



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Thirty-three

28 November 2012

CONTENTS

- 3 **Heaven Letters** GLORIA WENDROFF
- 5 **Knowing God** ROY EUGENE DAVIS
- 6 **Revealing the plan of God** LUCIS TRUST
- 7 **Who is Divine Mother** ANANDA SANGHA
- 9 **The curse of the over-achiever** ROD BRIGGS
- 10 **Clairvoyance: exercises** GAYATHRI PEEDAM
- 11 **The role of the intellect** SUREN PILLAY
- 12 **Empowering the younger generation** BAHAI TOPICS

- 13 **SOP Save our Planet** SHARE INTERNATIONAL
- 14 **Find a guru** JADATHARAYA INSTITUTE
- 15 **Women** DR BERNIE SIEGEL
- 17 **The Science of Getting Rich** WALLACE WATTLES
- 18 **Initiation** ECKANKAR
- 19 **FEATURE: Significance of the Star in the East** SRF
- 21 **Readers' Inspirations**
- 22 **Additional Resources**



Welcome to the November 2012 issue of *Transcendence*.

A sad fact of life today, and no less during this time of the year, is that we continually consume in order to fill the void within ourselves. A void that we should be filling with the Divine, instead of with food, clothes and all the other 'stuff' we rush out to buy, for both ourselves and others.

Being year-end, not only is it a time for holidays and regenerating mind, body and soul from a long year of work, it is also a time for us to reflect on the past year. Many of us ask where the year has gone, and we feel as if time is flying faster and faster with each passing year. We worry whether we have achieved our goals, material or spiritual; or if we've spent too much time procrastinating over seemingly unimportant issues and tasks.

Any task done in full consciousness, no matter how menial, should not be considered unimportant if it helped us to be conscious of our present moment in time, or if it granted a few moments upliftment to another. The best gift we can give ourselves is to develop our 'now consciousness' and to share that with others. Listen when a friend talks to you about their problems - really listen - give them your undivided attention, even if for only a few minutes. Smile and ask the cashier at the supermarket how she is today. Thank the car guard. And remember that charity starts at home. Begin by giving conscious attention to those closest to you.

Small acts of kindness add up and definitely make a difference in someone's life. have a blessed holiday season give something that really counts - yourself.

In Love and Service, always,





Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

© All articles are used with permission and are copyright to their respective authors.
To view permissions, please click [here](#).

Editor: Jo Petzer
jo.petzer@mweb.co.za
International Tel. 0027 31 701 9356

Views and Opinions expressed by individual authors are not necessarily
the same as those held by the staff or members of Transcendence
or the Jadatharaya Institute of Right Living and Yoga.

Design and layout by Cosmic Creations
www.cosmic-creatinos.net



cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 4081 - God is here

GLORIA WENDROFF

God said:

Call on Me a lot. Whatever you are doing, enlist Me in your actions, your thoughts, your creativity. This is not prayer I am talking about. This is simply keeping Me in mind as your companion which I most certainly am. Even an intention to think of Me works wonders.

Say: "God, I would like to keep company with You more often. God, sometimes I get so involved in what I'm doing, I forget about You. How could I forget about You, yet I do. It is like I take a rowboat out into the middle of a lake, and I leave you on the shore."

Yet when you think of Me when you are in a rowboat in the middle of a lake, your awareness of Me seats Me right beside you in the rowboat far from shore. Of course, the fact is, you know by now that I am always with you. There is not a millisecond that I am not. However, your awareness plays a part for you in this drama of life on Earth, so it's a good idea to keep Me in your awareness.

When I am always in your awareness, you know your solidarity with Me. Solid am I even though I am unseen. I am unseen, yet you can feel My Presence.

Many times when you are by yourself, I hear you speak to yourself. You may say something like: "What did I come into this room for? What am I looking for? Oh, yes, now I remember."

You could try talking to Me instead of yourself! That would help your awareness. Say something like: "God, what was I looking for here? Oh, there it is."

When you talk to Me, there I am. It would be better for Me to say, when you talk to Me, I am already here. It would be better for Me to say, "Here I am! I am here! I was always right with you wherever you are. In spring and summer, I am with you. In fall and winter, I am with you. I am with you. There is nowhere I would rather be than right with you."

Whom would you rather be with? And what would you rather your thoughts were on?

Yes, better that you keep coming back to thoughts of Me. How many times a day can you say God under your breath? 100 times? More? Even your thinking God once a day gives you a head start.

This doesn't mean you are asking anything of Me. You don't have to be asking anything of Me. It is enough that you simply greet Me and make yourself comfortable with Me.

Perhaps you have thought it is a big deal to have Me beside you. Not at all. It is an ordinary thing. I am never ever away from you. I am your constant Companion with or without your attention. Of course, I do like it when you look at Me straight in the eye, so to speak.

This does not mean that you leave everything up to Me. You don't throw off your responsibilities, yet, with Me around you, around you in your consciousness, your responsibilities no longer appear as shackles. Responsibilities become easier for you. You are responsible for breathing, and you breathe without thinking. I am in every breath you take. You can rely on Me, and you can rely on yourself. Relying is quite a different cry from worrying. What is there to worry about when you have Me with





you? Little by little, just your thinking of Me will remove worry from your thoughts and weight from your shoulders, and life will be easy, and you will feel ease and, odds are, you will be healthier and stronger. Yet even health is not a requirement for joy to take a hold of you. All you need is Me.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/god-is-here.html-0>

Inspirational Quotes

God said:



You are the reactor to your own life. You are the preceptor of it as well. Who lives your life if not you? Who carries your thoughts if not you? Who chooses to be programmed or not programmed? Who chooses violence or peace? Who chooses to smile or to frown? Who chooses God or not?

Heavenletter #4076 Choose a Star



Love is all. Love is all that there is. And love is to be predominant in your life. Love getting up, and love going to sleep. Love even disturbances. Love disturbances. Love what disturbs you so your disturbances will become extinct.

Heavenletter #4072 Love, Love, Love



All on Earth have suffered in various ways, and you have suffered, and now it is your desire to remove suffering from the world. No longer will you suffer suffering. Now, as you deal with others, uplift them and so the world.

Heavenletter #4070 A God of Lighting Up the World



Earth life predominates when you discover yourself in a body roaming on Earth. A part of you knows that you are based in Heaven. Part of you knows Truth and cannot quite believe it. So, in all of life on Earth, you are traveling and so finding yourself. Life on Earth is a discovery of the Wholeness you never departed from. What makes you tick when there is no ticking?

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



Look on life as you look at a garden. Sure, there may be weeds. Sure, the soil may be dry. Well, then, water the garden. Nourish it. Nourish it with your thoughts about it. What are you looking at, and why are you? Take our children. They are everything they are, and they are not what they are not. Love them, and what will they be? What can they not be, nourished by your love.

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.

Visit www.heavenletters.org





Knowing God

ROY EUGENE DAVIS

Human beings evolved to their current stage of physical and mental development during the past one million years—much less than the duration of a blink of an eye when compared with approximately 4.5 billion years of Planet Earth's existence and 13 to 18 billion years (estimates vary) since our universe came into space and time. Written languages emerged only a few thousand years ago. The earliest civilizations—where communities were organized, crops were planted and harvested, animals were domesticated, business transactions enabled people to be more prosperous, and activities and projects for the public good were provided—started a little more than ten thousand years ago in the Middle East, India, China, and a few other regions of the world. Extremely rapid technological progress has occurred during the past 150 years. In the early 1900s, before motorized vehicles were widely available, trains carried long-distance freight and horse-drawn wagons and machinery were common. During the past few decades dramatic changes have occurred: convenient air travel is available; television and the Internet enable personal communication to occur with the speed of light; healing methods are more advanced; the smallest units of matter are being explored; astronomers are discovering surprising facts about our universe; and more people are sincerely interested in how to be spiritually conscious and freely functional.

The Emergence of Influential Philosophical Concepts and Religious Ideas and Practices

Beginning approximately 3,000 years ago and lasting more than 600 years, in various regions of the world new philosophical and religious ideas that were to be influential for many centuries were either revealed or imagined and widely disseminated. During that historical period, now called the Axial Age, the interest of millions of people turned toward higher realities. Before then, groups of people from what is now the southern region of Russia had migrated to India, Iran, and parts of the Middle East and Europe. They called themselves aryaans or “noble” people. Their language evolved into Sanskrit, several European languages, and English. In India, Vedic (considered as “revealed”) scriptures were orally transmitted for centuries before being written, religious rituals were performed, and Sanatana Dharma (the eternal way of right living), named Hinduism by foreigners, evolved. Buddhism followed a few centuries later and spread to Sri Lanka, Tibet, and Asian countries (and within the past century to Europe and America). In Persia, now Iran, a religion founded by Zoroaster flourished for a few centuries. Elsewhere in the Middle East, Judaism evolved, and later Christianity. A few hundred years after the appearance of early Christians, Islamic religious ideas and practices began to spread. Some of Zoroaster's doctrines, such as an imaginary satanic influence and an end-of-human-history event during which God (or his agents) will judge the actions of souls and permit some to enjoy eternal heaven-like existence while decreeing that others suffer or be killed for their wrong-doings, are included in some Jewish, Christian, and Islamic traditions. While Buddhism was emerging in India, in China the writings of Confucius (K'ung ch'iu, “Master Kung”) and Laozi (“old teacher”) were becoming influential. Historians say that hard facts about them are difficult to discover because biographical information which may be true is mixed with myth and stories. The Dow Te Ching, a concise text attributed to Laozi, explains the “Way” (Dow) to think and act in harmony with the essence and origin of all things. It declares that the “true Way” must be insightfully comprehended and lived rather than superficially analyzed or debated. (To be continued)

Excerpt from *Truth Journal*, June/July 2012

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.



CENTER FOR SPIRITUAL AWARENESS

AN ENLIVENING POWER IS NURTURING THE UNIVERSE
AND WE CAN LEARN TO COOPERATE WITH IT.

PO Box 7, Lakemont, Georgia 30552-0001

www.csa-davis.org



Revealing the Plan of God

LUCIS TRUST

Sublime emanations of the Divine are constantly pouring potencies of light and love into the mind and heart of the human race. Great Beings on the inner side (the Saints, Rishis, Angels, Ancestors and Lords of Compassion acknowledged by every spiritual teaching down the Ages) organize, direct and guide this flow of Fire.

Human history is a record of the tension between inherited understandings, beliefs, ideals and the inspirations, intuitions, energies flowing into consciousness from the divine. Fire meets fire, and in the process human beings, cultures and epochs move through cycles of birth, maturity and death.

Right now, in our time (a period of history that we might, for the sake of simplicity, think of as the hundred years spanning the mid points of two centuries: 1950 – 2050) the tension is high as a new epoch is in process of being born. Everything about our own personal lives, everything we do in our professions and work places, everything happening in our communities and nations, our temples, schools, hospitals, laboratories, art galleries, banks, farms and political assemblies – everything reflects this tension between the Fire of the divine and the fire of the human response.

And so, in the most private, silent, intimate core of our being we align with our triangle partners and affirm: Let the Plan of Love and Light work out. The Plan is God's Plan – a divine vision in which the future of humanity and the Earth, the possibility of who and what we are becoming, stands silently, potently before us and within us. It is not for us to know the details or the timing of this future. It will after all be worked out in a living way, determined as much by the creativity, faith and intelligence of human response, as by the forcing dynamic of the spiritual stimulation that flows from the divine.

What we do know is that God envisions a future humanity centred on relationships expressing principles of synthesis, wholeness and inclusiveness. As these principles are revealed and unfolded through our lives and through the lives of millions of people of goodwill the world over, so will the new civilization of unity in diversity envisioned and planned for by all the Principalities, Angels and Deities of the Inner worlds emerge in outer expression.

In the future epoch humanity will have chosen to live in balance with the Earth, creating an infinite range of political, religious, economic, educational and scientific expressions of synthesis. Right now painful, all engrossing, life and death problems are leading us to the place of choice. It is divinely ordained – yet still the story of our response to God's movement within us is made up of countless small steps of goodwill.

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.

london@lucistrust.org

www.lucistrust.org



LUCIS TRUST



Who is Divine Mother?

SWAMI KRIYANANDA

First of all, we need to understand that Divine Mother is not a separate thing or person, but is the feminine aspect of God. There's really only one reality-the Infinite Consciousness that has produced all the different manifestations we see. But there can be different expressions of the Divine that appeal to people according to their own natures.

Some years ago it came to me in meditation that what America needs is more consciousness of the Divine Mother to balance out the overly masculine, intellectual approach that is dominant here. With all our great mental insights, we've failed to realize one simple truth: this world is not real.

In essence, we are a part of the Infinite, and it's God who's playing our particular role in life. God is uniquely present in each one of us, and has His own song to sing through everyone. The whole purpose of this great drama is-to realize that you are God.

But we must be careful. We can't correctly say, "This body is God. This personality is God." No. But God is you-this is correct. In the end, Self-realization means to know that the whole universe is a part of our own reality, and that in our basic nature, we are infinite.

You are Divine Mother

Now, what is Divine Mother? You are Divine Mother. There can't be any difference, because there's no separation in the Infinite. When God brought this universe into existence, He could only do it out of His own consciousness. He had to dream it into existence. The beauty of this thought is that all the love of the universe is also a part of you.

What part does Divine Mother play in this? She gives us a form towards which we can direct our love. It's not wise to say, "When I love myself I'm loving God," because then you're thinking of the wrong self. So it's helpful to think of God as something outside and separate from ourselves.

The difference between human love and divine love is this: Divine love is without limit or form, while human love tends to take the Infinite and condense it into one person. This tendency is good in a sense, because it gives you a focus for love--without that it would be vague. We need a concrete concept of God-a beloved, or friend, or wise person- even though He is really without form. Having a concrete image is like having stepping stones that bring us to the point where suddenly we see it's all Him.

Devotion starts with a form

To develop devotion for Divine Mother, in the beginning we often need to think in terms of a human form. When I first came to Master, I was tired of being intellectual and wanted to develop devotion. I began praying to Divine Mother, and used to visualize the face of my godmother. That may seem ridiculous, but she had a very loving nature that reminded me of the innocence and sweetness that I was trying to develop. In this way, I gradually tuned into the consciousness of Divine Mother, so that when I think of Her now, I don't think of any form.

The trouble with worshiping God only as Father is that He tends to present an image of a judge--somewhat stern and aloof. But Divine Mother is filled with compassion, and will forgive you even if you've done wrong. Master said, "Pray to the Mother, 'Naughty or good, still I'm your child, and you must help me.'"





God is all forms and no forms. I don't ask people, "In what form do you worship God?" I don't ask the people at Ananda to worship God as Divine Mother. I think that many of them do-I do. But I don't say that they have to, or even that they should, because in each one of us there is some form of God that deeply satisfies us.

There's a very interesting story about Sri Yukteswar that I've mentioned it in my new book, *A Place Called Ananda*. Sri Yukteswar had a young disciple who was very dedicated, but still had a longing for human love. One day they were on a train, and Sri Yukteswar said, "Divine Mother will answer your prayer today." After a time they stopped at a station, and he pointed, saying, "Look out the window." Sitting in a train opposite them was a girl who somehow was the complete fulfillment of all his desires. From that mere glimpse of her, he had no more desire for human love.

Never lose sight of the Infinite

We need the limited to remind us of the Infinite. But even if God should come to you as the Divine Mother, or as a friend, or a beloved, always see the Infinite Consciousness behind those eyes. This is what Master taught us to do.

I used to notice with Yogananda that he could be laughing joyfully, or scolding, or teaching, or talking about a pothole in the driveway that needed fixing, but when I looked into his eyes, I saw that there was no personal desire. It was as if the Infinite was looking at me through those eyes.

I'll never forget once when I was sitting at his feet while he was editing a manuscript, and I was thinking how fortunate it was that I had found him. When he finished his editing, he asked me to help him stand. He looked into my eyes with so much joy and love, and said, "Just a bulge of the ocean."

I was loving the form, but it's the ocean that had produced that form. It's the ocean that has produced all our forms. Ultimately, love of Divine Mother is only love of your own true self. You need always to bring it back to that reality, not in self-love, but in the realization that God is everywhere, and you, too, are everywhere.

As Master wrote in a letter to his chief disciple, Rajarsi Janakananda, "Don't look just with your physical eyes. Think of things behind you that are out of your range of physical vision, and try to see them. In this way, bit by bit, you will develop omnipresence." This is how we worship Divine Mother.

SOURCE LINK TO THIS ARTICLE: <http://www.crystalclarity.com/content.php?page=skarticle12>



Self-Expansion Through Marriage A Way to Inner Happiness by Swami Kriyananda

Buy online at www.crystalclarity.com

Marriage, understood and lived expansively, is a path to transcendent love—to realization of one's higher spiritual potential. This book is a practical and inspiring guide to help you follow the deeper call of your relationship. It will enrich not only your marriage, but your life.

Ananda



Sangha

Ananda Sangha



Online Classes

*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)*





The curse of the over-achiever

ROD BRIGGS

I had a friend, someone I had known, on and off, for just over thirty years. He died last week. His passing has left lessons for us all – a final gift from someone who seemed to be forever giving in his too short life.

From a humble background, he was a self made man and spent all hours that God sends working to grow his empire. He had a very strong sense of right and wrong which caused him to make his millions in that rarest of ways – fairly.

Consequently he was much admired by his colleagues and friends and adored by his family, for who he provided both lavishly and lovingly. In many ways it seemed he lived a blessed life.

He appeared, from the outside, to carry the stresses of his business life lightly, but those who knew him well could see the signs of strain that his body carried. He was eventually persuaded to retire and enjoy some of his hard won financial freedom. A week later he was dead, not yet sixty years old.

I'm sure we all know many people just like my friend in the above example; people who need to be driven by an external purpose, those goal oriented individuals who have a burning desire to achieve and whose spark seems to leave them if they are not chasing the next big thing.

While it is all well and good to be motivated by business success it is vital to remember that we are so much more than that. To live a balanced life we need to pay attention to all the aspects of our multi faceted existence; we need to be able to enjoy carousing with friends and the silence of the very early mornings, the buzz of business and afternoon with a good book.

To have life more abundantly we need to accept the rich tableau in all its wonderful guises.
Namaste

The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk



shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

www.mindlinkfoundation.com





Clairvoyance: exercises

SWAMI MURUGESU MAHARISHI

Look at a picture of a simple object for a few seconds. Then close your eyes and visualise it, remembering as much detail as you can. Look at the picture again, and then close your eyes again and try to remember more detail than the previous time. The more you repeat this exercise, the greater the amount of detail you will see in your visualising. If you practice this correctly and sincerely, you will begin to see minute details of the image in your mind (the mental plane), and when comparing it with the physical object, you will notice the same details that may not have been ordinarily seen.

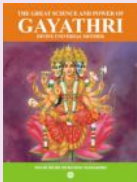
Repeat this exercise with different images and articles like fruit or appliances, noting down the minute particulars that you see with your astral eyes, and comparing them with the physical image. Once you are satisfied that you are able to steadily hold a mental image and study its characteristics in detail, carry out the same exercise using the image of a person as follows:

Sit in a quiet place, contemplate on a mental figure of a well-known friend or relative for three to four minutes continuously. Then when you happen to meet your friend or relative, make a note whether the details you observed mentally are correct. Repeat this exercise with numerous male and female associates. Study their mental images and then compare them with those you observe physically.

You may find it difficult at first but practice will help you to succeed in due course. Mastery in these exercises will qualify you to practice higher clairvoyance. So overcome your failures and persist in the exercises.

To better your abilities even further, carry out the same procedure you used in the foregoing exercises, but instead visualise a building: the house of a friend perhaps. Hold its outer structure in your mind then slowly step inside and mentally observe each room and its contents. Spend about thirty to forty minutes on this. At a convenient time, visit the building you visualised to establish which particulars were correct. At first you may have visualised only a few items correctly but, with regular practice, you will be able to get most of the detail correct.

As you master these exercises, continue to mentally explore larger buildings such as shops, warehouses or sales emporiums. Make notes of your experiences so that you can be aware of your progress and be encouraged to continue practicing.



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.

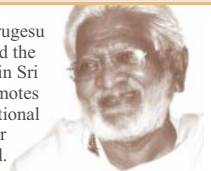
Click here to purchase a copy of the book online.

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



www.gayathripeedam.com

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





The role of the intellect

SUREN PILLAY

Much has been said of the role of the intellect in society today. No doubt, without the intellect one could not reason or find solutions to difficult and challenging problems. But is the intellect the ultimate source of peace and bliss in one's life? Many philosophers have different answers to that question. Philosophers who are proponents of the intellect say that the mind is subservient to the intellect and that the more focused the mind is the stronger the intellect is.

Intellectual power is thus gauged by the extent to which one is able to control one's own mind. Focus and concentration are the natural result of a strong intellect. Proponents of this theory also argue that the intellect is fundamentally different to intelligence which is the storehouse of all emotions, memories and impulses. A person with a weak intellect allows the fluctuations of the mind in the form of emotions, impulses and memories to influence his current and future decisions. A strong intellect is naturally focussed in the present moment, as the anxiety of the past and anticipation of the future do not affect its awareness and focus.

There are other philosophers who indeed give some approval of the intellect as a great source of power, wealth and happiness but not lasting happiness. These philosophers usually write from personal experience in *Bhakti Yoga* (yoga of devotion) or *Raja Yoga* (yoga of meditation). These philosophers state that the critical importance of intellect lies in its ability to reason correctly and make wise decisions for greater individual and cosmic upliftment. The purer the intellect, the wiser decision-making becomes, and the easier the spiritual journey and the path to bliss is.

Bhakti and *Raja* yoga philosophers confirm that the ultimate source of bliss lies in first connecting with one's self and then with God. This process is experiential not intellectual. The intellect is still limited in its capability, and inadequately equipped to experience the vast magnitude of the entire cosmos. However, if one is able to move their awareness beyond the intellect to the domain of spirit, and achieve meditative oneness with God, they will be able to attain inner bliss and simultaneously express all the qualities of a dynamic and powerful intellect.

In my experience of both reading various spiritual philosophies and practicing many different spiritual techniques, I am convinced that the argument of the *Raja* and *Bhakti* yogis hold true. The argument that mastering the intellect allows you achieve perfection in life, is not accepted. This is established due to the fact that some people who have demonstrated strong intellectual capability have not been the most blissful, or lived very wise lives. Mastering the intellect is a critical key on the path to self-realisation as one-pointed focus is necessary in order to attain oneness with the creator.

My message to you this month, dear readers, is to engage in spiritual practices that will allow you to experience your spirit. However, you should use your intellectual power to your advantage by developing it and focusing it on constructive outcomes. Then you will be a beautiful synergy between intellectual development and spiritual perceptions.

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 the younger generation

FLORA TECKIE

As parents and teachers it is our responsibility and privilege to assist our children to realize their potential through spiritual and secular education. It is essential that close attention be paid to the moral and spiritual education of our children and young teenagers, since, according to the Bahá'í Writings "It is extremely difficult to teach the individual and refine his character once puberty is passed ... Therefore it is in early childhood that a firm foundation must be laid. While the branch is green and tender it can easily be made straight." This is because the training, which children receive at young ages is much more effective and sustainable.

The National and the Universal Children's Days in November should serve as a reminder of the importance of the appropriate training of our children and the empowerment of younger generation in creating better communities and a peaceful world.

Child-rearing is not only a source of great joy and reward, but it is a sacred obligation. According to the Bahá'í Scriptures: "Every child is potentially light of the world and at the same time its darkness" "... the aim of an educator is to so train human souls that their angelic aspect may overcome their animal side."

The spiritual gifts which are within a child potentially can be used or misused, remain dormant or become developed. For example, a child's natural tendency for high energy, and desire to have more of everything, can be channelled to enthusiasm and purposefulness. But if it is mislabelled and criticized constantly, it can lead to greed and selfishness. Mislabelling children or name calling is one of the surest ways to give children a negative self-image. Besides, children tend to believe their parents words as the truth and they live up to those labels if they hear them often. We should try to speak to our children using the language of virtues. For example instead of saying to a child "you always fight with your friend and never listen to what I tell you." we can tell him "how can you make it up to your friend for forgetting to be peaceful."

To educate is "to bring forth" what already exists. Bahá'u'lláh says: "Regard man as a mine rich in gems of inestimable value. Education can, alone, cause it to reveal its treasures, and enable mankind to benefit therefrom." We as parents therefore, should value the God given gifts in our children and help them to develop their inherent potentialities. It is important to see each child as a unique individual and skilfully bring out the best in them.

In conclusion

"The child must not be oppressed or censured because it is undeveloped; it must be patiently trained." Every child has unique gifts and potentialities and as parents and teachers it is our sacred responsibility and privilege to educate the children intellectually and spiritually, support them to grow through life's many challenges and help them turn the tests in life into victories.

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 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.

S.O.P. - Save Our Planet!

BY THE MASTER through Benjamin Creme

When one looks deeply into the present situation in the world, two things stand out as particularly important: the danger of war and the acceleration of the Earth's ecological imbalance. There are, of course, many other problems: the economic debacle which affects many countries, especially in the West; the huge increases in the price of food, especially the staple diet of many millions; the huge, and growing, disparity in living standards between the rich and the poor.

All of these problems are important and require early resolution. The two first named must command the attention of all sensible men and governments for they present the greatest threat to man's well-being. Wars, large and small, should by now be unthinkable, but, sadly, this is not the case. Even a world which has known the folly and futility of war at its most terrible has still not relinquished, totally, that abomination.

The governments are seduced into thinking that old ways will, after all, render up their coveted prize. The weapons of war, therefore, have become indispensable and a major trading asset. While the weapons are there they will be used. Small wars beget large wars as more countries become involved. Large nations fight by proxy through their allies and so prolong unimportant quarrels into war. This major danger must be abandoned by all nations. It threatens the very existence of men on Earth.

Apart from war, nothing so profoundly affects the future of all men as much as pollution. Some countries have recognised this fact and have taken some steps to limit pollution and global warming. Others, sometimes the chief polluters, deny the reality of global warming despite the overwhelming evidence to the contrary.

Daily, now, the climatic changes prove beyond doubt that the planet is sick and needs immediate and skilful care to re-establish equilibrium. Time is running out for men to halt the transformation which is being daily wrought on planet Earth. Every man, woman and child must play their part in the task. Time is, verily, running out. S.O.P. Save Our Planet!

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/magazine/old_issues/2012/2012-10.htm

The Master is a senior member of the Hierarchy of the Masters of Wisdom; His name, well-known in esoteric circles, is not yet being revealed for various reasons. The Master dictates messages to Benjamin Creme who is in constant telepathic contact with the Master. Share International is a worldwide network of individuals and groups whose purpose is to make known the fact that Maitreya, the World Teacher for the coming age and his group, the Masters of Wisdom, are now among us, emerging into the public arena gradually, so as not to infringe human free will.

British futurist Benjamin Creme, artist, long-time student of esoteric philosophy and foremost spokesperson for this message, has for more than 30 years been preparing the way for Maitreya's emergence. He is the author of numerous books, translated into many languages, and editor of Share International magazine.

SHARE
— International —
<http://share-international.org>





Find a guru

SWAMI SHANKARANANDA MAHARAJI

Swami's talk after the Navarathri Chariot Procession

I've never seen you all so exhausted! Even a fly could go for a tour in your mouth and you wouldn't know. What you've just done should energise you!

Just this morning I was talking, and I said, "For me, this is my greatest passion". This is what I live to do. My masters instruct me, and I come out and do it. Many of you don't understand this concept of master and disciple. It doesn't only work on the material plane. It doesn't stop here.

Even after he leaves this material plane, your master will guide you, talk to you, and tell you where you are going. Your master teaches you the art of silence. Only your master can do that. Your master tells you when to act, when not to act, and how to react. But you must be in tune with your master.

Your guru will teach you the art of silence. The art of silence is the only thing that will take you through this journey. The art of silence lets you leave your issues behind. I'm only an instrument and this is my love. I'll give up anything for this.

Today I remember my first experience with my first guru, Narainsami. Before he accepted me as his disciple he chased me away three times. I was young, just fourteen years old. He chased my father too. His words were, "What rubbish! I'm no guru. I cut sugar cane! Who told you this rubbish? get out!"

He had a bottle of Mainstay, and a pork chop in his hand. He asked, "What's your problem?" My father told him that I had epilepsy and fits. My guru said, "Nonsense. He doesn't have epilepsy. Go home". Narainsami was filthy, with fat dripping off his face from the chop. He took a piece of paper, drew some lines, a triangle, square, rectangle, circle, then said to my father, "Take this home, put it in a bucket of water and bath him outside". My dad said it wouldn't work. We go home, my mother holding the piece of paper for dear life. She put it in the water. I was outside, naked, and they poured a bucket of water over me. Then I came right. That's how Narainsami became my guru. And I held onto him for dear life, for ten, maybe twelve years. And then I met Jagadambal and left him to hold onto her.

Find a guru and hold onto his leg for dear life. And once you can hold onto his leg for dear life, that guru will take you to your heights.

SOURCE LINK TO THIS ARTICLE: <http://www.fridaysatsang.blogspot.com/2012/10/navarathri-chariot-procession.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. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





Women. What would we do without them?

BERNIE SIEGEL, MD

I began to refer to God as a woman years ago when I saw how many survival qualities were feminine qualities. On the other hand we have to ask why did Eve eat of the fruit of the tree of knowledge and get Adam to taste it also rather than the other way around? What is it about women that leads them to behave in a way that men have trouble dealing with or performing?

I would guess our creator knew that women are involved in relationships and completeness while men are busy doing and perfecting. So naturally Eve tastes the fruit as any child would, who is told not to do something, while the parents are away. Out of that taste we learn we are mortal and naked. The latter is not a problem to cover up but the former is.

However, out of the awareness of our mortality come the true lessons on living. So I am grateful to Eve for her act and openness to the serpents suggestions. Out of that experience I believe women have developed many more survival skills which relate to their lives having meaning. For men the meaning is most often in what they can do and when they can't do they die.

Women relate to people and, therefore, find meaning in their relationships no matter what their state of health. To quote two women, one with nine children, "I can't die 'till your all married and out of the house" and she lasted 23 years to do that. The other begged to be kept alive for her son's wedding. Extreme measures were done and she was able to leave the hospital and go to the wedding in a wheel chair. Upon her return everyone expected her to get into bed and die. Instead she announced as she was wheeled off the elevator, "Don't forget I've got another son."

Married men live longer than single men and have less lung cancer than single men who smoke just as many cigarettes. Women with the same cancers as men live longer. Some oncologists will tell you that estrogen and progesterone must be protecting the women and sleeping with it is protecting the men. Just kidding. The truth is again the survival value of the feminine qualities.

One thing, however, I am concerned about is that after the kids leave home what is the meaning of a mother's life. I see men die when they retire and women when the kids leave home. So each of us must ask how would you introduce yourself to God. Mother, lawyer, Dad etc.. doesn't get you in. When you realize your authentic self and divine nature God says come on in. Then your survival is not dependent upon the role you are playing but the life you are living.

Someday I hope we will all develop our feminine and masculine qualities. In my book Prescriptions For Living I refer to it as marrying yourself. When you become a complete human being and not a human doing you achieve the life intended for you and will live the longest healthiest life you are capable of.

Until that day there is no question that women are the stronger sex. My wife, Bobbie, does comedy and several of her one liners come to mind. "Women who think they are equal to men lack ambition. Women have to accomplish twice as much as men to be recognized, but that's not hard and behind every successful woman there's a man who is sulking." For the men, "Women aren't perfect three quarters of all women can't understand fractions and the other half doesn't give a damn."





So develop your whole self but remember the meaning of life is not in how many things you can fix but how many lives you can touch.

Today's Prescription for the Soul #362 – Surprises

*Even if it is a garden you know by heart
there are twelve months in a year and every month means a different garden,
and the discovery of things unexpected all the rest of the year.*

MARGERY FISH

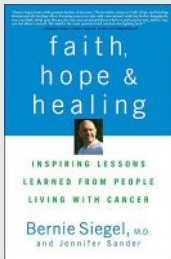
On my desk sits a calendar with the statement for the day, “No matter how thin you slice it, there are always two sides.” We are all unique and full of surprises. Life is not a bowl of cherries, but a basket of fruit. Who knows what will come next, and who you will be from one day to the next. We need to live with a sense of surprise and be aware of the uniqueness of each day and not be surprised by that.

I always call myself a multiple personality, but I am still surprised, at times, by who shows up. Usually whoever shows up is fun, though there are times I have to make apologies for his behavior. The problem is our minds and how they handle surprises. Surprises and unexpected occurrences are all a part of life. You are not in charge, so sit back and enjoy.

Soulution of the Day

*If you are a multiple personality, like most of us,
someone in there knows how to handle the next surprise.*

BERNIE



Faith, Hope and Healing

Bernie Siegel broke new ground with his monumental book *Love, Medicine, and Miracles*, in which he explored the powerful role the mind can play in fighting illness. Sharing stories of seriously ill patients who survived against the odds and those who seemed to give in to their own deaths, the book inspired countless readers to consider the possibilities of thinking themselves well. Siegel believed—and still does—that the power to heal comes from the human mind through will, determination, and love. Over the last 20 years, his philosophy and advice have led many physicians and other healthcare professionals to help patients participate in and influence their own recovery. Visit Bernie's website to buy a copy online.



Dr. Siegel, who prefers to be called Bernie, retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. As a physician, who has cared for and counseled innumerable people whose mortality have been threatened by illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love.

Visit Bernie's web site at www.BernieSiegelMD.com.



How to use the will (continued)

WALLACE D. WATTLES

Thought is the creative power, or the impelling force which causes the creative power to act; thinking in a Certain Way will bring riches to you, but you must not rely upon thought alone, paying no attention to personal action. That is the rock upon which many otherwise scientific metaphysical thinkers meet shipwreck - the failure to connect thought with personal action.

We have not yet reached the stage of development, even supposing such a stage to be possible, in which man can create directly from Formless Substance without nature's processes or the work of human hands; a man must not only think, but his personal action must supplement his thought.

By thought you can cause the gold in the hearts of the mountains to be impelled toward you, but it will not mine itself, refine itself, coin itself into double eagles, and come rolling along the roads seeking its way into your pocket.

Under the impelling power of the Supreme Spirit, men's affairs will be so ordered that someone will be led to mine the gold for you; other men's business transactions will be so directed that the gold will be brought toward you, and you must so arrange your own business affairs that you may be able to receive it when it comes to you. Your thought makes all things, animate and inanimate, work to bring you what you want, but your personal activity must be such that you can rightly receive what you want when it reaches you. You are not to take it as charity, nor to steal it; you must give every man more in use value than he gives you in cash value.

The scientific use of thought consists in forming a clear and distinct image of what you want; in holding fast to the purpose to get what you want, and in realizing with grateful faith that you do get what you want.

Do not try to 'project' your thought in any mysterious or occult way, with the idea of having it go out and do things for you; that is wasted effort, and will weaken your power to think with sanity.

Your faith and purpose positively impress your vision upon Formless Substance, which has *the same desire for more life that you have*; this vision, received from you, sets all the creative forces at work, *in and through their regular channels of action*, but directed toward you.

It is not your part to guide or supervise the creative process; all you have to do with that is to retain your vision, stick to your purpose, and maintain your faith and gratitude.

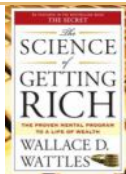
But you must act in a Certain Way, so that you can appropriate what is yours when it comes to you; so that you can meet the things you have in your picture, and put them in their proper places as they arrive.

You can readily see the truth of this. When things reach you, they will be in the hands of other men, who will ask an equivalent for them. And you can only get what is yours by giving the other man what is his.



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

Visit www.thescienceofgettingrich.com





The Initiation Process

ECKANKAR

Harold Klemp says in *How to Survive Spiritually in Our Times*, “Your ECK initiation can open the window of heaven. Your state of consciousness means nothing more than your state of acceptance.” Each of us enters the path of Eckankar with a different state of consciousness. Our own level of unfoldment depends on our experience in this life and in previous incarnations. Some have studied the ECK teachings in past lives and therefore take to the path quite easily. For others it may be their first contact with the teachings of Light and Sound, and they may feel more comfortable proceeding slowly.

Beyond the First Initiation, which occurs in the dream state, initiations in ECK are given both physically and spiritually. The Living ECK Master authorizes each initiation. A letter is sent to the ECKist, which is an invitation to receive the initiation. The ECKist then makes an appointment with an ECK Initiator. The initiation takes less than an hour to complete, and includes instruction and contemplation. In some initiations, a new spiritual word is given, to be sung during spiritual exercises.

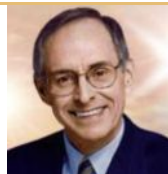
The pace of spiritual progress varies from person to person. A number of years normally pass between ECK initiations to ensure that each person has built strong spiritual foundations at each level. Some may experience their next initiation inwardly six months or more before they receive the outer invitation from the Master. For others, the significance of the initiation may not be fully understood for months after the initiation.

Each initiation corresponds to a different plane of existence. The Second Initiation is related to the Astral Plane, the Third to the Causal Plane, the Fourth to the Mental Plane, and so on. The Fifth Initiation is especially significant because it corresponds to the Soul Plane. This is the beginning of the pure spiritual worlds, above space and time. At the Fifth Plane the usual laws of karma and reincarnation no longer hold sway.

Consciousness has to be earned moment to moment. Of course, obtaining the Fifth Initiation in Eckankar does not guarantee spiritual balance or understanding. Consciousness always has to be earned moment to moment. Regardless of spiritual stature, a person can become confused, experience a spiritual setback, and have to start on the path again. The road becomes narrower as we move into the higher worlds. With greater spiritual freedom comes greater responsibility and accountability.

The rules change from plane to plane. The initiations of ECK can have a dramatic effect on our spiritual lives. If, as a Second Initiate, we become accustomed to operating on the Astral Plane, we may expect the rules and systems learned there to work for us everywhere. Many who take the Third Initiation are puzzled to find that the Causal Plane operates in a different manner. They must learn the new rules. This process constitutes part of our spiritual growth.

The real initiation occurs inside. Only the Mahanta, the Living ECK Master, can link up soul with the ECK through initiation. The outer initiation is simple and easy. As with many experiences in Eckankar, the real event occurs inside each of us. The outer initiation is a physical acknowledgment of the inner spiritual event. It is the inner event which makes all the difference.



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





The Significance of the Star in the East

BY PARAMAHANSA YOGANANDA

Following are excerpts from Discourse 3 of *THE SECOND COMING OF CHRIST: The Resurrection of the Christ Within You*, by Paramahansa Yogananda, which explore the deeper meaning of the “star in the east” – the spiritual eye seen in the concentrated state of meditation.

Copyright © 2004, Self-Realization Fellowship. Reprinted with permission. www.yogananda-srf.org.

The adoration of the Wise Men is far more significant than merely another scene of pageantry recognizing the holy birth. It was the defining stamp of God placed on the life of Jesus that would in future characterize his mission and message—a reminder that Jesus was born in the Orient, an Oriental Christ; and that his teachings bore the influence of the Eastern culture and customs. There is a very strong tradition in India, authoritatively known amongst high metaphysicians in tales well told and written in ancient manuscripts, that the wise men of the East who made their way to the infant Jesus in Bethlehem were, in fact, great sages of India. Not only did the Indian masters come to Jesus, but he reciprocated their visit. During the unaccounted-for years of Jesus’ life—the Scripture remains silent about him from approximately age fourteen to thirty—he journeyed to India, probably traveling the well-established trade route that linked the Mediterranean with China and India. His own God-realization, reawakened and reinforced in the company of the masters and the spiritual environs of India, provided a background of the universality of truth from which he could preach a simple, open message comprehensible to the masses of his native country, yet with underlying meanings that would be appreciated in generations to come as the infancy of man’s mind would mature in understanding....

As the prophets of the Old Testament foretold the coming of a Christ to be born in Bethlehem, so this major event of God’s helping hand extended to man was foreknown also to the Wise Men with whom Christ’s life and mission were to be linked....Whatever celestial star

might have indicated to the Wise Men the birth of Jesus, it was a “star in the east” of greater power by which they knew of the coming on earth of Christ Jesus: the all-revealing light of the spiritual eye of the soul’s intuitive divine perception located in the “east” of the body—in a subtle spiritual center of Christ Consciousness in the forehead between the two physical eyes.

Man is veritably a microcosm of the macrocosmic universe. His finite consciousness is potentially infinite. While his physical sensory organs confine him to the world of matter, his soul is endowed with all-powerful instruments of perception by which God Himself may be known....

During meditative concentration at the point between the eyebrows, the spiritual eye can be seen: a brilliant white star in the center, encased within a sphere of sapphire-blue light, encircled by a radiant golden aura. The golden light is the epitome of the vibratory sphere of the Holy Ghost; the blue light is the omnipresent Intelligence of the Christ Consciousness; the star is the mystic door into the Cosmic Consciousness of God the Father.

Jesus said, “If therefore thine eye be single, thy whole body shall be full of light.” Any devotee who, by the practice of yoga meditation, knows how to focus his inward gaze at the point between the eyebrows, finds that the light traveling through the optic nerves into the two physical eyes becomes concentrated instead into the single visible spiritual eye. The two physical eyes perceive only limited portions at





a time of the world of relativity; the vision of the spiritual eye is spherical and can see into omnipresence.

By deep meditation the devotee penetrates his consciousness and life force through the tricolored lights of the spiritual eye into the macrocosmic manifestation of the Trinity.

When the Wise Men saw a star intimating to them the birth of Christ, they were beholding through the wisdom-star of infinite perception in their spiritual eye where the Christ Consciousness was newly manifested in the body of infant Jesus....

Spiritual signs appear on the body and face of one who is a realized soul; these signs are held secret, and only a few know how to read them. By these signs, and by their sight divine, the Wise Men were able to know they had found the Christ they sought, the babe who was one with the Lord of the Universe. They knelt and

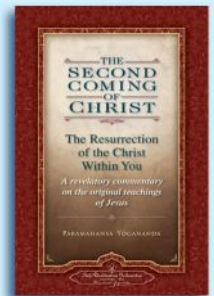
offered their symbolic gifts. These were the traditional gifts given in India to the newborn; but they held further meaning coming from the Wise Men to Jesus: Gold (material treasure) is offered to a giver of wisdom as a symbol of appreciation of the great value of liberating truth bestowed by the spiritual teacher. Incense symbolizes devotion, the fragrance of the heart's love offered to the master who is a channel through whom God's guidance and blessings flow. The myrrh was in recognition of the bitter trial and sacrifice that would be required of Jesus in fulfilling his divine mission.

On a transcendent level of consciousness, in which others could neither participate nor bear witness, there was a spiritual exchange of soul-communion concerning the destiny of Jesus, which would be of universal benefit to man—as Jesus would be one of God's supreme message-bearers of Truth.



Self-Realization Fellowship (SRF) is the international nonprofit organization that Paramahansa Yogananda established in 1920 to disseminate his Kriya Yoga meditation teachings. Recognized as the father of Yoga in the West, Yogananda devoted his life to helping people of all races and creeds to realize and express more fully in their lives the beauty, nobility, and true divinity of the human spirit. His beloved world classic, *Autobiography of a Yogi*, has introduced millions to India's spiritual science of Yoga.

One of the aims and ideals that Yogananda set forth when he established his society was to reveal the complete harmony and basic oneness of original Christianity as taught by Jesus Christ and original Yoga as taught by Bhagavan Krishna; and to show that these principles of truth are the common scientific foundation of all true religions. His groundbreaking work, *THE SECOND COMING OF CHRIST*, provides a masterful interpretation of the teachings of Jesus Christ, unprecedented in its depth and scope. The book guides the reader on a profoundly enriching journey through the four Gospels, verse by verse – into the deeper meaning of Jesus' universal message. In his powerful commentary, Yogananda strips away the divisiveness and dogmatic approach that have accumulated around Jesus' teachings and affirms that it is possible for every individual – regardless of one's faith tradition – to have the same relationship that Jesus had with the Divine.



Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of SRF President and Sanghamata Sri Mrinalini Mata, a close disciple of Yoganandaji and one of those chosen by him to help guide the Self-Realization Fellowship work after his passing. The society oversees its temples, retreats, and centers around the world; the monastic communities of the SRF Order; a Worldwide Prayer Circle; and the publishing of Yogananda's lectures, writings, and informal talks. For more information, please



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

visit www.yogananda-srf.org



Readers' Inspirations

The challenge of Spirit

In youth, emotions run high and hormones drive the mind.
 In adulthood, hormones subside but passion remains.
 In old age passions flees but attachment still roams.
 For whence shall I relinquish thy gifts in favour of thee?
 May I surrender today in freedom of emotion, hormones, passion and attachment.

SUREN PILLAY



Acceptance

... comes from within. It's a feeling that can be appealing, luring, loving or hating.
 Judging ones character is not polite. Accept the person who you see.
 They can be chubby, thin or unattractive. Appearances can sometimes be deceiving.
 Colour, race, or even age do not matter - it's what comes from within.
 You never know when someone can take your breath away or help you accomplish your dreams.
 Accept people for who or what they are. No one is perfect. Race and colour come from above.
 Everyone has flaws, no one is perfect, so why judge someone when you are not perfect?

ZARINA MALICKSHA



Karma

some people should stop trying to get out of the cycles of birth and death
 and start trying to get out of the cycles of madness that their minds create...
 don't follow your mind, it will leave you blind and behind.

BAPI



Prayer for health and Vitality

Today I will seek God's vitality in the sun, bathing my body in its light to appreciate the life-giving, disease-destroying gift of the ultraviolet rays from the Lord. Heavenly Father, my body cells are made of light, my fleshly cells are made of Thee. They are Spirit, for Thou are Spirit; they are immortal, for Thou art Life. The light of Thy perfect health permeates the dark nooks of my bodily sickness. In all my body cells Thy healing light is shining. They are entirely well, for Thy perfection is in them. I recognise my illness to be the result of my transgression against health laws. I will undo the evil by right eating, exercise and right thinking.

PARAMAHANSA YOGANANDA



Leaders

Leaders must be tough enough to fight, tender enough to cry, human enough to make mistakes,
 humble enough to admit them, strong enough to absorb the pain,
 and resilient enough to bounce back and keep on moving.

JESSE JACKSON



Index of Resources and Online References

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

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

Bernie Siegel

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

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

Eckankar

PO Box 2000, Chanhassen, MN 55317-2000 USA
Main: (952) 380-2200
Web: <http://www.eckankar.org>

Gayathri Peedam South Africa

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

Heaven Letters (TM)

Web: <http://www.heavenletters.org>
Gloria Wendroff - Email: gloria@heavenletters.org / santhan@heavenletters.org

Jadatharaya Institute of Right Living and Yoga

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

Lucis Trust

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

Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>
Rod Briggs - 032 946 2710
Email: info@mindlinkfoundation.com



Self-Realization Fellowship

Web. <http://www.yogananda-srf.org>
3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA
Email. PublicAffairs@yogananda-srf.org
Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

Share International

Web. <http://share-international.org>
PO Box 3677, London NW5 1RU, UK
Phone: +44-207 482 1113 / Fax: +44-207 267 2881

Suren Pillay

Web. <http://www.surenpillay.com>
Email. surendranpillay@webmail.co.za
Phone. 084 828 3880

Swami Shankarananda Maharajji

Web. <http://www.swamishankarananda.blogspot.com>
Email. sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web. <http://www.swamimurugesu.blogspot.com>
Email. sivabalayogi@mweb.co.za

The Expanding Light

Web. <http://www.expandinglight.org>
Phone: 800-346-5350 or 530-478-7518
Email: info@expandinglight.org

TSOGR (The Science of Getting Rich)

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

Victoria Rodda

Photographer and illustrator
Email: victoria.v8@gmail.com



TRANSCENDENCE

is a unique, non-commercial electronic magazine
aimed at promoting unity in spiritual diversity
and in equipping serious students of God with
inspiration, motivation and methods of transformation.

TRANSCENDENCE is distributed at no cost every full moon
in a user-friendly, printable PDF format.

To subscribe to **TRANSCENDENCE**
and receive it in your in-box each month

PLEASE VISIT OUR WEBSITE AT
www.transcendencemag.com
FORM MORE DETAILS

All articles published in **TRANSCENDENCE** are used with permission
and are supplied to our publishing department 12 months in advance,
in exchange for exposure of the respective organisations or individuals.

Should you or your organisation wish to contribute articles to future editions
of **TRANSCENDENCE**, please contact us at transcendence.mag@mweb.co.za