

*As you see a beautiful world, the world becomes more beautiful.  
And so do you. You become more beautiful to yourself and to others.  
You have always been beautiful to Me. My perception doesn't change.  
My perception has ever been true. I see. I have never not seen.  
Wherever I look, I see beauty.  
I have heard that beauty is in the Beholder.  
That saying holds Great Truth.*

GLORIA WENDROFF  
Heaven Letters



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 45**  
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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 45

17 November 2013

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This month's cover feature is Highmoor mountain stream by Sundrie Jones.

Welcome to the November 2013 issue of *Transcendence*.

Most of us feel that the year has flown past as we race towards another year-end characterised by a whirlwind of holidays, parties, family, food, gifts and spending. It is all too easy to become caught up in the noise and energy of celebration, and even easier to overlook the importance of taking some 'quiet time' to contemplate our successes and failures over the past months, lessons we learned, and what we did or didn't do to make our world a brighter place.

If you are reading this, then you live a fairly comfortable life, with electricity, access to a computer and the internet – the knowledge of the world at your fingertips. To repeat an overused and underappreciated cliché, we should be reminded that there are many others in the world who live a very different life from the one we so readily take for granted. If there is something we can do for a fellow human to ease their burden – be it financial, emotional, or charitable – we should do it, no matter how small it may be. Each one of us has a gift, or a special ability that we can use to benefit others, whether or not we are aware of it.

If you don't know how you can help another less-fortunate brother or sister, think about what you are good at, or of something that you enjoy spending your time doing. Perhaps you are just a good listener, maybe you cook very well, play a musical instrument, or are clever at fixing things ... whatever it is, single it out and think about how you could use it to shine a light in someone's life.

We are all lights, and we all shine continuously. The clarity and visibility of our light just depends on how deeply we've buried it beneath our issues and attachments. The gift of giving without expectation of anything in return is one of the most effective ways to shine your light and make a difference in your world.

In Love and Service, always,





## Heavenletter # 4088 – A Whole World Full of Light

GLORIA WENDROFF

God said:

The world, as you know it, is changing, for you are growing. And so, the world as you know it, changes before your very eyes. The world is a reflection of you. As you change and grow, so goes the world. The world is of your making, and the world is of your perception of it.

As you see a beautiful world, the world becomes more beautiful. And so do you. You become more beautiful to yourself and to others. You have always been beautiful to Me. My perception doesn't change. My perception has ever been true. I see. I have never not seen. Wherever I look, I see beauty. I have heard that beauty is in the Beholder. That saying holds Great Truth.

It is also true that how the Beholder sees rubs off on the Beheld. The more beauty you see in others, the more beautiful they will actually become.

You have seen this. When people feel loved or are in love, they light up, and they are beautiful. It is beautiful to see, and you have seen it. Be beautiful, and you will have a glow. See beauty, and what you see will have a glow about it. This is how you light up the world!

What is glow but light? And what are you but light? Light is spreading across the land. Beauty is becoming more beautiful. Beauty is infinite, and infinite means always more. There is no going back, beloveds. You can no longer hide your light in corners. No longer can you be shy or reticent to shine your light. You came here to Earth to shine your light, and shine your light you will. It is ordained, beloveds, it is ordained that you will come out of the shadows of your own perception. How about now? What is there to wait for? What are you waiting for? Come out from the shadows now.

Simply step out from the shadows of your past thinking. You, yes, you. You are a most beautiful being. Any lack you may have is lack of true perception of yourself, life, and others. You notice I say that it is your perception that is lacking. That is all that can be lacking. I created you as beauty. My perception is accurate. You are the non-believer. You are a non-believer in yourself.

You can't make yourself believe. You believe what you believe. Yet what you believe can be changed. You can raise a lesser belief to a higher belief. You do this by noticing. Any little bit of beauty you notice anywhere becomes you, and it becomes part of you. Start noticing beauty in yourself and others, and pat yourself on the back. Be pleased. You saw beauty. You noticed it. You became it. This is worth celebrating. Celebrate now. It's fine to celebrate even ahead of time.

Once you make the decision to see beauty, you will see it. You will notice it even in dark places. Even in the dark, there is some light. See the beauty in yourself. See the beauty in others. The truth is that all beauty is yours. It is all yours.

In this moment, the supposed you and the supposed I, are beautiful together. We make beautiful music, for you see, We love, and what is love but seeing the beautiful wherever it is, however it is housed. Every single person has a spark of light, and now We are going to make this spark become a huge bonfire of light, a mountain of light, a whole world full of light, thanks to you.





## Inspirational Quotes



*You are ruled by two fictional characters. The world has made gods of them. Everyone bows down to them. Wars have been fought over space that can, in Reality, only be empty. And deadlines have been met or not met, and punishment is given. You are charged interest, or you may even be under penalty of death in some kingdoms of the world. It is said that your time runs out.*

Heavenletter #4092 Time in the World



*I introduce you to love. "Hello, love. This is a Heavenreader I am introducing you to. Love, say hello. Heavenreader, embrace Love. Love will love you." Love just naturally loves. It doesn't matter who you think you are or who you think you're not. Love is My middle name, and My first name and My last name. Love is My Name. Love is yours.*

Heavenletter #4093 Your Nearest Neighbor



*From the corridors of your heart, love engages. Love flows beautifully, naturally, and only starts and stops when there is blockage to it. What can a blockage be? What can interrupt love other than an interference from the mind?*

Heavenletter #4094 Love and Release



*When an archer shoots an arrow, he has a target in mind. He doesn't always reach his target, yet he always has a target. This is what I ask you to do, to have a target in mind in terms of your life. What do you want to reach? Where are you going?*

Heavenletter #4095 Where Else Can Love Exist



*Your heart is intended to open continually. There is no graduation day when it comes to the human heart. The human heart is an ever-blossoming flower. Open and open and open the petals of your heart. This is an assignment I give to you.*

Heavenletter #4096 The Petals of Your Heart

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

GLORIA WENDROFF



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

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## Understanding illusional perception of self-identity III

ROY EUGENE DAVIS

To more quickly unveil and bring forth innate Self-knowledge, superconscious meditation should be daily practiced by everyone. Sometimes, when I am just waking up or have been meditating for a while, I seem to hear a voice that speaks to me. What is its source? Is it significant? Because what seems to be an audible voice or a strong mental impression is produced by your mind, what it “says” is seldom of value. It is definitely not from God or someone trying to communicate from an astral or heaven-like realm. Some of my prayers produce or attract the results I want. Why aren’t all of my prayers equally effective?

Some of your prayers might have attracted the results that you wanted to have; some of the desired or ideal circumstances would have emerged without your prayers. Regarding prayers that you consider to have been effective: do you remember praying with absolute (pure) faith or belief in the outcome? That kind of praying is more likely to produce or attract ideal results because it is empowered by conviction. It is helpful to know what to pray for and how to do it, and when to avoid interfering with situations with which we should not be involved. It is always appropriate to wish for the highest good and well-being for everyone and all emerging events. I have heard others say that functional impairments that some newborn children have are effects of karma—of something they caused or attracted because of past actions. I am uncomfortable with that opinion.

Thinking that all such conditions directly result from personal karma is simplistic. It doesn’t include possibilities of genetic, dietary, and/or environmental influences. I want to be spiritually enlightened and fully liberated. I have reduced my personal needs and only have to work two or three days a week to earn enough money to pay for food, gas for my old car, and the few other things that I use. I think I have had a few fleeting “enlightenment” experiences, yet I am aware of the fact that I perhaps need to have more practical knowledge and skills and more compassion for others. While I sometimes feel “free,” I am also aware of my limitations, mental confusion, and emotional unrest.

It is possible to have partial intellectual insight into higher realities and intuitive awareness of our pure essence as being other than our mind and physical condition—and be somewhat confined by our mistaken perception of self-identity. We may seem to know (or at least partially apprehend) that we are spiritual beings while not yet having clear understanding and feeling while having various kinds of limiting conditions. We may want to be cloistered, shut away from outer conditions, and at times want to wander and explore a larger world.

Excerpt from *Truth Journal*, February / March 2013

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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## Right Speech

LUCIS TRUST

Before the middle of the 19th century, spoken communication was limited by how far the human voice could reach. But with the invention of radio, television and satellite, our words now travel round the world so fast that communication is effectively instantaneous and global. Today, one person's words can potentially reach the ears of billions of people in a moment.

How important it is, therefore, to look at the right use of speech. As the Buddha taught all those centuries ago, one of the steps on the noble eightfold path of spiritual attainment is right speech. It is obvious that what we say reflects the quality of our thoughts and feelings. A careful study of the words we utter in the many different and sometimes testing circumstances of our daily lives can show us not only how much our minds and emotions are still under the sway of harmful, separative tendencies in the personality, but also, and more importantly, the extent to which we have been able to bring into our lives the uplifting and healing influence of the soul.

Right speech is not an ineffective “negative kindliness”. Rather it is a powerful tool that we can use

to help in building the new civilisation of right human and planetary relationships. Right speech falls into three broad categories. Firstly, its positive use: speaking suitable words of probing questioning, of constructive criticism, of encouragement, of inspiration and praise at the appropriate time is right speech, for it helps people to view themselves and their efforts from a more detached point of view and, perhaps, from the perspective of a wider context and higher values. It thus supports spiritual progress and creativity.

Secondly, the refraining from harmful criticism and from using the words that wound is also right speech, for it shows that the inner self is able to take control over the personality. This silencing of the lower self automatically opens the gates that allow the redemptive voice of the soul to sound and bring its energy into all situations.

The third category of right speech is a much more specific one – the use of words in prayer and invocation. In this case the consecrated server consciously unites the soul, the mind and the physical form and uses a formula of words to invoke and direct spiritual energies. Anyone who has worked at all regularly in this way knows that the intentional use of prayer and invocation carries enormous power for good. How appropriate this observation is for all of us who daily participate in the Triangles work using the energy formula of the Great Invocation. This assuredly is one of the best uses of speech that we can know.

*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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## Strategies for Overcoming Fear Part II

PARAMAHANSA YOGANANDA

If you are unable to dislodge the haunting fear of ill health or failure, divert your mind by turning your attention to interesting, absorbing books, or even to harmless amusements. After the mind forgets its haunting fear, encourage it to discover and root out the causes of failure and ill health in the soil of your daily life.

### 7. “What comes of itself, let it come.”

Attachments keep you ever fearful. The more a person’s body-consciousness expands – to include such things as a sense of possessions, a concern for one’s reputation, a sense of personal power or importance – the greater the likelihood of feeling fear.

Fearlessness, on the other hand, comes from releasing those attachments: the desire for personal importance; the desire for power or control over anything or anyone; the desire to be well thought of and respected; attachment to possessions; attachment to bodily health and well-being; and, finally, identification of one’s self with the body.

Fearlessness comes with perfect non-attachment. It is a natural attitude for those who feel they have nothing to protect. Learn to accept with an unruffled mind whatever comes. I often say, “What comes of itself, let it come.” This is just as true for the bad things in life as for the good.

When I was young I practiced watching myself as from the outside: eating, bathing, walking, carrying out my responsibilities, and so on. This practice felt a bit strange at first, but in the end, it gave me a wonderful sense of freedom and non-attachment.

### 8. Meditation erases all fears.

Remember, if you still fear something, that karma has not yet been worked out. To dissipate it, don’t try to avoid the tests you have to face. Karma is best worked out by meeting pleasantly every test that comes, and by accepting courageously any hardships your tests impose.

An important factor in overcoming karma is meditation. Every time you meditate, your karma decreases, for at that time your energy is focused in the brain and burns up the old brain cells. After every deep meditation, you will find yourself becoming freer inside. Meditate deeply and you will erase all fears and gain the unshakeable consciousness of soul freedom.

### 9. God’s protecting rays

The popular Christian saying expresses an important and eternal truth: “If you raise one hand to God, He will lower two hands to uplift you.” God Himself it is who inspires you to reach toward Him with ever-increasing love. The fast and sure way to develop fearlessness is to love God. By loving Him, one feels ever protected by a force far greater than any power of one’s own.

Don’t let delusion-inspired thoughts whip up needless fears and worries, like waves upon your mental lake. Know that you are safe behind the battlements of God’s eternal safety. His protecting rays can dispel the menacing clouds of doomsday, calm the waves of trials, and keep you safe – whether you are in a castle or on the open battlefield of life where bullets of trials are incessantly flying.

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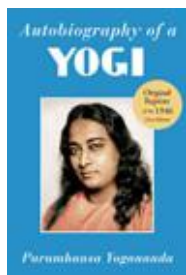


## Holiday gifts available from Ananda.org

### Paramhansa Yogananda

“Lord,” I prayed, “May Thy love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy love in all hearts.”

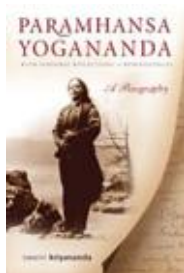
Paramhansa Yogananda, from the book *Autobiography of a Yogi*



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## Imagined Outcomes

ROD BRIGGS

We live in such an amazing world that we should be permanently walking around grinning at the wonder of it... but do we?

I often hear people talk about their normal lives as mundane – which literally means dull or boring. Yet here is one of the most interesting observations about humankind; when we are faced with some appalling problem, we can see, perfectly clearly, how pleasant it would be if the problem went away, and life was back to normal.

And if someone asked us: ‘But wouldn’t you find it boring?’ we would reply, indignantly: ‘Of course not!’

This is not self-deception; we can see how easy it would be to relax into an immense sense of gratitude if we could make the problem go away. And in fact, when a major problem vanishes, we do experience an immense gratitude – for a few hours. Then we relapse into our normal state of “taking for granted”.

The truth is that, although human imagination has increased very dramatically over the last three hundred years, it is still not powerful enough to make us immensely grateful for all the miseries and difficulties we are not experiencing.

This awareness is necessary to understand where we are in life, what opportunity exists for us to grow and how far we have come.

In fact our technological civilisation has created more freedom than man has experienced in his whole history.

Yet he is not aware of his leisure and because of this he often feels trapped, bored and restless instead of developing further.

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

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

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

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





## Self Hypnosis Part IV

SWAMI MURUGESU MAHARISHI

In this lesson I shall explain one or two modern methods of self hypnosis, along with one or two ancient methods. In some hypnotic circles they believe that those who do not follow the instructions of the hypnotist, or who never agree to undergo hypnotism, cannot be hypnotised. But there are a few hypnotists who can hypnotise a whole assembly of people at one time. In this case, no doubt, the individuals in the audience agree to undergo hypnosis, and sincerely hear and follow the suggestions of the hypnotist. But in ancient India there were some ancient yogis who were able to pass into a hypnotic state a group of people assembled in some distant place who had no direct connection with the performer. They did not even imagine that they were going to be hypnotised at a particular time by some unknown performer. Even now there exist one or two such powerful yogis, who are unknown but who never attempt to hypnotise any crowd unnecessarily. But, sometimes, in order to change the attitude of eminent political leaders they do.

Persons who have good knowledge in *yoga vidhya* will understand that the attitudes of some political heads suddenly change on account of the hypnotic suggestions introduced by a secret yogi. If you go through the plans of some important great national leaders, you will witness that their plans have been suddenly changed on account of unknown causes. Let us not delve too deeply into the science of *yoga vidya*, but let us consider a few methods of introducing hypnotism.

As our subject is not to induce hypnosis to others, but for self-study only, it is not necessary to discuss the suggestions you want to introduce to your sub-conscious mind. Decide this point first after considering it deeply for a few days, because even if a your suggestion is slightly wrong, the entire aim of this exercise will be fruitless, possibly resulting in a negative result, instead of having the desired outcome. So be careful in selecting the correct suggestion.

Lie down in your couch and relax the your whole body completely. If you have know pranayama, do a few rounds of breathing. You might have seen a hypnotic session where the hypnotist gives a sleeping suggestion, but now you yourself have to give the suggestion to yourself. Gaze at a point on the wall in front of you, raising your eyes slightly. Now start your suggestion, for example, "Sleep is dominating me, my eyes are becoming dull, now I am passing into sound sleep, but after thirty minutes I shall wake up automatically.

You will actually begin to feel sleepy. When you are on the verge of passing into a deep sleep, slowly but firmly and correctly repeat your suggestion. You should pass into deep sleep slumber with recitation of your suggestion few times. That is all, you will sleep for about half an hour after which you will and automatically awoken.

Now you may not remember how your suggestion entered your sub-conscious mind, but over time you will see your object of self-hypnosis materialise, coming into being, though you may not be aware of how it was materialised.



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

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





## Enquiry and Perception

SUREN PILLAY

Everyone in life is looking for happiness and joy to some degree or the next. The key to finding the joy lies in the nature of joy being sought after. Material joy is sweet yet transient in nature. The problem with material joy is that no matter how much joy we achieve it is never enough. The stimulus behind material joy is desire and, in particular, desire to satisfy the senses. This desire for sense enjoyment has a binding effect on the mind which lodges this subliminal impressions for ages if not lifetimes in a human being's spiritual evolution.

Man, not knowing his cosmic nature, remains bound by past desires which govern his every action, in most instance unknowingly. It is only those who have reached a certain level of self awareness who are able to start consciously choosing a different destiny then what their subconscious drives demand. This self awareness is critical to spiritual evolution. It demands constant attention and nurturing to develop into authentic realization.

This initial enquiry into 'Who am I? What is my purpose? And why am I here?' is fundamental to spiritual understanding, and cannot be understood by dry logic and intellectual speculation. The only solution for such an enquiry is the soul itself. Unfortunately for all of humanity, the soul is covered in various bodies or sheaths which prevent a man of ordinary awareness coming to know his true self. This is where the value of a guru or master truly begins to show. A guru is able to guide a man of ordinary awareness to spiritual enlightenment. The guru is able to clear negative subconscious impressions which have governed an ordinary person's mind and actions for ages, to allow the individual to progress rapidly and dynamically on the spiritual path.

However, before a guru even appears there must be a raising of consciousness in the individual already. This would have allowed the individual to enquire deeply about the nature of life and the cosmos, the nature of the soul and its relationship to God. Any deep and sincere enquiry into these matters results in the emergence of a guru into the life of an aspirant. The spiritual aspirant finds a powerful engine in the master who is able to guide and protect against dangerous temptations.

Of all the challenges that an aspirant may face on his or her journey to enlightenment, one of the most prominent and dangerous is doubt. Faith, its dual opposite, has to be gradually developed by belief and then instilled as faith only by spiritual experience. The lack of spiritual experience in one's life will certainly lead to doubt. A pure intellectual person, without spiritual experience is highly likely to experience a great amount of doubt due to surface knowledge of a subject that expands beyond the intellect. There is no limit to spirituality or its expressions, and it exists as it is and not as we want it to be.

To the sincere seeker, it is only time that presents an obstacle to experience. By gradually becoming more in tune with the spiritual master, all vibrations are harmoniously known and understood, and perceived directly. Communication may not always be verbal, and often spiritual vibrations between master and disciple are so subtle that ordinary people are not aware of any communication between the two.

My message to you this month, dear readers, is to enquire about what you seek on the journey of spirituality. If you are keen to be an explorer of the mind then dive deep in the practice of meditation and yoga, and you will find treasures beyond your wildest imagination!

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>





## The Anniversary of the Birth of Bahá'u'lláh

FLORA TECKIE

On 12 November, Bahá'ís around the globe will celebrate the anniversary of the birth of Bahá'u'lláh, the Founder of the Bahá'í Faith. Gatherings are held in thousands of localities – in homes, at public facilities, at local and national Bahá'í centres, and at Bahá'í Houses of Worship.

The Almighty God, Bahá'ís believe, has been revealing Himself to humanity through a series of Divine Messengers, each of whom has founded a great religion. Bahá'u'lláh (1817–1892) is regarded by the Bahá'ís as the most recent in the line of Messengers of God that include Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.

Bahá'u'lláh authored more than 100 volumes of Writings, which form the Sacred Scriptures of the Bahá'í Faith. His Writings offer spiritual guidance as well as directives for personal and social conduct and address the problems confronting humanity today.

There is, Bahá'u'lláh says, but one human race and all created by the one God, are one people. Throughout His Writings, Bahá'u'lláh called for a complete restructuring of the global social order. His vision of renewal touches on all aspects of life.

Bahá'u'lláh outlined certain fundamental principles upon which this new world civilization should be founded. As the Guardian of the Bahá'í Faith wrote, “Of these principles the most vital of them all is the principle of the oneness and wholeness of the human race, which may well be regarded as the hallmark of Bahá'u'lláh's Revelation and the pivot of his teachings. Of such cardinal importance is this principle of unity that ... He unreservedly proclaims it as the central purpose of His Faith. ‘We, verily,’ He declares, ‘have come to unite and weld together all that dwell on earth. So potent is the light of unity,’ he further states, ‘that it can illuminate the whole earth’. ... Unity, He states, is the goal that ‘excelleth every goal’ and an aspiration which is ‘the monarch of all aspirations.’ The earth, He proclaims, ‘is but one country, and mankind its citizens.’ He further affirms that the unification of mankind, the last stage in the evolution of humanity towards maturity is inevitable ... and He regards the ‘love of mankind’ and service to its interests as the worthiest and most laudable objects of human endeavour”.

The unity of humanity, as Bahá'ís view it, is a unity in diversity rather than uniformity. It is not by suppression of differences that one will arrive at unity, but rather, by an increased awareness of and respect for the values of each culture, and indeed of each individual.

The teachings of Bahá'u'lláh, upon which a new world civilization should be founded, also include the elimination of all forms of prejudice; full equality between men and women; recognition of the essential oneness of the world's great religions; the elimination of extremes of poverty and wealth; universal education; a high standard of personal conduct; the harmony of science and religion; and the establishment of a world federal system, based on collective security and the oneness of humanity.

The worldwide Bahá'í community is working to give practical expression to Bahá'u'lláh's vision of a peaceful and prosperous world, in partnership with others who also cherish the goal of building a better world.

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



## Bahá'í Topics

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

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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.

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## Humanity awakes

BY THE MASTER through Benjamin Creme

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One day soon it will be realised by many that the Christ, or someone similar, is living among us.

So great has been the response to the interviews on television which Maitreya has given so far that a powerful thoughtform is emerging: the belief that the Blessed Time has arrived when the Teacher of Old has returned. This expectation is now sweeping through the world.

In many countries, Brazil, China and Russia, for example, there is a growing sense that very soon the world will awaken to the news that the Teacher is here, or on His way.

This phenomenon is due, of course, to the impact of Maitreya's appearances on television so far, and to the faithful work of preparation carried out by the dedicated groups throughout the world.

This news should encourage these steadfast servers to continue their efforts and, if possible, to redouble them.

We, your Elder Brothers, are well aware of the strain which this long effort has imposed on the groups, and commend their work over many years.

That effort, it will soon be known, has not been in vain.

From now on, those engaged in the work of preparation should find a greater openness and readiness to believe that the advent of the Teacher is imminent; that the people are ready for change; that a new world is in the making; and that sharing and justice, freedom and joy await all men.

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SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2013/ma\\_2013-10.htm](http://www.share-international.org/master/2013/ma_2013-10.htm)

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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 Uriel

ILDIKÓ FERENC

It is earthly harmony and the island of peace that I represent and give You day after day. On your Earth, there are so many scattered existences that are experienced to no end and ignore their inner desires that it is not necessary for me to 'praise' them any further to You. Need compels me to name and start the forces by which you shall be able to realise the light and glory in you, and by which you shall find the strength, harmony, light, love and happiness in you that I represent. Look at the sky and imagine that you are embraced by earthly happiness illuminated by the brightness of love, and thereby the hope and faith rises in you too to experience all that you have been unable to experience so far. Believe that it is possible to create a life without misery, stringency and lovelessness here in the earthly world too, and every person can realise what they truly like to become. Nothing else is needed but faith and hope and a fertile soil which is nurtured by LOVE itself, and nothing else is needed but to experience all the inner impetuses that live in you and have been lost so long. Imagine yourselves in the place and in the situation you would like to be in your earthly world, and imagine that all the conditions required for this are available to you. Ask the heavenly highness of your earthly realisations, your spiritual selves, to bring the opportunities to You in which you can experience all these emotions and create all the energies down here in your physical realities through which what you saw can be realised. Are you not able? Are you not strong? But you are since you have had the energy to get born again and again, and start along the path in which you have realised your plans so many times, and at least as many times have managed to create your own reality. Therefore you are also able to do this and to believe that it is not because We are standing by you, only because the flame of the divine energy is also present in you that holds the highest energies of creation. You are able, just do not let your fears overcome you, and do not continue to lead your life controlled by others in the same way. Believe or not, the moment shall come when you can experience that your own creative reality is above all, and You yourself is the 'forger' of your life. It is you that creates all the energies you live in and in which you have so far been unable to build happiness, love and a sure material background around you. Believe and you shall be given. Do not think that you are unable to do it because you do not live like that, you have no material assets and do not have enough love to become able to experience what is different. Let go of these limitations of yours because they have not been created by You but by the social expectations you have been brought up in. Your own energies are indeed able to make you experience all you did up here since you were born and you brought down such energies into your earthly world that are exactly sufficient for you to perfect all these. Let there be any physical barrier, let there be any difficulty in your life, you are not here to 'fall' into your own lacks of energy that your past holds but you are here to experience your divine self down here, in the earthly world, in such a wonderful and harmonic environment about which you have only dreamt so far. You are not here to let go off your opportunities or to fail to try your wings, just the contrary, you have been born to the earthly world to create a harmonic and peaceful state in you too, and be able to experience all your energies that your earthly self can experience. Seek your way and be aware of the way you create the chance in you, and see as the gates are opening ahead of you that have been closed so far. Create and believe that it works. Believe that it all works not at the time and in the way others have dreamed up for you but as and when you want it to work. It is only you that, in your own life, can control your own life, and you can utilise only your own energies in the way it is the best for You. Please therefore do not linger in starting to invite happiness into your life by drawing on your own creative energies and start along the path where You are the main character.

With love, Archangel Uriel

*"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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## Surrender yourself

SWAMI SHANKARANANDA MAHARAJI

Krishna is within each one of you. Each of you is a Krishna in your own way. You are that light, that spark. We are human forms, not manifestations. Krishna is that which is within each one of us.

In the Bible, Jesus says ‘the Kingdom of God is within’ (Luke 17.21). In the *Bhagavad Gita*, Krishna says ‘I am that which is within’ (10.20). He’s saying the same thing but in a different way. What does ‘Krishna’ mean? Does it mean ‘God’? It means ‘black’, or ‘deep blue’. That was his colour. Here we have a South African-apartheid Krishna – he’s white. But he’s supposed to be very dark in colour. What does this signify? It signifies depth in divinity, in spirituality.

Through the *Bhagavad Gita*, the ‘song of God’, we can attain the state of Krishna-consciousness. We can attain that just by following the DIY given to man by God which we call the *Bhagavad Gita*. It is a very important manual, and very significant for this life, this *kali yuga*. Krishna, in the *Bhagavad Gita*, tells Arjuna more than a thousand times, to surrender. Surrender what? Surrender yourself.

He also uses the word ‘sacrifice’. That does not mean you must do Kali pooja with a goat, or Amman pooja with a chicken. It means you must sacrifice yourself, your bad habits. Sacrifice them at the feet of Krishna and surrender totally to him. Once you surrender totally to God, everything you do in this life will be divine. You don’t ever think about what you do, it will automatically be divine – because your general is God. How else can you surrender? By reciting the Gayathri mantra. Krishna says ‘Of all the metres I am Gayathri’ (10.35); the Gayathri mantra is written in the gayathri metre – 3 lines.

So Krishna claims in the *Bhagavad Gita* to be everything that we know. ‘Of all the light I am the sun’ (10.21). We know the sun. He says, ‘Whatever you do, do not do it for the fruit of your action, but do it for me’ (2.47). Don’t do something and wait for a handout. Just do it in the name of Krishna. All work we do must be done for him.

Whether you’re helping your husband build a house, or digging a trench, you are not doing it for your husband or yourself, you’re doing it for Krishna. If we work like that our work becomes divine. Not, ‘I go to work every day but when I go to work I don’t feel like working’.

When you get up in the morning, offer your work to Krishna, place it at the feet of Krishna. The great Mahavatar Babaji says that Krishna is the ever light – a light that does not dim or go out. He is everywhere, in everything, outside, inside, above, below. ‘In the depth of the ocean I am there, in space I am there’.



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)





## Amelia's Story

BERNIE SIEGEL, MD

I became a believer in our ability to communicate with animals after Amelia Kinkade, an animal intuitive, who while sitting in California, told me via an email that she was seeing through the eyes of our lost cat Boo Boo, who had disappeared from our son's home in Connecticut, and then she went on in detail about the house and yard and where the cat was hiding. The next morning I went out and rescued Boo Boo from the exact place Amelia had described to me the day before.

From that day on I learned that when in doubt to simply ask myself WWAD, or What Would Amelia Do? One of my biggest problems is mentally going into a place of fear when one of our pets is missing or acting strangely and I know that interferes with my ability to communicate. I tend to try and force them to do my will by every means available to me or I go into my head and decide what the animal is thinking, none of which ever work, instead of asking WWAD and resolving the issue.

My first experiment, after becoming a believer, was to try and find out why our beloved house rabbit Smudge Elizabunny would allow my wife to walk out into the front yard, pick her up and bring her into the house each evening while, when I attempted to do it, she would run around for ten or fifteen minutes until I finally caught up with her. Smudge began her day by running out our pet door every morning and spending the day in our fenced in front yard with our other creatures. So my first WWAD was to step out into our fenced in front yard the next evening and in my head ask, "Why don't you let me pick you up the way you let my wife Bobbie do?" The unexpected answer, which for me verifies it is coming from the animal and not my head was, 'You don't treat the cats that way.' I realized she treated my wife differently because I was the zoo keeper and guardian and my wife more often brought her treats and rarely ever forced her to come inside.

When I went on to ask what she meant by that Smudge explained that I don't make the cats come in at any specific time but give them the freedom to go in and out until my bed time. I then explained that the cats could defend themselves should a predator get into the yard and I was worried about Smudge being out late when it grew dark. With those words Smudge hopped over and let me pick her up and every day thereafter. I will admit some days she would smile at me and remind me of the old days for a minute or two but I could tell it was just her sense of humor. And when I had appointments I could go out into the yard and tell her I needed to leave the house and would feel better if she would come in. She always hopped right over when she knew I had a schedule to keep. When Smudge died Amelia told me she would be with Rose who loved her. Little did Amelia know my Mom's name was Rose and she died shortly after Smudge and I know they are together again sharing stories about me.

I also have two outdoor cats at our son's house, Eanie and Meanie, and because the only time I can count on seeing them is in the morning when I serve them breakfast I made an appointment with our veterinarian for an early morning visit. For one week neither cat showed up for breakfast and so I called the vet to cancel the appointment and not waste his time. The next morning, bright and early, the two cats were sitting and waiting for breakfast to be served.

Our cats Miracle, Penny, Dickens and Gabriel read my mind also. Their names are no coincidence. Miracle was named after a cat which appeared in a dream to one of my cancer patients and said, "My name is Miracle and this is the cancer treatment protocol you should follow." The cat then gave her the details which her oncologist agreed to and she is well today. So our next rescued cat became Miracle. Miracle is just that. She thinks she is a dog. She is fearless and so I have entered her in dog shows. The next year one posted a notice, "This dog show is for dogs only." By the way the neighbors treat you with caution after they hear and see you running around your house yelling Miracle at the top of your lungs. Penny was named by a child who saw her being born and said she looked like a penny. A Penny is to remind us that we have Liberty and In God We Trust. Dickens and Gabriel remind me that if God is at my front door the devil is at my back door and to remain aware of both aspects of my existence. I groom them all every week; toe nails, teeth fur, hair ball medication and more. Whenever I think about doing it they all disappear. It is my way of testing our ability to communicate. If, however, five minutes later, I think about going down the hall to get something from my home office I have to step over them to get to my desk.

Last year I went shopping with our two dogs Furphy, a Lhasa Apso, who thinks our house is his Tibetan Monastery and insists on running the show and Buddy, a Griffon mix, who loves to chase anything



that moves from a squirrel to an oil truck. The car we all got into was a new minivan with all the remote control door mechanisms on the key. After shopping I returned to the car and was horrified to see the side door was open due to my accidentally hitting the key. Buddy, whom I was worried most about was sitting in the car while Furphy was no where to be seen. My first reaction was panic as I began to run around calling out his name and searching the areas around the parking lot. Then I suddenly realized you are not doing what Amelia taught you and so I asked myself WWAD?

I then quieted down and went into Furphy's head to find out what he was thinking and immediately realized he was searching for me as he always does and that he was probably at the front desk of the market with them asking over the loud speaker, 'Whose dog is this?' I say that because after attending Amelia's workshop at Omega Furphy was not let into the dining hall during the lunch break. I left him at the back door and he always waits for me to come out but not this time. A man came through the hall, with Furphy in his arms, asking whose dog it was. Apparently Furphy had run around to the front door and into the hall searching for me. He won over everyone's heart and they let him stay.

Anyway as I approached the front of the super market I saw a security guard sitting in his car. As I approached he lowered the driver's window and asked, "Are you looking for a dog?" I answered yes and he said, 'Here he is on the front seat with air conditioning, water and treats.' The guard went on to tell me he saw Furphy walking towards the front of the market and didn't want him to be hit by a car so he picked him up. Furphy followed me back to the car and we have never had that problem again. I may add that both Furphy and Buddy adopted me; Furphy by running out and grabbing my leg when I visited the shelter and Buddy by sending me a message. I had written a story about a dog named Buddy when I heard a voice tell me, one morning, to go to the animal shelter. I listened to the voice and went down there with Furphy and as we walked in a volunteer was holding a dog in her lap. I asked something I have never asked before, 'What's his name?' Of course the answer was 'Buddy' and home he came with me. My wife is very forgiving and accepting and adopts us all too.

Now to explain the reason I was surprised at who stayed in the car and who left is that after adopting Buddy from the animal shelter I could never get him to get into a car and he even jumped out of the car once when I stopped for gas. At home if I didn't have him on a leash getting him into the car was a frustrating, time consuming experience. Finally one day I thought WWAD? I then calmed myself and asked Buddy why he wouldn't get in the car. I was amazed at his answer. He said the woman who owned him was very nice but when her husband came home from work she would ask him to take Buddy for a walk. Buddy went on to say, "He would put me in the car and then drive to a bar and leave me in the car. When he came out he would be abusive because of his drinking and just take me home and never let me out of the car. So getting into a car scares me and reminds me of all the abuse I received." From that day on his disobedience ended. We now understood each other and quickly worked it out to where Buddy now loves the car because he knows we are always going out to share the day. He loves to chase moving things in the woods near our home but I never have to worry about his not coming home and when I open the side door of the car before I can say, "Jumpee upee" he is in the front seat raring to go. Furphy and Buddy are both my co-therapists in support groups and anywhere they are allowed entry. The only problem is that now that they know we can communicate Furphy never stops telling me what to do and interrupts therapy groups unless he gets a treat which is my sign to him that we are starting the therapy session.

The other day I drove off thinking they were both in the car but after a half mile I realized no one was telling me where to go or what to do. I turned to look in the back of the car and saw only Buddy. I immediately connected with Furphy and told him I was sorry and coming home. I turned around and drove home knowing Furphy would be sitting in the driveway giving me that boy are you a dumbbell look that God's complete creations give to we incomplete human beings. It is a look I get from the cats too when I used to accidentally lock them out over night.



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)**



## Getting into the right business Part VII

WALLACE D. WATTLES

Do not try to more than fill your present place with a view to pleasing your employer; do it with the idea of advancing yourself. Hold the faith and purpose of increase during work hours, after work hours, and before work hours. Hold it in such a way that every person who comes in contact with you, whether foreman, fellow workman, or social acquaintance, will feel the power of purpose radiating from you; so that everyone will get the sense of advancement and increase from you. Men will be attracted to you, and if there is no possibility for advancement in your present job, you will very soon see an opportunity to take another job.

There is a Power which never fails to present opportunity to the Advancing Man who is moving in obedience to law.

God cannot help helping you, if you act in a Certain Way; He must do so in order to help Himself.

There is nothing in your circumstances or in the industrial situation that can keep you down. If you cannot get rich working for the steel trust, you can get rich on a ten acre farm; if you begin to move in the Certain Way, you will certainly escape from the “clutches” of the steel trust and get on to the farm or wherever else you wish to be.

If a few thousands of its employees would enter upon the Certain Way, the steel trust would soon be in a bad plight; it would have to give its workmen more opportunity, or go out of business. Nobody has to work for a trust; the trusts can keep men in so-called hopeless conditions only so long as there are men who are too ignorant to know of the science of getting rich, or too intellectually slothful to practice it.

Begin this way of thinking and acting, and your faith and purpose will make you quick to see any opportunity to better your condition.

Such opportunities will speedily come, for the Supreme, working in All, and working for you, will bring them before you.

Do not wait for an opportunity to be all that you want to be; when opportunity to be more than you are now is presented and you feel impelled toward it, take it. It will be the first step toward a greater opportunity.

There is no such thing possible in this universe as a lack of opportunities for the man who is living the advancing life.

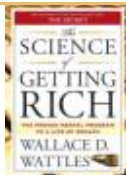
It is inherent in the constitution of the cosmos that all things shall be for him and work together for his good, and must certainly get rich if he acts and thinks in the Certain Way. So let wage-earning men and women study this concept with great care, and enter with confidence upon the course of action it prescribes; it will not fail.

Many people will scoff at the idea that there is an exact science of getting rich; holding the impression that the supply of wealth is limited, they will insist that social and governmental institutions must be changed before even any considerable number of people can acquire a competence. But this is not true.



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)







## Eternity Here and Now?

ECKANKAR

The years passed. In time Debra bore a second son – we'll call Jim. Once grown he took an interest in spiritual things. Debra did too, though life's trials left raw wounds that begged for more time to heal. She still exercised caution about religion.

Yet her view about the next spiritual step was a childlike one. Intuition whispered that when a student is ready, the Master appears, and the resulting linkup is a most natural one. After all, hadn't she already waited years on end to discover the next step to truth after feeling the hand on her shoulder in church so long ago? What was another month or year?

Jim, however, with all the exuberance and impatience of youth, took a more direct tack. "Eternity now!" he said.

One day he was reading an ECK book, in the back of which was listed a phone number. "What are you reading?" said Debra. "There's something in it about eternity here and now," he replied. "I'm going to call the number and see what I can find out."

A pleasant, cheery voice came on the line. An ECKist told of an upcoming meeting where someone would explain more about the teachings of ECK.

"I'm going," he told his mother.

Though leery of any religious teaching other than Catholicism, she decided to join him to ensure no one took advantage of her baby. "Mother, please," he said, "don't make a scene." Jim could imagine her throwing angry accusations at the group. He offered a compromise.

"If you promise not to embarrass me, you may come."

So they set out. Near the end of the introductory meeting on the teachings of ECK, a speaker addressed the group. "To give you a better idea of what I'm talking about," he said, "I would like to invite you all to sing HU with me." Then, very softly, he and the others began to chant HU.

HU is an ancient, holy name for God. You can sing it at home. Simply sit or lie in a quiet place and sing HU (pronounced "hue"). This age-old song lets the Voice of God enter you as love, Light, or Sound.

The Light and Sound of God are integral parts of divine love known to but few. The twin pillars of God's love, they are the mainstays of the ECK teachings. In fact, the spiritual travelers of ECK ride them out of the body and into the cosmic seas via Soul Travel, like a surfer riding ocean waves. This method is a direct route to finding love, wisdom, and spiritual freedom.

Debra's mind drifted to a time three years earlier at a Renaissance fair. Astrology and many other paths had exhibits there. In a little room where people came to meditate stood a crystal bowl, producing a magnificent, soothing sound. It was most beautiful and healing.



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 Road to Enlightenment

I walk on a road with no beginning or end;  
Where it shall take me I do not know.  
Doubt assaults and illusions speak on the road to nowhere.  
Whence shall I find a the wisdom trail that will take me back home?  
Only once I sincerely desire it! Comes the answer from the heavens above.

SUREN PILLAY



When you are joyous, look deep into your heart  
and you shall find it is only that which has given you sorrow  
that is giving you joy.

When you are sorrowful look again in your heart,  
and you shall see that in truth you are weeping  
for that which has been your delight.

KHALIL GIBRAN



### To Develop Will

Today I will make up my mind to succeed in whatever I do.  
Will power is a tremendous factor in all activities. It can start endless motions of cosmic energy.  
O Eternal Energy, awaken in me conscious will, conscious vitality, conscious health, conscious realization. Teach me, O Spirit, to cooperate with Thy will  
until all my thoughts shall conform to Thy harmonious plans.  
There is hidden strength within me to overcome all obstacles and temptations.  
I will bring forth that indomitable power and energy.  
Invincible Lord, teach me to use my will unceasingly in the performance of good actions,  
until the little light of my will burns as the cosmic blaze of Thine all-powerful will.  
Beloved Father, I know that by strong will power I can overcome disease, failure, and ignorance,  
but the will vibration must be stronger than the vibration of physical or mental disease.  
The more chronic the disease, the stronger, steadier, and more unflinching  
must be my determination, faith, and effort of will.

Today I will cultivate initiative.

The man of initiative creates something from nothing;  
he makes the impossible possible by the great inventive power of Spirit.  
Heavenly Father, help me to strengthen my will power. Teach me not to be enslaved by habits.  
Guide me, that I may develop myself spiritually by inner and outer discipline.

I will tune my free will with the infinite will of God,  
and my only desire shall be to do the will of Him who placed me here.

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/>  
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### Bernie Siegel

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### Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>  
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Dean Petzer - 082 825 3202  
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### Heaven Letters (TM)

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### Jadatharaya Institute of Right Living and Yoga

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**Mindlink Foundation**

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**The Expanding Light**

Web: <http://www.expandinglight.org>

Phone: 800-346-5350 or 530-478-7518

Email: [info@expandinglight.org](mailto:info@expandinglight.org)

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

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