally well on the way to putting aside personality concerns and who consequently are able as a group to mediate the light of the soul and the radiant architecture of the Plan into the outer thought and desire life of the human family. They are thus able to meet the great contemporary human demand for spiritual light and direction.

We need the light of wisdom to understand and profit from the past; we need the searchlight of clear thought to dispel the fogs of illusion and glamour of the present time. And above all we need the light of vision so that, as a species, we can navigate our way forward into a preferred future. Taken together these three aspects of spiritual light are what lies behind the Triangles service initiative. Their daily invocation by the worldwide Triangles group can help transform human consciousness and enable us together to more truly measure up to the benchmark of soul values.

*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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## The missing years of Jesus - Part 1

SWAMI KRIYANANDA

The last Biblical account of the childhood of Jesus tells of the time when, at age twelve, he traveled with his parents to Jerusalem at the feast of the passover, and how, at the start of the return trip to Nazareth, his parents discovered he was missing. After a separation of three days, they found him in the Jerusalem temple “amidst the doctors,” who were “astonished at his understanding and answers.” In response to his mother’s concern, Jesus replied: “How is it that ye sought me? Wist ye not that I must be about my Father’s business?”

From then on nothing more appears in the Bible on the life of Jesus until his apparently sudden arrival on the scene at the age of thirty. Often people have asked the question: What transpired during those missing eighteen years?

### Jesus had begun his mission

Assuming that what we find in the Bible is true—that Jesus returned to Nazareth with his parents, and was “subject unto them”—his “subjection” to them can hardly have lasted for eighteen years considering the “declaration of independence” he made to them at the age of twelve. Christian tradition has him working as a carpenter. Jesus, however, seems flatly to contradict that tradition, for his own words were, “Wist ye not that I must be about my Father’s business?”

After this strong statement, it is unthinkable that he would have simply gone home, remained there for eighteen years, and become a common apprentice and journeyman carpenter under Joseph until the age of thirty, and only then commenced his life’s mission. At twelve he had already told his parents he had God’s work to do. And, as he strongly implied, he had begun that mission already.

Westerners are likely to object, “But twelve is too young for any boy to begin a life mission!” His parents evidently held the same view. It is obvious, however, that Jesus did not hold it, for we find him telling them in no uncertain words—words very different, moreover, from what one would expect of any child of twelve—what he must do. In fact, he seems almost to have scolded them for finding him. Reflect that he made that statement after he had been missing for three whole days. Surely the event was extraordinary.

### The tradition in India

The only episodes I know that were comparable to this story about Jesus, who was virtually renouncing every blood tie to his family, have occurred in the lives of great reincarnated masters. Paramhansa Yogananda recounted the following story to me as a historic fact: Swami Shankara told his mother at the age of six that he had decided to renounce the world for God. When she tried, quite naturally, to hold him, he jumped into a river and allowed himself—so the story goes—to be caught by a crocodile.

“Look, Mother!” he cried. “Either you give me your consent, or I will let this crocodile take me. Whatever happens, you won’t have me anymore!” Hastily she gave her permission. And the child, who had been born with divine power, made the crocodile release him, whereupon his life mission began.

Another example which occurred more recently involved Swami Pranabananda, a disciple of Lahiri Mahasaya. Pranabananda, my Guru told me, attained full liberation and left his body. “In his next incarnation,” Yogananda said, “he left home at the age of six. His declared purpose was to join Babaji in the Himalayas.” After a brief pause, Yogananda continued with a smile, “It caused a lot of commotion in that village at the time!”





In the light of spiritual tradition—especially in India, where the lamp of spirituality has burned brightly for centuries—the declaration by Jesus at the age of twelve, that he must “be about his Father’s business,” was not unique. That he had, moreover, a karmic tie with India had already been indicated by the visit, soon after his birth, of the three wise men of the East.

Clearly then, those eighteen years must have been deliberately omitted from the official account of Christ’s life. Two vital questions forcibly intrude themselves on this picture: What was omitted? And, What was the reason for that omission?

### **The decision of the early Church Council**

In 1958, I had an interesting conversation with a prominent spiritual leader in India: Swami Bharati Krishna Tirtha, the Shankaracharya of Gowardhan Math. He was at that time the senior representative of the ancient Shankara Order of Swamis. Throughout the land people respected him highly as a man of truth and honor. My own experience with him, which covered many months, supports that reputation. I will quote something he told me, in his own words as exactly I can remember them, about one of the early Church Councils of Constantinople. He told me the date of that council, but I don’t recall it:

Some years ago I came into possession of one of only three copies of an ancient document which purported to be an account of the proceedings of one of the early Councils of Constantinople. In that council, the question was raised as to how the Church should deal with the record, which still existed, of the missing eighteen years of Jesus Christ’s life.

The problem raised was that the account might unsettle the faith of devout Christians. The Bible stated that Jesus had spent at least a number of those ‘lost’ years with great masters in India, to which land he had gone to study with them. The question raised in the council was whether Christians might not be shaken in their faith if they thought that Jesus Christ, the Son of God, had studied under anyone. The general feeling of the prelates was that the account should be removed in order to protect the devotion of the faithful.

At that point, someone in the audience got up and stated, ‘I am a layman, not a priest, and am aware that it is not customary for such as I to speak at these councils. However, I feel I must speak out. What I have to say is, if the apostles themselves were not shaken in their faith by this revelation, why should we who truly believe, all of us, that Jesus was the Son of God, have less trust than they? Surely the simple truth will not in any way diminish his stature in people’s eyes!’ The man’s objection was not considered, however, and the account of those eighteen years was removed forthwith from the Bible.

SOURCE LINK TO THIS ARTICLE: <http://www.anandaclaritymagazine.com/2010/12/jesus-notovich-yogananda/>



*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)*







## Creation

ROD BRIGGS

***“Know ye not that ye are gods?”***

– Gnostic Gospels

One of the most frequent questions I hear on my metaphysics lectures is “how can we become part of the creative process?” The truth, of course, is that we are central to the process already; we just don’t know that we are. In fact our early entrainment tends to confirm that we are only passengers and this is the principal source of the problem.

Central to all religious and philosophical systems, although often occult and obscured by dogma, is the understanding that we all play an integral part in the process of evolving creation. This happens because of our ability to choose – our much vaunted free will-; specifically on what we choose to focus on. Where our attention goes our energy flows.

Over the last twenty years the neuro-science behind this has given us many clues as to how this works. At birth our brains are so elastic that the neural network can be shaped entirely by what we pay attention to. This was illustrated at Boston’s Laboratory of Cognitive Neurology with an experiment that showed that new born babies were able to recognise not just different human faces but up to thirty different simian faces as well.

Those children who were continually exposed to families of monkeys retained this ability but infants who only saw humans lost the ability to differentiate individual animals entirely by the time they were nine months old.

Simply put this means that our neurology is developed by habit. The more often we focus on something the more efficient we become in thinking about it. We create the environment we experience according to how well our synapses are able to function in relation to our surroundings.

This holds good for both internal and external stimulus and explains why two different people can experience the same thing in completely different ways. It also means that the world is as wonderful, or awful, as your brain allows; and you, when all is said and done, are entirely responsible for that.

*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)





## Developing Astral Vision

SWAMI MURUGESU MAHARISHI

Let us perform some tests by which to establish clarity that our subtle senses can be brought under control, so that we can use them at any time to see physical objects without the medium of the physical senses, and to study the subtler planes.

### Test 1

Look at a small lamp (of low voltage), or a candle for one or two minutes, blinking as little as possible. Then close your eyes and let them remain steady behind your eyelids. You will see sparks of light-waves flickering even though your eyes are closed. If you steady your eyes, the light particles will gather together and you will see a brilliant light within your closed eyes. If you continue practicing this for some time, regularly, you may begin to see various figures in the inner light. It is your subtle eyes that are able to 'see' the physical light even though your eyelids are closed.

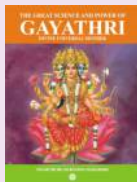
### Test 2

Hang a piece of white paper, about 4 inches square, in front of a small light. Adjust it so that the light rays fall on the paper only and not extend past it. Sit facing the illuminated paper without the light from the lamp shining into your eyes. For one or two minutes, look at the sheet of paper only without moving your head or blinking, if possible. Close your eyes, keep them steady, and within a few moments you should see the white paper as clearly as if you were seeing it with your eyes open. Again, it is your subtle eyes that are seeing the paper.

### Test 3

This is to ascertain how astral vision can be developed using the physical eyes. Darken a room and place a white ball in the centre of the room, on a stool or bench. Sit in a chair, about six to eight feet away from the ball. The room should be in complete darkness. Before closing the door, make sure you know where the ball is situated. Then focus your eyes in the direction of the ball. You will not see anything at first but after practice, the ball will become visible to you, not in its white colour, but in a dull blue colour, which is the astral counterpart of the ball. It may take a few days' practice to see the ball clearly but persistence will give results. Practice this with different objects and over time your eyes will be trained to see the astral body of any object, even in daylight.

Please be aware that this is not clairvoyance as you were not seeing anything other than the astral body, or energy, of physical objects. These experiments were merely to demonstrate that we can learn to see astral objects with the physical eyes. Nowadays a Kilner screen can be used for the same purpose, by which anyone can develop astral vision.



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

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

**Click here** to download the first four chapters for free.

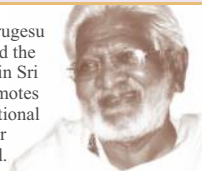
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## The meaning of love

SUREN PILLAY

People often say that love makes the world go round. It is love that is central and common to most religions, yet few have ever claimed to really know it. Love as a word connotes different meanings to different people. A human being perceives the word according to his maturity, intellect and level of understanding. To a young man, love means the feeling one has for his girlfriend or lover. For the wealthy man, love may be defined as his drive to become incredibly rich. For a father, love may be defined as his devotion to his family and children. To a child, love may correspond to the need for having an ice-cream.

Spiritual masters of various traditions have also defined love and its essential nature. They confirm that the nature of love is not conditioned by any event, circumstance or person but is, rather, unlimited, unbounded and infinite in nature. The true nature of love is infinite and cannot be rationalised by the intellect nor captured in words or language. The experience of being 'in love' is far from the descriptions given by the sages of the nature of 'true love'. True love in a spiritual context is not affected by position and circumstance.

A saint once said that one of the closest form of pure, unconditional love, that can be witnessed on the material plane, is the love between mother and child. A mother adores her child no matter where her child goes or what she does. Even if the child is guilty of an offence, the mother will still be by the child's side to support it. This relationship is almost perfectly unconditional. However there is one relationship that is unconditional in nature and that is a spiritual relationship.

A spiritual relationship between Guru and disciple is not based on circumstance, events or positions. It is based on a spiritual chemistry that ignites when a disciple is reunited with his spiritual Master. Such a love between Master and disciple, in its purest form reflects the true nature of love and the unconditional nature of spiritual love between God and man. In fact, it is a misnomer to consider God separate from Man because Man is a living embodiment of the Supreme Intelligence and not separate from it.

Man owes his birth to the cosmic love of the Creator which is ever present in the world, waiting for us to experience it again and again. Owing to spiritual ignorance, most people consciously choose not to reunite with the Infinite through definite and scientific practices such as meditation and yoga. This is a great tragedy as the only real 'thank you' one can give back to the Lord is one's love and devotion. When one becomes grateful for one's existence and realises that one's existence is due to the compassion of God, one realises that it is his rightful duty to realise the true source of himself which is the immortal soul.

My message to you, dear brothers and sisters, is to start practicing compassion every day, irrespective of circumstance and condition. This wilful and mindful practice of unconditional love will bring you closer to the infinite. Pray to the Lord for his guidance and love so that you may come back to him and experience your oneness with him sooner.

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>





## World Peace and Collective Security

FLORA TECKIE

*When a thought of war comes, oppose it by a stronger thought of peace. A thought of hatred must be destroyed by a more powerful thought of love.* (Bahá'í Writings)

Once more the world will be marking another International Day of Peace on 21 September and we need to reflect on the progress humanity has made towards this goal. Now exist, more than ever before, conditions for the establishment on the earth of a lasting peace. We have become one interdependent human race; living on one small planet, in an age of transition towards globalism, yet still the needs of one group or nation are set above the needs of humanity as a whole.

According to the Bahá'í Writings, only by establishing unity of humanity, can there be peace and security. As Bahá'u'lláh, the founder of the Bahá'í Faith states: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established." In order to achieve peace we need to accept that we are one human species. We all belong to one human family, created by one Almighty God. Physical differences such as skin colour or hair texture are superficial and have nothing to do with any supposed superiority of one ethnic group or another.

The Bahá'í Writings assert: "Love ye all religions and all races with a love that is true and sincere and show that love through deeds and not through the tongue; for the latter hath no importance, as the majority of men are, in speech, well-wishers, while action is the best." The oneness of mankind, the Bahá'ís believe, is not to undermine national autonomy or suppress cultural diversity. It is rather to broaden the basis of the existing foundations of society by calling for a wider loyalty, a loyalty to the human race, and it's watchword is unity in diversity.

The question we probably all have is how to change the world with its patterns of conflict to a world in which harmony and cooperation will prevail. While recognition of the oneness of mankind and the abandonment of all types of prejudice by individuals is the first requirement, in addition the Bahá'í Faith envisions a system of collective security within a framework of a global federation. It foresees the creation of a world federation of nations in which all races, creeds and classes are united and the autonomy of its state members and the personal freedom and initiative of the individuals safeguarded. This federation will consist of a world legislature, which would enact the laws necessary to regulate the life, satisfy the needs and adjust the relationships of all peoples. It would have a world executive, backed by an international force, which would carry out the decisions arrived at, and apply the laws enacted by the world legislature. A world tribunal would adjudicate and deliver its final verdict in all disputes that may arise between the various elements constituting this universal system.

In conclusion, achievement of world peace requires fundamental changes in our behaviour and by overcoming any lingering feelings of racism and national, religious, tribal or gender prejudices that we may, consciously or unconsciously, harbour. In addition there is need for international institutions to regulate international affairs and for upholding peace.

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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.

## Further thoughts on unity

BY THE MASTER through Benjamin Creme

With the exception of a few, most of the nations of the world are seeking Unity. Their actions may not always support this statement, but inwardly, at least, the general direction of their intention is to achieve, together with their friends and allies, the expression of Unity. However, there are some nations for whom the achievement of their individual goals is more important than general world Unity, the guarantee of world peace. These attitudes can, and sometimes do, change suddenly, or over time, but in the present period one can discuss the following countries. Israel (rays: soul 3, personality 6), having usurped by terrorism the land of the Palestinian people, is now obsessed with its security to the exclusion of all other issues, including world peace. Sheltered from United Nations resolutions by the US Security Council veto, Israel swaggers in the Middle East without restraint. Thanks to the United States, Israel possesses the nuclear bomb and threatens its use against Iran if necessary. The people of Israel are old but the nation is very young, bold and inclined to recklessness.

The USA (rays: soul 2, personality 6) has, from the soul level, a profound and genuine desire for world Unity and peace. However, it too is young, large and powerful, and under the control of its glamoured personality. Its ideal is for Unity and peace, and it imagines that it demonstrates this to the world. When all follow the Americans' lead in economics, politics and religion, it believes, peace will inevitably ensue. With this attitude it has sought to dominate the world, repeatedly making war in the name of peace (Korea, Vietnam, Iraq, Afghanistan). The world is waiting for the overcoming of this glamour and the influence of the 2nd-ray soul of the US to emerge in world affairs. When this does take place (probably not before the Day of Declaration by the Christ), the innate longing for Unity of the American soul will be galvanised into action, and the idea of service to the whole will replace the present need to dominate. A great reconstruction of the world will be undertaken by countless individuals. The desire to serve will replace the present US sense of superiority in all things, and a true era of peace will follow. Iran has an ancient and gifted people, at present torn between desire for a sane, secular government and an extreme, fanatical form of Islamic rule. Iran is deeply disliked and mistrusted by the USA, since its scientists are in the process of mastering nuclear technology. It has never been the intention of Iran to develop a nuclear arsenal but it feels threatened daily by the USA and Israel and now, reluctantly, sees no alternative. The rays of Iran are soul 2, personality 4. Its people are mature, cultured and peaceful and have given much of its gifts, in particular to India. North Korea (rays: soul 6, personality 4), is the youngest of all these nations, formed out of a division of the original Korea. Its intentions are also the most difficult to foresee, since it is so engrossed in proving to the world its prowess. Unfortunately it has achieved some nuclear capability and can be seen as something of a loose cannon among the nations. As is well known, it is dominated, rather than led, by its rulers and must be carefully watched by the United Nations as a whole. Its people are hungry, for recognition and for food. The nations should be generous in sharing both with North Korea.

From the point of view of the average on-looker there seems much to cause fear and worry in this appraisal. However, the Masters see a world ready for change, longing for the justice which will guarantee a new and real Unity among the nations, and the peace which all desire.

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>





## Issues in our tissues

SWAMI SHANKARANANDA MAHARAJI

This human body that we so much adore and adorn, is controlled by the mind. And because it's controlled by the mind we have issues that we carry over and over again. And as long as we have these issues, we don't have progress. So, to have progress, we should not carry issues.

Issues will irritate your tissues. Remember that. We carry these issues, we have irritated tissues. We're always finding faults because we have issues. We make them other people's problems. We need to change that. I can have an issue with every one, but I'm not prepared to have it in my tissues. It's as simple as that. Therefore, I don't have issues.

You can tell me what you want. I will listen to you and, as you leave, it's finished with me. I don't carry it. But as long as you carry it, misery will be around you all the time, be it because somebody you love dearly has passed on, or somebody you love has disregarded you. You must have evenness of mind.

Krishna says in the Bhagavad Gita, "Out of delusion, comes anger; and out of anger you will perish". That means you will not know who you are. You'll always be in a state of continuous sadness. You don't need that state of sadness. You are here to do a specific duty and that duty is not to be an engineer, a doctor, a teacher or principle. That duty is to find the god within yourself.

You've been here before. You've acted your part, didn't do a good job, went backstage and they sent you back to do it again. Just like that. You're here to practice what you failed in your past life. But you're not practicing it. You get caught in issues. They come from the mind, your biggest garbage truck. Even the municipality garbage truck is smaller than your mind. And you're not getting rid of the garbage you carry. You become miserable and make everyone around you miserable, because you cannot be miserable alone. You don't want to, so you drag everybody else with you. As long as you do that, happiness for you is only a temporary solution.

So please, don't carry garbage. Don't waste your life. Do the duties that you're sent to do here. Be a good husband, wife daughter, son, devotee, disciple – that's why you're sent here. There's no other reason. We need to find this goodness within us.

SOURCE LINK TO THIS ARTICLE: <http://www.fridaysatsang.blogspot.com/2012/09/issues-in-your-tissues.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)







## He who laughs lasts

BERNIE SIEGEL, MD

Love and laughter are required to build and hold our lives together. For me love makes up the bricks which we build out of. Ask yourself what you are capable of loving and you will know what your life is about. But what holds that life and the bricks together? We need mortar and the mortar of life is humor. For me this represents childlike humor that isn't offensive and doesn't hurt or upset anyone. Humor of this type heals lives.

One of the things that convinced me of the value of humor occurred one evening when my wife and I were out lecturing. My wife Bobbie does stand up one-liner comedy as part of our presentation so people can feel the benefit of laughter and not just hear a lecture about how it alters our physiology. On this particular evening I did not take her seat in the audience, as I usually do, because of the set up of the stage. I sat behind her and watched the audience. The change in their physical appearance after laughing for 15-20 minutes was striking and made me a firm believer in the benefits of humor. Two of her straight lines are, "He who laughs lasts" and "Laughter is contagious be a carrier." I agree.

On a personal level what I mean by childlike humor is about seeing the world through a child's eyes. If you see a sign, Wet Floor, go ahead and do it. On airline flights I would come out of the lavatory looking worried and say, "I may have damaged the plane." Attendants would hurry over and I'd say, "I dropped something from Italy in the toilet and then I saw the sign, Don't throw foreign objects in the toilet." Now all the planes have signs that say, Don't throw solid objects in the toilet because of crazy people like me.

Many years ago I fell off our roof when a ladder I was climbing broke. I announced to the audience I was telling the story to that I must have an angel because I landed on my feet which seemed physically impossible considering the angle of the ladder etc. A man came up at the end of my talk and said, "You do have an angel and I know his name."

"I said how do you know?"

"What did you say when the ladder broke?"

"Oh Shit!"

"That's your angels name."

I laughed but didn't realize what a gift he gave me. Now whenever I get into difficult situations and blurt out, "Oh Shit" I start laughing because I know help is on the way. Feel free to make use of my angel when you are in need.

One other example of childlike behavior and humor is in the instructions you either read or hear from people. When it says, sign in upon entering, write, in upon entering. When it says, print your name, print, YOUR NAME. When the sign says, nobody allowed here, go on in and when they shout at you tell them you're a nobody. Most of the time they let you go knowing if you're that stupid you are no danger. One guard stepped in front of me and said, "I'm making you somebody and you have to leave now." Another child appears and I gave him a hug.

The last point I would make is that the world is filled with pain. Why add to it? Why not help heal it? The majority of people feel the world is unfair. It isn't. It is just difficult. So make it easier for yourself and others. When people ask me, "How are you feeling today?" I say, "Depressed. Out of my antidepressant and my doctor is away so I can't renew my prescription." Three quarters say, "I know







how you feel and tell me their troubles and offer me some of their antidepressant.” I am not kidding when I tell you this. The others embrace me and help heal me because they have been loved and have joy in their lives.

Be a healer and spread joy through humor and laughter. The world is a human comedy if we but see it that way. Yes, it is a tragic comedy at times but he who laughs lasts. Remember it is not healthy to be serious and normal. Trying to be normal is only for those who feel inadequate. So be a carrier and spread joy and healing. If you embarrass your children regularly they will thank you later in their life. Our children come home and say, “Thanks Dad.” When I ask why they are thanking me they say they either did something crazy at work or school and instead of their being criticized they heard people say, “Well you know who his father is.”

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## Today’s Prescription for the Soul #332 – Simplicity

*Beauty when unadorned  
is adorned the most.*

ATHENAEUS

KISS, or "Keep It Simple Stupid," is a wise slogan. Simplicity makes things visible to everyone and therefore enlightens all who are exposed to what is presented. A good teacher does not make things more complicated, but simplifies what she presents to her students. When they comprehend, she can then move on to more complex things, which now seem simple to her students because of what she has already taught them.

Life is simple when you understand its nature. The fact that we cannot understand everything that has preceded us does not make it complicated. If you want people to know you, do not cover yourself with things that disguise you and cover up your true essence.

Take the time to know yourself and your simple essence, and then display it. Your life will become much less complicated when people know the simple truth about you. You will be able to devote your energy to what you believe and not to creating an image of yourself that deceives.

**Soulution of the Day**  
*Keep the plot of your life simple.*

BERNIE



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

On the competitive plane, the struggle to get rich is a Godless scramble for power over other men, but when we come into the creative mind, all this is changed.

All that is possible in the way of greatness and soul unfoldment, of service and lofty endeavor, comes by way of getting rich; all is made possible by the use of things.

If you lack for physical health, you will find that the attainment of it is conditional on your getting rich.

Only those who are emancipated from financial worry, and who have the means to live a carefree existence and follow hygienic practices, can have and retain health.

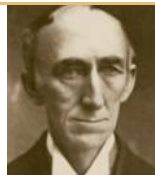
Moral and spiritual greatness is possible only to those who are above the competitive battle for existence; only those who are becoming rich on the plane of creative thought are free from the degrading influences of competition. If your heart is set on domestic happiness, remember that love flourishes best where there is refinement, a high level of thought, and freedom from corrupting influences; and these are to be found only where riches are attained by the exercise of creative thought, without strife or rivalry.

you can aim at nothing so great or noble, I repeat, as to become rich; you must fix your attention upon your mental picture of riches, to the exclusion of all that may tend to dim or obscure the vision. You must learn to see the underlying truth in all things; you must see beneath all seemingly wrong conditions to the Great One Life ever moving forward toward fuller expression and more complete happiness.

It is the truth that there is no such thing as poverty; that there is only wealth. Some people remain in poverty because they are ignorant of the fact that there is wealth for them; these can best be taught by showing them the way to affluence in your own person and practise. Others are poor because, while they feel that there is a way out, they are too intellectually indolent to put forth the mental effort necessary to find that way and travel it; for these the very best thing you can do is arouse their desire by showing them the happiness that comes from being richly rich.

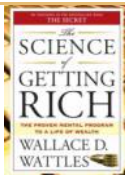
Others still are poor because, while they have some notion of science, they have become so swamped and lost in the maze of metaphysical and occult theories that they do not know which road to take. They try a mixture of many systems and fail in all. For these, again the very best thing to do is to show the right way in your own person and practice; an ounce of doing things is worth a pound of theorizing.

The very best thing you can do for the whole world is to make the most of yourself.



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 2

ECKANKAR

There is little more frightening for a parent than the thought of a child getting lost or disappearing. A family of four was visiting Minnesota for the first time. They were from a small New England town and were unaccustomed to large, crowded shopping malls. One day during their visit, they decided to visit one of the huge malls the area had to offer. The two children, both boys, love to ride escalators. The boys spotted a long one, all silver and glass with black handrails. Steps rose out of the floor, moving gracefully and invitingly, one by one, up to the second floor. The boys begged to ride the escalator.

After they rode the escalator up, the boys took another back down. Then, amid the confusion of the crowds, the youngest boy got separated from his family. He disappeared. Dad, Mom and the older brother scoured the mall for over half an hour with no success. It seemed an eternity. Finally Mom did a spiritual exercise. She sang HU. She took two steps then heard a tearful little voice behind her cry, "Mommy!" Her little boy stood with a security guard in exactly the same spot where she had sung HU.

Use the Shariyat technique for well-being and happiness. If you have a problem you're having trouble solving using other techniques, this one has proved to be helpful to many ECKists. It's especially helpful if you are down-to-earth by nature.

First, simply look at your problem. What is its nature? Is it a spiritual matter, or does it involve physical health, finances, or a broken heart?

Second, open Book One or Two of *The Shariyat-Ki-Sugmad* at random and read a paragraph.

The third step is to chant HU and contemplate upon what you have just read.\*

Don't contemplate on your problem or try to make some kind of a bridge between your paragraph and your problem. This is very important. Just contemplate upon the paragraph from *The Shariyat* while chanting HU.

After you have completed the contemplation, the fourth step is to open *The Shariyat*, again at random, and read another paragraph. At this point, you can try to see how the first and second paragraphs relate to your problem. The entire exercise shouldn't take much longer than fifteen or twenty minutes.

The following day, if you still don't have an answer, do this spiritual exercise again. If you do get an answer, then you can use the same technique on another problem bothering you.

\*Editor's note: this method has been known to work using any spiritually-inspired book, e.g. the Bible, Bhagavad Gita, Koran, etc.



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

### The Searchlight

While rowing my boat, I find a searchlight afloat,  
The searchlight is near, yet faint; ever soothing yet guiding.  
Who am I to know to where my boat sails?  
I remain ever in awe of the beauty of this sail!

SUREN PILLAY



### Time

Every second, every minute counts. Time waits for no one.  
The universe is constantly expanding. Every wonderful new day has its surprises.  
Experience arises; loss, pain, joy are circumstances. Time does not stop for any purpose.  
Life is a risk: it can be black or white, sometimes colour.  
Time does not wait for any guarantees or excuses. Time is of the essence. Admit or compromise.  
Don't deny. Withdrawing from the world, whether through meditation, prayer, or sleep, quiet moments are precious. But time does not wait. Doing nothing is meaningless.  
Follow your instinct, appeal your territory. Flaunt yourself, feel yourself, laugh, don't be afraid.  
You need to push limits, grip life, and enjoy the years you can.  
Time cannot stop, nor can it go back. Take each day as it comes. Time awaits no man.

ZARINA MALICKSHA



### Spreading Divine Joy

Beginning with the early dawn each day, I will radiate joy to everyone I meet.  
I will be mental sunshine for all who cross my path.  
I will burn candles of smiles in the bosoms of the joyless.  
Before the unfading light of my cheer, darkness will take flight.  
Let my love spread its laughter in all hearts, in every person belonging to every race.  
Let my love rest in the hearts of flowers, of animals, and of little specks of stardust.  
I will be happy under all circumstances.  
I will make up my mind to be happy within myself right now, where I am today.  
Let my soul smile through my heart and let my heart smile through my eyes,  
that I may scatter Thy rich smiles in sad hearts.

PARAMAHANSA YOGANANDA



Lots of people want to ride with you in the limo,  
but what you want is someone who will take the bus with you  
when the limo breaks down.

SUBMITTED BY SWAMI MURUGANANDA SARASWATHI



## 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>  
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### **Gayathri Peedam South Africa**

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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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### **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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**Self-Realization Fellowship**

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**The Expanding Light**

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

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

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

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