

*... just silently do the job you're supposed to do.
And in doing that job silently you'll attain
that beautiful state of samadhi.*

SWAMI SHANKARANANDA
Jadatharaya Institute



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is *Bee on Cosmos*, Kamberg, Drakensberg by Jo Petzer.

Welcome to the January 2014 issue of *Transcendence*.

Let him who wishes to see how the soul inhabits its body observe what use the body makes of its daily habitation; that is to say, if the soul is full of confusion and disorder the body will be kept in disorder and confusion by the soul. The soul can never be corrupted with the corruption of the body, but it is like the wind which causes the sound of the organ, and which ceases to produce a good effect when a pipe is spoilt.

LEONARDO DA VINCI

The words of the famous artist, philosopher and inventor above, give us some food for thought as we enter into a new year.

On contemplation of his words we can surmise that Da Vinci is inviting us to consider how our outer ways influence the expression of our soul in daily living. He is suggesting that in turn we keep our soul pure and ordered so that the body and mind will reflect this purity and orderliness, helping us to make the most of our days. We can keep the soul pure by prayer, meditation, kindness and service to others. By keeping the body and mind healthy and disciplined, we will become better vessels through which the soul can shine into the world.

Let's include in our resolutions for the year ahead to consciously maintain an orderly mental state, allowing ample time for important endeavours in our day, but keeping everything in moderation. Keep in check the words we speak, think on the effects that our speech will have on others, and refrain from judgment of others. Allow time for daily prayer and meditation, doing our best to carry this peaceful, loving, expansive state of mind through into other areas of our life, creating a clear channel for increasing expression of the soul.

It is my prayer and deepest wish that you succeed in taking as many steps to your spiritual goals during 2014 as you are possibly able, and that your year ahead is filled with love, peace, joy and God.

In Love and Service, always,





Heavenletter # 4090 – Waiting for Self-Realization

GLORIA WENDROFF

God said:

Love is more powerful than anything. A little love goes a long way. Even love invisible flourishes. It flourishes now. Call love life force, if you like. It is the only force of life there is. What am I? I am love. What are you? You who are Myself are also love. You didn't always know that. You still don't always feel that, yet, more and more, love is coming into its own.

We could say that love has had many disguises, yet love is always love. You have disguised love. You disguised it from yourself. You put on blinders and walked right past love.

You did not give love enough credit. You gave objects of love too much credit, perhaps. Yet love itself you overlooked. The quality of love. The quantity of love. Yes, you have overlooked love. Most of all, you have overlooked the love in your own heart. You have overlooked your capacity for love. You thought the love in your heart was limited. You thought you had to count it and ration it. Only so much love here. Only so much love there. You dealt out love like cards. It is as if you read Tarot without the cards. You predicted ahead of time. You assigned love here but not there.

There is no there. There is only here. I am love, and I am all that exists. The individual you imagine you are does not exist. You are a story you tell yourself. You make yourself up as you go along. You have, as a matter of fact, had no clue as to Who you truly are and the dimensions of yourself that include everyone and everything.

You have pretended dumbness when, all along, you have been brilliance itself. You have been My brilliance, except you didn't realize it. You have been waiting for Self-Realization when you already had it, already had it except for the one little thing of your recognizing it. You have always been realized, only you didn't realize your Self.

What a powerful Being you are. How powerfully you have mistaken yourself for something that you are not. You are the wisest of all, and yet you have hidden your wisdom from yourself. It is not true that you do not know better. You do know better. You have been waiting for the world or someone in the world to signal you when to reveal yourself when your revelation is entirely up to you. Signal yourself then.

I have been signaling you for a long time. "Wake up," I have said. "Wake up now." Beloveds, you have to wake yourself up. You don't need an alarm clock to wake you up from this sleep you have been walking in. Signal to yourself to wake up. Signal to yourself to accept yourself as you are, not less. You sold yourself to yourself and to the world for a sou. That's all you thought you were worth.

Now you begin to see that you are worth gold. You are My gold, beloveds. What price can be put on My gold?

You are the treasure of the Heavens. You are My treasury. You are the bank I bank on. I look to you. I know you look to Me, yet I look to you. I know what I see when I look at you. Begin to see what I see, and begin to value yourself as I do value you. Make no mistake on this. You have sold yourself short, and now you will begin to grasp the yardage that you truly are. There is no end to you. You are infinite, and you are eternal. No measuring tape is long enough to measure you. You can't buy an infinite measuring tape. There is no limit to you. You are limitless. So am I.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/waiting-for-self-realization>





Inspirational Quotes



You took love as a personal thing. You took someone else's ability or inability to give out love at a particular time and place as an affront to you. Personal love is one thing. Love is another.

Heavenletter #4094 Love and Release



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



Are you feeling subdued today? That is fine. You don't have to be elated every day. Your happiness does not always have to be escalated. If it were, you would be at a pitch of excitement that you could not endure. The relative world cannot sustain you. Nothing in the relative can sustain you for long.

Heavenletter #4098 This Is the Truth



Is it possible that loving is a habit as any other? Is it possible that negativity, which you may have practiced so well, is also a habit? It is probable that somewhere along the line you set a goal to retaliate in the world, and so you became a reactor rather than an enactor. Is it possible that you have been good at reacting? That you have been quick at the draw, stalwart to the end, dedicated to getting even or some such?

Heavenletter #4095 Where Else Can Love Exist

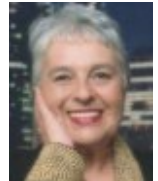


You are not intended to be only a reactor to love. You are not to pawn My love in your heart. My heart is within yours so that you can give it away. I do not say to give yourself away randomly. I say to give your heart, to fling it, to fling love out like a giant sun and let it travel where it will. Love has its own course to take.

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





Answers to questions about the spiritual path

ROY EUGENE DAVIS

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

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

We can know the truth about our real nature by carefully examining our deep, inner level of awareness of being and our private thoughts when we aren't influenced by the opinions or behaviors of others. An intellectual understanding of our true nature can be helpful; direct or actual realization is liberating. It is important to remember that Self- and God-realizations are not states of consciousness that we can acquire by effort or merit or that can be given to us; such authentic, liberating realizations emerge from within us.

Why does God answer some prayers, but not all of them?

God doesn't answer prayers. Our belief that our prayers are answered produces or attracts ideal results. Thinking that God cares for the personal well-being of human beings helps some people believe that their prayers will be answered. Prayers are most effective when our thinking and awareness changes from not having what we need to having it. A common, mistaken idea is that God and souls exist as separate realities. The non- (not) dual (two) view is that souls are immortal units of one ultimate Reality commonly thought of as God. When our true nature is comprehended (even more helpful, experienced) we do not pray to God as though that Reality were separate from us. We can pray in that Reality until we are able to "see" from that view point and know that what we formerly needed is readily available to acknowledge and accept.

If you are asked why God allows wars, poverty, and other forms of discord and suffering, endeavor to explain what the Reality that many people refer to as God really is and that it neither allows nor prevents hardship or misfortune. What human beings experience is the result of their choices of mental attitudes (optimistic or pessimistic), thoughts (constructive or disordered), habitual states of consciousness (clear or blurred), and actions (appropriately effective or flawed). Other causes of hardship or misfortune may include inherited personal limitations, restrictive social and/or political conditions, or unusual environmental conditions—earthquakes, forest fires, storms, or severe climate changes.

Excerpt from *Truth Journal*, October/November 2012

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951 and appointed as the minister of the Phoenix, Arizona, Self-Realization Fellowship Center in March 1952. In 1955 he began his mission as an independent Kriya teacher. Since then, he has taught in more than 100 cities in North America and in Japan, Brazil, Europe, West Africa, and India. He is also the publisher of Truth Journal magazine and writes monthly lessons for CSA members around the world.



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The Hierarchy of Love

LUCIS TRUST

In the midst of the bustle, the turmoil and the apparent meaninglessness of much of modern life, there can be nothing more important, uplifting and healing, than to communicate the fact that behind it all stands a planetary heart centre, the Spiritual Hierarchy, ruled by the Energy of Love. And not only that, but for each of us an aspect of our true Self resides there and reflects upon its Plan and great intentions — its wisdom and high service accessible to us when we are no longer bound by identification with the personality.

For those whose hearts and minds are awake to its subtle call, the dynamic tension and unconditional Love which characterises this planetary centre reveals a Heart which pulsates with the power of perceived purpose. Spinoza, the eminent 17th Century Dutch philosopher, realised that our attitude towards reality is proportionate to our sense of what is true and important. Through the immense pressures and crises at this time of transition, it seems that a sense of what is real and of value is being re-examined by humanity as a whole. A steady reorientation is emerging characterised by an aspiration for simpler, truer ways of living and a deepening awareness of what it is to love.

Love is the attractive-magnetic force of our system but its expression takes many forms and moves through various grades and stages from simple attraction, to instinctive love, to love of others and of humanity, to a high expression of reasoning love until we achieve enlightenment and can move through the heart to become Love itself. The very word “hierarchy” conveys the idea of ordered evolving progression as well as the more conventional sense of ranking, of people or things, from lowest to highest and at times a negative connotation of an enforced authority. However, the planetary centre of the Spiritual Hierarchy, as a kingdom in nature, reflects the word’s original etymology of a “ranked division of angels” and corroborates our understanding of its role as spiritual or sacred Teachers of humanity. Love never imposes on free will, it transforms from within and it has no need to impose or restrict.

The ability to express this highest nature of love marks a watershed in consciousness which in turn reveals a natural hierarchy – a hierarchy which eternally honours the equality of divinity within each person and which lies expressed, or as yet unexpressed, in varying degrees. Those who form this planetary centre under Christ’s jurisdiction, hold the solution to the problems of our complex modern world, having freed themselves from the struggles in the realm of glamour and illusion. Their clear, intuitive Plan of Love, free of doctrine, is accessible to all and will free us from the errors and hatreds of the past. In this liberation, all triangles workers play their part as they breathe in the needed spiritual forces and release them into human consciousness.

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

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The priest who jumped into a well

PARAMAHANSA YOGANANDA

Once upon a time a bigoted Hindu priest with a grizzly beard and a fierce face presided over a temple. He was hopelessly and violently dogmatic, as he had been trained by his deceased teacher. Having acquired the prosperous temple of Sabarmati, he ascribed all his good fortune to his teacher's grace, and thus vowed to train his disciples similarly with severe discipline and unquestioning obedience.

Every day he harangued the members of his temple in a stentorian voice, and beseeched them to be implicitly obedient to him. With his uncontrolled imagination, he described the fires of Hades consuming all spiritual dissenters and rebels. Being ignorant, he did not like to be questioned as to his beliefs and statements. He especially disliked intelligent disciples because his untested dogmas melted like butter before the flames of their bright minds. Because the intelligent ones saw through his obviously barren soul, he branded all of them as "infidels."

Nonetheless, the ignorant priest was magnetic enough to attract to himself a group of assorted illiterates and others with dogma-hardened brains, who always agreed with him and were ready to launch stones of dogma at the wise, and to pelt into silence any signs of wisdom. Bye and bye the priest found himself the proud leader of a band of idiots who did nothing but agree with him. It so happened that one day his students asked, "Honored priest, will you please show us the true way to pray and the absolutely certain method of contacting God?"

The priest, certain of meeting no scrutiny from his blind unquestioning followers, replied, "My most loyal Heaven-loved children. That is easy. I can teach you how to pray and how to contact God, provided you do exactly as I do after I start teaching you."

His followers responded as a group, "Hosanna, Hallelujah! Heaven bless our great teacher-priest. We solemnly swear to do exactly as you do until doomsday if you will only teach us."

The priest beckoned and said, "All right, my children. Follow me to the temple and sit around me and, after that, do exactly as I do." The priest sat on a cushion in the middle of the temple, which was half-lighted by the morning sun. The dogma-stuffed students sat around him drenched with devotion, all ready to follow whatever the master-priest did.

The priest braced up and said, "Sit upright." The two hundred devout ones howled, "Sit upright." The priest, at this unexpected display of idiocy, looked around, and the disciples, seeing the master look around, also looked around. In disgust, the master-priest sat bolt upright, closed his eyes and prayed, "O Spirit, benign Lord." The disciples all sat upright and shouted in unison, "O Spirit, benign Lord."

The priest exclaimed again, "Benign Lord of the universe, bless us with the knowledge which will make us obey our master implicitly." The students, with increased devotion, repeated the words which the master-priest uttered. The priest noticed a little draft coming through a temple window and began to feel an uncontrollable, tickling sensation in his throat. Before he could utter more words of prayer, he coughed. All of the disciples coughed too. By now, the master was aghast at the behavior of his disciples, resulting from his blind training.

Nonetheless, as he coughed again and sneezed, all his disciples coughed and sneezed. The master, now livid with anger, shouted, "Shut up, you ripe idiots! Don't cough, and don't imitate me!" The disciples shouted together, "Shut up, you ripe idiots. Don't cough, and don't imitate me!"

The priest, now purple with rage, stood up and shouted at the top of his voice, "This outrageous



idiocy must stop.” The matchless two hundred best products of his training stood up and shouted, “This outrageous idiocy must stop.”

By now, the priest, feeling helpless and beside himself with wrath, forgot the dignity of his position and, with a resounding slap, forcefully slapped the cheek of one of his assorted idiots. His two hundred devout disciples followed suit and repeatedly slapped one another; and also the master; until their cheeks began to grow hot and redder than fire.

The priest, mad with agony and his face burning with the fire of the unending blows, rushed out of the temple crying, “Water, water.” The disciples followed him shouting, “Water, water;” slapping one another all the time.

The master-priest, knowing no other way of escape, jumped into the well to cool his burning cheeks. Well, you know what happened then. The two hundred dogma-drugged disciples jumped into the well on top of the master-priest, and all were drowned.

The foregoing story has a two-fold message. One, it shows why theology-stuffed dogmatists, who follow untested beliefs, will ultimately, like the blind following the blind, be drowned in the same pit of ignorance. Ignorant students should not cling to ignorant spiritual teachers, for they drag each other down, to sink in ignorance.

The second message relates to the influence of your subconscious mind, which can torture you with bad habits.

Do you know that your subconscious habits are just like scores of young idiots imitating the priest of your wrong-judgment? If by mistake you choose a wrong action, your subconscious mind imitates the wrong action of your conscious mind and keeps on repeating it until the wrong action grows into a bad habit. Your subconscious mind is the blind imitator of your conscious mind. If your conscious mind becomes dogmatic and unreasonable, like the priest in the story, then your subconscious mind will do likewise. A dogmatic subconscious mind strengthens the dogma of the conscious mind

If the priest in the story had been wise, he would not have attracted ignorant, mimicking disciples and he would not have expired. A wise conscious mind builds a wise subconscious mind. The subconscious wisdom-accustomed mind, in turn, strengthens an already-wise conscious mind.

The above story specially illustrates that you must be constantly watchful about how you train your conscious mind. Good habits insure easy performance of good actions, while bad habits compel you to do evil against your will. So be careful what you choose to do consciously, lest you form bad habits through the power of the subconscious mind.

FROM THE 1938 PRAECEPT LESSONS.

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



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





The power of relaxation

ROD BRIGGS

Deadlines create their own kind of stress and many of us work best under the pressure this creates; the other end of the scale are those that freeze completely when presented with anything beyond their comfort zone. Whichever end of the scale you resonate with, or even if you fall somewhere in the middle, as most do, the value of teaching yourself to ‘switch off’ cannot be overemphasised.

Operating under protracted stress causes massive floods of hormones such as adrenalin and prolactin which can inhibit our higher areas of brain function and lead to ‘brainfag’ – I kid you not that’s a real medical term. This causes an inability to think logically or sequentially and a state wherein it’s almost impossible to retain information – even where the car keys were put when we came rushing in...

In addition to getting a decent night’s sleep (which is when our daily mind-clutter gets filed and tidied up) there needs to be ‘escape routes’ put into place throughout our hectic lives if we are to get the most out of them; try the following and notice how your coping quotient goes up:

- Don’t have lunch at your desk – avoid doing anything, even mentally, work related during this time.
- Take three minutes an hour and consciously allow yourself to daydream.
- If you must take tea breaks at your desk close your laptop, or turn your chair around so you cannot be influenced by what’s on the computer.
- Don’t take work home, physically or mentally – this includes the ubiquitous after-hours phone calls.

The above, if put into place for a week or so, will increase your productivity, as counterintuitive as it sounds, and leave you feeling less tired at the end of the day.

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





Psychic sleep – Part I

SWAMI MURUGESU MAHARISHI

Three States

Every man undergoes three states in his daily life. Waking (*jagrath*), dreaming (*swapna*) and sleeping (*nidra*). Not only humans, but all beings on earth also undergo these three states in their daily life. We know that animals and birds undergo two states: waking and sleeping, but how can we know if they dream? To understand this, one should keenly watch animals like dogs or cats, or any other animal in their sleeping state. The sleeping animal sometimes wakes up suddenly, looks about here and there with fear and then goes to sleep once again. Sometimes it jumps up suddenly and runs for some distance as if alarmed and then becomes calm and passes into sleep once more. All such acts indicate that they experienced some fearful situation during their sleep.

Our aim here is not to explain what dreams are, how they occur, or their purpose, but to make clear that humans as well as other beings living in this world all undergo these three states in their life. Dreams are thoughts created by mind when consciousness retreats from it. No doubt the mind is always creating thoughts if consciousness does not slip away from it completely, as during sleep. It is only after expression in the dream state that consciousness passes into sleep. If you suddenly wake up from your deep slumber due to some disturbance to the body, you will notice that your mind is producing many unwanted thoughts: dreams. Let us not delve deeply into this matter now, but instead conclude that all beings do undergo these states in their daily life.

What is sleep?

Let us not confuse ourselves with the words 'soul' and 'consciousness'. But let us assume, rather, that these two words represent the same thing. Usually, sleep means that consciousness retreats from the mind and thus we have no knowledge about the body and the environment during sleep. In our waking state consciousness becomes one with the mind and communicates with the body and the world around it. In the dream state, consciousness retreats from the mind but not completely. It watches the mind without having any control over it. In sleep, consciousness completely passes away from the mind and that is why it has no connection with the body and the world.

Let us not search for what happens to consciousness after it passes away from the mind, and where it goes and stays until once again it comes into contact with the mind. Many religions and philosophies address this in different ways, but none explain it practically. In one sect of Hindu philosophy we are told that the consciousness resides in the medulla oblongata which connects the brain and the spinal column. It is not our purpose to explain where consciousness actually resides during sleep, but I shall explain this truth to the readers of this article, who include my students and disciples. For this purpose one should know from where in the soul consciousness expresses itself. Our frontal brain is the seat of mental function, and the dorsal brain the motor center which controls organic functions. The central brain, the fontanel is the seat of consciousness. This is described as the head centre or *sahasrara chakra* in yogic literature.



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





Selflessness and spirituality

SUREN PILLAY

A wise man once said that the purpose of life is a life of purpose. It is a saying that many have lived for and given their lives for. Inevitably, if a man gives his life up for a cause that is for the greater good of humanity and selfless in nature, he finds a great deal of joy.

The essence of karma yoga is to surrender all of one's action to the infinite, and let go of the fruit or results of one's action. Attempting to elevate and uplift humanity to a greater state of health, prosperity and spiritual awareness, is a selfless action that can benefit humanity positive and transformational ways.

Actions which are thus positive and philanthropic in nature, provided they are done with the right attitude, can be regarded as a spiritual activity. This type of action which is selfless and joyful, initiates the underlying perception that every human being on the planet is interconnected, and the interconnectedness comes from our eternal spiritual nature. Cosmic nature is eternal, blissful and full of knowledge.

The nature of the soul is described in various texts such as the *Bhagavad Gita* and the *Upanishads*. These texts confirm the transient nature of life. People may argue that since we are not our bodies, we should not worry about our material actions and their consequences. This argument is based on the false logic that our actions in the material world do not affect our spiritual evolution after we have left our body. Every breath and action in the material world has an impact on the spiritual evolution of the soul after death.

The karmic bank is a storehouse of memories and energies ready to be activated at any time. The sum total of actions, words and thoughts in our current life contribute towards the karmic bank, and the results of these thoughts, words, and actions may manifest in one's current life or future lives. The beauty of selfless action or *seva* is that by performing it, the heart centre of a human being is opened to greater joy and compassion.

Compassion has been described as active love, but this love is not conditioned by time or circumstance. It is gel that glues human beings together and is that essential factor which contributes to human development, be it physical, mental or spiritual. By engaging in selfless action we develop more and more compassion, since our interest are no longer selfish but selfless. These selfless actions break the strongest obstacle to spiritual development, the ego.

My message to you this month, dear readers, is to thus engage in selfless action without attachment to the fruit of your results. This will, no doubt, bring more happiness, joy and laughter into your life!

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>





We can all make a difference

FLORA TECKIE

We just started a new year that brings with it new hopes, new dreams and new aspirations for us all. As we begin this year with joy and expectation, we all yearn for a better world, an environmentally sustainable and just future.

Change is inevitable if progress is to be made. Let us then mark this new year with new thoughts, new ideals, new resolutions for the betterment of society, for betterment of the world. Let us transform not only our physical surroundings but also our patterns of behaviour, our ways of dealing with one another.

How do we make a difference in a world burdened with deepening moral crises? According to the Bahá'í Writings "The betterment of the world can be accomplished through pure and goodly deeds, through commendable and seemly conduct." We can make a difference if our inner lives become like mirrors reflecting the teachings of God for this age. We can make a difference through our deeds. Bahá'u'lláh, in addressing the individual in his Writings, states "Let deeds, not words, be your adorning". Pure intentions, an attitude of loving service towards all people, and a high rectitude of conduct in our daily interactions, no matter how small, can make a difference to making this world a better place.

How can we change the present world, with its deep-rooted patterns of conflict, to a world in which harmony and co-operation will prevail? Recognition and acceptance of the principle of the oneness of mankind must be an initial step towards making a difference in this world. By embracing and celebrating both the oneness of humanity and the diversity of human race, mankind can become greatly enriched by the vast and varied talents developed in all corners of the globe over countless centuries. We can make a difference by confronting and eliminating all forms of prejudice as emphasized in the Bahá'í Scriptures: "Love ye all religions and all races with a love that is true and sincere and show that love through deeds and not through the tongue; for the latter hath no importance, as the majority of men are, in speech, well-wishers, while action is the best."

Spiritual transformation is the basis for lasting improvements in our individual lives and must be at the heart of our approach to social change. We can make a difference by focusing attention on our personal spiritual transformation and the development of our spiritual capacities. The Bahá'í Writings state that: "... the world of spirit needs new life, the world of mind necessitates new animus and development, the world of souls a new bounty, the world of morality a reformation, the world of divine effulgence ever new bestowals... , thoughts must be lofty and ideals uplifted in order that the world of humanity may become assisted in new conditions of reform. When this reformation affects every degree, then will come the very Day of the Lord of which all the prophets have spoken. That is the Day wherein the whole world will be regenerated".

May we each and all, in this coming year, be enabled to fulfill our high and noble aspirations; may each increase in spirituality; may we all experience lasting joy and happiness in our homes, workplaces and in our communities; may we each contribute our share towards peace, tranquility and an ever-advancing civilization.

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.

A blueprint for sharing

BY THE MASTER through Benjamin Creme

When men consider the principle of sharing, they almost always see it in personal terms. They visualize a situation in which they, personally, will be expected to give away considerable sums of money to far-off people whom they do not know, nor care to know. In fact, the principle of sharing can only be organized as a global process.

There are several ways in which this could be achieved, either partially or totally. We, your Elder Brothers, consider that the following is the most practical, the simplest and fairest method of all, one which, if adopted, would satisfy the greatest number. Each nation, We suggest, would be asked to make an inventory of all their resources and needs, what they produce themselves and what they are obliged to import. Then, each nation would be asked to put into a common pool that which they have in excess of their needs, forming a huge international resource from which all could draw. Naturally, the large developed nations would give a greater amount but all would donate their un-needed surplus. This scheme appeals to us for its simplicity and fairness; it would, of course, take time to implement, but We foresee a time when it can be accomplished.

Many are the trained organizers and administrators for whom this work would provide a welcome service to the world. All would proceed under the aegis of a Master or at least a third-degree initiate, to safeguard the trust of all. Thus, at a stroke the curse of poverty and want would be ended. The hearts and lives of countless millions would be lifted into joy, and those who shared for the first time would find a happiness deep and satisfying, which perhaps, they were afraid to know.

In this way only would be engendered the trust essential for the ending of war and terrorism. Without such trust there will never be peace. Without peace the future for mankind would be bleak indeed. Therefore, some form of sharing is essential if we are to survive. When the majority of men realize this, the major problems of the world can be solved.

The principle of sharing is beginning to enter the minds of many groups throughout the world. Bit by bit men inch their way to this conclusion. Maitreya reminds all who hear Him that sharing alone provides the solution to our troubles. Thus, as the weeks and months go by, men can be seen to grapple with their problems, and more and more find sharing to be the key to their future.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2013/ma_2013-12.htm

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

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

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





Message from Archangel Gabriel

ILDIKÓ FERENC

The fire of love is burning in you, and you must experience all these feelings every day. You must create the emotion in you in which you can find love in your hearts every day, and find the flame of love in you too. Can you experience the flame of true and pure love day after day? Can you experience the feelings in you day after day that nourish all these? And I am asking you, 'can you see the love in others that also lives in you?' Must I help others if I cannot help even myself, must I see all the bad in others that I cannot see in myself either? My answer is no, because it is not recognising and seeing the difference that is good, but everything that is deeply enclosed in your hearts, and everything in which you have not found yourselves yet. You must learn to love by accepting your own lacks of energy that are present in others. You must learn to live in order to lay the foundations of a life without fear by being able to experience the pure love in others that you also represented up here. You must, however, also see whether you are able to show pure and honest love towards yourselves and others, and you must also see whether you are also able to experience all these? I, Archangel Gabriel, came down among you to teach you, and I must confess it is not easy to experience you, and I must see the virtues also in me that I experienced in my earthly form. Beauty, harmony and purity, these all live in you, and in beauty there is the aspiration for light and the experience of love, even when we cannot live among the best circumstances. You must be able to experience yourselves even if you are not filled with only pure light energies, and you must also experience yourselves even if you cannot create the virtues, affluence and wealth in you that would ensure a sheltered life for you. You must find the flame of love primarily in yourselves, and you must see all the emotions in your hearts that radiate love to the hearts of other people, and thereby you can gain even more love through them. You must also create the physical conditions for you to experience all these situations in life which you failed to be equal to or in which you failed at other times. You must see the opportunities that can help you experience the light and glory of love also in your earthly form, and thereby I mean the situations in life which are not dominated by pure light or love but inner aggression and passion. These properties are rather frequent in your earthly world but you must experience yourself also in such situations and be able to find the light and glory in you and believe that these emotions do not evolve due to the circumstances but are the creations of Your own inner reality. You must notice and understand that each human heart is looking forward to experiencing pure and true love, and experiencing pure and true emotions, and you must see the queue of 'people' waiting for it, in whom the desire is present for perfection. I, Archangel Gabriel, wished to dictate these words for you to see I do not only see your life with the eyes of the heavenly world but would like you to see the opportunities and make you feel that there is nothing more important than experiencing yourselves in your earthly world. No beauty, harmony or purity exist when earthly energies are cut off, because you must experience all these emotions in yourselves there, in your earthly forms, and not up here since up here you have been able to experience all these so many times. So I am asking You to notice all the situations in life in which you are able to create emotions in you and in others in which you have not been able to create so far. See the purest flame of love in you and in your harmonic coexistence with your fellow humans and believe that you shall not have need for anything if you live your everyday life accordingly. I would not like to tell you more because you still need the feeling of experience, and therefore I am asking you to experience pure and true love day after day, receive it and pass it on to more and more fellow humans by a good word, deed or act and true and inner emotions.

With thanks, Archangel Gabriel

"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, egivilagunkuzenetei.ferencildiko@facebook.com, or to egivilagunk@gmail.com

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Ego is worse than rust

SWAMI SHANKARANANDA MAHARAJI

We live in this ego-state where we think that we are the only one in this universe, that everybody around us is non-existent, that this world belongs to 'me and me alone'. Everybody in front of us is so small that we cannot see them. And that is a very dangerous attitude. That is the highest in the ranking of ego-attitude. Out of attitude you can make a beautiful world; out of attitude you can make a disastrous world, you can make a destructive world or a happy world. It is all based on attitude. The only reason two countries, or two people, fight is because they have the wrong attitude. And by having the wrong attitude we are full of ego.

Ego is worse than rust. It dissolves your character and creates its own character. Ego can make you somebody you are not. And by living in that ego you start to destroy, besides yourself, everybody in your path. And on this journey that I spoke about, this spiritual journey that we all so much desire to be on, we should be egoless. We need to not worry about what other people think about us. You should worry about you and the Self. Once you realise the Self, you automatically become egoless, but to maintain that state of egolessness, we need to continuously know the Self. And this can only be done by continuous practice, instilling in the mind the will to know the self.

Every journey in this universe is difficult. None of you become millionaires or poor people the easy way. Even that was difficult. Becoming rich is difficult, and becoming poor is also difficult. This journey is not made of easy methods. It is made of difficult methods. And our most difficult method on this journey is to neglect the physical self, and pay attention to the eternal inner self which we call *atma*, soul, consciousness, whatever you desire to call this state of beauty. But don't give it any name that will start up your ego. That you need to know. You should be egoless beings. That doesn't mean that tomorrow you should take your clothes off and run down the main street without ego. Ego is your character – destroy that. 'I am a principal', 'I am a guru', 'I am a spiritual master', 'I am a spiritual head', 'I am a president', 'I am a secretary' – destroy that and just silently do the job you're supposed to do. And in doing that job silently you'll attain that beautiful state of samadhi. It is the most beautiful state on this plane. If you have experienced it, you have experienced beatitude and love. There's nothing more that you need to attain on this journey if you have attained the state of samadhi.

Many people, devotees, disciples, and people of discipline, have lost everything because of ego. Ego destroys you. Ego kills you. Ego eventually dissolves you and creates its own character which is generally hated by everyone around you. But do not portray a false senses of character. This journey is with spine – it's not a spineless journey. Many people I have known hold positions but they are spineless. You need to stand firmly in what you do and what you believe on this journey. But stand firmly without ego. Do not be friends with everybody and in that process lose the self and get caught up in this friendship or this union, togetherness, or whatever you call it. Do not get caught up in that. Just live a righteous journey, a righteous life, and become a righteous being.



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





My letter to God

BERNIE SIEGEL, MD

Dear God,

First I want to thank You for answering my previous letters. When as a doctor I couldn't understand why You made a world filled with disease, war, cruelty and all kinds of difficulties You pointed out to me that a perfect world is not creation. That there would be no need for doctors or anyone else and we would all become totally bored by life and find it meaningless. I remember You saying it would be far worse than a spending a lifetime in Hawaii. But what really made the point for me was your letting me visit the Garden of Eden.

When I saw all the traffic backed up at street corners because everyone was saying, "I love you. You go first." "No you go first. I love you." Everybody was loving everyone else and no one was going anywhere. I saw what a problem a supposed perfect world would be and got the point.

Then when I wondered why children died and animals didn't live as long as people and all living things didn't get the chance to live to a ripe old age you explained again. It was easy to understand from my experience with our pets that they do not need as much time as people do to learn about love, compassion, kindness, faith and hope.

Understanding that every life is like a candle and the length of the candle isn't about one's age but about how much time we would spend on this planet. And our job was to illuminate the path for ourselves and others and not worry about how much time we had but to get the job done and burn up and not out before our time.

You also agreed with me and explained how disappointed You were with what religions were doing in your name. Instead of living the message they were fighting wars and each one was claiming you belonged exclusively to them. So here is my next question. What is the best way for me to accomplish what You have put us here to accomplish? I know I am here to serve and offer my body for the benefit of others but how do I know I am doing it right? Please be my coach and give me some guidance. You know what that word means to me God U & I Dance. So how do I dance to your music?

I love hearing your voice when I am quiet inside. Thanks, now I see I am to imitate God and use You for a role model and you said if that is a little tough there are two other examples. One is WWLD and the other is WWWD. You know I'm not good at parables please explain.

Oh, I'm to act like a Satellite dish, remote control and TV screen. I get it. I am to choose the channel I tune into and use my mind like a remote to select the proper channel, which is broadcasting your message, and use my body to demonstrate it like a TV screen reveals the program. So what's with the WW stuff?

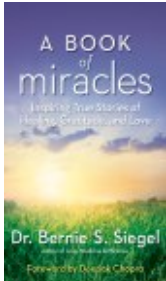
Oh those are my role models to help me become the person I want to be. I see What Would Lassie Do and What Would Water Do? I get the first one that's easy to understand because animals are complete and man is not. So when I feel aggressive I am to use the energy to play or get some work done and not hurt anyone, but what's with the water thing?

Oh, I am like water and again and again will be born on the wheel of rebirth. Just as streams of water find their way over and around obstacles to rejoin the sea of life I will find my path in life and flow with it and when I become vapor or mist I will come to understand that I will return to earth as rain does and be born again. And if I learn what I am here to learn when I am born again I will help to teach others how to become co-creators of a world filled with faith, hope and love for all things.



Thanks again for being my coach.

P.S. And thanks for teaching me about life being a series of beginnings. To say the beginning instead of the end when I finished my report to you and the board of directors was a unique experience but as you say graduations are called commencements, not terminations and the Bible ends with a Revelation and not a conclusion. So I shall see life as a series of beginnings. Thanks again.

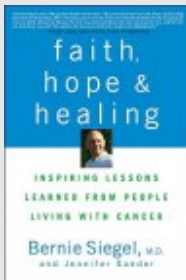


New from Bernie Siegel – A Book of Miracles

Inspiring true stories of healing, gratitude and love.

As one contributor wrote in *A Book of Miracles*, one has to be living in a cave if they haven't heard of Dr. Bernie S. Siegel. Well, this reviewer must admit that it is her first experience with his teachings, but it will definitely not be the last. What makes this book special is not only the stories submitted by "A Motley Crew of Angels" (as one story is entitled), but also the personal reflections that Bernie (as the author prefers to be called) makes throughout the 15 chapters. We learn that chance occurrences, and what we may see as disappointments or disasters, often lead our lives in the direction we should have been heading in the first place. If we are open and receptive, having found "a sense of harmony and inner peace," there is no reason not to expect miracles. There is a cat named Harry, not unlike Dewey the famous library cat, but his tail is different. He was devoted to Frances, a little girl prone to dressing him up like a paper doll. Read about their miracle in "The Child Whisperer." In "Not a Sparrow Falls," Cindy Hurn shows that even the most fragile creatures of God, such as an "hours-old incubator chick" can have a hunger for life even bigger than the circumference of its wide-open beak. Then there is "All in God's Time: Rich Eldredge's Story" – a love story, that is. But the most heartfelt miracle comes from the mama of a little four-year-old girl named Amber. Patti DiMiceli poignantly shares in "The Miracle of Change" how, through their struggles with her daughter's cancer, children truly can be God's messengers. If for only this story, and this story alone, read this book.

(Review by Kathleen Godwin)



Faith, Hope and Healing

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



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

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



Some cautions and observations

WALLACE D. WATTLES

Give no anxious thought to possible disasters, obstacles, panics, or unfavourable circumstances; it is time enough to meet such things when they present themselves before you in the immediate present, and you will find that every difficulty carries with it the wherewithal for its overcoming.

Guard your speech. Never speak of yourself, your affairs or of anything else in a discouraged or discouraging way.

Never admit the possibility of failure, or speak in a way that infers failure as a possibility.

Never speak of the times as being hard, or of business conditions as being doubtful for those who are on the competitive plane, but they can never be so for you; you can create what you want, and you are above fear.

When others are having hard times and poor business, you will find your greatest opportunities.

Train yourself to think of and look upon the world as a something which is Becoming, which is growing, and to regard seeming evil as being only that which is undeveloped. Always speak in terms of advancement; to do otherwise is to deny your faith, and to deny your faith is to lose it.

Never allow yourself to feel disappointed. You may expect to have a certain thing at a certain time, and not get it at that time, and this will appear to you like a failure.

But if you hold to your faith you will find that the failure is only apparent.

Go on in the Certain Way, and if you do not receive that thing, you will receive something so much better that you will see that the seeming failure was really a great success.

A student of this science had set his mind on making a certain business combination which seemed to him at the time to be very desirable, and he worked for some weeks to bring it about. When the crucial time came, the thing failed in a perfectly inexplicable way; it was as if some unseen influence had been working secretly against him. He was not disappointed; on the contrary, he thanked God that his desire had been overruled, and went steadily on with a grateful mind. In a few weeks an opportunity so much better came his way that he would not have made the first deal on any account; he saw that a Mind which knew more than he knew had prevented him from losing the greater good by entangling himself with the lesser.

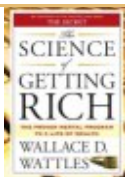
That is the way every seeming failure will work out for you, if you keep your faith, hold to your purpose, have gratitude, and do, every day, all that can be done that day, doing each separate act in a successful manner.

When you make a failure it is because you have not asked for enough; keep on, and a larger thing than you were seeking will certainly come to you. Remember this.



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

Visit www.thescienceofgettingrich.com





The sounds of God

ECKANKAR

Parking the car, mother and son entered the ECK temple and took seats in the sanctuary. Debra waited in quiet expectation, wondering, *When will I have my great experience?* Even as the thought arose, a soft voice from nowhere said, “Well, what do you want? Do you need to get run over by a truck?” Already she’d forgotten the *deja vu* of minutes ago.

Someone once asked me, “How do people in ECK usually find truth?” He meant: does it hit like a bombshell? Yes, it could be an experience to deeply stir the emotions and feelings. Yet more often its subtlety slips past people. So they miss it. Within the hour, Debra had had a marvelous experience of locating the actual town from recurring dreams years long gone. That was the “great experience.”

Great skeptics and doubters often go farthest on the path to God. Someone may ask, “Is there hope for me? I don’t buy this God stuff.” No problem; take your time, for all seekers must proceed at their own pace. But one truth I can give you is the word *HU*, and the spiritual exercises to find God. Yet the success of these depends upon you. Can you spend a few minutes a day to open your heart to the Holy Spirit? To do the spiritual exercises with love and passion? To give your whole mind and heart to such a self-discipline for a few moments? If the reply is yes, you are bound to make progress in your quest for the secret laws of life. Today’s mysteries will no longer be mysteries tomorrow.

After Debra became a member of Eckankar, she learned the meaning of a buzzing sound she’s heard for years. That sound is but another of the Sounds of God. It’s like a swarm of bees and originates on the Etheric Plane, region of the subconscious mind. This plane lies beyond the Mental Plane and is the highest of the spirito-material worlds. Beyond it is the Soul Plane, first of the true spiritual worlds. She noticed this buzzing sound from the Etheric Plane because it was a level of consciousness she’d gained in past lives. Her next spiritual step was the Soul Plane. Early on in this life she’d reconnected to the Etheric Plane, as evidenced by this buzzing sound. There was another sound. This one was like the high, piercing note of a lone musical instrument. Though it didn’t hurt the ear, it rose higher, soaring beyond the range of human hearing, lifting her to new spiritual peaks. This piercing note? Still another mode of God’s voice.

All who hear such divine sounds find a purification of spirit and the blessings of the Most High. A breath of true liberty. The voice of God is the Holy Spirit in its twin manifestations of Sound and Light. The more significant of the two for us is Sound. TV and the print media give wide coverage to the light that people often report after a near-death experience. The Light is often the earlier of the two manifestations to appear, so more people remark upon that aspect of the Holy Spirit. The Sound many times comes later. Our focus here is on the Sound. It may be like a heavenly choir, a magnificent orchestra, or perhaps a Gregorian chant of medieval times. Again, its echoes include such stirrings of nature as distant thunder; the rustling of leaves, the chirp of a cricket, the soft breathing of a lover, or the mewing of a kitten. The Sound of God lifts you to new spiritual heights.

Every holy sound corresponds to a plane or subregion of God, to blend with your exact spiritual level. These sounds, listed in many of the ECK books and discourses, are like signposts. A given sound is a valuable clue to the level of consciousness you reached in a past life or reflects your divine station now. This lifetime is a precious chance to reawaken to your true destiny. The path of ECK is the next leap to unraveling the secrets of life.



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

The Constancy of Life

In life and death the constancy still remains
 Spirit continues as the body is casted of
 Evolution never ends with no finality in the eternal change
 Soul joy is thus eternal, supramental and worthy of effort and honour.
 Let us remain ever fixed on the causeless cause of the unverser through our transient existence
SUREN PILLAY



A mountain is composed of tiny grains of earth.
 The ocean is made up of tiny drops of water.
 Even so, life is but an endless series of little details,
 actions, speeches, and thoughts.
 And the consequences whether good or bad
 of even the least of them are far-reaching.
SWAMI IVANANDA



Take This Darkness Away

Cosmic Mother, take this darkness away!
 When I sit with eyes closed, enveloped in self-created shadows,
 cause Thou to blaze upon me in splendor the aurora of intuition.
 Mother Divine, draw aside Thy glittering veil of cosmic motion pictures
 and show me Thy delusion-dispersing face of mercy.
 O blazing Light! awaken my heart, awaken my soul, ignite my darkness,
 tear the veil of silence, and fill my temple with Thy glory.
 Heavenly Father, destroy in us the wrong thought of ages – that we are frail human beings.
 Manifest Thyself as the light behind our reason: the deep blaze of wisdom.
PARAMAHANSA YOGANANDA



People create their own questions because they are afraid to look straight.
 All you have to do is look straight and see the road,
 and when you see it, don't sit looking at it - walk.
AYN RAND



Index of Resources and Online References

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TSOGR (The Science of Getting Rich)

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