

*Spirituality is simplicity.
Simplicity is love, love is togetherness,
and togetherness means no hate.
It's as simple as that.*

SWAMI SHANKARANANDA
Jadatharaya Institute



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 46
17 December 2013



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 46

17 December 2013

3	Heaven Letters	GLORIA WENDROFF	13	The dynamics of change	SHARE INTERNATIONAL
5	Illusional perception of self-identity IV	ROY EUGENE DAVIS	14	Message from Virgin Mary	ILDIKO FERENC
6	The Bodhisattva	LUCIS TRUST	15	Ego and simplicity	SWAMI SHANKARANANDA
7	The devotee who could not find...	ANANDA SANGHA	16	Passages	DR BERNIE SIEGEL
9	Keep moving	ROD BRIGGS	18	The Science of Getting Rich	WALLACE WATTLES
10	Self-hypnosis part V	SWAMI MURUGESU	19	Eternity here and now?	ECKANKAR
11	The value of reflection	SUREN PILLAY	20	Reader's Inspirations	
12	Human rights and unity of mankind	BAHAI FAITH	21	Additional Resources	

This month's cover feature is *Mountain Rose* by Jo Petzer.

Welcome to the December 2013 issue of *Transcendence*.

Silent night, Holy night/All is calm, all is bright/'Round yon virgin mother and child/Holy infant so tender and mild./Sleep in heavenly peace./Sleep in heavenly peace.

Silent night, Holy night/Shepherds quake at the sight/Glory streams from heaven afar/Heavenly hosts sing Hallelujah./Christ the Savior is born./Christ the Savior is born.

Silent night, Holy night/Son of God, love's pure light/Radiant beams from thy holy face/With the dawn of redeeming grace./Jesus, Lord at thy birth, /Jesus, Lord at thy birth.

Sometimes we can find spiritual inspiration in places we wouldn't ordinarily look. Take the simple Christmas carol, *Silent Night*, composed by Franz Xaver Gruber, for example. Initially, it is understood as a dedication to Christ at the time of his birth, mentions his mother, the virgin Mary, the shepherds and the angels who were at his holy birth, and focuses on the peaceful calm experience and the presence of God's radiant love. We could also draw in the lyrics a parallel to the experience of meditation.

When we meditate we quiet the mind, invoke an inner calm and focus on the light at the centre of the forehead (*...all is calm, all is bright*), allowing our pure, loving, humble higher self (*...virgin mother and child, holy infant so tender and mild*) to emerge. The deeper states of meditation are indeed akin to a peaceful heavenly sleep (*...sleep in heavenly peace*). When we experience the divine light in meditation all our worries and material concerns are overwhelmed (*...shepherds quake...*), and glory indeed streams from heaven which in our waking state often seems far away, and many experience divine sounds (*glory streams from heaven afar; heavenly hosts sing halleluja*). Our higher self manifests during meditation (*Christ the saviour is born*), as we realise that we are a spark of God's pure, loving light (*son of God, love's pure light*). One who meditates frequently and deeply often exudes an external glow, and lives increasingly in God's divine grace (*...radiant beams from thy holy face, with the dawn of redeeming grace*). Whenever we meditate our higher self is reborn into our conscious realisation until we no longer need to meditate as, in time, our Soul radiates outward into the world at all times in permanent bliss.

At this special time of the year we wish you love, peace and divine grace throughout the year to come.

In Love and Service, always,





Heavenletter # 4089 – Innocence in the World

GLORIA WENDROFF

God said:

From the very beginning of Heavenletters, I have told you that you do not owe anyone anything, and no one owes you anything. No one is an owner of anyone, nor is anyone owned by anyone. You are free. This is what free will means.

If, in the world, another or others seem to own you, their sense of ownership, no matter how they see it or how you see it, comes with your agreement. This is hard to believe.

No matter what, you are your own shining light. If you are owned, somewhere along the line, you partnered in this. It may not have been your conscious volition, and yet, somewhere, sometime, you okayed it. An agreement was made.

You can undo agreements, beloveds. If undoing agreements is hard for you, then you can begin to see your own attachment to another's attachment.

The virtue of not owning or being owned is that you let go of attachment. You let go of attaching, and you let go of being attached by another. This means you are your own sovereign self.

You may say, "What if I am imprisoned? How does this theory of yours work, God?"

It is the same, dear ones. You made choices along the way that led you to where you are.

"What if I did not commit the crime, God?"

This is harder, yet, somewhere along the line, you acquiesced. Before birth, after birth, somewhere along the line. Even if you are innocent. Even if you are the one who robbed a bank, you are innocent just the same. Do you understand? Even if you did the deed, you are innocent. You have to be very innocent indeed to rob a bank and think you won't ever get caught. All are innocent. We're not questioning innocence. All My children are innocent.

If you were kidnapped, you are innocent. If you are a reprobate and kidnapped, you are innocent. If you are a baby kidnapped, you are innocent. Everything seems random, yet it is not. Something unfathomable is being played out. You cannot fathom it. You cannot fathom it anymore than you can fathom that your tummy is empty, and others' tummies are full, or you cannot fathom that your tummy is full, and others are starving. What can you fathom, dear ones?

There is no opposite to innocence. Guilt is not opposite to innocence. Guilt is something implied applied. Guilt is applied to another or to yourself, yet, really, all anyone can be guilty of is being a human being. Human beings sometimes make mistakes. The ink that spilled was a mistake. A word misspelled was a mistake. The murder of another is a mistake. Everything that is not love itself is a mistake.

The teacher who scolds the child for spilling the ink or misspelling a word is also making a mistake. Anyone who judges is making a mistake.

The world would say that some mistakes are greater than others, for the world itself is all about relating one thing to another. All the world is relative. That's what makes it the world.

For the purposes of Our discussion this morning, a mistake is a mistake. For every mistake, there are repercussions, yet a mistake is a mistake, and mistakes are made. Let mistakes be mistakes and not weigh them so judiciously.

But the world is not a mistake. And you are not a mistake. You can rise to any occasion, whatever the occasion may be. Some of you have risen. In fact, everyone has risen. No one stays the same in the world. The world is all about change. The one who murders can become a saint. A proven saint may falter. Anything is possible in the world.

Extreme goodness is possible. Extreme goodness is not only possible, it is an everyday occurrence.

The world is not about justice, as you perceive justice. It is about goodness, however.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/innocence-in-the-world.html>





Inspirational Quotes



It doesn't matter that I tell you that time doesn't exist. You kneel to time just the same. Time has become your standard. And when you do not kowtow to time, you feel bad.

Heavenletter #4092 Time in the World



Speed down the highway. Ride a trolley of love. Love Me. Love you. Love your neighbor. All are your neighbors.

Heavenletter #4093 Your Nearest Neighbor



A young child has a teddy bear. That one teddy bear is his. He loves that teddy bear. He has to have that teddy bear. No other will do. Is this not how personal love is in the world? No other love will do but the one you took as your own and nobody else's. When someone has not focused his or her love on you, be it mother or father, sister or brother, playmate and so on, you have drawn back your love, frozen it somewhat, ordered your love to turn itself into disappointment or a demerit on you. You tend to confuse your love with someone else's.

Heavenletter #4094 Love and Release



At the head of your list is to love, that whatever you do, wherever you go, that you go with love, and, that whatever you give, you give with love. Desire no less from yourself. Have that intention. You don't have to put signs up such as: "Remember to love today." Of course, you may, yet the important thing is to set the intention to be a lover of life and mankind.

Heavenletter #4095 Where Else Can Love Exist



If you want to remove hurt from your heart, the secret is in giving your heart away. Your heart doesn't really belong to you. Nothing really belongs to you, the individual you that you imagine you know so well. If your heart is Mine, Whose heart is it then? I have appointed you caretaker of your heart which is Mine. Take good care of the beautiful heart of Mine that resides in 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.

Visit www.heavenletters.org





Understanding illusional perception of self-identity IV

ROY EUGENE DAVIS

The solution to the problem of confusion is neither to avoid relating to objective realities nor to plunge into involvements with them to the extent that we become forgetful of our essence and our relationship with the Infinite. What is most useful is to cultivate peace of mind and emotional stability and maturity while nurturing authentic spiritual growth.

Avoid dramatizing devotion or being “different.” Outwardly observe appropriate social behaviors. Be inwardly Self-knowing while effectively performing duties and faithfully adhering to your spiritual path (the course of actions that purify the mind and clarify your awareness).

Remember: wherever you are, you are in the wholeness of one ultimate Reality. You do not have to allow what you do or observe to diminish your awareness of your true nature as an immortal, spiritual being. Because you are immortal, you can be as spiritually enlightened in the physical realm as in any place or space in or beyond our universe.

A Guide to Holistic Living

holistic Emphasis on the whole and the interdependence of its parts. Lifestyle is holistic when its spiritual, emotional, mental, physical, and environmental components are always harmoniously integrated (blended).

In a private notebook write the following themes. Write what you do (or will immediately start doing) to always live holistically.

1. For improved spiritual awareness. Include study of higher realities and descriptions of your daily superconscious meditation schedule and routines.
2. For emotional calmness and stability. Include cultivation of soul- or Self-contentment, scheduled hours of sleep and rest, and avoidance of worry.
3. For peace of mind. Include rational thinking, being self-confident, and improving your powers of intellectual discernment.
4. For vital physical well-being. Include a nutritious diet, regular exercise, and other wellness regimens.
5. For a wholesome, supportive environment. Include quietness, cleanliness, comfort, convenience, and security. For total well-being, write what else you want (or need) to have or do. Include:
 - Harmonious personal relationships. How?
 - More education. How?
 - Prosperity. How?
 - Creative expression. How?
 - Whatever else is necessary, important, or of value.

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.



CENTER FOR SPIRITUAL AWARENESS

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

PO Box 7, Lakemont, Georgia 30552-0001

www.csa-davis.org



The Bodhisattva

LUCIS TRUST

The Great Invocation (a world prayer) is central to our daily Triangles link-up. As a web of countless groups of three, we invoke the light that flows from the mind of God, the love that radiates from the heart of God, and the purpose that animates the will of God.

Right now thinking and vision are in turmoil, partly as a result of our encounter as a species with the principle of interdependence. The ground is moving beneath our feet as we find ourselves apparently incapable, as individuals, communities and nations to act in ways that are commensurate with the wholeness vision. Separateness remains an elemental force in consciousness as it does in economics, politics and even religion. There is a palpable tension between separateness and wholeness. More than at any other historical time our future depends upon the steady growth of compassionate action centered in a wise and enlightened understanding of interdependence. For this we need an inflow of Light and Love and Purpose.

The call for the Coming One (the Christ, the Bodhisattva, the Mahdi, the Messiah) to return to earth is central to the Invocation of Light, Love and Purpose. Throughout history religions have prophesied that, in times of immense difficulties and darkness, an enlightened teacher will come to lead human communities into a new and better era. A modern understanding of these prophecies lead us to expect a Teacher for all peoples of all faiths who will inaugurate the next phase in the evolution of consciousness.

The Bodhisattva, known in Buddhist circles as the Lord Maitreya, and known by other names in other traditions, is already an overshadowing presence. He can be sensed in the arising of group consciousness and group intuition amongst so many movements for authentic spirituality, right relations with the earth, and for equitable sharing of resources. The wholeness vision is transforming consciousness and behavior, and this is a sign that the Bodhisattva is with us.

The New Era is in the future. The appearance of Maitreya as a living, breathing human being, “the Eldest in a great family of brothers”, will mark the beginning of a whole new cycle in human development. The sacred will arise naturally in the centre of our awareness and the creative drive to give expression to the sacred in all fields of activity will be the dominant note of the civilization it will be our responsibility to create. The appearance will bring with it an immense empowerment of our ability to love and to serve – as individuals and as groups.

The global network of all who truly love and serve is already taking on something of the aura, the power and the radiance of the Bodhisattva, something which will magnify when and as the Maitreya draws ever closer still.

The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.

london@lucistrust.org

www.lucistrust.org



LUCIS TRUST



The Devotee Who Could Not Find a Hiding Place

PARAMAHANSA YOGANANDA

Sequestered in the hills of the Himalayas there lived a practical saint named Ramaka. He was often visited by a wealthy, worldly man who showed great outward devotion, but who was at one time a great sinner. Though presently reformed, the rich man kept company with this great saint mostly for the purpose of concealing his old traits by making it appear that he was becoming religious.

After some time, the rich hypocrite, pretending great devotion to the saint, decided to seek spiritual instruction from him. Accompanied by his wife and two servants, he went to demand spiritual instruction.

The saint, upon beholding these four people desirous of taking lessons from him, addressed them as follows: "Hello, Mr. Rich Man and your companions. I want you to know that I only make disciples of those who pass my spiritual tests."

With great braggadocio, the rich man and the two servants shouted in unison, "Of course, we will be glad to go through your tests and will be sure to win." The humble wife remained silent. Then she meekly said, "Only if God blesses my efforts may I be successful."

Suddenly the saint was possessed with the desire to roam through his banana grove and he soon returned with eight bananas. He handed two of the bananas to each of the four persons — the husband, the wife, and the two servants. Then the saint said, "Will you please, each of you, go out singly to the loneliest spot that you can find and secretly eat the bananas, then come back to me. Remember, if you aspire to pass my test, you must not be seen by anyone while you are eating the bananas, and you must surely return by evening."

The rich husband, over-confident and proud, went to a private bathroom in a friend's house and brought forth the two bananas he had hidden in his pocket. Then, in haste, he swallowed the bananas, skins and all, and soon returned to the saint. He said, "Honored sir, it is done." The saint only smiled and replied, "It is strange that you could within such a short time find a really lonely place free from the presence of anyone."

The two servants, after a long search, finally went into a deep forest and found different caves where they ate their fruit and returned to the saint. The saint, on seeing them, said, "Oh, I am astonished to find that you think you found the best hiding places and were able to eat the bananas without being secretly watched by anyone. How do you know that no one was watching while you were eating the two bananas?"

The servants replied, "No, sir. Nobody could see into the dark caves where we ate the bananas. Even we could not see the bananas while we were eating them."

The Saint enigmatically smiled and gently remarked, "Just the same, you never can tell who might be watching you eat the bananas."

At last, when evening came, the humble wife of the rich man returned very tired and depressed. Placing her two bananas in front of the saint, she said, "Honored sage, I am sorry I cannot pass your test. All day long I have tried to find a secret place — in closed rooms; in the man-forsaken wild gardens of nature; in deep valleys, forests, ravines, and dark mountain caves; and in the secret temple of my mind — where I could eat the bananas — but I couldn't find it.

"When I went into the vast fields, I saw a Silent Being nodding in the blades of grass. I tried the garden of wild flowers, and there I saw Somebody smiling at me through the opened lips of ►



petals, mocking my fruitless attempt to find a lonely place. I tried the valleys and ravines, and Somebody's tall stony mountain neck quivered, and I knew I was being watched. Then, at last, desperate and dreaming, I tried the dark mountain caves, and as I tried to eat the bananas, I felt an Invisible Presence.

"I seemed to hear laughter and Someone saying, 'Look, I am the light which shineth even in the midst of utmost darkness and in the gloom of mountain breasts.' I ignored the laughing voice, and yet, as I tried to eat the bananas, the darkness shivered and threw a streak of light, revealing the fruit in my hand. I closed my eyes and made up my mind to eat the bananas without paying any attention to the light which fell on them.

"Suddenly I saw all my thoughts awakened in the dark temple of my mind, and they rebuked me, seeming to say, 'You can't eat the bananas alone. We are all watching you, and our Supreme Father, who gave us birth, is ever with us, invisibly yet most tangibly watching you lest you be deluded into thinking you can find a spot where He does not live — a spot free from His all-pervading gaze where you could secretly eat the bananas.' So I gave up and now, holy sir, I am at your feet unable to go through your test."

The saint, with gleaming eyes, at last spoke, "Sacred lady, it is you alone, by your humbleness and calmness who have really understood the purpose of my test, and have most honorably and admirably succeeded in taking it." Turning to the proud husband and his servants, he commanded, "Behold, she is your Guru-Preceptor. You must take lessons from her; and whatever lesson she gives you — that will be the first lesson I shall give you when you come again to see me."

SOURCE LINK TO THIS ARTICLE: <http://www.anandaclaritymagazine.com/>

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*



Autobiography of a Yogi Original 1946 Edition by Paramhansa Yogananda

Named One of the Top 100 Spiritual Books of Last Century, this is not an ordinary book! It is a spiritual treasure, read by millions of truthseekers around the world. Now with bonus materials.



Ananda Sangha is a movement
based on the teachings of
Paramhansa Yogananda that helps
you bring God into your life through
meditation and spiritual living.
[visit www.ananda.org](http://www.ananda.org)





Keep Moving

ROD BRIGGS

“Horror vacui (Nature abhors a vacuum)” - Aristotle

Most of us were taught, from our very early years onward, that achieving things like security, safety, wealth and comfort brings us success in life. Is it no wonder then that so many people attain their solid career, loving marriage and comfortable home only to rest on their laurels, believing that they have made it? The truth of course, is a little more complicated, as it often is.

Although it seems eminently logical that once we have 'ticked all the boxes' we should be able to relax and enjoy the fruits of our labour, a temporary rest is actually all that we are allowed before the rot sets in. The insidious nature of the comfort zone is such that it lulls us into a cocoon which ignores life beyond its borders; and that life is always moving - either growing, changing, developing and learning – or degenerating, falling into entropy. One of the ideas that has been historically involved in the concept of entropy is that nature tends from order to disorder in isolated systems. Examples of this are everywhere, especially in the subtropical paradise we are privileged to live in: Think of a gardener who finally gets his patch just perfect. How long would it stay perfect if he stopped the daily pruning, trimming and general maintenance so vital to keep it looking great?

Our lives are a bit like that garden; we must never forget that we are all always ever works in progress. To stand still in an ever moving world is to invite entropy; what works and feels good to day may not do tomorrow. What we refer to as a midlife crisis, is a cri de Coeur from our subconscious telling us that the comfort zone is restricting growth.

Never let your groove become your grave.... Move!

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





Self Hypnosis Part V

SWAMI MURUGESU MAHARISHI

Instead of giving yourself the sleeping suggestion, you can imagine that an eminent hypnotist is standing near you and giving you sleep-inducing suggestions. Imagine clearly this invisible hypnotist's suggestion, and when you begin to feel sleepy also imagine that the invisible hypnotist is introducing your workable suggestion. In this way also you can pass into hypnotic state with your suggestion.

Lie down in a relaxed state. First, suggestion to yourself that when you count to 100, during the second time you will pass into sleep. Begin to count with concentration, from 1 to 100, and then backwards from 100 to 1, and repeat this a second time. When you feel relaxed, repeat your suggestion. To help you count rhythmically, you can use any clock that ticks loudly enough to hear, and count with the ticking of each second.

By counting each time you blink, from 1 to 100, you can introduce self-hypnosis. Don't blink consciously, but allow each blink to be automatic as it would be if you were not conscious of it. Simply observe and count until you begin to feel sleepy, at which stage you should make your suggestion and pass into sleep.

From the above few methods of inducing self-hypnosis, you can discover more methods for yourself.

A yogic method to induce Self-Hypnosis

Lie down, relax, and complete a few rounds of pranayama. Place your index finger directly upon your mind brow-centre, the Ajna chakra. Rotating the finger and at the same time focus your attention upon the centre of your forehead. Very soon you will feel uncontrollably sleepy. At once, mentally repeat your suggestion and pass into slumber. This will not only lead to self-hypnosis but also helps to stimulate the Ajna chakra. This chakra's power will help in fulfilling your desires.

Actual meditation will induce sound sleep to bodily consciousness only. But in this sub-conscious hypnotic state, the mind will dominate and that is why new visions are seen and sounds are heard in meditation. If you keep your suggestion at the back of your conscious mind and pass into meditation simultaneously, your aim will be achieved.

Many methods of self-hypnosis can be described but they are no use if they are not practised regularly. If a man truly wants to achieve his goal and solve his problems, one or two methods should be attempted and he should preferably adhere to the method which he finds the easiest and most convenient.

Why should you not, my student or reader, use any of these methods and solve your problems by this simple method, so that your life may be a happier one? I hope that you will follow any one of the above methods, solve your problems by the miraculous power of chitha, and lead your life happily.



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





The value of reflection

SUREN PILLAY

Many people question the value of reflection in the modern day. It has, no doubt, both material and spiritual benefits and forms the basis of numerous success strategies by many of the most successful people in both the material and spiritual realms of existence. In the *Yoga Sutra* of Pantanjali, the eighthfold path of yoga includes the practice of *samyama* which includes *dharana*, *dhyana* and *samadhi*. Contemplation has been used interchangeably with the concept of reflection.

Dharana has been defined as ‘contemplation’ and as a preliminary practice to meditation. Meditation in the yoga scriptures has been defined as ‘achieving oneness with the object of meditation’. *Samadhi* has been described as ‘a state of bliss or no-mind’, and in order to achieve *samadhi* it is necessary to first achieve a state of meditation. The *Yoga Sutra* of Patanjali also describe various states of *samadhi* that may be attained by the meditator after numerous spiritual practices.

Meditative practice and success thus requires *dharana*, contemplation or reflection, in order to achieve a steady state of meditation. But how does one practice *dharana*? In a spiritual sense, by focusing on a particular form, or qualities of a form, one is immediately practising *dharana*. An example: if one is focusing, with the eyes closed, on the spiritual qualities of their guru or spiritual master, qualities such as humility and kindness may be contemplated, or the form of the guru may be focused upon.

This focus can be called *dharana*, and within this practice, incoming and outgoing thoughts may still persist as one increases focus on the object. It is only when one’s focus on the object is pointed and singular that one achieves a state of meditation or *dhyanam*. Visualisation is a valuable tool in the practice of contemplation, and assists the meditator in more rapidly achieving the state of *dhyanam*.

In a material sense, *dharana* may be used as a focusing tool to achieve material prosperity by concentrating on all that one wishes to achieve in life. These contemplations will start to dominate the sub-conscious mind and slowly begin to influence behaviour towards achieving that goal.

My message to you this month, dear readers, is to start contemplating and reflecting more on life. The value you obtain from life will be commensurate to what you wish to achieve from life, whether it be material or spiritual.

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>





Human rights and unity of mankind

FLORA TECKIE

As we observe the Human Rights Day, honouring the United Nation's adoption on 10 December 1948 of the Universal Declaration of Human Rights, let us remember that human rights are an expression of our God-given rights, which are now universally recognized.

In the Bahá'í view "the conviction that we are all citizens of one earth, together with a commitment to the well-being and happiness of all mankind, are the foundation for the realization of the ideals expressed in the universal Declaration of Human Rights."

To honour diversity without making differences a cause for conflict requires a new way of thinking, based on respect for the rights of every individual. Observance of human rights and related responsibilities requires transformation of thoughts, values and attitudes. To affect any degree of transformation, however, it is essential to create a new mindset. Such transformation, in the Bahá'í view, should start with recognition of the oneness of mankind.

Only through conscious belief in this principle, it will be possible to apply equal standard of human rights for every individual member in our societies. Bahá'u'lláh stated over one hundred years ago that: "The earth is but one country, and mankind its citizens." and that "an equal standard of human rights must be recognized and adopted." and "In the estimation of God all men are equal; there is no distinction or preferment for any soul in the dominion of His justice and equity." He describes the main challenge facing humanity today in the following words: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."

Maintaining peace, and avoiding wars and other major conflicts on our planet, are main concerns of today. Peace and unity are closely related to justice and observance of human rights. It is the requirement of justice that every one is treated as equals from whatever nationality, race, religion or ethnic background they may be.

Presently, however, there is inconsistency in our norms and practices when it comes to application of justice and human rights. For example "If a man kills another, no matter what the cause may be, he is pronounced a murderer, imprisoned or executed; but the brutal oppressor who has slain one hundred thousand (in a war) is idolized as a hero, conqueror or military genius."

At the same time, it is the Bahá'í view that, there is need for a new more just world order that would promote an atmosphere of international cooperation founded on the mutual interests of mankind.

Gender inequality and the persistent gender based violence -- the theme we have been actively reflecting on for the past 16 Days -- is another serious area of concern. It is an injustice and abuse of human rights and one of the hindrances to peace.

Of course rights cannot exist without corresponding responsibilities; each member of community has a responsibility to uphold the rights of the other members based on a recognition of their unity and interdependence. When individuals assume responsibility for ensuring each other's human rights, this can empower all members of our society and give them a new sense of purpose and dignity in life.

We each have a role to play and responsibility towards implementing fundamental human rights and justice. That, which uplifts the most vulnerable amongst us, uplifts us all.

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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



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

The dynamics of change

BY THE MASTER through Benjamin Creme

If men could see the extraordinary happenings which are taking place today in many parts of the world, they would realise that the Day of Declaration cannot be too far off. They would see thousands of people marching and calling for change, for a better life and a new approach to living: one that will guarantee them work and food for their families, needed healthcare and a say in their own future.

Many are the plans now being drawn which will articulate these ideas; groups and individuals worldwide are formulating the blueprint of a new world. Some are too hysterical to be taken seriously, but many are well thought out and offer worthwhile proposals to bring about the needed changes.

We, your Elder Brothers, are much encouraged by these events, showing eloquently how ready are men for change. Of course, there are many still who are afraid of the future and terrified of change, but the forces of transformation are now so potent that change will come to the people, ready or not.

Throughout the world these forces of transformation are compelling millions to see a better life ahead: one that will install peace, justice and sharing to the rightful place in their lives.

We, too, have Our plans, which will be presented to men. The free will of men will never be usurped and the speed of adoption of these plans will follow this law. Thus will a transformation of life on Earth take place with a minimum of disruption. Each step will be vetted by men, so that humanity itself will regulate the speed of change.

That not all are ready for such transformation cannot be denied, but so great is the necessity for new and more peaceful ways of living that change must come, step by step, in ordered sequence. Only in this way can catastrophe be averted.

When the doubters see the benefits that will come by this method they will gladly accept the new calm and harmony which will descend on Earth.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2013/ma_2013-II.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 Virgin Mary

ILDIKÓ FERENC

All human hearts are looking forward to experiencing themselves and the moments in love in which they can find the world of their real SELVES. In each human heart a small crack in going to open through which the light of love can flow in, and the flame of peace and love can also be started in your earthly world. In each human feeling the desire is going to be planted to experience themselves and all the feelings that are held deeply in the hearts. You must experience inner desires and feelings, must receive inner desires and feelings, and create the beauty of the heavenly world. Everybody carries the way to lightness and the feeling of the direction in which they must start out. I am giving you support in the difficult days and moments and help the parts of your existence in which you experience yourself with more difficulty. I am holding your hands and leading you on your way, and start the desire in your hearts for you to at last experience your true and pure love. You must let go of every physical tie in order to experience the emotions in you that you can feed on in the future. I wish the hearts of every person would open to divine love, and the desire in every person's emotions would open to experiencing all the emotions that they could experience also up here and on which they could have fed for so many lives should their lives not shift in the direction to obtain physical goods. Imagine how many wonderful feelings exist in your earthly world, a tiny flower symbolises the variety of colourful inner desires as a small grain carries the perfection of your inner desires. Every spiritual being was born down here, to the earthly world, to experience the deepest feelings of happiness, purity, hope and inner love and to find itself in every inner feeling. Every human self that exists in your earthly world has created such a lack of energy in themselves in which they cannot experience, and now I am asking you to open your hearts to each other, and open your minds and conscience to yourselves and your inner desires. The feeling of lovelessness is not needed when you can also experience pure and true love, the feeling of lovelessness is not needed when you are also able to experience the purity and love without fear in you. You must see the pure and bright sunshine also down there, in the earthly world, and create the opportunity in you to experience your nicest and innermost emotions. My faith is strengthened by Your faith and I am also strengthening Your faith when I am dictating these words to Ildikó. You must see the strength and you must see the pure and true words and fearless energies in you, and experience all the lack of energy too that you have generated through your lives. But let us forget the formulae that have worked so far, and let us start out towards a brighter and nicer future, let us start out along a way in which love is predominant and the light of love passes on the hope of life without fear to you. In my faith it is You that strengthen the force in which you must experience yourselves, and I am building my faith on the system of values in which You have also been, are and will be present. In my faith, I wish to render stronger and purer energies to you so that You would have the strength to receive the enormous love energy that is getting near you. You no longer depend on others, you are no longer entangled in such a lack of energy that makes you unable to perfect yourselves. As of today, such a vast vibration of love, such a huge force shall get started towards you that is going to create the opportunity in the hearts of other people to experience themselves. It is impossible to believe the words of people who keep repeating nothing else but the 'words' of lovelessness, but I also know it is difficult for you to experience the energies in you that you have piled up through centuries. But look at the starry sky, see yourselves in it, see the faith and hope in it for a nicer and more perfect future in which You, Him and Me are also main characters. These emotions shall be created in others and in you, and I shall ensure that your disbelief would not stop you from believing it is all really going to take place if love is strong enough in your hearts and love is strong enough in your souls. Thank you for allowing me to share these thoughts with you, Virgin Mary.

"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, egvilagunkuzenetei.ferencildiko@facebook.com, or to egvilagunk@gmail.com

www.lelkitisztitas.hu





Ego and simplicity

SWAMI SHANKARANANDA MAHARAJI

Life on its own is a very beautiful journey, made up of people. And people are made up of attitude. Therefore life itself is an attitude-filled journey, without ego. If I walk with my guru, it is my own experience, and I would never mention to any being that I am walking with my guru at that moment. He has taught me that as soon as you mention him being with you, you are full of ego. It is your personal experience. And the same goes for all other gurus.

We need to enjoy this life. When I was pushed down the chute of my mothers womb, I left behind a carefree situation, and I was plunged into this universe only to realise that God has put me here just for one thing: to have a union called yoga – a union with God. And as long as we start to experience this union with God, this oneness with God, this yoga, we are experiencing life's journey. We can be content with life's happiness, with life's joys, with life's sorrow and pain – but we should never be content with life's material aspect and ego. The greatest destruction for a human being is ego. Whether you are a classical, professional musician, a professional dancer, or a senior accountant, as you walk this journey egoless, you become a spiritual musician, dancer, or accountant.

Life is made up of simplicity. Extraordinary simplicity is just a bonus. We cannot be simply extraordinary. We must be extraordinarily simple. That is this life. And we must all live this life. Walking with the master, dancing with the master, talking with the master, is only your experience – not anybody else's.

There are a few things in life that we should know. And of the things in life that we should know there are only three things that make this life extraordinary. The first is dedication to whatever you do in life. The second is non-cruelty to any human being or animal, in word, deed or action. And the third is Ishwara – that we worship God and God alone. If you have these three, you are egoless. The aim of this life is to be egoless. Ego actually stands for 'enlarged growth of the oblongata'.

Spirituality is simplicity. Simplicity is love, love is togetherness, and togetherness means no hate. It's as simple as that. Why is this world fighting continuously? We're fighting in our homes, in our ashram, in our countries. Because we are not simple. If we were simple human beings we would not fight. As we sit here, we are not content with life. We are always striving. We all want to see something: Babaji, Murugesu Swami, we have this thing continuously. Then when we've seen them we want to see somebody else. We don't know when it is enough. And yet we should be content with what we have. In the words of Paramahansa Yogananda: 'To attain contentment, meditate'. Whenever you're caught in the state of being full of ego, sit quietly and find yourself. And once you find yourself, you've found God, because self-realization takes you to God-realization.



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

www.jadatharayayoga.com





Passages

BERNIE SIEGEL, MD

Life is a series of passages and it is indeed a circle through which we will all pass more than once. I shall discuss how I know this later in the article. Life is meant to be a chance to obtain an education, like going to school, and hopefully not being left back but advancing through the grades. When you give a report in Heaven, which I often do since I am an outside consultant to the Board of Directors, you conclude your report with the words, "The Beginning." The first time I was told to do that I asked why we weren't saying, "The End." God's response was that when you graduate from school it is called a commencement, not a termination, and the Bible ends in a Revelation and not a conclusion. So life is a series of beginnings or passages and whether we learn something, experience a change or lose something we are to begin a new life.

God reminded me that a perfect world is not creation. It is a magic trick and so we are all here to live and learn and hopefully move up through the grades as we acquire wisdom and then when our bodies cease to exist we can pass on through our consciousness, which never ceases to exist, what we have learned and experienced and hopefully enhance life rather than detract from it. But remember becoming angry at third graders accomplishes nothing. We must help to educate everyone and lift the level of consciousness of all beings. Animals are already complete and do not need to learn from experiences as we do. So let your curses become blessings and keep beginning as you pass through life.

My life has been filled with many interesting passages. The first being my passage through the birth canal into the world. Due to an illness, and my mother's state of health, she was told not to become pregnant since it would be a threat to her life. Her mother decided otherwise, however, and had her lie down on the couch while she fed her constantly. When my mother gained thirty pounds I was conceived. The next problem was a multitude of complications of the pregnancy and prolonged labor with no child appearing. After telling my mother she might not survive a Cesarean Section my mother tells me, "They reached in and pulled you out."

So my first passage was a very traumatic one and I was born an ugly duckling. "Your father and I wrapped you in kerchiefs and put you in a carriage which we covered and hid you behind the house. So know one would see you and be upset." When I asked my mom why I didn't turn out to be an addict or alcoholic, which infants treated this way do become, she said, "My mother took you, poured oil all over your body and pushed everything back where it belonged." An infant massaged in this way gains weight fifty percent faster than an infant fed the same amount but not touched. And in orphanages in the 1800's infants were not touched to avoid spreading infections and ninety percent died because they were not touched. So to pass through life successfully we need to experience love.

I realize that if we all had loving grandmothers there wouldn't be any ugly ducklings who have to struggle to discover their beauty. Something which most of us never accomplish. So when in doubt act like a loving grandparent to ease the passages of others. Let your eyes be the mirrors which reflect love and beauty back to those who look into them. Experience reveals when someone you love is present during labor or any painful experience the pain experienced is dramatically reduced. The next passage, which as a surgeon I cannot overlook, is simply passing urine, gas and feces. If you are born with an intestinal atresia, imperforate anus or other anomaly you will learn very quickly what a blessing it is to not have an obstruction to these vital organs and functions. When the anatomical passages are open and functioning one can then focus on the mental and spiritual ones.

When you do, you realize all of life is a labor pain. The experiences we confront, or which are prescribed for us, when confronted with life threatening illnesses are like the labor pains of self birth. I tell all my patients and the people I counsel to not do something because someone else prescribes it but because it is what is right for you. When you do you can go through surgery and other treatments with far fewer side affects. Seeing chemotherapy as poison, or surgery as a mutilation, leads to your having more problems than the person who sees them as life saving gifts from God.

So remember life is difficult but not unfair. How do I know that? Because every one is complaining





so it must be fair. If you want to help your children, prepare them for the difficult passages which we all must confront. If you don't know what to do here's my mother's advice. Whenever someone you know runs into trouble say, "It was meant to be. God is redirecting you. Something good will come of this." It took me a while to buy the package as a teenager but I realized many curses did turn into blessings and redirected my life. It also changed my view of the future and I did not always visualize the worst things happening when problems arose. Norman Vincent Peale's mom used to say, "Norman, if God slams one door further down the corridor another will be opened." No wonder he became the man he was.

The message, that he who seeks to save his life will lose it while he who is willing to lose his life will save it speaks the message as do the words that the son of man comes not to be served but to serve and to ransom his life for the good of the many. What these words speak about is how many of us lose our lives to please everyone else. We become what they want when we should be choosing to serve and love the world in a way that will make us happy. So once again remember my mother's message. Whenever you have a decision to make and ask my mom what to do she says, "Do what will make you happy." Then you will choose what passages you will experience in this life's time.

Now let me conclude with how I know we pass through life more than once. At age four, while sitting on my bed at home due to an ear infection, I almost choked to death on some toy parts I had put into my mouth and then aspirated. I had a NDE, a near death experience, and left my body. I was free of the physical struggle to breathe and it was a fantastic experience for a four year old which left me with no fear of death. I can recall wanting to be dead rather than going back because of the guilt I felt over my parents finding my dead body. Then the boy on the bed vomited and all the toys came flying out and he began to breathe again and I was back in his body mad as hell that I did not get my choice. I can remember yelling, "Who did that?" and thinking there must be somebody else in charge of the schedule of passages. I don't have the space to discuss who or what is seeing and thinking when one is out of one's body but the truth is that even the blind see when they have a NDE. I know this from my patients and the research of others. So when you pass from this body you will become dreamless, unalive and perfect again.

I have also had a past life experience spontaneously created when a friend, who heard how busy my schedule and life were, asked me over the phone, "Why are you living this life?" To make a long story short I saw myself killing with a sword, when told to do so by my lord, out of fear that if I did not follow his orders and kill I would be killed. From that life I learned about the importance of faith and having the right Lord as Abraham, Jesus, Noah and Job did. I also realize that my love of animals and people comes from this past life as I try to make up for what I did then by using a knife in this life to heal people.

What else convinces me that life is the problem and that death, and leaving one's body, is not the worst outcome or passage? A conversation I had with Noah which was very simple for me to do because of my Board position. I asked him how come he didn't argue with God or bargain with God to save more than his family and some animals. He said because he knew he was being given the raw deal so to speak; because he was being called upon to go on living with and experiencing all of life's difficulties while everyone else was allowed to pass on and begin again with a clean slate and greater wisdom.

So enjoy the experience of life, as painful as it may be, utilize your opportunities and burn your candle up and not out before your time. If you want to avoid passing on then remember the only thing which is immortal and of permanence is love and it is the bridge between the land of the living and the land of the dead.



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



Getting into the right business Part VIII

WALLACE D. WATTLES

It is true that existing governments keep the masses in poverty, but this is because the masses do not think and act in the Certain Way.

If the masses begin to move forward as suggested in this book, neither governments nor industrial systems can check them; all systems must be modified to accommodate the forward movement.

If the people have the Advancing Mind, have the Faith that they can become rich, and move forward with the fixed purpose to become rich, nothing can possibly keep them in poverty.

Individuals may enter upon the Certain Way at any time, and under any government, they will cause the system to be so modified as to open the way for others.

The more men who get rich on the competitive plane, the worse for others; the more who get rich on the creative plane, the better for others.

The economic salvation of the masses can only be accomplished by getting a large number of people to practice the scientific method set down in this book, and become rich. These will show others the way, and inspire them with a desire for real life, with the faith that it can be attained, and with the purpose to attain it.

For the present, however, it is enough to know that neither the government under which you live nor the capitalist or competitive system of industry can keep you from getting rich. When you enter upon the creative plane of thought you will rise above all these things and become a citizen of another kingdom.

But remember that your thought must be held upon the creative plane; you are never for an instant to be betrayed into regarding the supply as limited, or into acting on the moral level of competition.

Whenever you do fall into old ways of thought, correct yourself instantly; when you are in the competitive mind, you have lost the cooperation of the Mind of the Whole.

Do not spend any time in planning as to how you will meet possible emergencies in the future, except as the necessary policies may affect your actions today. You are concerned with doing today's work in a perfectly successful manner, and not with emergencies which may arise tomorrow; you can attend to them as they come.

Do not concern yourself with questions as to how you shall surmount obstacles which may loom upon your horizon, unless you can see plainly that your course must be altered today in order to avoid them.

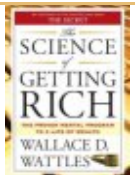
No matter how tremendous an obstruction may appear at a distance, you will find that if you go on in the Certain Way it will disappear as you approach it, or that a way over, through, or around it will appear.

No possible combination of circumstances can defeat a man or woman who is proceeding to get rich along strictly scientific lines. No man or woman who obeys the law can fail to get rich, any more than one can multiply two by two and fail to get four.



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





Eternity Here and Now? Part II

ECKANKAR

So at this ECK meeting Debra listened to the others chant HU. *That sound, that sound!* Where had she heard it before? Suddenly it dawned on her: it was like the soothing sound at the fair. The stick with the rubber tip running slowly around the edge of the crystal bowl had also made this sound of HU, ancient name for God.

She learned that a recording of a Hu Song was available at the ECK meeting. Full of excitement, she bought one. It surprised Jim. "What are you doing, Mother? You never buy such things."

She told him about the same wonderful sound she'd once heard at the Renaissance fair. She simply wanted to hear it once more.

Mother and son became members of Eckankar. Soon after, the Temple of ECK opened in Chanhassen, Minnesota, a suburb of Minneapolis. "Let's drive to Minnesota and see this place," Jim said.

"Yes," she agreed. "Maybe we'll have a great experience there."

In her heart she knew she would. This occasion sparked a dim reminder from her childhood, when she'd sobbed on the bed: "I want to go home. I just want to go home." She didn't understand what she had meant then, and even less now.

So they drove from the East Coast with a sadly out-of-date map of Minneapolis. Many changes since the map's publication had all but rendered it useless. Upon reaching the outskirts of Chanhassen, they asked a young gas station attendant for directions to the Temple of ECK.

"Never heard of it," said the youth.

Back on the road, they tracked an uncertain route to the town center of Chanhassen, certain of finding the Temple of ECK nearby. But to complicate matters, dusk had stolen upon them. Then, while heading down the main street, a sense of *deja vu* overcame Debra. She braked to a stop in the middle of the street.

"Mother!" Jim said. "What are you doing?"

Frozen in wonder at the wheel, she replied, "I've been here before!"

Long years ago, a recurring dream had foretold this visit to a small town with what seemed like a year-round winter. Except for a brief spell that natives call summer, the description fits Minnesota.

In her dreams she had walked past a hardware store, and then she would see the town clock. The scene was always the same. She'd awake to a feeling of dreams more real than waking life. Yet she'd forgotten them until this very night.

"I've been here before," she repeated. Traffic backing up behind them forced her to move on. Minutes later, they found the Temple of ECK near the edge of town.



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

Visit www.eckankar.org





Readers' Inspirations

Reality and illusion

In dreams imagination becomes reality and reality become illusory.

In life reality is the illusory truth and spirit alone is real.

The maya of existence is evidenced in the transient nature of life.

The satyam of existence, lies in direct of perception of spirit.

Oh infinite power, let me behold thee directly always and forever!

SUREN PILLAY



Let us keep Christmas beautiful without a thought of greed,

that it might live forevermore to fill our every need,

that it shall not be just a day, but last a lifetime through,

the miracle of Christmas time that brings God close to you.

ANN SCHULTZ



Christmas Meditation

All my thoughts are decorating the Christmas tree of meditation with the rare gifts of devotion,
sealed with golden heartprayers that Christ may come and receive my humble gifts.

I will mentally join in the worship in all mosques, churches, and temples;

and perceive the birth of the universal Christ Consciousness

as peace on the altar of all devotional hearts.

O Christ, may the birth of Thy love be felt in all hearts this Christmas and on all other days.

O Christ, bless Thy children that they inwardly cooperate with Thy laws.

Make us realize that Thou art the best shelter from harm.

Teach us, O Christ, to be devoted to our Father as Thou art.

After waiting for me through many incarnations, Christ is being born anew in me.

All the boundaries of my little mind are broken that the Christ-child

may wake on the lap of my consciousness.

Christ Consciousness in me is the shepherd to lead my restless thoughts

to my home of divine peace.

O Lord! make my heart big enough to hold Thee, that it throb

with the Christ Consciousness in everything.

Then shall I enjoy the festivity of Thy birth in my mind,

my soul, and oneness with every pulsing atom.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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

Baha'i International Community

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

Bernie Siegel

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

Centre for Spiritual Awareness

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

Eckankar

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

Gayathri Peedam South Africa

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

Heaven Letters (TM)

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

Jadatharaya Institute of Right Living and Yoga

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

Ildikó Ferenc

Web: <http://www.lelkitisztitas.hu>
Facebook: ildiko.ferenc@facebook.com / egivilagunkuzenetel.ferencildiko@facebook.com
Email: email.egivilagunk@gmail.com

Lucis Trust

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





Mindlink Foundation

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

Rod Briggs - 032 946 2710

Email: info@mindlinkfoundation.com

Self-Realization Fellowship

Web: <http://www.yogananda-srf.org>

3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA

Email: PublicAffairs@yogananda-srf.org

Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

Share International

Web: <http://share-international.org>

PO Box 3677, London NW5 1RU, UK

Phone: +44-207 482 1113 / Fax: +44-207 267 2881

Suren Pillay

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

Email: surendranpillay@webmail.co.za

Phone: 084 828 3880

Swami Shankarananda Maharajji

Web: <http://www.swamishankarananda.blogspot.com>

Email: sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web: <http://www.swamimurugesu.blogspot.com>

Email: sivabalayogi@mweb.co.za

The Expanding Light

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

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

Email: info@expandinglight.org

TSOGR (The Science of Getting Rich)

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



TRANSCENDENCE

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

TRANSCENDENCE is distributed at no cost every full moon in a printable PDF format.

For more information, or to subscribe to **TRANSCENDENCE** and receive it in your in-box each month, please visit our website at
www.transcendencemag.com

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

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

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

ISSN 1815-4425

© All articles and cover images are used with permission and are copyright to their respective authors.
To view permissions, please visit <http://www.transcendencemag.com/p/permissions.html>

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

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

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