

*It is in the joy and sorrow of all beings that Soul,  
as audience, is carried away by Itself as the actor.*

ECKANKAR

The Shariyat-KiSugmad, Book One



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 37**  
**27 Mar 2013**



Electronic mini-mag distributed every full moon

# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 37

27 March 2013

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This month's cover feature is a chive flower by Santhan of Heaven Letters.

Welcome to the March 2013 issue of *Transcendence*.

As you'll see, we have revised our layout a little, to feature a full-page photo on our cover. Each month's photo is submitted by one of our readers or contributors. We encourage you to continue sending in your inspirational photos if you would like to share them with our audience, and keep a look out as we have some lovely images lined up already.

We would also like to introduce a new contributor, Ildiko Ferenc, who will be sharing with us on page 14, her messages from the masters and angelic realm. Welcome to *Transcendence*, Ildiko.

March is the month of Easter in the Christian faith, the celebration of Kavady in Hinduism, and the Passover in Judaism. All three of these prominent festivals focus on the common theme of liberation. Easter celebrates our liberation from sin by Christ's death on the cross. Kavady is a period of penance during which we can liberate ourselves from past karmic effects, and the Passover celebrates the liberation of the Jews from slavery.

But what is liberty? Liberty means something different to each of us, depending on what it is that binds us, and keeps us from evolving, from becoming our pure selves, unhindered by our conditioning, beliefs, attachments or habits. The first step to our own freedom is to recognise what it is that prevents us from becoming liberated, and to take steps to remove those obstacles from our path to transcendence, one at a time.

With so many focusing on liberation at this time of the year, the energy is perfect to reflect on what holds us back, and how we can free ourselves from those unnecessary bonds.

In Love and Service, always,





## Heavenletter # 4080 - Greatness Is Yours

GLORIA WENDROFF

God said:

When you put aside the little smallnesses that occupy you, in contrast, what Greatness would you then be?

I am talking about the thoughts you carry, how this one hurt your feelings, and that one didn't do right by you, and all the echoes that occupy you so single-mindedly. Beloveds, if you would drop all thoughts like that and think about that which holds value to you and look into the eyes of those whom you are presently peeved at, what Greatness would you be? What Greatness would the world be?

Energy is not lost, and yet you put your energy on small things, little pin-pricks of society that amount to nothing, and yet you let these pin-pricks occupy your thoughts. If they occupy your thoughts, they occupy your life. So what if everything someone says doesn't suit you? So what if everything some people do doesn't suit you? So what, this and that? A crowd of thoughts mill around you, and you are surrounded by them, and your life feeds on them.

What do you want your life made of? I know you want your life made of Greatness. Let go of those pesky little thoughts, and Greatness will be yours. Great thoughts yield great crops. I know you want to be a great farmer of life.

When you were a gatherer of berries, you didn't look for the sour ones or the spoiled ones. You looked for the berries bulging with juice, the tasty ones, the ones worth gathering and sharing.

Now your mind may travel to thirty years ago or a scene in your childhood that scratched your heart, and you pull it up again and again as if it had value to you when it has no value to you or anyone.

When I say to let the past go, I mean, "Let the past go". Keep your thoughts high, and left-overs from your childhood will be gone from your mind. Keep your thoughts high, and you will have surmounted the past. No longer will it hold you back. Why would you let the past hold you in place when you are far more than you ever were in the past? Let the past be past.

Yesterday, someone hurt your feelings. Must it be a big deal? Your feelings have been a hurt a lot, yet what is the point of it? If you are victim of circumstance, how can you be great? A victim of circumstance is a twig in the water and has no direction of its own.

You are meant to direct your life to Greatness. No one else can do this for you. You can do this. And you can do this simply by letting go of the little thoughts and think bigger thoughts instead. You don't have to be what you have been. You can be what you want to be. You can be what I want you to be.

Will you consider the thoughts I think and think them for yourself? What if you were God, what would you think about? Certainly, you can accept that you are God of your world, that your world, your life, is the extension of your thoughts?

Think small thoughts, and what will you have? Think great thoughts, and what will you be? Never mind what others are. Never mind their foolishness, their tactlessness, their smallness. You don't like smallness, so why would you let smallness occupy your mind and heart when your mind and heart are made for greater things? Surely, you don't believe that I made you for smallness. Surely, you will accept that I made you for Greatness. Start with great thoughts. Be a poet of a great life.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/greatness-is-yours.html>



## Inspirational Quotes



*You have been such a servant of time. You want something now, right now, or you will do something later or maybe never. Time seems to be your commander. You are obedient, or you are wayward. You are assigned a rating according to your use of non-existent time.*

Heavenletter #4092 Time in the World



*Speak to Me of love. What else, really, is there to talk about? Whatever it is, We can talk about it, yet the subject always, sooner or later, turns to love. So let's speak of love now. It is My gift to you. It is My thanks to you. Love is what I am for, and love is also what you are for. We are for nothing but love, and love is something. Love is everything.*

Heavenletter #4093 Your Nearest Neighbour



*Love is not meant to be like putting your finger on a hot stove. You are not meant to hurt yourself when you give love. Your love unrequited is not to be interpreted as a reprimand to your love. You misunderstood what happened. You told yourself an incorrect story. You told yourself to be careful when you discovered that your love is not always valued. You bought that story very quickly. You didn't even have to know words in order to grasp that story. "Be careful with love," was what you adopted. "Watch out to whom and where and when you give love from your heart."*

Heavenletter #4094 Love and Release



*Fortunate is the one who can choose his life and not fall into it by default. Yet, if you find yourself in a situation that you do not love, move toward your target which is love. You can love anyway. You can love yourself enough to enjoy and pass on some love along the way.*

Heavenletter #4095 Where Else Can Love Exist



*Heaven is not an escape. It is your very foundation. In Heaven, you do not flounder. Heaven is your very substance. Heaven is not frivolous. It is not a departure from life. It is not a detour. It is your very sustenance. It is Reality.*

Heavenletter #4098 This Is the Truth

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](http://www.heavenletters.org)





## The Enduring Value of Authentic Spirituality

ROY EUGENE DAVIS

Only authentic spiritual awareness transforms. Ordinary, impermanent states of consciousness are blurred by egocentric illusions and conflicted personality characteristics. To presume to be spiritually enlightened when Self-knowledge is flawed and limitations are obvious is to indulge in fantasy. To continue to improve our metaphysical (higher) knowledge, steadily grow to emotional maturity, and progressively awaken through the stages of authentic spiritual growth is wisdom. To have reliable knowledge can be helpful; to wisely use it is liberating.

Our spiritual awakening is determined by our capacity and willingness to live effectively and commitment to doing what is necessary to allow our innate qualities and Self-knowledge to emerge. Of the various spiritual-growth practices we may know and use, the most illuminating is to get the mistaken sense of self-identity—that obscures our perception of our true nature—out of the way. Behind the screen of restless thoughts and the facade of personality characteristics our clear, serene essence is ever present to be realized (experienced and known).

Having now been continuously active in ministry service for more than sixty years, I am still highly motivated to encourage others to know about and fully actualize their potential to be spiritually awake and freely functional.

### How Can We Know That An Ultimate Reality Exists and Our Essence or Real Nature is Always Whole, Serene, and Immortal?

Some people say they are uncertain about the existence of an ultimate Reality because they don't believe the imagined ideas that others have about it. It can be helpful to acquire reliable information from spiritually enlightened people and carefully examine it: the only way to accurately know ultimate Reality is to experience it. I was often aware of a benevolent Presence in and around me during my teenage years. A comprehensive understanding of it emerged through my adult years.

We can know the truth about our real nature by carefully examining our deep, inner level of awareness of being and our private thoughts when we aren't influenced by the opinions or behaviors of others. An intellectual understanding of our true nature can be helpful; direct or actual realization is liberating.

It is important to remember that Self- and God-realizations are not states of consciousness that we can acquire by effort or merit or that can be given to us; such authentic, liberating realizations emerge from within us.

Excerpt from *Truth Journal*, October/November 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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## Discrimination

LUCIS TRUST

At the heart of all spiritual paths lies the requirement to develop certain skills. These are of crucial importance. Properly applied they enable the disciples of truth to transform themselves from self-centred personalities into inclusive, love-bearing, light-giving, heart-serving members of the human family.

One of these crucial skills is the ability to discriminate. The seeds of discrimination are actually sown at a very early age. Our experience in infancy teaches us to distinguish between the pleasant and the unpleasant. Later on, in childhood, we learn the difference between what we, rather simplistically, call right and wrong. And as we approach adulthood and personal maturity, we learn to appreciate that there are finer distinctions still, for example between what is good and right and what is even better.

Throughout history, and especially in our present time, outstanding women and men have emerged. They have found their way through the maze of these finer distinctions, and discovered the higher values of the good of the whole, of love, and of sacrificial living. They have thus been able, often against tremendous odds, to cast light on and bring love to their times and change conditions for the better.

Although outer activity is important in achieving this, and this is what people normally focus on, in reality it is the ability to work with discrimination in the realm of ideas, vision and values that has enabled these people to exert such a strongly benevolent influence.

A very useful exercise for us all to engage in regularly is to take a step back from things, and look with loving detachment at the state of consciousness of humanity and at world events. We then perceive a dual picture. On the one hand we see a bewildered humanity, governed largely by the values of material self-interest, experiencing a chaotic world and evidencing an often heart-breaking anxiety over present conditions and fear for the future. On the other hand we can see a growing number of groups and individuals world-wide who are developing the skill of spiritual discrimination and using this to embody the energies of light and love in new and creative ways.

They are reformulating the timeless spiritual values into meaningful signposts on the path that we need collectively to tread in the crisis period in which we are all living.

Let us rejoice at these many and marvellous examples of the potential for good in all of us. Let us also redouble our efforts to achieve a sound sense of discrimination and thus increasingly embody the energies of light and love and spiritual values in our own lives.

*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 II

SWAMI KRIYANANDA

We may finally manage to pass a law to have one little thing made better, but so many equally wrong things remain unchanged that finally, after many incarnations, we begin to think that there has to be some other solution. And that's when our hearts and minds begin to turn toward God.

So, discrimination and seeing the negative side of things beneath their veneer of glamour is the first step, and not bad in itself. But once you've developed that discrimination, it becomes very important to break out of the prison of rationalistic discrimination that sees only problems and flaws. You don't get out of those problems by merely seeing them.

God is in the darkness.

You get out of those problems by concentrating on the light. See God's light and goodness everywhere, and the world reflected back to you will be a glorious one of endless beauty and joy.

One evening Yogananda was sitting with one of the disciples on a porch at the Encinitas Hermitage looking at the beautiful lights of La Jolla in the distance.

He said, "How lovely the lights look, but how many of those lights are shining on acts of violence or hatred? All we see is the prettiness. We don't see the seething mass of emotions and unenlightened humanity that's hidden by the darkness."

Then he continued, "But when you look even deeper, you can see that God is beneath the human turmoil, trying to find His joy through wrong actions."

And so it is that all things—good, bad, or indifferent are really manifestations of God, spun out of His consciousness. They are all part of the divine dream. Those who embrace evil have lost touch with the essential reality of their being, but that divine consciousness remains the essence of who they are.

So try to look beneath the surface, as Yogananda urged. As you do that, bit by bit you begin to see that it's God's light shining behind the darkness of hearts that have no love. It all depends on how deeply you look.

Excerpted from a talk in the early 1980s

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## Matter originates in thought

PARAMAHANSA YOGANANDA

Starting with the power of his creative imagination, man has built wonderful scientific devices and a marvelous material civilization. Inventions are the result of the materialization of human thought. Many people try to achieve something in the realm of thought, but they give up when difficulties arise. Only those persons who have visualized their thought very strongly have been able to manifest them in outward form. Everything on earth had its birth in the factory of the mind - either in God's mind or in man's mind. Actually, man cannot think an "original" thought. He can only borrow God's thoughts and become an instrument to materialize them.

Experiment with your thoughts. Try out your strongest thoughts on your body. See if you cannot overcome undesirable habits and persistent ailments. When you are successful you may apply your thought to make changes in the world around you.





The relationship between thought and matter is very subtle. Suppose you see a wooden pillar. You cannot do that. In spite of what you think, the pillar is still there. It will not go away merely by your thinking it is not there. Only when you *realize* it as a materialization of thought may you dematerialize it to your consciousness. As you learn by experimenting with overcoming habits, pain, and so on, you will begin to understand that the entire design of the body and all its processes are controlled by thought.

One may gather great wisdom by cultivating the consciousness that this world and everything in it is only a dream. First of all, do not take your earth experiences too seriously. The root-cause of sorrow is in viewing the passing show with emotional involvement. If you continually think to yourself, "I haven't lived as I ought to have lived," you only make yourself miserable. Rather, do your best to be better; and no matter what difficulties come, ever affirm, "It is all a dream. It will soon pass." Then no trouble can be a great trial to you. No happenings of this earth can in any way torture you.

Each human life constitutes a drama; and the events of each day represent a drama. You are living a fresh one each of the year's 365 days. The thought that you are merely a player in these dramas is very comforting. Realize that the acting out of whatever part you are called upon to play does not affect your real being. At the end of every earthly incarnation you are the same - the immortal soul - untouched by sickness, sorrow, or death. "The man who is calm and even-minded during pain and pleasure, the one whom these cannot ruffle, he alone is fit to attain everlastingness."

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

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## Insights from the shower

ROD BRIGGS

A friend of mine in Hawaii, Dr Deborah Green, recently sent this to me, it's too important not to pass on.

Ever noticed how the shower is a good place to sort things out? I confess that I probably take too long in the shower, from a conservation point of view, but one of the reasons I linger under the streaming water is that profound insights somehow seem more accessible in the shower. That's likely because it offers space for quiet contemplation where time slows down and insights show up.

In our pre-cell phone and pre-social media crazed lives there were many more contemplative opportunities. Standing in line at the grocery store or bank, sitting at a restaurant waiting for a friend, even the morning commute provided opportunities to sit in silence and reflect. Now these moments are often filled with talking, texting, tweeting, checking emails or posting status updates.

The pressure to be 'social' is enormous. Friends and family nag us to join *Facebook*, marketing gurus say it's the best thing since the invention of the internet, even the media itself is obsessed with reporting on social media. We are obligated to broadcast to the world our most mundane or outrageous thoughts, feelings and actions. If we don't take advantage of every opportunity to 'share', there is probably something wrong with us. At the very least, we are self-centered and anti-social (it is, after all, *social* media). While I would be the first person to say that relationships are important, I am here to advocate for something else – a different kind of relationship formed through a distinctly *un-social* media. When we are constantly pulled outside of ourselves to hyper-focus on externals, something very fundamental gets overlooked and inadvertently devalued. That is: the inner life. No matter how much you might want to avoid it, your inner life is primary. It determines whether or not you can sleep at night, it shapes the quality of your social interactions, and it provides your link to spiritual forces. Attending to this aspect has never been more urgent.

Here are three simple steps you can take to help nurture your inner life:

- 1) Take several minutes out of each day or night at certain intervals to close your eyes and consciously shift your attention away from an external focus, to an internal focus. Simply become aware of what is going on inside of you. This 'inward-seeing' can easily be integrated into life activities such as in the shower, when eating a meal, while doing the dishes, and before falling asleep at night.
- 2) In this state of internally focused awareness impressions will appear. You may receive sudden insights or solutions to puzzles in your life. You may get creative impulses or subtle intuitive flashes. When this happens do your best to formulate the new awareness into words to help anchor it in your conscious mind.
- 3) If a perplexing insight is received, engage with it by asking questions of your Higher Self. What does this awareness mean? What is the purpose of it? Where will it lead me? These kinds of questions can help you gain clarity and understanding of your expanded perceptions.

Giving time and attention to honing your internal senses and receiving inner guidance has many advantages. It's always available to you; it's free; and it always knows what is in your highest good. This certainly cannot be said about social media!

*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.

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## Understanding Premonition

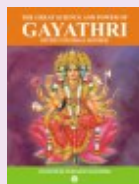
SWAMI MURUGESU MAHARISHI

From time immemorial we have been in search of the knowledge of future happenings. This is because we are not the masters of our lives. Although we do everything in expectation of something, on the contrary, we receive the opposite results. We start a sales emporium in expectation of becoming rich, using as capital all our valuable possessions but, unfortunately, instead of becoming rich we lose our investment and become paupers. If we could have known beforehand that our intentions would not have materialised, we would not have disposed of all our valuables.

If we study the life of humankind, we will find that we undertake everything in expectation of something, but the results are otherwise. Apart from this, we do not know when we will die. Due to our ignorance we plan many things and get loans from many sources, but then we die suddenly, and all our plans are wasted. As we are ignorant of our future, we cannot attempt anything in certainty that we will benefit in some way. So we approach others who can foretell our future. Astrologers, palmists, numerologists and so many fortune- and future-tellers have earned enormous money by predicting to such seekers. It is certain that many forecasts are found to be incorrect and instead of things happening as predicted, something else happens. In spite of this we still throng to fortune tellers just to know our future. As the predictions of most astrologers and fortune-tellers become false, we try to find more accurate ways by which to know our future, and thus the science of premonition came into being. Premonition is the science of knowing the actual incidents of one's future. Knowing the past is not a concern in this science as we cannot alter any of our past experiences. However if we know how to avoid disasters that may materialise due to bad fate, karma or destiny, we could alter them to work to our advantage.

Sage Gouthama cursed his wife to become a stone. When she asked him when and how she would regain her human body, Gouthama said "Sri Rama with his brother Lakshmana, and Guru Viswamithra will come your way and when Sri Rama's feet touch the stone, you will regain your human form". When Gouthama predicted this, Sri Rama had not yet been born, and his father, King Dasaratha, had not even ascended the throne. Gouthama predicted this many years before Rama's birth. How did he know it?

In *Bagavatham*, an old Purana, it is said that Barath (India) will be partitioned by *milechas* (foreigners). We now know that Barath was partitioned into present India and Pakistan. How did the author of that Purana which is a few thousand years old, know that such a thing would happen? There are many such premonitional narrations not only in Hindu cultural literature but also in other cultures. How were these predictions possible so many years before they happened? (To be continued)



### *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.





## Action without karma

SUREN PILLAY

Conscious endeavour in any field of attainment is always necessary in order to achieve some level of success in that field. Every field whether it be the spiritual field, intellectual field, material field, social field or physical field, requires effort for progress and success. In many instances we find people appreciating the ideal that work is necessary in the material, intellectual, physical and social fields. However, when it comes to the spiritual field, people somehow rely on various philosophies to engage in idleness or laziness.

In Patanjali's *Yoga Sutra* one of the obstacles to yogic attainment is laziness. Because many aspirants are aware that spirituality has to do with integration of body, mind, and spirit, and that the spirit cannot be seen or physically detected, they allow the following pattern of thought to exist: "If I am truly my soul, why shouldn't I just rest in my soul and not do any work?". This pattern of thinking amounts, in many instances, to intellectual justification for not performing spiritual work.

In the *Yoga Sutra* it is also mentioned that the greater the intensity of *sadhana* (spiritual practice) the greater and more rapid spiritual attainment will be. Thus being idle or lazy does not improve a person either materially or spiritually. The counter-argument to this line of thought is that if one is continually active then wouldn't his actions be *rajasic* and karmic and thus bind him to future births on the material plane? The answer to this question lies in the fact that it is not about your outward physical action but rather your inner mental attitude that determines the level of evolution attained from any particular action.

Any action performed with hatred, animosity or ego, is bound to produce adverse spiritual results as it is contrary to the natural laws of harmony and evolution. However, if an action is instigated with detachment, giving all the necessary results to God, it is bound not only to be successful but to also be spiritually enlightening. Such an action will unite the doer with the source of the doer and be in perfect harmony with creation and all the subtle forces that exist eternally in creation. The key mental attitude to adopt is that the work you perform is not your own but God's work, and that the work should be performed in the name of God or your guru. This mental process allows ego to be eradicated allowing, at the same time, the grace of God and guru to flow through one's consciousness.

My message to you this month, dear readers, is to remain ever-aware that God is within you, outside you and all around you. Remember there is nowhere that God is not present and that he is not difficult to find but impossible to avoid. God represents the certainty of the immortality of existence and active life force of creation in every sense. Therefore do not think of work to ever be your own creation, it is Gods creative life force working through you. Rest in the awareness that God is your mother or father and that all you wish is His plan to come to fruition by your humble cooperation.

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>





## New Year coincides with Human Right's Day

FLORA TECKIE

On March 21 Baha'is celebrate the beginning of a new year, called *Naw-Ruz*, which means 'new day'. This festival coincides with the human rights day in South Africa.

It is the central theme of Bahá'u'lláh's message that humanity is one, that the diversity of ethnic backgrounds adds to the beauty and perfection of the whole, and that the day has come for the unification of humanity into one global society. To unite as humanity requires universal respect for human rights, and commitment to human rights results from recognition of the oneness of humanity.

The recognition of the oneness of humanity gives rise to an elevated concept of human rights, one that includes the assurance of dignity for each person and the realization of each individual's potential. It is then befitting that the Bahá'í New Year coincides with the Human Rights Day, as without belief in oneness of humanity there will be no human rights, no justice and no lasting peace.

The New year comes at the end of a 19-day fast in which Bahá'ís abstain from food and drink between sunrise and sunset as a reminder of the need for individuals to be detached from their material desires. *Naw-Ruz* is the first day of the first of 19 months in the Bahá'í calendar.

The Bahá'í New-Year coincides with the vernal (spring) equinox, the first day of spring. It is the time of freshness and renewal in nature. It is also symbolic of the periodic renewal of the religion of God - the coming of the spiritual spring.

As stated in the Bahá'í scriptures:

*"At the time of the vernal equinox in the material world a wonderful vibrant energy and new life-quickenings is observed everywhere in the vegetable kingdom; the animal and human kingdoms are resuscitated and move forward with a new impulse. The whole world is born anew, resurrected. Gentle zephyrs are set in motion, wafting and fragrant; flowers bloom; the trees are in blossom, the air temperate and delightful; how pleasant and beautiful become the mountains, fields and meadows. Likewise, the spiritual bounty and springtime of God quicken the world of humanity with a new animus and vivification. All the virtues which have been deposited and potential in human hearts are being revealed from that Reality as flowers and blossoms from divine gardens. It is a day of joy, a time of happiness, a period of spiritual growth."*

The Bahá'í calendar is based on the solar year. It begins on March Equinox and is divided into nineteen months of nineteen days each month. Four intercalary days are added (and in the leap years a fifth day) to make up the year. The months are named after some of the attributes of God such as might, glory and grandeur. The Bahá'í calendar dates its years from 1844, which marks the beginning of the Bahá'í Era.

The Bahá'í Faith is the youngest of the world's independent religions. Bahá'u'lláh, the Founder of the Bahá'í Faith, taught that there is only one God, that there is only one human race, and that all the world's religions have been stages in the revelation of God's will and purpose for humanity. In this day, Bahá'u'lláh said, humanity has collectively come of age. As foretold in all of the world's scriptures, the time has arrived for the uniting of all peoples into a peaceful and integrated global society. According to the Bahá'í Scriptures: *"The earth is but one country and mankind its citizens."* And *"The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."*

The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



## Bahá'í Topics

*Religion bestoweth upon man  
the most precious of all gifts.*  
-BAHA'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

Tel: +27(11) 801-3100 Email: [nsa.sec@bahai.org.za](mailto:nsa.sec@bahai.org.za) Website: <http://info.bahai.org>



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

## Detachment

BY THE MASTER through Benjamin Creme

"Sufficient unto the day is the evil thereof." There can be few, especially in the Western world, who are unfamiliar with this ancient Christian maxim. Passed down the generations from adult to child, it has found its way into the moral framework of countless millions. However, despite this long conversance, there are relatively few who appear to understand its meaning, and even fewer who live its wisdom. Essentially, it concerns detachment. The evil -- the criticism, destructive gossip and actions -- which abounds in most so-called 'spiritual' groups, succeeds in its intent where there is no detachment. Its bitter and corrosive venom flourishes where it is given the energy of constant thought and defence. Better, by far, it is to leave it to the Karmic Law, than to brood and fret against its source.

This being so, it matters not the nature of the evil, the intended harm. The Law is impartial and works to restore equilibrium. No manner of struggle to right a wrong or defend a reputation can better the Law of Karma in its task. Save then your energy for better things and let the Law decide the measure and the timing of response.

When evil strikes the best defence, then, is detachment. When the hunted animal stands, silent and still, the hunter, baffled, goes empty-handed. When a man is detached -- free from fear and the need to retaliate -- he can calmly leave the Great Law to fight his battle for him. Thus the evil gains not, nor waxes in strength. This profound teaching of the Christ is usually expressed as an injunction against carrying injury or hurt from day to day -- thus prolonging its life and further hurting the victim. This relates closely to the Christian concept of forgiveness. When a man is truly detached he has already forgiven. He waits patiently for the originator of the evil to realize the harm he does to himself, the victim and the group, and to make amends. Thus is the evil blunted and thus is it "sufficient unto the day."

When Maitreya, the Great Lord, emerges fully and publicly, He will devote much time to the concept of detachment. Not for nothing is it central to His Teaching: He has already given His thoughts on honesty of mind, sincerity of spirit and detachment. Not all, at first, will be able to follow His thoughts but in time His energy of Love will awaken men to the practicality of His wisdom. Gradually, the old, mechanical reactions of hate and envy will disappear as the social needs are met, as more and more are lifted up by the joy of working for Maitreya's cause. Thus will it be, and thus will the people of all the nations grow in stature as emerging Gods.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2001/ma\\_sept01.htm](http://www.share-international.org/master/2001/ma_sept01.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>





## Message from Archangel Gabriel

ILDIKÓ FERENC

As you once came down to the earthly world to experience your light and the glory of God, we were standing beside you as bonfires to stimulate your inner desires. It is extremely difficult to preserve this flame. Creating the strength and energy in you again that you once got a foretaste of is a very beautiful and reviving process. If you feel the warmth of the flame in your hearts and all the strength and energy we represent beside you, it shall create such an inner desire in you in which you shall again be able to find yourselves. We are by you and help your purification since you are experiencing the period of purification right now. We help you so that you can enter the kingdom of pure light and love as soon as possible, and experience the pure, honest and true light of the flame that we provide the 'kindling' for. How does it feel to love you? It is highly elevating but is also laden with great responsibilities. We must be able to stop the lives in which you hurt yourselves, and you must be able to accumulate the strength in you so that you can use your own inner energies to create peace and harmony in your hearts by walking your own way, and to experience your innermost love. You are the children of the divine spark, and in possession of your divine strength you are able to use your creative faculties. You are able to create around you but will need to find the way to it. Who is able to create and experience all the happiness and joy down here that you used to represent up there? Every earthly being who has the hope for and faith in the existence of another 'dimension' and of a world that is invisible to us but lives for us and for our desires. There exists a world in which we used to experience ourselves in a relaxed and affectionate way, and there is a force in which all these are present. And this force lives in you. In the brilliance of innermost purity that you represent and experience day after day, when you smile at another human being and when, with the light of divine purity, you extend a helping hand to your partner in times of difficulty and problems. Because this is exactly what we do for you as we love You altruistically and without any return. Can you love others without asking for nothing in return? Can you experience your own pure, true and loyal love by not waiting for the other to tell you, 'yes, you are important to me', but You are the first. Let it be You that starts out along the way and let it be You that is able to create the strength and love in others too so that they could also experience their own pure, true and loyal love. Are you able to experience all these? Are you able to accept everything, the joy and happiness that life can offer you? Now the time has come for you to develop, become able to overcome your own inner and outer barriers, and create true faith in people's hearts and souls that they are as worthy as the others, and that they are also able to love others as they themselves can be loved. Look at the sky and ask your divine energies to show you again the way to the life in which You wanted the life you lived, and be able to accept it. Do not suffer from your own emotions since you have created them, and do not want to cause sufferings to others trying to make them believe your own inner lack of desire by aggressive words or dishonesty. Open up your heart and be honest with yourself. Perceive the divine brilliance in you which you used to live in and believe that the same energy lives in you as the one living in us up here, and that you are able to love others as we love You.

Thank you.

*"The emotion living in our hearts possesses an enormous gift of pure love. Learn, see and experience in your earthly world, to be able to experience your own beauty and divine light."*

Ildikó Ferenc is a soul therapist, psy-surgeon, and divine mediator. She lives in Zalaegerszeg, Hungary. email her at [ildiko.ferenc@facebook.com](mailto:ildiko.ferenc@facebook.com), [egvilagunkuzenetei.ferencildiko@facebook.com](mailto:egvilagunkuzenetei.ferencildiko@facebook.com), or to [egvilagunk@gmail.com](mailto:egvilagunk@gmail.com)

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## Knowledge, liberation, and renunciation

SWAMI SHANKARANANDA MAHARAJI

To aspire to liberation is good, but the difficulty is in shunning objects of the senses like passion, for example. Liberation is the search for forgiveness, kindness, contentment, and truth as nectar. Are we earth, water, fire, air or ether? We don't have to be any of these in order to attain liberation. Know this truth and realise yourself as the knower of all these, and as consciousness itself. Begin by detaching the body and resting in intelligence. This will give you immediate happiness, peacefulness and boundlessness. Do not bind yourself to any caste or institute and know that your essence is invisible to the physical eye. You are formless, unattached and witness to all, so be happy.

Virtue and vice, pleasure and pain are not of you. These belong to the mind. You are free from being the doer or the enjoyer. Do not enjoy the bite of the black serpent of egoism, but drink the nectar of faith, and be happy. Destroy the wilderness of ignorance with the fire of knowledge, the only pure intelligence. Be free from grief, and be happy in the consciousness in which your universe appears as bliss – supreme bliss. Keep in mind that you are that consciousness. It all depends on you. If you consider yourself free, then you are free indeed. But if you think you are bound, then you will remain bound. *As you think, so you become!* Witness to all is the Self, the all-pervading perfect one: free, intelligent, actionless, unattached, desireless, and quiet.

Do not allow the Self to be covered by the illusions of the world. Meditation helps a great deal. Meditation on the Self is immovable, intelligent and non-dual. Give up self-modifications, both external and internal, and give up the illusion that you are just the reflection of the self. If all that you know is body-consciousness, you are trapped. What you should know is self-consciousness. Therefore cut off this trap with the sword of knowledge. Your only freedom is to know that you are unattached, actionless, self-effulgent and blemishless. You are one who pervades this universe and this universe exists in you, already pure and conscious, unconditioned, immutable, formless, unimpassioned, unfathomable intelligence, and unperturbed, desiring only *chit* (consciousness).

Be happy and proud when acknowledging that you do not decay, and that you cannot be destroyed when the world is destroyed. Also understand that knowledge, the knower, and the knowable are destroyed by the forms of life as all three do not exist in truth. By knowing the truth, you are stainless and unaffected by this triad. Understand this duality but do not be affected by it, for duality is the foundation of all misery. The only remedy to overcome this is to realise that all objects of material experience and life are false and you are one, pure intelligence, and bliss. The reason you have limitations is because of the ignorance you have of the Absolute. You are not this body, not this mind and not this *jiva* (material being); you are *chit* (pure consciousness). This should be your only bondage. Do not be affected by the winds of the mind, and the mind will remain calm. By this, all actions meet their destruction.

An excerpt from *The Master Answers*.



Swami Shankarananda Maharaj is the founder of the Jadatharaya Institute of Right Living and Yoga. His teachings are scientific but practical. The Institute promotes universal spiritual principles and embraces students of every denomination. One does not have to follow an Eastern religious practice to be involved in the Kriya Yoga classes, though an understanding of universal spiritual philosophies is beneficial. Swami's weekly discourses are recorded on his blog which can be accessed at [www.fridaysatsang.blogspot.com](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)





## Touch Me and Understand What Happiness Is

BERNIE SIEGEL, MD

Forgive me if in this column I simply share with you some of the things that fascinate me and teach me about myself and life. I was reading about the problem thinking is. Our thoughts and ability to think are what separate us from each other and the true nature of life. When we think we know the truth we become closed minded and very unscientific. A true scientist has no fixed beliefs and so can experiment in the hopes of learning the truth.

We need to truly be open and gain insights into the nature of life so that we can participate fully in the healthiest way. I know our ability to think offers us options but sadly too often the options we choose are destructive ones rather than unifying and healing ones. As we look at our common genome we will see how much we have in common and how we share the same ancestry. What do we need to pay more attention to then thoughts? How do we become rational, sensible human beings?

The song Touch Me from Cats gives us a clue. How do animals think and communicate without words? Not to mention their miraculous physical accomplishments that we cannot come close to. Can you make a spider web? Do you know why it is so strong and adhesive? How do slugs and snails create lubricants that allow them to slide over razor blades without being cut? A lot better than a quart of oil does in our car. I could go on but I think you get the point.

They have wisdom and can be taught language but they know that symbols and feelings are more important than thoughts. When we think we become irrational. 'Think' how often your thoughts have gotten you into trouble. The times you knew what your mate, friend, boss, coworker, relative etc. was thinking only to learn you were wrong and what ensued because of your mistaken beliefs.

What do I recommend? What the song tells us and what I always finish my articles with. Keep in touch. Touch is about feelings and feelings can't be wrong. They are simply feelings. How we react to them may be a problem because when we start thinking about our feelings and why we are feeling the way we are and who is responsible etc. we are back in trouble. You are responsible for your feelings. No one else makes you feel what you do. You have choices and options but most of us would rather blame someone else for our problems then empower ourselves and take responsibility for our feelings and move on.

If you want to take charge of your life and live in the moment then accept your feelings as your creation and let them guide you. You will find that living that way gives you a different sense of time because you will change the way you live when you live in your body and not your head. Do we need to think at times? Yes, when we are evaluating experiments, options and choices that our feelings open us up to but my response is that when you are making decisions let your feelings be your guide.

Your choice in difficult times is to change your attitude or your life. When you do you will no longer feel badly about whatever it was that had been bothering you. Even your pain will be something that you learn from and meaningful pain is always controllable. I only ask that you give it a try and see how your life works out when feelings become more significant than thoughts. I know that for some that will be difficult. Jung classified four types thinking, feeling, sensing and intuitive. However, we are all capable of being aware of our bodies no matter what personality type we are. So feel and touch and live fully.



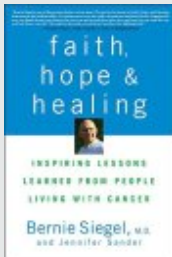


One word of caution from a lesson I just learned. I was feeling a bit depressed, lacking in motivation, experiencing headaches and was wondering what was wrong in my life that had me feeling this way. Hey, that's my thing to evaluate and learn from my problems. Well I came up with some ideas but that didn't change anything.

Then I noticed a sensitive spot on my anterior thigh enlarge and become purple in color. I thought I must have bumped against something but when it enlarged further and I continued to feel poorly I went to a doctor friend because I was getting suspicious about the diagnosis. Sure enough I had Lyme Disease and one days worth of antibiotics had all my symptoms and feelings reversing themselves. I now feel better and realize that there are times that physical problems can lead to feelings that make us aware of an illness or affliction.

My word of advice is to pay attention to all your feelings and evaluate them. Don't think you know all the answers. There is a wisdom of the body that exceeds the wisdom of the mind. Like our animal friends the intuitive wisdom comes more from our feelings and their communication than our thoughts.

If you don't think your thoughts and feelings transmit intention to others and are felt and known by others you have a lot to learn. A friend and animal intuitive in California was able to locate our lost cat in Connecticut by getting into her feelings, thoughts and the sights she was seeing but that is another long story that has helped change my relationship and ability to communicate with living things how I feel about them. It has helped me get along much better with our chickens, cats, dogs and rabbits. If I keep at it I'll soon be able to do the same thing with my wife, children and their families.



### 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](http://www.BernieSiegelMD.com)



## Efficient Action - Part II

WALLACE D. WATTLES

You are not to overwork, nor to rush blindly into your business in the effort to do the greatest possible number of things in the shortest possible time.

You are not to try to do tomorrow's work today, nor to do a week's work in a day.

It is really not the number of things you do, but the EFFICIENCY of each separate action that counts.

Every act is, in itself, either a success or a failure.

Every act is, in itself, either efficient or inefficient.

Every inefficient act is a failure, and if you spend your life in doing inefficient acts, your whole life will be a failure.

The more things you do, the worse for you, if all your acts are inefficient ones.

On the other hand, every efficient act is a success in itself, and if every act of your life is an efficient one, your whole life MUST be a success.

The cause of failure is doing too many things in an inefficient manner, and not doing enough things in an efficient manner.

You will see that it is a self-evident proposition that if you do not do any inefficient acts, and if you do a sufficient number of efficient acts, you will become rich. If, now, it is possible for you to make each act an efficient one, you see again that the getting of riches is reduced to an exact science, like mathematics.

The matter turns, then, on the question of whether you can make each separate act a success in itself. And this you can certainly do.

You can make each act a success, because All Power is working with you, and All Power cannot fail.

Power is at your service, and to make each act efficient you have only to put power into it.

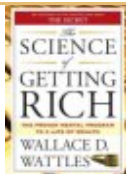
Every action is either strong or weak; when every one is strong, you are acting in the Certain Way which will make you rich.

Every act can be made strong and efficient by holding your vision while you are doing it, and putting the whole power of your FAITH and PURPOSE into.



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

Visit [www.thescienceofgettingrich.com](http://www.thescienceofgettingrich.com)





## The Play of Soul Part I

ECKANKAR

*The play of Soul is like a drama in which Soul is both the actor and audience. On entering the theater the audience knows that it is about to see a play, but the actor creates maya, an illusion of reality which gives the audience extreme emotions of joy or terror, laughter or tears. It is in the joy and sorrow of all beings that Soul, as audience, is carried away by Itself as the actor.*

The Shariyat-KiSugmad, Book One

### Eckankar Is a Living Religion

The great beauty of Eckankar is that it is a living religion. It's not bogged down with credos and dogmas. It evolves as our consciousness evolves. We do not worship the Living ECK Master. He is a guide to be respected, loved, and honoured. He is not an icon to be worshipped. You may study many books and attend many classes or lectures, but your real learning comes from inside yourself and from your experiences.

### Prove It for Yourself

As reported in *The Shariyat-Ki-Sugmad*, the ECK Master Gopal Das once said, "Those who follow the ECK take nothing for granted, for they must prove it themselves. Only then will they know that God so loved them that He sent a Living ECK Master to bring Souls home to Him."

### Understand Who You Really Are

As you begin to study the teachings of Eckankar, you may accelerate your spiritual growth. By practicing the Spiritual Exercises of Eckankar, you can learn to Soul Travel. You begin to understand who you really are: that you're here for a spiritual purpose. You can let go of your fear of death. You worry less. You invite more love into your life. You feel energized, and grow and change. Undesirable habits begin to fall away.

You begin to understand the nature and importance of dreams. The dream becomes a teaching tool. The Dream Master is the teacher. He helps you look unabashedly at your innermost fears and desires, and helps you come to terms with them. The ultimate purpose of dreams is to bring you closer to the Light and Sound of God.

### Become Liberated from Being the Victim

In time, past lives are revealed to you. You discover the role of karma and reincarnation in spiritual unfoldment. You become liberated from being the victim. You learn you are responsible, but you discover that the responsibility is not a weight. It is a key to spiritual freedom.



Harold Klemp is the spiritual leader of Eckankar today. In 1981, after years of spiritual training, he became the Mahanta, the Mahanta, or Living ECK Master and gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring and practical approach to spirituality helps thousands of people find greater freedom, wisdom, and love. His teachings uplift and help them recognize their own experiences in the Light and Sound of God.

Visit [www.eckankar.org](http://www.eckankar.org)





## Readers' Inspirations

### The cloth of ignorance

The alpha and the omega, the moved and the unmoved;  
The stillness behind activity, and light within darkness.  
Your names are many but your followers are few.  
Your light is clouded by the cloth of ignorance and darkness.  
Whence shall all men burn their cloths and return home?  
Let me burn it today and seek eternal redemption this moment  
May I rest in your light and knowledge eternally!

SUREN PILLAY



### Eyes

Captivating words unsaid, beauty but of secrets. Looking into one's eyes has so many trails that can take you away. They're hidden roots that can hypnotize another. No boundaries to a person, but just one look can tell so much in a space of time. Eyes are memories that keep secrets. Some can be told, and some are expressed by shedding tears. Colour and size are different in everyone, but all have the same history of secrets. A vision, a sight, an adventure when open or closed. Seeing dreams in our sleep and seeing dreams when awake. Amazing, but true, eyes are the path that behold the direction we take.

ZARINA MALICKSHA



### I Am Flying Home

Good-bye, blue house of heaven.  
Farewell, stars and celestial celebrities and your dramas on the screen of space.  
Good-bye, flowers with your traps of beauty and fragrance. You can hold me no longer.  
I am flying Home. Adieu to the warm embrace of sunshine.  
Farewell, cool, soothing, comforting breeze.  
Good-bye, entertaining music of man.  
I stayed long reveling with all of you, dancing with my variously costumed thoughts,  
drinking the wine of my feelings and my mundane will.  
I have now foresaken the intoxications of delusion.  
Good-bye, muscles, bones, and bodily motions. Farewell, breath.  
I cast thee away from my breast. Adieu, heart-throbs, emotions, thoughts, memories.  
I am flying Home in a plane of silence. I go to feel my heart-throb in Him.  
I soar in the plane of consciousness above, beneath, on the left, on the right,  
within and without, everywhere, to find that in every nook of my space-home  
I have always been in the sacred presence of my Father.

PARAMAHANSA YOGANANDA





## Index of Resources and Online References

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### Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
14618 Tyler Foote Rd., Nevada City, CA 95959 USA  
Email: [sanghainfo@ananda.org](mailto:sanghainfo@ananda.org)

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### Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.  
Tel: 011 462 0100  
Email: [nsa.sec@bahai.org.za](mailto:nsa.sec@bahai.org.za)

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### Bernie Siegel

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

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### Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>  
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA  
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### Eckankar

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### Gayathri Peedam South Africa

Web: <http://www.gayathripeedam.com>  
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### Heaven Letters (TM)

Web: <http://www.heavenletters.org>  
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**Mindlink Foundation**

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