



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Thirty-six

25 February 2013

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Welcome to the February 2013 issue of *Transcendence*...

Mahatma Ghandi once said that “the greatness of a nation and its moral progress can be judged by the way in which its animals are treated”.

I would like to dedicate this month's editorial to our animal companions. There is much controversy around the question as to whether or not animals have feelings, or even a soul. Anyone who has loved and connected with an animal - be it a domesticated dog, cat, or even a bird, pig, rat, goat, cow or horse - will know that animals express as wide a range of emotions as humans do. They also have moods, can be temperamental, grumpy, excited, miss us when we're away, and are subject to emotional scarring from abuse.

Unfortunately animal abuse is commonplace in today's society. Too many people don't connect or communicate with their pets, or understand the importance of treating them with dignity and respect, as they would another human being.

Animals have individual characters and souls, just like humans do. They just don't communicate using verbal language, but they do communicate by emotion, if we take the time to 'listen'. Love given to an animal is returned once that animal has gained your trust, and many animals are known to be eternally loyal to their owners, in spite of abuse and mistreatment.

This is an appeal to all animal owners: love your pets like you would your own children. They are just as special and deserving.

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

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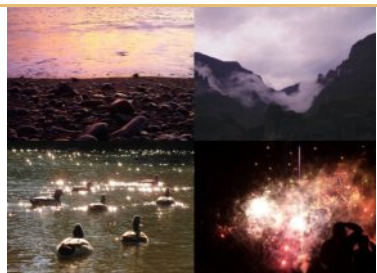
Design and layout by Cosmic Creations
www.cosmic-creatinos.net



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Heavenletter # 4079 - Hearts

GLORIA WENDROFF

God said:

How beautiful are My dreams of you. You come before Me as visions I have had. I see you clearly now, yet you do not see yourself. You may not even see yourself as beautiful. What a pity that is, for you are the apple of My eye. It would be good for you to know this, and to know this as true, that you are beautiful, more than beautiful. You are beauty itself. This has to be true, for you are made in My image. I do not say this lightly.

Early on, it was drummed into you that you were not the marvelous being that I see and know. By people who had no sense of themselves, you learned to have no sense of yourself. What did you think you were? And what did you think you were not?

It's good I'm here to tell you about yourself, how you are a miracle upon Earth. Not only a miracle yourself, but a miracle who sparks miracles until the whole world is miracle, miracle, miracle. Of thee I sing. O, how I love to sing of you. I made an image of Myself, of My Soul, and it is you. I do not speak of your looks or your accomplishments. I speak of you, the you that is I.

We take a voyage together, sometimes by land and sometimes by sea, and sometimes in the air as the crow might fly. We are something, you and I, although you are I and, therefore, not separate from Me at all. You are not really a mirror image. You are a replication. Not your body, but you, that which I call you, that which is My Golden Self in the guise of a human being. You are a being all right. You are My Being. On Earth, you pretend to be weak or sorrowful or hurt or proud or graced or disgraced when you are Myself, and I am Grace Itself, and you are graced and you can give grace to all those around you to as far as the corners of the world.

We speak of corners of the world in the same way We speak of you as a separate entity, for there are no corners to the world, and there are no separate entities. Jack and Jill went up the hill, carrying a pail of water. I, and the supposed you, go up and down hill, and We carry love over hill and dale, for We are love, and love abounds.

You are a miracle of love that may not know that he or she is a miracle and who, furthermore, makes miracles. Divine miracles, beloveds, divine miracles of love. The miracles are divine because they are made of love. There is nothing else to make anything of. All is miracle. From miracle to miracle, from love to love.

Are you seeing all the love in the world? Despite seeming opposition to love, there is love and more love, exquisite yielding love, love yielding more of itself, love saying Yes, Yes, and more love saying a quadrillion Yesses. Love wraps itself around the world and the Universe and around every heart.

Love is here to stay. Love is here to shine its light. Love is here to be taken into every heart. When everyone's heart is true, what else is needed? You are My True Heart. My heart is with you. My heart is yours. We could say that My heart belongs to you. It belongs to you as much as it belongs to Me. Of course, My heart belongs to all. And that is the story of My heart which, also, happens to be yours.

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



Inspirational Quotes



You don't have to be perfect. I know you are My Perfect Love, and I do not judge. I don't even think to judge. It is not a possibility for Me to judge. I know you are learning. I know you are climbing a golden ladder to Heaven.

Heavenletter #4075 All the Good Things.



So long as you require other people to be what you believe you need them to be, you will be let down. Love does not come from need. It may feel like love to you, this need you feel, yet love comes from giving, not from need. So long as you are needy for something from a relationship, you are controlling. You are making demands. You are putting pressure on another to be what you are sure they have to be for you. You have a picture of what they are supposed to do for you, and, when they did not fulfill this assigned role, you are sure that they have let you down.

Heavenletter #4071 It is Blessed to Give



Everyone has the right to live his life as he sees fit, or even as he doesn't see fit. Everyone has the right to open the door he chooses to open. And everyone has the right to close the door he chooses any time he wants. He has the right to change his mind and choose another door.

Heavenletter #4076 Choose a Star



A bad mood does not have to translate into a bad day. They do not have to be synonymous. Be a quick-change artist. Step into a new mood, and hurry up about it. Get out there on that stage of a day and make your day what you want it to be

Heavenletter #4066 Chewy Caramels



Self-centeredness is immaturity. It is not a crime. It is immaturity. Don't be a two-year old in an adult body. You wouldn't, would you? And yet some are. All of My children are kids inside. There is good to this as well, and yet there is also good in looking at a bigger picture. Will you? Will you look to see further? Will you look to see beyond yourself?

Heavenletter #4063 Look Through a Wider Window

Ten years ago, after a spiritual awakening, I started writing letters to my inner self and got answers. After a while, I thought: "Hmm, if I can address myself and get answers, why not with God?" I had always heard to go to the top, so I started asking questions to God, first for myself and later for others, and God answered with a common sense and vision far beyond anything I could ever have thought of. And then questions were no longer necessary because God just started coming in with what He wanted us to hear. One thing about God, He wants His words shared, and so Heaven Letters is emailed out every day.

GLORIA WENDROFF



Everything God says is meant for you, and each day's Heaven Letter contains a new message God wants you to hear that day. For people of all faiths, or of none, Heaven Letters are like a walk you take with God. With each step, you come closer until you find there is no distance between you and God.

Visit www.heavenletters.org





Observations, Reflections and Discoveries

ROY EUGENE DAVIS

Continuous Learning and Skillful Living Nurtures Emotional and Spiritual Growth

Animals that hibernate. Groundhogs, ground squirrels, marmots, and bears are some of the animals that withdraw from cold weather for several weeks or a few months in a state of suspended animation which is not like ordinary sleep. They wake up now and then to pass waste products. Most hibernators don't eat or drink anything during their seclusion; they live mostly off the body fat they accumulated before winter began. Heartbeats and breathing slow down and body temperature decreases. In some countries, studies are now being done to determine if physiological conditions observed in hibernating animals might be useful to cause to occur in humans. Example: people who rest in bed for long periods of time and astronauts who are weightless in space for several days or weeks lose a percentage of bone mineral. Some bears that were examined during and after hibernation didn't have as much bone mass loss as they might have had if they just slept for a long time. It was found that although bone replenishment was slower than normal during hibernation, the rate of bone loss was also slower.

—*Science News, February 25, 2012*

It is known that some accomplished meditators can be absorbed in a superconscious state for an extended period of time during which their heartbeats are slower, breathing is slower (perhaps 3 or 4 times a minute), and body temperature is a few degrees lower than normal. Contrary to some anecdotes, the heart doesn't stop beating and they don't stop breathing. The psychological and physical benefits reported by many people who meditate effectively for even a short period (20 to 30 minutes) daily result from deep relaxation, less stress, slowing of biological aging, strengthening of the body's immune system, mental and emotional calmness, and improved powers of perception.

Quiet Mind, Pure Essence

by CSA minister Phillip McLemore

Knowledge of our true nature and of God may be obscured by ordinary mental activities and mental, emotional, and physical conditions. Skillful Yoga practice removes attention and awareness from externals and allows our pure essence to be known. *The Bhagavad Gita* and the *Yoga Sutra of Patanjali* emphasize two basic practices as meditation and nonattachment. Meditation turns awareness inward and clarifies it. After meditation, clear awareness may be maintained when the mind is calm and attention is not excessively involved with thoughts, moods, and external conditions.

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.



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The Supreme Science of Contact

LUCIS TRUST

Evolution could be succinctly defined as an 'ever-increasing power to respond' – an unfolding sensitivity to the surrounding environment and a corresponding ability to interact with it. And when a human being becomes consciously proactive in his or her own evolution, a spiritual scientist is born; one who discerns increasingly subtle impacts upon the senses – their origin, purpose, meaning and quality – and intelligently responds in a way that promotes spiritual growth in some aspect of the whole. For such a person, evolution becomes a supreme science of contact, expanding far beyond the mundane physical senses into the realm of the intuition and telepathy.

Of necessity, the science of contact works through a medium, popularly known as the ether; and through it electromagnetic interplay at all levels takes place. From the energetic relationships formed in cosmic force-fields by the Lord of the World, down to the tiny electromagnetic bonds of relationship that form between atoms and molecules, the ether provides the matrix through which the science of contact and the art of response functions.

Startling verification of this was discovered by researchers at a leading pharmaceutical company. When cereal seeds and fish eggs were exposed to an 'electrostatic field', primeval organisms grew out of the seeds and eggs including “a fern that no botanist was able to identify; wheat that was ready to be harvested in just four to six weeks, and giant trout extinct in Europe for 130 years. It was as if these organisms accessed their own genetic memories through the agency of the electric field.”¹ If the science of contact can work through force-fields to evoke the past in this way, what then the implications if the future could be similarly evoked?

In fact, the science of contact relates the past to the future in the present moment; for the present is where the product of the past meets the potential of the future. And the spiritual scientist is one who communicates with the soul within each form to help unfold this potential. The destiny of humanity is to work collectively as a planetary mediator in this way. By means of invocation and evocation humanity can consciously relate the energy of the higher, archetypal kingdoms of nature to the lower, subhuman kingdoms. A bridge of communication is then established stretching from the highest spiritual beings to the lowliest atom.

We are entering an age when both our higher contacts and shared planetary destiny are coming to light. And meditation with its safe and steady awakening of the higher force centres in the human frame *engenders a magnetic aura upon which these higher impressions can play*. For our part, every lighted triangle charges the planetary network anew each day for the impression and expression of dynamic energies. In this way we are participating wholeheartedly in the expert use of the science of contact to “let light, love and power restore the Plan on earth.”

Ref: www.urzeit-code.com/index.php?id=23

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 World is what You Make it - Part 1

SWAMI KRIYANANDA

THE WORLD IS a mixture of all kinds of qualities and opportunities—good, bad, and indifferent—and it's up to us what we make of them. In his book, *Autobiography of a Yogi*, Paramhansa Yogananda tells the story of the time when Sri Yukteswar was disturbed because most of the sadhus at the Kumbha Mela, a large religious gathering, weren't very spiritual.

Then Sri Yukteswar saw the fully illumined master, Babaji, who reminded him that the world is a mixture of "sand and sugar," of the spiritual and the not-so-spiritual. Babaji told him: "Be like the wise ant that takes the sugar and leaves the sand."

The world has lots of good and lots of bad—lots of God and lots of Satan. It would be a very wholesome practice in every circumstance to always look for the positive side of things.

Our thoughts affect us on every level

A man who was inclined to be very negative in his attitude, and always finding fault with others, was having many health problems. Finally he saw a healer who apparently had some spiritual power.

As this man was leaving the healing session, he suddenly understood—everything had begun with his negative attitude, which was reflected even in his body. By making his attitudes more positive and accepting, he was able to overcome his physical problems.

You are the product of the thoughts and emotions you express, and they will influence you on every level. They'll etch themselves in the lines of your face, your hands, and your body. They'll etch themselves in your movements, your ways of thinking, and your health. Everything will reflect your thoughts, whether positive or negative.

Always refrain from judgment

I was once criticizing someone to my mother and she said, "You shouldn't judge." I replied, "But shouldn't we have discrimination?" I was right—but I was also wrong.

Yes, we need discrimination to see where people are making mistakes, but at the same time we have to refrain from judgment. We should use our discrimination to help us with the only real responsibility the universe has placed in our laps—ourselves.

What other people do isn't our problem. This doesn't mean we shouldn't help them. We should do what we can, but we should realize also that they're blessing us by giving us the opportunity to help. It hurts them—and us—if we harbor thoughts of impatience, anger, criticism, or any other kind of negativity.

Certainly you'll see wrong in the world—all you have to do is open your eyes and you'll find something. But seeing life with discrimination is only a first step. Far more important is having a positive attitude and learning to see goodness everywhere.

People justify Negative attitudes

It's very insidious how negative thoughts will come into the mind and you won't even know it. People often feel perfectly justified with whatever attitude they may have, because the world has "proven" to them that their attitude is right.

For instance, people will often act unkindly because they expect the world to respond in kind, and sure enough, the world treats them the same way. Then they say, "You see, it's an inimical world. I've never met any good people." But the reason they don't meet them is because they're putting out negative expectations.

Our thoughts influence outer events

The kind of thoughts you put out not only affect you personally but also the world around you. The aggregate thoughts of mankind are much more responsible than we know for patterns of weather, drought, and famine.

I once met a Mayan Indian who was a guide in Yucatan. Out of curiosity, I asked him if he'd ever seen a rain dance.



His reply was very interesting: “Well, it’s curious you should ask because some five years ago, we had a serious drought and the crops were dying. I was driving in the jungle and came upon a village where people were doing a rain dance, so I stopped to watch.

“The moment the dance ended, clouds gathered from nowhere. There was such a terrific downpour that everyone had to dash for cover.”

We hear these stories and think, “Well, that’s not very likely.” But the more you try to use your mind with concentration and power, the more you begin to realize that there may indeed be some kind of connection between your thoughts and outer circumstances.

Transcending subconscious thoughts

Our minds are influenced on many levels. Most of our thoughts are like icebergs hidden under water. They exist as subconscious vortices of energy with different levels of vibration, both spiritual and not-so-spiritual.

Sometimes you’ll suddenly have a desire to go out and do something you’ve never done before. This is because a vortex of unresolved energy from the subconscious has been released in the brain. This process happens throughout your life, but you’re usually not aware of it.

Some of the thoughts that get released are more powerful than others. If you’re dealing with a very strong desire, often there’s nothing you can do to resist it. You simply have to ride that horse until it runs out of energy.

But there are other kinds of thoughts toward which you can put out a stronger, opposing kind of energy that will counterbalance the initial tendency. For example, if you’re drawing negative reactions from people, you can work on kindness, forgiveness, love, calmness, etc.

Just as when you’ve got a lot of weights on one side of a scale, and not much on the other, you can keep adding more energy to the lighter side until you’ve tipped the scale in a positive direction.

The practice of Kriya Yoga is very important in this regard in that it enables you to get rid of these vortices of energy much more quickly, even when they are strong. Kriya helps to bring these energies up to the brain where they can be dissipated without our having to act on them.

Seeing beneath the veneer of glamour

You do, of course, have to relate realistically to the world as it is, and the first aspect of discrimination is to see the negative realities under their veneer of worldly glamour.

Recall the story of Buddha. Astrologers had predicted that he would become a mighty king or he would renounce everything and become a mighty teacher. His father, who wanted him to become a king, tried to convince him that the world was beautiful.

But one day, Buddha, on a ride out from the beautiful palace grounds, discovered an old man, a sick man, and a dead man, and he realized that these conditions were possible for everyone. Experiencing that negative reality made him renounce his worldly heritage and eventually become the Buddha.

If this world didn’t have anything wrong with it, I doubt that people would come onto the spiritual path. Here we see the negative side of life so forcefully—the Mafia, meanness, cruelty, terrible accidents—that we eventually see that this world is too imperfect to improve beyond a very small degree.

SOURCE LINK TO THIS ARTICLE: <http://www.crystalclarity.com/content.php?page=skarticle38>



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





Law of Thermodynamics

ROD BRIGGS

The first Law of Thermodynamics tells us that energy can never be destroyed. Simple schoolboy science... or is it? How many of us actually analyse that statement apropos our lives. Inherent in the concept is infinity and here we tend to come unstuck.

Mystics throughout the ages have known, and taught, that we are part of an infinite spectrum of energy. We hear this and think it makes sense but when we actually stop and ponder on it we have great difficulty understanding the concept of infinity. Most of us assume that it means something without end but, and here's the rub... it also means something that has no beginning. Infinity is a concept that transcends time and space and as such is an introduction to the fourth dimension. Although this might sound like something from a sci-fi novel it deals with the very basics of our experience of life... our mind. When we think about our experiences and ask ourselves what part of us does the experiencing it is always the same answer; it is not our taste buds, eyes, fingers, ears or nose which explores the amazing world we find ourselves in, our awareness of all of these senses depends on the consciousness created by our minds. The bottom line is that our minds are the only thing that interprets our world and, as we are told in Buddhism, *"all that you are arises with your thoughts"*

Our physical bodies, including our brains, being physical must return to the physical energy field to be "recycled" via decomposition, but what about our minds? Where do our minds live; what part of us houses our consciousness? Our minds, not being limited to mere physical form, revert back to more subtle fields of existence. Over the last thirty years much has been discovered about the more subtle aspects of mind and an energy matrix called by physicists the Zero Point Field has been isolated; it is this area, beyond the space time continuum, which finer aspects of mind inhabit. This is the area of Déjà Vu moments and precognition as well as the place our intangible self has always, and will always exist in. In all spiritual teachings there resides an understanding of the Laws of Thermodynamics.

Science tells us that the entire Universe and all it contains is made up of matter and energy, the most common source of the latter being light; in the Gnostic Gospel of Thomas Jesus is asked by his disciples where we come from, his answer, short and sweet was *"You come from the Light, Light you are and to Light you will return"* Now that's a Christmas message worth thinking on.

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 of the past

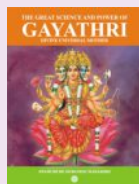
SWAMI MURUGESU MAHARISHI

You may consider that what is past is past, and that it cannot be known by any means. What is your age? Suppose you are fifty. Where were you at the age of thirty? Try to remember where you were and what you were doing. No doubt, you will describe all the past particulars. When you narrate, your mind is actually reproducing those incidents, is it not? If mental reproduction is not there, you cannot remember anything of the past. Before you attempt to remember, your mind was reproducing events taking place in the present. This means that the mind has not any past incident to it, but when you try to remember, those past incidents are introduced to your mind. You know it is the subconscious mind which retains all the past incidents of a person, and when an attempt is made to recall them, the act of remembering takes place. It injects the ideas into the mind and we begin to see and feel them as if they are taking place in the present.

You may have read or heard that many persons, due to some mental shock, remember their previous births. By keeping anybody in a deep hypnotic state, we can ask them to narrate their past life which, when tested, is usually found to be accurate. In yoga this is called *sanskara sakshatkarans poorna jathi jnanam*. If one visualises one's chitha and the impressions that lie there, he will understand all of his previous births. All this means that, although a person's life passes away year by year, we think that all their life processes also vanish, but the truth is otherwise. All a person's life proceedings are kept in their chitha, in the form of impressions. And whenever one wills to access one's memory, those impressions are expressed in the mind as if they are taking place in the present.

Even as their is individual chitha for every person, there is cosmic chitha pervading the entire universe, which retains within it all that takes place in the universe. The coming into being of solar systems and their modes of functioning and disintegration, is recorded in the cosmic chitha, known as the Akashic record. Individual chitha and cosmic chitha are made up of akasha, the first evolute of the universe. Everything from the time of creation up until the present day is recorded in akasha. Similarly, all that is going to take place in the future will be recorded in it. Not even a minute incident is left unrecorded.

As you have introduced your mind to any place or incident in order to study the happenings taking place there, if you introduce your mind to the akashic record with the idea of knowing any particular past incident, it will be reproduced in your mind as if it is taking place in the present. Once correct technique is as follows: suppose you want to see clearly what happened before Christ's time. Put the idea of this in your mind, and be fully absorbed in it. Within a few minutes you will witness all that took place at that time as if you were there, personally witnessing the events. If you are able to reproduce these visions in your physical brain, you will remember all that you have seen in your subtle vision. In this way any past incident of not only the physical plane, but also the astral and mental planes, can be seen and heard as if you were present. As previously mentioned, there is no future clairvoyance but, through premonition, you can understand the future.



The Great Science and Power of Gayathri, Divine Universal Mother

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

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





Spiritual Planning

SUREN PILLAY

In general we all view life from different perspectives. Many people see life as a series of events with no tomorrow. They see life happening to them rather than them happening to life. In other words they live life very reactively and with little awareness of environment and future planning. Many visionaries and leaders in the current age have given credence to the value of planning in life. They say that a man without a plan is a man going nowhere. This principle is applicable not only to the material path but also the spiritual path.

Nothing great was ever created without some careful thinking behind the process. Every great creation was created twice, first in the mind and then in the physical world. In terms of spirituality every great teacher has enounced the value of sadhana in our daily lives. Sadhana literally means spiritual practice which should be done daily.

In the modern world, however, sadhana has become more and more difficult for many, given the increase in work hours and material responsibilities that many have to deal with. Householders especially are under a great deal of pressure with regards to time, as they have to manage a household as well work, many of them also simultaneously pursuing future studies. The critical question is: how do we find a spiritual balance between the material obligation and spiritual pursuits?

The key to the puzzle lies in effective planning and self management. Self management is a topic that few individuals ever engage in, however it may be the most important topic that can impact your life. The reason is that at the core of self management is planning and goal setting. The first challenge is to actually sit down and commit oneself to at least 30 minutes of planning for how your week should run. These 30 minutes might well allow you to accomplish more than you ever thought possible. It is in a quick 30 minute session that you realise how much time is wasted in pursuits that are not aligned to your deepest values.

In order to progress greatly in spirituality, time and energy are a requirement. Without these resources in place, progress is not possible. Therefore find a time in the day which is most convenient for you for even 10 or 15 minutes to start off with and commit yourself to that time every day for meditation or chanting or any other spiritual practice. The time to be spent must be reasonable and attainable for the goal to be achieved every day. Ideally a routine should be set for each day of the week where essential activities may be performed, however enough flexibility should be made for emergencies or unforeseen events.

Dear spiritual brothers and sisters, my message to you this month is to start planning your life systematically so that you can create more time for spiritual and material accomplishment in your life. Success, whether it be material or spiritual, is in your own hands: your thoughts and actions create your life. Live wisely and you will reap the benefits of wisdom sooner than you think!

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>





Our soul is Immortal

FLORA TECKIE

We all wonder what happens to our loved ones after their death. Some believe that life ends with death; that we perish completely when the body dies. Others believe that death is a punishment; yet, others believe that there is life after death.

According to the Bahá'í Writings *"when the body dies the soul lives on"* and *"as at the time of death, the real and eternal self of man, his soul, abandons its physical garment to soar in the realms of God, we may compare the body to a vehicle which has been used for the journey through earthly life and no longer needed once the destination has been reached."*

Our earthly life is a small part of a life that is eternal, a life for which we should prepare ourselves purposefully and perseveringly. The soul and the body which together form a human being come from different origins and their relationship lasts only for the span of our mortal life. When this relationship ceases the body goes to the world of dust, where it had originally come from, and the soul goes to its origin, which is the spiritual worlds of God.

The human being has his beginning when the soul associates itself with the embryo at the time of conception. There is a special relationship between the soul and the body and together they form a human being. The association of the soul and body is like the association of light with the mirror which reflects it. The light which appears in the mirror is not inside it, it comes from an external source. Similarly the soul is not inside the body. The same way that the light continues existing whether the mirror is there to reflect it or not, the soul continues living independent of the body.

According to the Bahá'í Scriptures: *"When the body dies the soul lives on. ... if the body undergoes a change, the spirit need not be touched. When you break a glass on which the sun shines, the glass is broken, but the sun still shines! If a cage containing a bird is destroyed, the bird is unharmed! If a lamp is broken, the flame can still burn bright!"*

Dreams are one of the proofs that the life of the soul does not depend on the life of the body. For example in the state of sleep we see without eyes, hear without using our ears, run without using our feet. When we are awake the eye sees only for a short distance, but in dreams we may be in South Africa and meet our friends in UK or America.

Our soul is immortal and continues to progress after its separation from the body. Bahá'u'lláh says: *"Know thou of a truth that the soul, after its separation from the body, will continue to progress until it attaineth the presence of God.... It will endure as long as the Kingdom of God, His sovereignty, His dominion and power will endure. It will manifest the signs of God and His attributes, and will reveal His loving-kindness and bounty"*.

Developing the innate qualities that lie at the foundation of human happiness and social progress help us grow closer to God and prepare us for the life beyond.

It is natural to feel sad when we lose a loved one. The knowledge of the immortality of the soul and anticipation of meeting our loved ones in the next spiritual world lessens the anguish of physical separation.

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

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

The importance of Unity

BY THE MASTER through Benjamin Creme

A selection of quotations on the theme of 'Trust' from Maitreya.

When men look back at this time, they will see it as a time when we displayed, simultaneously, every aspect of our being, both accomplishments and faults. This, of course, is not surprising, for men everywhere stand at various points on the evolutionary ladder but, accepting these natural divisions, which time itself will reduce, there is lacking, still, a unity of approach and an understanding of the needs of all.

Why should this be so? For long ages the teachings of successive religions and the eminence of powerful individuals sustained a certain unity of thought in evolving humanity. There were, of course, many periods of war and dissent but at some level the unifying influence of the great religions was maintained. Today, individuality is so potent, so valued and rewarded, that, despite its manifold achievements, this precious individuality has become man's greatest danger.

Unity in any real sense is all but vanquished, even, or perhaps especially, in the religious field. Few there are who see instinctively, as a matter of course, the essential needs of all men. Therein lies the danger.

The civilising forces of Justice and Freedom, however, are awakening millions to their birthright. Little by little, the minds of men are turning to the needs of all. This, naturally, runs counter to the rousing call of individuality. Hence the present extraordinary tension and chaotic conditions in the world. The problems, political and economic, are basically of a spiritual nature but can be solved only in the political and economic fields. Unity must be sought and manifested. Otherwise the strains imposed by the present conditions would drive men to the most dangerous actions. For this reason Maitreya calls for Unity, an understanding of the needs of all.

Peace is essential but can only be achieved where Justice reigns. Justice, it will be found, needs the calm waters of Trust for its achievement. Sharing alone is Maitreya's remedy for our ills. Sharing alone will bring men, trusting, to the table where Justice will be achieved and Peace assured.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2013/ma_2013-01.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>





To the Learners of South Africa

SWAMI SHANKARANANDA MAHARAJI

“We don’t need no education!” This is one of the defiant phrases from Pink Floyd’s *Another Brick In The Wall*. Ironically, education in South Africa is itself a collapsing wall. With few educational institutes to harvest our demographic dividends and minimal seats leading to spiralling cut-offs, South Africa’s educational report cards show big black stars. Many teachers are appointed, not by their qualifications, but by who they know. This simply reveals how bleak this board has become. We need teachers, and good ones, not ones that fail a Teachers Eligibility Test!

To add to this, we need schools! A smart government would urgently push thousands of rands for fresh schools, but this is not so. Schools are battling to sustain themselves, facing new cut-offs; many might be forced to shut doors and for those that survive another day, the provision of real education is becoming increasingly difficult.

A survey found that learning levels are at an all-time low. Over 50% of Grade five learners are unable to do simple maths, or read Grade two-level text. With education so squeezed, the sight of parents and aspirants hurried from kindergarten to post-graduate has become disturbingly routine. Often even 100% do not always make the university grade. Maybe, this is why Delhi University has begun awarding 102% as an admission requirement.

Lack of education is the main cause of this present situation. The foundation of every country is the education of its youth because education begins a gentleman, and conversation completes him. In a country embedded with past memories, next in importance to freedom and justice is education; without which, neither freedom nor justice can be permanently maintained. This, we are witnessing every day. By education, an empty and mischievous mind can be replenished by an open one. In the words of Mark Twain, “I have never let my schooling interfere with my education.” Teachers deserve all the credit – teachers who educated the children deserve more honour than the parents who merely gave birth to them; for to bare life is finished by one, the other ensures a good life.

Goodwill is such a simple concept that its effectiveness in building relationships and in mediating situations of conflict can be overlooked. Certainly, it is the central tenet of all the great faith traditions, and we are all aware that economics from greed and selfishness, which do not take love into account, is profoundly damaging to all people. It only requires one person to stand for good and take action, which will unfailingly stimulate other activity and become a rallying point for others. As children, you know how to dream and you should not be afraid to dream big. Believe that everything is possible!

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com/2013/02/community-awards-dinner-speech.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





Deceiving People Into Health

BERNIE SIEGEL, MD

Many years ago one of our children brought home a canvas he had decorated in his school art class. He had filled the entire canvas with the word words. As a surgeon what immediately struck me was that you can kill or cure with a sword, or scalpel. But that you could also kill or cure with words when wordswordswords become swordswordswords. Physicians are not taught how to communicate with patients and due to their fear of being sued tell people all of the adverse side effects of therapy and never mention the benefits. Every time I hear a TV commercial mentioning how the pill being advertised can kill you I wonder why anyone would try it. I began to realize how important a patient's beliefs were from my experience and their experience and not their diagnosis. In a sense it is summed up by Dr. Milton Erickson writing in a patient's chart and then excusing himself and stepping out of the office for a minute. When the patient peeked at the chart she saw, "Doing well" written there. How therapeutic. I also learned to ask people how they would describe what they were experiencing versus their diagnosis. Then I would ask how and what in their lives fit those words if they were negative words. The words they would share, like pressure describing her pain, or failure her cancer experience led me to helping them eliminate the pressure in their life and what made them feel like a failure.

One day, prior to performing minor surgery in my office, the patient and I got into an intense and interesting discussion. I picked up the scalpel while we were talking and made an incision. I noticed my nurse waving frantically at me. When she caught my attention she pointed at the syringe containing the local anesthetic which I had not used. I asked the patient how he was feeling and he was fine so I completed the surgery and then told him we were both hypnotized and that I had not used any local anesthetic to numb the area of surgery. Major surgery has been done under hypnosis and I have used hypnotherapists in the operating room too. As I learned the power of words I began to pay more attention to what was said in the operating room. Simple things like changing an injection from feeling like a bee sting to a mosquito bite. When an anesthesiologist talked to the patient about their "going out" I would ask the patient, "When was the last time you went out on a date." I also played music in the O.R. decades ago and was considered an explosion hazard but when everyone felt better the staff stopped complaining. Today we have studies verifying the benefits of music in shortening the time of the surgery, requiring fewer drugs and patients experiencing less pain.

During surgery I would ask my patients not to bleed and divert the blood away from the area of surgery. I was not a normal surgeon but no one is against success so if it worked it became hospital policy for which I received no credit. Before they awakened from surgery I would say, "You will wake up comfortable, thirsty and hungry." I had to change that to "but you won't finish what is on your plate" when my patients all began to gain weight. I couldn't get the administrators to use the TV in patients' rooms to prepare them for surgery with guided imagery. But what really opened my mind to the power of words was my experience as a pediatric surgeon. To reassure children that they would not be in pain while they were undergoing surgery I would tell them while in the emergency room, "You will go to sleep when you go into the operating room." I was shocked to have children fall asleep while they were being wheeled into the O.R. on their stretcher. One boy flipped over and went to sleep as we entered the O.R. When I turned him over for his appendectomy he awakened and said, "You told me I would go to sleep and I sleep on my stomach." We reached a compromise. Then I began deceiving more kids into health by rubbing them with an alcohol sponge, prior to drawing blood, and saying this will numb your skin. A third had total anesthesia while the others all had a less emotional experience and told me it didn't work. I apologized and blamed the defective alcohol sponge. Labeling vitamin pills, with the parent's cooperation, reduced side effects of chemotherapy and other treatments. We relabeled the vitamins as anti-nausea, or hair growing or pain pills and the kids responded because of the faith they had in their authority figures. One woman I know was feeling nauseated after her chemo. She asked her daughter to get her a Compazine pill since she wasn't wearing her glasses. Her daughter gave her the pill and she felt fine. Hours later, while wearing her glasses, she asked for another pill. When she saw it she told her daughter, "That's not my Compazine that's my anti-coagulant Coumadin." "Well Mom it worked fine the last time I gave it you." They both were impressed and enjoyed the experience. The most dramatic experience I learned about came from my experience as well as medical errors due to technical mistakes. One of my patients had no side effects to radiation and the radiation therapist thought his machine was malfunctioning until he saw my name in her chart and then realized, "This is one of Siegel's crazy patients." When he asked her why she had no side effects she said, "I get out of the way and let it go to my tumor."





The examples which I found to be more impressive were when people who thought they were receiving chemotherapy were not due to an error preparing the medication and people who thought they were being radiated were not due to no radioactive material being replaced after the machine was repaired. The doctors involved felt terrible. The radiation therapy doctor said to me he had not treated anyone for a month and just discovered the problem when the radiation therapy machine underwent its monthly inspection. I told him he didn't realize what he was telling me. He repeated how terrible he felt. I said, "You'd have to be an idiot to not know you weren't treating anyone. So you obviously had people experiencing side effects and shrinking tumors." His eyes bulged and he said, "Oh my God you're right." Our body responds to our beliefs and I'd rather lie therapeutically to a patient than give them a list of side effects of a treatment and induce all of them because of what they hear from an authority figure. When I did have to share some negative side effects I would add that they don't happen to everyone; like everyone isn't allergic to peanuts. Let me close with some of my favorite stories and I don't make any of them up. The cousin of my father in law's nurse's aide was told she was terminal with leukemia and it was a waste of time to go to receive chemotherapy which would only make her feel worse. When the aide heard this she called her cousin in North Carolina and told her to come up here because, "Doctor Siegel makes people well all the time." She arrives and I am told about it so I admitted her to the hospital. I sat on her bed and explained leukemia was not something I could treat but that I would ask an oncologist friend to come and see her. Then I gave her a big hug and went to call the oncologist. The oncologists I used had learned about Siegel's crazy patients and had no problem working with them. My oncologist friend told me he agreed with her doctor about the likely outcome but would give her treatment to make her feel there was hope. His letters to me began with, doing well, and ended with, in complete remission. She went home to drive her doctor nuts. What I heard later was that she told her cousin, "When Doctor Siegel hugged me I knew I would get well." I also know patients who left their troubles to God and had their cancer disappear. That is called self-induced healing and not a spontaneous remission. So learn from exceptional patients about survival behavior. Ask them why they didn't die rather than saying what doctors tend to say, "You are doing very well. Whatever you're doing keep it up." Then they learn nothing from their patient. Personality characteristics and survival are inseparable. You are vomiting after chemotherapy and your husband puts bags in the car so that you can throw up into the bag on the way home. One day you are feeling nauseated and ask your husband for a bag. He hands it to you; you open it and find a dozen roses from your husband. You never vomit again after receiving chemotherapy. Last but not least remind patients of their potential. Our Creator has built survival mechanisms into all living things so we can heal wounds, alter our genes and overcome various diseases. Love your life and your body and amazing things can happen. As Ernest Holmes said, "What if Jesus was the only normal person who ever lived?"

Remember: remind patients of their potential. Our Creator has built survival mechanisms into all living things so we can heal wounds, alter our genes and overcome various diseases. Love your life and your body and amazing things can happen. As I learned about the power of words they became my therapeutic tools. With paradox and humor I was able to readjust people's thoughts and feelings. A woman I was about to operate on was in total panic before her surgery. I spent a long time trying to calm her down but nothing I said or did made a difference. So I stopped trying and wheeled her into the operating room where with a look of fear on her face she said, "Thank God all these wonderful people will be taking care of me." I knew agreeing with her wouldn't accomplish anything so I said, "I know these people. I have worked with them for years. They are not wonderful people." For a second she looked bewildered but then burst out laughing as did everyone in the O.R. and we all became family and fear cannot exist in the presence of love and laughter. I was the police surgeon in New Haven, Connecticut for many years. One day a policeman I knew called my office. When I picked up the phone he said, "Doctor Siegel I am going to commit suicide."

I answered, "Jimmy if you commit suicide I will never talk to you again." He hung up the phone and 15 minutes later was in my office mad as hell, shouting that he was holding a gun in his mouth and how insensitive and uncaring I was. I said, "Jimmy did you notice you're not dead."

Then he laughed and realized I had decided to say that and it had worked. We became buddies after that.



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.



Efficient Action - Part 1

WALLACE D. WATTLES

You must use your thought as directed in previous chapters, and begin to do what you can do where you are; you must do ALL that you can do where you are.

You can advance only by being larger than your present place; no man is larger than his present place who leaves undone any of the work pertaining to that place.

The world is advanced only by those who more than fill their present places.

If no man quite filled his present place, you can see that there must be a going backward in everything. These who do not quite fill their present places are a dead weight upon society, government, commerce, and industry; they must be carried along by others at a great expense. The progress of the world is retarded only by those who do not fill the places they are holding; they belong to a former age and a lower stage or plane of life, and their tendency is toward degeneration. No society could advance if every man was smaller than his place; social evolution is guided by the law of physical and mental evolution. In the animal world, evolution is caused by excess of life.

When an organism has more life than can be expressed in the functions of its own plane, it develops the organs of a higher plane, and a new species is originated.

There never would have been new species had there not been organisms which more than filled their places. The law is exactly the same for you; your getting rich depends upon your applying this principle to your own affairs

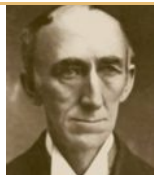
Every day is either a successful day or a day of failure; it is the successful days which get you what you want. If every day is a failure, you can never get rich, while if every day is a success, you cannot fail to get rich.

If there is something that may be done today, and you do not do it, you have failed insofar as that thing is concerned, and the consequences may be more disastrous than you imagine.

You cannot foresee the results of even the most trivial act; you do not know the workings of all the forces that have been set moving in your behalf. Much may be depending on your doing some simple act; it may be the very thing which is to open the door of opportunity to very great possibilities. You can never know all the combinations which Supreme Intelligence is making for you in the world of things and of human affairs; your neglect or failure to do some small things may cause a long delay in getting what you want.

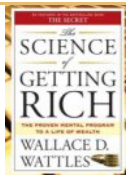
Do, every day, ALL that can be done that day.

There is, however, a limitation or qualification of the above that you must take into account.



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 ECK Masters Part III

ECKANKAR

The Living ECK Master Is Not Worshipped

In Eckankar, the Living ECK Master is not idolized. He is given respect and love, but he is not worshipped. It is the Master's function, not his personality, that is important. Thus when the Mastership is passed from one person to another, the spiritual life of the ECKist need not change.

The Living ECK Master Takes on Karma but Doesn't Relieve It

The Mahanta also takes over the karma of his followers. This does not mean he will relieve anyone of their karma, for this could mean they would be deprived of an experience they may need. But it means their karmic experience will be organized in such a way they can better understand the lessons being offered.

If we open our hearts, we will be able to see what our experiences are telling us about our attitudes and our own spiritual nature. The Mahanta also tells us we will never receive more than we can handle. Our karma is regulated in such a way that, if we listen to our spiritual guidance, we won't be overloaded, lose our balance, and fall off the spiritual path.

It's Natural to Question

The God Worlds of ECK are vast and can be quite confusing to the uninitiated. Am I on the Astral Plane? Am I on the best path? Is this a true spiritual experience, or am I deluding myself? Where are the signposts? How far is the goal? What is the goal? It is natural under such circumstances to seek out a guide. We look for someone who has traveled the road before and can now show us the way.

The ECKist's Goal Is Spiritual Mastery

The goal of every ECKist is to experience life to the fullest. That is spiritual mastery. Some of us may eventually serve on earth as "guardian angel" ECK Masters, while others will pursue specialized interests in the spiritual worlds.



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





Readers' Inspirations

Keep us Grounded in Thee

When the days are long, your perception remains.
In accomplishment, you hide behind the success.
And in failure, you remind us of transient nature of life
May our awareness be ever grounded in thee, now and forever!

SUREN PILLAY



The Couch

In my years of beauty and comfort I have enjoyed many conversations, tears, laughter and sadness. My comfort has brought laziness and a visitor to a home. My beauty has enchanted different sizes and age groups that loved me for who I am. My owner cares not to spill on me or tear my fabric. I am beautiful. I have enjoyed celebrations over the years. People who were good to me have passed on. Newcomers, just come and go, but my owner stays with me... until one day when I have become weak and frail, and I could not carry weight anymore. My beauty has vanished. I am now old and tattered, uncomfortable for one to enjoy my leisure. My owner needed to remove me. I am now no more a beautiful couch. I now rest in a corridor. People who use to rest in my comfort now just pass me by, and do not even look at me. I do not exist. No one loves me any more. One cold winter's night, a beggar came to rest on me. I thought I would never feel warmth again. But how I have a new friend every night, who brings comfort to me. As I began to come apart, a passer-by needed wood for fire, and started to tear me apart. My being is now disappearing into thin air. He has burnt a part of me for his warmth. Pieces of me lie so fragile, only to be trampled on. I am now ready to disappear into thin air or washed away by the rain. Everything is impermanent. Everything in life is earned and should be treasured.

ZARINA MALICKSHA



God's Flaming Presence

I will do away with the mockery of parroting prayer.
I will pray deeply until the darkness of meditation burns with Thy flaming presence.
Heavenly Father, I cannot wait until tomorrow for Thy song.
Today I will broadcast my soul-call into the ether with such loving concentration that Thou must respond through the receiver of my silence.
O Spirit! ever-existing, ever-conscious, ever-new Bliss! Take away from my mind the weight of indifference and forgetfulness.
May I drink the nectar of Thine ever blessed presence.
With the deepening of inner and outer silence, Thy peace comes to me.
I will try always to hear the echo of Thy footsteps.
Having Thee deepest joy of deepest meditation, I know that all things - prosperity, health, and wisdom - will be added unto me.
Teach me to fish for Thee in the deepest waters of my soul.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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