

*In the world, everyone wants a special love.  
Everyone wants to be a special love.  
Everyone wants to mean something to someone or everyone.  
Beloveds, intend to be love and not ache.  
Be willing to love and be willing to let go.  
Love and release. Love and release.  
If you want to hold on to a love, you have to let it go.*

GLORIA WENDROFF  
Heaven Letters



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 48**  
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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 48

15 February 2014

- 3 Heaven Letters
- 5 Answers to questions
- 6 The quality of wisdom
- 7 Resurrect your mind Part 1
- 9 Roots
- 10 Psychic sleep - Part II
- 11 Spiritual strategies
- 12 Need for guidance and discipline

GLORIA WENDROFF  
ROY EUGENE DAVIS  
LUCIS TRUST  
ANANDA SANGHA  
ROD BRIGGS  
SWAMI MURUGESU  
SUREN PILLAY  
BAHAI FAITH

- 13 Maitreya at the door
- 14 Message from Archangel Raphael
- 15 God is not something to digest
- 16 We are water and spirit
- 18 Some cautions and observations II
- 19 The voice of God
- 20 Reader's Inspirations
- 21 Additional Resources

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ILDIKO FERENC  
SWAMI SHANKARANANDA  
DR BERNIE SIEGEL  
WALLACE WATTLES  
ECKANKAR

This month's cover feature is the beach at sunset, in Pesaren, Indonesia. Submitted by Liong Xiao Yie.

Welcome to the February 2014 issue of *Transcendence*.

*When you love you should not say, 'God is in my heart,'  
but rather, 'I am in the heart of God'.  
And think not you can direct the course of love,  
for love, if it finds you worthy,  
directs your course.  
KAHLIL GIBRAN*

Commonly known as 'the month of love', February is that time of the year when beloveds spoil each other and often exchange gifts and romantic pleasantries. Much of this is superficial commercial exploitation but somehow many of us, knowingly or unknowingly, are still influenced by its charm and excitement. Why is this? Deep down we all yearn for love, but not the fickle, temporary love we are mistakenly led to believe is real. We yearn for a greater love in which we can become completely immersed, and which will satisfy all our cravings for closeness with another soul. We spend much wasted time in this search, flitting from one relationship to the next when, in truth, the love we seek will never be found in another person. It is only to be found within the depths of our own heart – our own love mirrored in the souls of others.

It matters not whether you have a 'valentine', or someone to shower you in gifts and romantic verse. What matters is loving yourself enough to accept yourself as your own eternal valentine, with all your faults, weird habits and idiosyncracies. Once you've found that true love, all other loves will find you, and stick to you like petals on a honeypot.

We wish you a blessed month ahead, and all the love your heart can hold.

In Love and Service, always,





## Heavenletter # 4091 – Within You

GLORIA WENDROFF

God said:

You can stop repeating patterns now. Keep your patterns of love. Patterns of turmoil, leave behind.

You would not wear the same dress year after year after year. You wouldn't wear the same dress your whole lifetime. And, yet, you may carry old patterns of living, and, still, be surprised at the turn your life has taken this time as if you were a bystander in life.

No matter how uncomfortable you may be with how life seems to have treated you, life has been at your bidding. I am talking patterns. I am saying to pay attention. Pay attention to choices you make. If you tend to run headlong into repeated circumstances, slow down. If you tend to leave yourself out and wait and wait, shake yourself up a little bit. You are not an outsider to your own life. This is your life on Earth We are talking about.

If you feel often taken advantage of, that may be a pattern you solicit. Do not acquiesce to patterns that are not uplifting. Uplift yourself. There is something in you that can agreeably change.

You don't have to yell nor do you have to be the one yelled at. You don't have to be dominant nor do you have to be submissive. There is no role in life that you have to bow down to.

If you are tall or short, what can you do? Yet, in many matters, what can be changed is, by and large, up to you, up to your thinking, up to the way you look at yourself and the way you look at the world at large and the world of your home and work, the world of your own existence.

What would it take for your life to be more of what you want it to be? I would like you to just hold this idea in your mind. I am not suggesting that you work hard at changing your view of things. I suggest that you be aware. If something is holding you back, it has to be you who holds yourself back. Obstacles lie within you, dear ones.

It behooves you to consider yourself responsible for your life and not hold others responsible for your life. Take responsibility for your own happiness. No one else can carry his or her own life and carry yours too.

Life has been offered to you. You have made many choices. You are free to choose now.

We are not talking here of working from the outside. We are talking of opening something within yourself, knowing yourself as capable of change. Begin with yourself. Change lies within you. You are capable of it. See life differently, and your life will change.

If you want to laugh more, you will begin to see reasons to laugh more. No one can see for you or laugh for you.

Across the board, I say to everyone: Love yourself more. Love yourself as I do love you. The whole world starts with you. People will come and go in your life on Earth, but you are here at this moment. Make it a moment of love. This one idea alone will move mountains.

Encourage yourself. Pat yourself on the back. Pat yourself on the back extensively. Even if you flunked a test, beloveds, you took it. Help yourself to feel good, not bad. You are seeking your own direction to go in, and you will find it. Be a harbinger of light. Lighten yourself. Because of your growing happiness, the world's happiness will grow. You are the initiator. You are the instigator. You are the institutor of a New World.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/within-you>





## Inspirational Quotes



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Heavenletter #4094 Love and Release



*If you miss, you do not penalize yourself. Remember, some targets you will miss here and there, and yet, with experience, you become a greater archer. The desire and the intention are key. Perfection in the world is not.*

Heavenletter #4095 Where Else Can Love Exist



*Come find Me and bless the world today. Take a break from furor and enter Silence and Peace with Me. Enter consciously. We are in an eternal embrace, and I never let you go. Of course, you never want to leave. You cannot. The Power of Love is too great.*

Heavenletter #4098 This Is the Truth



*Beloveds, you have not yet burst through the surface. You have no idea as yet of how much love you are made of and contain. Of course, love cannot be contained. That's what We've been saying. Love has to burst out. It cannot be kept low key. Within you is a fountain of energy, and, in whatever language, its name is love. Every language has a word or two for love. Denial or denigration of love is on its way out.*

Heavenletter #4099 Concede. Surrender. Love.



*To care about another's feelings is not backing down. What are you backing down from anyway? To negotiate peace is backing down from war. What can possibly be honorable about war? Is ego honor? Do back down from war. This carries honor with it.*

Heavenletter #4100 Feelings and Logic

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

GLORIA WENDROFF



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

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





## Answers to questions about the spiritual path - Part II

ROY EUGENE DAVIS

*To believe in God, not far off but here; to understand prayer, not as a form of words but as an inner opening of the life to Divine resources ... to go out in life ... not afraid of being overborne because you know you are not a closed reservoir that can be exhausted but a channel in touch with inexhaustible resources ... that is vital, personal religion.*

HARRY EMERSON FOSDICK (1878 – 1969)

Were Jesus, Buddha and some other enlightened people that are written or talked about immaculately conceived? Immaculate means “pure.” In Catholic Church doctrine the term Immaculate Conception is reserved for Mary, mother of Jesus, who is imagined as having been conceived without any taint of “original sin” that is supposedly transmitted to everyone else from Eve, the first God-created woman portrayed in the Garden of Eden myth. Such teachings, and claims of virgin births (which don’t occur among humans), are promulgated in endeavors to declare certain people to be unique, set apart, or even divine.

It is not spiritually useful to be preoccupied with religious doctrines or excessive philosophical speculation. It is better to diligently nurture authentic spiritual growth. I have a personal habit of which I am somewhat ashamed even though no one knows about it. How can I overcome it? Since you want to overcome it, you can. Don’t think that you have a major problem. Think and do what enhances your life. Concentrate on efficiently accomplishing purposes that are of real value to you and others who will be influenced by what you do. All troublesome inclinations will soon be eliminated.

Know and affirm: “Because I am a spiritual being, I always have the will and ability to choose my thoughts, feelings, and behaviors.” Train yourself to think, feel, and do what is best for you. Use creative imagination to “see” and to “feel” yourself as being self-confident, decisive, and purposefully productive. I seldom have enough money to pay my bills or to do some of the things I would like to do. I have a steady income that should be enough to enable me to be more financially free. Should I try to make or attract more money?

First, more efficiently manage the money that you already have and what is received on a regular schedule. If your current income “should be enough,” use only what is necessary to use, avoid unnecessary spending, and save some money every week. If you have several credit card or other debts, pay them as soon as you can and avoid long-term debt in the future. Doing those practical things will improve your good-money-management skills and your “prosperity consciousness.”

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 Quality of Wisdom

LUCIS TRUST

The dictionary definition of wisdom includes the idea of the thoughtful application of learning, insight and good judgement. Elsewhere it has been defined as “the enlightened application of knowledge, through love, to human affairs”.

Over 2000 years ago, the Buddha embodied in Himself that lighted, mental activity of an enlightened mind. He announced the Four Noble Truths and, in doing so, shone a light down onto the emotional desires and materialistic values of the humanity of that time. In effect the Buddha said: cease desiring possessions and material things, change your values to include the good of others, use your mind, identify yourselves with the One Life that pours through all kingdoms in nature, renounce selfish aims, relate to others with harmlessness and with thoughtfulness for their “good”.

Today it is more urgent than ever that we live by this vision, for humanity's emotional aura is in a state of turmoil and the need for the application of the enlightened mind to break the hold of selfish desires and materialistic greed calls out to all servers to redouble their efforts. The Great Invocation is a powerful tool in this service. It holds the mind open and receptive and helps create the path down which illumination comes. The peoples of the world can then apply more lighted knowledge, make more discriminative choices and so more readily renounce separative and selfish desires. With illumination we recognise the need for harmlessness and the importance of putting right human relationships first, so that all knowledge can be applied, with love, to the crisis points of our struggling humanity.

Service organisations working in every conceivable area of world betterment make it easier for the public to recognise the pathway towards an illumined future of liberty and justice for all. Computers, the media, technology – all help make it possible to bring the enlightened mind to bear on our global problems. For the first time in recorded history there is a world organisation, the UN, in which nations are enabled to see their “place” within the context of a universal order. Acting in that light, with humility and in a spirit of renunciation, nations can take steps towards a desirable world order. Even the present generation of children coming into incarnation with computer knowhow at their fingertips is an indication that the time for global communication is here, and with it the instinct to establish right human relations.

Let us, we who work to cultivate wisdom, not let the children down. Let us work with fiery intention in the network of Triangles so that the light of wisdom will indeed quieten the chaos of humanity's emotional life and so help bring in the new civilisation.

*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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LUCIS TRUST





## Resurrect Your Mind from Mental Laziness Part I

PARAMAHANSA YOGANANDA

Most people spend all their lives desiring to do something perfectly, such as playing the piano or painting, but are too lazy to put forth the effort required to reach perfection in the chosen activity. They go on for years performing inefficiently and excusing themselves by saying, "I had no time to practice or to find a good teacher, and anyway, I am not a genius." They fail to realize that extraordinary talent is not as necessary as unswerving purpose and unfailing effort.

The key to happiness, power, and health lies within your mind. Mental laziness and lack of initiative and perseverance are the greatest enemies of success in any field of activity. A mentally lazy person grunts and moans, and considers it a terrible expenditure of energy if he must take time to think, plan, or create. He is unwilling to initiate creative or self-emancipating thinking. We can understand physical idleness, when it is sometimes necessary for relaxation from overwork, but we cannot excuse the mentally lazy person.

I've often said: the whole universe is sitting on a little piece of God's thought. Everything in the universe is the result of thought. God's mind underlies and guides every aspect of creation. The image of God within you includes that same potential of unlimited mental power, but you must learn to develop that power by making greater use of your mind. Most of your troubles in life can be traced to the failure to develop the power of your mind.

### Refuse to harbor the consciousness of defeat

To pass life's tests, you will need to develop elasticity of the mind. Tests are not meant to crush you. They come through the natural law of progress, to help you develop your mental powers, and to advance from lower to higher levels of willingness, effort, and creativity. Most people give up and fail, but in order to succeed you must learn to persevere in your effort toward your goal.

If you are suffering materially, do not add more injury to yourself by mentally accepting defeat. Even if you have no job, for your own good, you have no right to be depressed. If you sit in your home moaning and sobbing, you are paralyzing your mind with sorrow instead of keeping it busy with the kind of creative thinking which alone can show you a way out of your difficulties.

I can forgive the physically lazy man if his body is weak or if it needs rest, but I cannot so easily forgive the mentally lazy man, for he is too lazy to think. Do you need a job? Instead of sobbing and complaining, you must keep your mind busy with continuous thinking as to how you can secure work for yourself. Always remember: you are stronger than your tests.

Never allow your mind to entertain human thoughts of limitation and you will see your life change for the better. If you allow such thoughts to take hold you have already lost half the battle. Throw all such thoughts out of your mind and affirm with deep conviction that whatever has been done, and is currently posing challenges in your life, can be undone. Every new effort after a failure must be well planned and charged with increasing intensity of attention.

Remember, if you make up your mind that you are going to control your circumstances, your circumstances will adjust themselves accordingly. Friendly success tendencies are ready to help you, depending on your unflinching efforts. These are your invisible friends. Rouse your will by repeated judicious efforts, and ultimately you are certain to awaken the success tendencies sleeping in the dark chamber of your subconsciousness.





### Depend more on mind and will power

You must believe more in the power of the mind and will. The more you depend on mind and will power, the more they will do for you. Will is concentrated mental energy directed toward a goal. There is no more effective force than energy applied by will power. This will power lies buried in you and if you use it, there is nothing you cannot accomplish.

How can you develop it? Before you do anything, think carefully about what you should do. Make sure you are using your will to accomplish something good and helpful to you. Will derives its strength from an honest purpose, lofty motives, and noble solicitude to do good in the world at large.

Take up one little thing you think you cannot do. Try with all your might to accomplish that one thing. Then, when you have accomplished that, go on to something bigger. If your difficulty is great, pray, "Lord, give me the power to conquer all my difficulties." Most people give up and fail. Not to give up is to develop will power, and to win in everything you undertake. The successful person may have had more difficulties than the one who has failed, but he doesn't mention them. He rejects the thought of failure at all times. To succeed you must learn to persevere in your effort toward your goal.

Everything you see in this world is the result of will power, but it is not always used consciously. A strong will, by its own dynamic force, creates a way for its fulfillment. By its very strength, the will sets in motion certain vibrations in the atmosphere, and Nature, with its laws of order, system, and efficiency, thereupon creates circumstances favorable to the individual who exercises that kind of will power.

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### Your will must be guided by wisdom

When Jesus said, "Let Thy will be done," what did he mean? Many people misinterpret the real meaning of Jesus' statement and preach a dangerous doctrine of not using the will.

Jesus meant that when you attune your will with God's will, which is guided by wisdom, you are then using divine will. But you can not know what divine will is until you have developed your own will to its fullest potential. Only by using your own will power rightly can you contact God's will. By deep concentration and receptivity in meditation, you can establish that divine contact.

The power of a strong will, guided by divine wisdom, is unlimited. To its possessor nothing is impossible. The will is the weapon by which you can vanquish all failure. You must, however, make constant use of it; then it will serve you faithfully and always be sharp and keen edged. Do not will and act first, but contact God first and harness your will and activity to the right goal.

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](http://www.ananda.org)*







## Roots

ROD BRIGGS

*Home James... and don't spare the Horses!*

QUEEN VICTORIA

Ever since her Imperial Majesty uttered the above immortalized quote it has been used as an expression of the urge to escape to the safety and comfort of some personal domicile, yet many of us never question where 'Home' actually is.

Throughout a long and adventurous life I have always found my solace in one of two places: wilderness, which I have been blessed to explore on three different continents; and the ocean. I have spent much of my adult life 'messaging around in boats', both as an open ocean racer, and cruiser of faraway places. Without exception the sailing to the islands was always the highlight, the journey itself being the thing. Solo night watches at the wheel of a darkened yacht were, for me, always a mystical experience; the comforting presence of the bejeweled heavens was counterpointed by the nurturing bosom of the living ocean. It always brought a very deep sense of belonging.

I recently came upon a piece by Prof. Jerry Waxman from NYU which completely describes the experience:

There is a fundamental reason why we look at the sky with wonder and longing—for the same reason that we stand, hour after hour, gazing at the distant swell of the open ocean. There is something like an ancient wisdom, encoded and tucked away in our DNA, which knows its point of origin as surely as a salmon knows its creek. Intellectually, we may not want to return there, but the genes know, and long for their origins—their home in the salty depths. But if the seas are our immediate source, the penultimate source is certainly the heavens... The spectacular truth is—and this is something that your DNA has known all along—the very atoms of your body—the iron, calcium, phosphorus, carbon, nitrogen, oxygen, and on and on—were initially forged in long-dead stars. This is why, when you stand outside under a moonless, country sky, you feel some ineffable tugging at your innards. We are star stuff. Keep looking up.

The ancients knew this and yet, with our hi-tech, instant gratification mindset, it is something which has gotten left behind in our rush to the future. Go and sit on a beach at sunrise, alone and in silence and infinity will get you!

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

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

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

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





## Psychic sleep – Part II

SWAMI MURUGESU MAHARISHI

As sensual functions stop when the frontal brain goes into disorder, disorders in the hind brain similarly brings about disorders of motor actions of the body. If the *Sahasara* chakra is dysfunctional, soul consciousness will not express itself. The head centre is the seat of the soul, from which radiates consciousness which unites with the mind and, through it, the body and the external world. Soul does not move from its seat at any time. Only its radiation of consciousness enters and exits.

The three states mentioned previously, occur by incoming and outgoing soul radiation – the consciousness. Now let us consider sleep. Sleep is the consciousness moving away from the mind and passing into its own abode, the head centre. Nothing is then present to witness the mind, or through it the body and world, as such there is no knowledge of anything in sleep.

### Mind and soul

From time immemorial yogis and rishis have proclaimed that in sleep man wastes half his life time. If one lives for a hundred years, fifty years are wasted in sleep. The mind may be functioning, the body living, and even senses still receiving external stimuli; but if consciousness does not reach them, all these functions are wasted and of no use to man.

Deep sleep is like death. The difference is this: man wakes up after a sleep, but in death he leaves his body and the world permanently. It is said that a true yogi or *jnani* dies only once in a lifetime, but an ordinary man 'dies daily'. Knowing this, ancient rishis tried to find a way by which consciousness could function independently of the mind and body. They found out a way by which the soul's consciousness expressed itself and functioned on the subtler planes; when both body and mind are in a sleepy state. This is called *turiya* in yogic literature, and is considered to be the fourth state of consciousness. In this state the physical body and mind are functioning on their own without any internal control. This means that the body and mind are in a sleeping state, although the consciousness does not completely enter the body or mind and will have no knowledge of anything. Instead, consciousness radiates from the soul as usual, but does not link with the body and mind. It functions directly on the subtler planes.

Here a great dilemma has to be clarified. What does consciousness do when it is not connected to the mind? Can consciousness be aware without the mind? What can it do independently? This question arises because no one is aware of themselves without his mind. We function through our mind in the waking state, but we are unaware during sleep. When consciousness slips from the mind, we are no longer residing there. What we know about ourselves is nothing but the knowledge of the mind: 'I am this, I possess that; I am a graduate; I am a scholar, doctor, engineer' etc. – and all such qualities described belong to the mind only. Apart from the mind we do not know who we are, and that is why we have doubts about how consciousness can function without the mind.



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





## Spiritual strategies

SUREN PILLAY

In the world everybody is aspiring to different goals and achievements. Some of these may be material, intellectual, physical or spiritual. No matter what the nature of achievement may be, there has to be a coherent strategy in order to achieve that end. Without a proper strategy in order to achieves one goals and objectives, such goals and objectives will be very difficult to attain. The results of poor strategy usually result in failure or the non-attainment of goals.

In a spiritual sense, strategy is going to become more and more important, as many sadhakas find balancing work and home life a complex challenge. The demands of work and home cannot be ignored in determining the level sadhana to which one aspires. The more commitments one makes to the material plane, the less time one has for the spiritual plane. Getting a job that requires ten to twelve hours of work daily, and usually results in exhaustion by the end of the day, with very little time and energy for sadhana.

Many people say that all one requires is proper time management. While it may be true that time control is important in achieving objectives, it is more important to have a practical and effective strategy to attain material and spiritual goals. So the question is: what is a good strategy; and how can we apply such a strategy in our daily lives to achieve both our material and spiritual goals?

Any strategy must be both specific and identify the obstacles to achievement. If you want to meditate for an hour a day, what are the obstacles to achieving that goal? They may be working late hours, or tending to household chores such as cooking and cleaning. Once the obstacles are clearly identified, specific actions need to be put into place to address the obstacles on a daily basis. These actions and procedures must be realistic, easily implemented, and practical.

If you want to meditate for one hour a day and you find it difficult because of household chores needing to be done after work, maybe consider meditating for twenty minutes during your lunchbreak; and waking up twenty minutes earlier in the morning for a morning meditation; then if possible, perhaps meditate for another twenty minutes just before you sleep. The important point to note is that strategy contains procedures that are specific and attainable.

My challenge to you this month, dear readers, is to determine how you can improve your level of spiritual practice by employing an effective spiritual strategy for yourself. There is no one in the world who has infinite time and energy. As long as we live in the world, we are bound by time and energy constraints. Learning to effectively and efficiently use the precious resources of time and energy will stand you in good stead physically, materially, intellectually and spiritually.

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>





## Need for guidance and discipline

FLORA TECKIE

The moral and spiritual education of our children is of great concern today, and it is not desirable that they be left to drift unguided in a world so laden with moral dangers.

As parents and teachers we need to provide for an integrated development of various capacities in children—spiritual, moral, intellectual, emotional, and physical. It is the Bahá'í view that human beings are inherently noble, and that the purpose of life is to cultivate such attributes, skills, virtues and qualities as will enable us to contribute our share to the building of an ever-advancing civilization.

The notion of a child as being inherently noble implies that we should see nobility and capacity in our children and recognize that a lack of opportunity is different from lack of capacity. Our children are inherently noble; but of course, they are in need of patient guidance and discipline, so that they can achieve their highest potential.

Often loving children is associated with being lenient towards their bad behaviour. However, loving our children does not mean that we should leave them without discipline. We cannot simply adopt an attitude of non-resistance toward our children or leave them entirely to their own devices. It is stated in the Bahá'í Writings that:

“... Only a relatively very highly evolved soul would always be disciplined by love alone. Fear of punishment, fear of the anger of God if we do evil, are needed to keep people's feet on the right path. Of course we should love God - but we must fear Him in the sense of a child fearing the righteous anger and chastisement of a parent; not cringe before Him as before a tyrant, but know His Mercy exceeds His Justice!”

Encouragement plays an important role in assisting the children to realize their potentialities. If a child is told his intelligence is less than his brother or sister or fellow-pupils, it is a great drawback and handicap in his progress. He must be encouraged and told “you are most capable and if you endeavour you will attain the highest degree.”

The following quotation from the Bahá'í Writings emphasizes the importance of encouragement and discipline: “Whosoever a mother seeth that her child hath done well, let her praise and applaud him and cheer his heart; and if the slightest undesirable trait should manifest itself, let her counsel the child and punish him, and use means based on reason, even a slight verbal chastisement should this be necessary. It is not, however, permissible to strike a child, or vilify him, for the child's character will be totally perverted if he be subjected to blows or verbal abuse.”

Beating or abusing the children will stop them behaving in an undesired way for a time. But it will become the cause of other problems such as damaging the child's self-esteem, trust and security. It will also teach them to resolve their problems and express their feelings through force and violence.

Through spiritual guidance, secular education and proper discipline all children have the capacity to achieve their highest potential and direct their energy and talents towards the advancement of civilization.

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



## Bahá'í Topics

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

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

## Maitreya at the door

BY THE MASTER through Benjamin Creme

Under the impact of the new incoming energies, great changes are taking place in the world. For some, these changes are benevolent and useful, leading to a better-ordered and safer world. To others, however, they signify only breakdown and disorder, chaos and mayhem, the work of desperate and evil men.

Of course, if your primary objective is the upholding of the 'status quo', all change, however needed and overdue, is suspect and undesirable, the work of 'militants' and 'mischief makers'. Thus it is that much of the many changes now occurring is seen as threatening the fabric of society and is a source of constant worry, fret and fear. Did men but see the true nature of the transformation now being wrought by these beneficent energies, they would more calmly understand, and co-operate with, their action. Needless to say, the 'status quo' can never be upheld for long; change and evolution are the very nature of life, and, for good or ill, impose the pattern of the new. The form and quality of the new structure are conditioned by men themselves. Thus useless it is to resist the Great Magnet that drives all life forward on its perfecting course.

When Maitreya and His Group walk freely among men, much will be revealed of the laws which govern life. Men's bafflement will give way to a dawning understanding and a wiser response to the phenomenon of change. The old die-hards, of course, will remain, but their influence will ebb as the new takes hold. Thus will it be, and thus will men realize better the nature of the adventure we call life. Maitreya, Himself, stands at the door, His hand uplifted to knock. His signs increase apace as He awaits recognition. Welcome Him to your heart and ease His entry; let Him work through you. Remember that your brothers, also, deserve to know the Great News; leave them, and your sisters, not in the dark.

We have reached the eleventh hour. The destined time is upon us. The long wait is all but over. Harness now your strength for the great work ahead. The times are as never before. The angelic myriads tremble in expectation. Maitreya's warriors for Truth tighten Their girths and assemble behind Him. In the midst of chaos and war, and threat of war, the Great Lord lifts His hand. His arrows of Light will pierce the darkness of the time and bring respite to men. His Great Heart glows with love for all peoples. The starving and the oppressed are His especial care. Aid Him in His momentous task.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2002/ma\\_july02.htm](http://www.share-international.org/master/2002/ma_july02.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 Raphael

ILDIKÓ FERENC

How difficult experiencing yourself is if you are not loyal even to yourself, nor are you strong in body. Not only appearances count in your life, because it is so difficult to reach an inner balance if you miss the tiny emotion or spark that takes you forward in your path of development. You do not have to experience the flame of love in others if you are unable to create love even in yourself by pure and true emotions. I cannot help you this way, since lovelessness bears illness in time and there is no cure for illnesses stuck in lovelessness. You are unable to measure up in illnesses surrounded with lovelessness so that you can find the way to recovery. Let you be loved and let you love. Do not deny yourself day after day, and do not deny all the peace, calm and harmony that you can give to and receive from others. Do not want to live together with others as long as you fail to see pure and true feelings in yourself because you can make yourself ill by it. Pure, true and honest emotions are going to be in the limelight today, and we are going to plant your healthy future by pure and true emotions. Do not want to live as you have lived so far if you have suppressed your inner lack of desire, and suppressed the feelings that prompted you to love. Do not want to exist without seeing the light, harmony and love in you and being unable to pass them on to others. You must not live being unable to experience others and yourself in your human relationships, or to find yourself and the overwhelming strength of your own energies in the insensitivity of incapacity. If you are able to see the strength in you that derives from others and has been living in you for long, you shall be able to find the roots of your illnesses too, and cure your illnesses by your own energies. Nothing else is needed but faith that you are able to manage these energies, and nothing else is needed but hope and endurance that you are able to experience the deepest emotions of your love by changing your attitude. If you find all these, you can start out along the path of recovery, and it is already worthwhile, since a transformation is also started in your life and a different way of thinking. If, however, you are unable to experience love in others and in yourself, and still tread the way of lovelessness, you shall create the possibility for the past to imprison you, and you shall start along a way lacking in energy but being full of illnesses, and along which you shall also be unable to start the seed of cure in you. Therefore I ask you to look at yourself and your life, and start to think differently. Start to live and exist as you would have liked to live and exist so far, and do not experience yourself as a victim of circumstances but as someone being led by your inner and pure emotions. You must allow your inner pure emotions to guide you on your way, and you must see yourself while walking this way and allow pure and honest words to guide your life, and allow these words to become guiding energies for others. Be honest and pure when you take steps in your interest but these honest and pure words shall lead you even when you must speak against others. Always live in the way your heart dictates, and exist as you would exist through your inner energies. You do not have to find light and harmony in others if you cannot do that in yourself either, and do not have to give so much strength and glory to others, if you do not believe even of yourself that you are able to absorb and pass on all these energies. You must not think that honesty and purity do not exist in your earthly world, since there really is a place for all these and there really is free will by which You can decide over controlling your life. You have the strength to take control of your fate, and you must become able to direct people's hearts and minds towards pure love in the processes you experience day after day. Purity must dominate you and your life, and purity must lead you against and beside others so that you can experience your healthy and beautiful elderly dreams.

With love, Archangel Raphael

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

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

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## God is not something you have to digest

SWAMI SHANKARANANDA MAHARAJI

We often make spirituality and God secondary in our lives, and we pray when we feel like praying. We go to service, to temple, or church, when it suits us. The time has come now for all of us to hold onto God dearly. This life of ours is not about just enjoying the material aspects. It is about enjoying the material and experiencing the spiritual. My guru always said to me, “Get up from your little dreaming and realise who you are”. Live that realisation for the rest of your life. Because this journey that you are on now is only a *maya*, a dreaming, nothing more than that. Tomorrow morning you might not wake up. It’s a great illusion in front of you, and yet you enjoy it to such an extent that you forget that you, the self, exist.

Spirituality is a state of ultimate sense. What that means is that when all the nonsense is out of you, then you are spiritual. As long as you have the nonsense material aspects within, you’re not spiritual at all. Do not become God-fearing. It must be something that happens from within you. An automatic urge, a divine urge, a spiritual urge, a condition within you that allows you this space, time and moment. And only at that time can you make the connection with God, and that process is called yoga – to unite with God. If you don’t make the union with God in this life, you’re going to come back here to this miserable material plane, and live through this life again when you might enjoy three days of happiness but four days of pain.

We need to wake up, experience God, and find those moments of stillness within us. And when you find that moment of stillness, enjoy it. It doesn’t happen to you all the time. How often do you drive from point A to point B but don’t remember driving? How many times have you done that and you don’t remember anything en route? Many times. What is that moment called? That is the moment of experience. In that moment you can experience every kind of ecstasy. If you can concentrate that much on your driving, you can take the same thing and concentrate on God.

God is not just unique He’s a Super-Engineer. He engineered your being here, the way you look. The Bible says you were created in His image. If you’re created in His image, why can’t you act like Him? Why do you act any other way? Because within us we have this thing called *atma*, which comes from *paramatma*, meaning that we are a unit of that big Super-Unit called God. And if we are a unit of that Super-Unit then we must have some qualities of God. One of the highest qualities of God is *Anbu Shivam Shivam Anbu*, ‘God is love, and love is God’. My guru, Swami Murugesu, lived in that *anbu*, and the only reason he did is because he lived through the troubles and obstacles of normal life. God, in His wisdom sent such a man to us and yet we cannot follow any of his teachings.

There’s no time better than this time. I can’t push God down you – it’s not like a child who doesn’t want to eat. God is not something you have to digest. God is something you have to experience. In whatever form you desire, God will present himself.



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

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





## We are Water And Spirit

BERNIE SIEGEL, MD

*You can look into a mirror and see your image;  
water reflects your image too.  
But unlike a mirror you must get close to the water and yourself  
to see the reflection.  
And you and the water must be still and untroubled by outside force.  
And, just as water may exist as a liquid, solid or vapor,  
you can undergo continual transformation too,  
depending on your state of consciousness.  
You can choose to close your heart  
and become hard and cold as ice.  
Or, like ice, protect and guard the life  
which exists beneath the surface.  
For it is only when we are willing to go beneath the surface  
into the stillness and depth of our being,  
that we truly find ourselves  
and create the authentic path  
our stream should follow.  
As a stream of water flows over  
and around stones making beautiful sounds,  
your blood stream can flow over obstacles,  
become as destructive as a tsunami,  
or choose to vaporize and rise above life's difficulties,  
Ready to fall back, when needed, as gentle rain  
softening the soil of life.  
One day every blood stream will find its way  
to the endless sea of life  
where you will be reborn as white crystals  
which descend slowly and gently  
onto the frozen ground.  
When the world experiences a drought of love,  
forming a blank canvas upon which the world  
can now create a work of art.*

### Today's Prescription for the Soul – Prescription #72 – Neglect

I hope that my “365 Prescriptions for the Soul,” will be a welcome and healing addition to your day. The prescriptions I ask you to fill are designed for your total well-being. They come from hard-earned wisdom and experience with the difficulties of life. They are dispensed “as written” with love. At the end of each prescription is my “Soulution” to help you develop healthy self-love, self-esteem, and self-worth. Please take the prescription I have written for you here and fill it right away.



**Self-love, my liege, is not so vile a sin as self-neglect.**

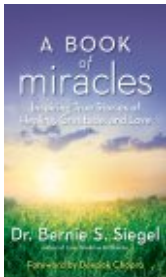
WILLIAM SHAKESPEARE

To neglect one's self is a sin and a purposeless act of destruction. No matter what others have done to you, you are worth loving. To abuse yourself while you care for other living things makes no sense.

You are a child of God, as we all are. Jesus, in the Gospel of Saint Thomas, said, "If you know who you are, you will become as I am." Invest in loving yourself. Begin to see yourself in a new way. It may be uncomfortable at first if you have never experienced love. But you are worth loving; I can assure you of that. It is not about ego inflation, it is about your true sense of worth.

**Soulution of the Day**

*Notice the ways in which you neglect yourself.  
Then make a list of small steps you can take to begin to nurture yourself.*

**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)



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

**Visit Bernie's web site at [www.BernieSiegelMD.com](http://www.BernieSiegelMD.com)**



## Some cautions and observations Part II

WALLACE D. WATTLES

**Y**ou will not fail because you lack the necessary talent to do what you wish to do. If you go on as I have directed, you will develop all the talent that is necessary to the doing of your work.

It is not within the scope of these articles to deal with the science of cultivating talent; but it is as certain and simple as the process of getting rich.

However, do not hesitate or waver for fear that when you come to any certain place you will fail for lack of ability; keep right on, and when you come to that place, the ability will be furnished to you. The same source of Ability which enabled the untaught Lincoln to do the greatest work in government ever accomplished by a single man is open to you; you may draw upon all the mind there is for wisdom to use in meeting the responsibilities which are laid upon you. Go on in full faith.

Study these lessons. Make them your constant companion until you have mastered all the ideas they contain. While you are getting firmly established in this faith, you will do well to give up most recreations and pleasures, and to stay away from places where ideas conflicting with these are advanced in lectures or sermons. Do not read pessimistic or conflicting literature, or get into arguments upon the matter. Do very little reading, outside of the other writers mentioned. Spend most of your leisure time in contemplating your vision, in cultivating gratitude, and in reading these lessons. They contains all you need to know of the science of getting rich; you will find all the essentials summed up in the following chapter.

There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.

A thought in this substance produces the thing that is imaged by the thought.

Man came from things in his thought, and by impressing his thought upon formless substance can cause the thing he thinks about to be created. In order to do this, man must pass from the competitive to the creative mind; otherwise he cannot be in harmony with the Formless Intelligence; which is always creative and never competitive in spirit.

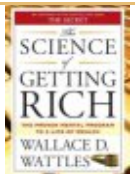
Man may come into full harmony with the Formless Substance by entertaining a lively and sincere gratitude for the blessings it bestows upon him. Gratitude unifies the mind of man with the intelligence of Substance, so that man's thoughts are received by the Formless. Man can remain upon the creative plane only by uniting himself with the Formless Intelligence through a deep and continuous feeling of gratitude.

**This is the last article in The Science of Getting Rich series. For previous lessons, please refer to past issues of *Transcendence*.**



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

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





## The voice of God

ECKANKAR

What are the Sound and Light of God? What do they signify?

The Light and Sound are the Voice of God, the expression of God's love for us. They comprise the whole of God's love. Together, they are what religion calls the Holy Spirit.

In speaking of the Light, we say, "Yes, there is such a thing as the Light of God. It's a thousand times brighter than any sun, or it may be softer than the light of a golden moon."

The Light of God illumines your entire being, inside and out.

Other Sounds of God on the inner planes may be like musical instruments, birds, choirs, machines, the ocean, high-pitched whistles, a murmur or crescendo of wind or water. Maybe the tinkling of joyous laughter. All these are holy sounds.

A word to help open your heart to God's love is *HU*. It is an old, revered name of God.

Some who hear ECKists tell of the Sound and Light of God think of familiar terms like *grace*, *faith*, or *love*. But careless use has robbed these words of their true meaning. The Sound and Light of God are the essence of the Holy Spirit instead of a description of Its attributes, like grace, faith, or love.

They are the real thing.

The Sound and Light of God are actual Light, which shines, and Sound, which echoes throughout all worlds. They uphold life.

For many seekers, the Light appears first in one of Its many forms. Often It comes in the dream state. Some see It as a blue light in the shape of a candle or globe, as a yellow or pink light, green, violet, or white light. White, for example, reflects the purity of God's love; blue shows the love of the Mahanta, also called the Inner Master. Yellow is a pure spiritual colour. Pink, an indication of God's light touching your emotions or feelings at the Astral level.

Whatever the colour, It is one of the many signs of God's love for you. It is an assurance of divine grace.

It is a transforming presence for one and all.

So what do you think? Is life just a random walk? Is your spiritual life at the mercy of chance? Or is our life a spiritual path in line with some natural order or rhythm?

The spiritual travellers of ECK roam the cosmic worlds. They discovered their own proof about life as a journey guided by a divine hand and now exist within God's Sound and Light. So may you. The greatest of the spiritual travellers was once a seeker, perhaps like you.

And what is there to gain? A certainty of direction in life – and love.



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

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





## Readers' Inspirations

### The Light of Wisdom

In a world of opportunity how can conditioning exist?  
 In a world of expanded awareness how can limitation define us?  
 In a universe of possibility who am I to say 'what if'?  
 In the light of the Masters how can I refute my immortal nature?  
 Let there be love, guidance, and light in our world of expanded awareness and possibility.

SUREN PILLAY



### Memories

So many profound empty spaces, lurking in hidden memories, wanting to be alive.  
 A feeling of being lost in space.  
 o many blind alleys of memories stored and waiting to be unfolded.  
 Oceans of tears with a heart-blossom of love, filling it with memories  
 that just want to be unleashed.  
 The feeling of stillness and silence, hearing the beating of one's heart.  
 The memories glow brighter within one's heart.  
 The feeling and embracing of restlessness with a teardrop.  
 In every coming tomorrow the breath we take,  
 the thirst we quench and the heart we embrace.  
 It's the memories that live in my every heartbeat.  
 I have accepted you with peace in my heart and showers of love.  
 In keeping those memories alive, I have been robbed of you.  
 But I have stolen you with memories that I keep 'till eternity.

ZARINA MALICKSHA



### Spreading Divine Joy

Beginning with the early dawn each day,  
 I will radiate joy to everyone I meet.  
 I will be mental sunshine for all who cross my path.  
 I will burn candles of smiles in the bosoms of the joyless.  
 Before the unfading light of my cheer, darkness will take flight.  
 Let my love spread its laughter in all hearts, in every person belonging to every race.  
 Let my love rest in the hearts of flowers, of animals, and of little specks of stardust.  
 I will try to be happy under all circumstances.  
 I will wake up my mind to be happy within myself right now, where I am today.  
 Let my soul smile through my heart and let my heart smile through my eyes,  
 that I may scatter Thy rich smiles in sad hearts.  
 I will always behold in my life the perfect, healthy, all-wise, all-blissful image of God.

PARAMAHANSA YOGANANDA





## Index of Resources and Online References

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### **Ananda Sangha**

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
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### **Bernie Siegel**

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### **Centre for Spiritual Awareness**

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### **Heaven Letters (TM)**

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

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

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# 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.

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