

*There is no one person who has a monopoly on God's grace.
No one person. To search for the truth is to act as midwife to
God's glory that is an embryo within every man
and every woman. And what joy always
when a pregnancy comes to full term.*

It is the stuff of dreams.

FATHER NOEL GILLESPIE SMA



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 49
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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is 'Waterfall, place of the ancestors' submitted by Fr Noel Gillespie.

Welcome to the March 2014 issue of *Transcendence*.

*Until one is committed, there is a hesitancy, the chance to draw back, always ineffectiveness.
Concerning all acts of initiative there is one elementary truth, the ignorance of which kills
countless ideas and splendid plans: that the moment one definitely commits oneself then
providence moves too.*

GOETHE

Starting something new is always difficult, especially if it's a new habit that we're not used to. Human beings were created to evolve and evolution means that change is inevitable – change for the better, for improvement, and to move us closer to our spiritual goals. This usually means starting a meditation practice, or lengthening existing time spent meditating.

It's not easy to start meditating when we're caught up in the busyness of life. But all it takes is five minutes a day to start, in the morning or the evening (or both). Consider that time your 'time with God' – it's not much but it will make a difference. If we feel like we're fighting a losing battle, we can take comfort in the advice of Paramahansa Yogananda who tells us that if we put just 25% effort into our daily meditation, we will receive another 25% grace from our spiritual teacher or guru which, in turn will grant us 50% of God's grace, totaling 100% achieved.

This month we are delighted to welcome a new contributor to *Transcendence*: Father Noel Gillespie, a Catholic priest with the Society of African Missions who has lived for twenty years with the Batswana and Afrikaner peoples along the banks of the Marico River in South Africa. His writing is inspirational, all-embracing, lyrical and God-inspired. We know you will enjoy his offerings.

In Love and Service, always,





Heavenletter # 4092 – Time in the World

GLORIA WENDROFF

God said:

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

Time beats its metronome without batting an eye. You try to catch up or slow down, and you make time invincible.

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

You are bound and determined to fill up time, and, often from your point of view, the more you fill it up, the better. The more you get done in little time, the more you feel you are up to the mark. The less you get done in a lot of time, the less worthwhile you feel.

Time is innocent, and yet it flogs you.

Would that love would rule you more than time.

Love knows not of time. Love is a healing balm. It is instant. It is eternal. Love is an instant cure to whatever is on your mind. Love yourself, and time will not throttle you.

How can it be that time does not exist while the world runs on it? God forbid that you don't honor time. Time doesn't exist, and yet it has authority over you, such authority over you. Time is like a warden. Ease your foot from the pedal of time, from this concept of time that holds you in its grip, that holds you in servitude.

In Truth, there is no time, and yet there is time for everything in Eternity. Time does not exist to do things in, and yet in Timelessness there is all the time in the world.

You cannot master time because time has mastered you!

Have a good time - what does that mean?

And, yet, in the world, you have to catch your flight on time, and the tension grows. Time is a great tension-builder.

And space rules you, even as space does not exist either.

You are ruled by two fictional characters. The world has made gods of them. Everyone bows down to them. Wars have been fought over space that can, in Reality, only be empty. And deadlines have been met or not met, and punishment is given. You are charged interest, or you may even be under penalty of death in some kingdoms of the world. It is said that your time runs out. Time is nothing at all, and yet you adhere to it. Be on time is the world's motto. Don't be late.

Okay, adhere to time. Get to work on time. Catch your flight, and know that time is nothing. You don't controvert time, and yet you can keep time in its place. You don't betray it. You don't have to start a rebellion. And, yet, you don't have to be so time-serving.

Yet even on vacations, time seems to have you in its thrall.

You are far greater than time, and yet you bind yourself to follow it.

Take your time, beloveds. It is yours. Be on time without being beholden to it. Take a break from time every now and then. Give yourself a break from the intensity of time.

You may set an alarm clock, yet when you sleep, and when you dream, you are out of time, and you rest.

And when you are running around in the world, take time into account and, at the same time, take your time. Take all the time in the world.

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





Inspirational Quotes



Certainly, you are not to block love for reasons of safety or anything like that. Your heart is not meant to wait for certain conditions before it goes forth. Under all conditions, your heart is to go forth. Send your heart out like a valiant explorer dedicated to fulfilling Me."

Heavenletter #4096 The Petals of Your Heart



Rather than riding the furrows of the waves, you are buoyed by the depth of the waters. You are deep into the majesty of life whether it is on Earth or in Heaven. Actually, it is always Heaven. In Truth, you have chosen the armoire of Heaven over the soapbox of Earth.

Heavenletter #4098 This Is the Truth



Let Us call Love then Energy. The amount of Love Energy in the world is mind-boggling. In fact, there is nothing else in the world but energy, and all energy is love. Even fury comes from love. Without love, the one who is furious would not be furious. The one who is furious let someone else's thoughtlessness or difference of opinion or even aggression cut across his love and is now fit to be tied.

Heavenletter #4099 Concede. Surrender. Love.



Everyone says that peace is better than war. Yet, if everyone truly felt that way, how could there be wars? Yet there are hard feelings. Feelings have to be dealt with before they erupt into war. Cannot peace be valued as much as war? Cannot peace be declared instead of war?

Heavenletter #4100 Feelings and Logic

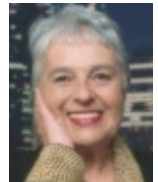


A lot does come down to responsibility. Of course, it is best to be responsible for yourself. A responsible person knows when and where and how. A responsible person has the freedom to know when and where to keep thoughts to himself.

Heavenletter #4101 To Stay Afloat in the Ocean

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 - Part III

ROY EUGENE DAVIS

Skillful living is spiritual practice that improves powers of concentration, expands awareness, and improves our abilities to accomplish meaningful purposes. When you can always live skillfully and enjoyably, you can also meditate more effectively and more easily comprehend higher realities. Avoid thinking or behaving as though you only want to get through your current incarnation with a reasonable degree of comfort. If you believe (or know) that you will continue to live and express in another realm when you eventually leave the one you are now in, living effectively here will better prepare you for what you are yet to do.

I have friends who talk a lot about how easy and natural it is to be spiritually enlightened. Although what they say sounds good, they aren't any happier, healthier, or free from common problems than people who don't claim to have higher knowledge. If they know so much, why doesn't their knowing more obviously result in personal well-being and improved circumstances? Being well-informed about something is not the same as knowing it. People who talk a lot about spirituality are seldom spiritually conscious. They may be inclined to be satisfied with superficial examination of metaphysical concepts, like to hear themselves talk, or want to attract attention to themselves instead of doing what would enable them to be Self-realized. How can I overcome or get rid of thoughts and feelings of anger and resentment toward people who say or do unkind things?

When possible, avoid unpleasant encounters or situations. If memories of unfortunate events cause distress, forgive what others have said or done, forgive yourself for any inappropriate thoughts or feelings you might have had, and avoid debilitating thoughts and emotions in the future. Be so focused on aims and purposes that are of real value that you can easily deflect or ignore intentional or unintentional unkind behaviors of others. Even though I know I should be more mentally and emotionally peaceful, I am inclined to worry, am too busy doing things that are not really necessary, and do too much socializing. How can I be more focused and mentally and emotionally stable?

Honestly examine your thoughts and decide if you really do want to be mentally and emotionally peaceful. It will then be easier to discipline your thoughts, emotions, and behaviors. Until you are living as you want to live, write a concise list of things that will be of value to you. Include daily meditation as a spiritual duty until regular practice is so enjoyable that you are not inclined to neglect it. Focus on doing essential things that nurture your total well-being and you will not be inclined to do unnecessary things.

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 Triangles Network

LUCIS TRUST

In our online digital world, 'networks' and 'networking' are terms in common parlance describing a raft of interrelated technologies. It is not surprising then, that a recent search on Google for the word 'network' returned over three and a half billion results. The concept of physical networks is intrinsically linked to interconnectedness. Networks allow the human family to disseminate information and news, and to communicate with each other in real time from anywhere in the world. Collectively, and broadly speaking, these networks express and are an expression of human intelligence. The proliferation of networking technologies in effecting instantaneous communication on physical levels is quite probably a reflection, an outer expression, of those expanding lines of communication in consciousness that inwardly link the centre to the periphery of life.

One network that isn't a household name, but nevertheless of growing subjective consequence, is the Triangles Network. Triangles was launched in the 1930s, at a critical period in history, when humanity stood on the verge of a second world war. At that time, it was deemed possible by the spiritual Hierarchy that a vast, planetary, triangular network of light impelled by love could be constructed by focused and spiritually awakened people of goodwill. The prolonged and sustained impetus of the Triangles' work over many years has no doubt played a part in awakening human minds to right values to live by. We can broadly categorise these values as a love of truth, a sense of justice, a spirit of co-operation, a sense of personal responsibility and serving the common good. Everywhere we see the demonstration of these values in the world. The consciousness of humanity is ever evolving, ever becoming more responsive to the magnetic pull of Hierarchy.

For a growing number, a separative and insular mindset is gradually giving way to an inclusive world view. And whilst the entrenched forces of selfishness are still potent and at large, it wouldn't be an exaggeration to suggest that their hold and influence over the human family wanes with each passing generation. In virtually every country, continent, race and religion, many thousands of Triangles co-workers daily link up subjectively to vitalise their triangles and permeate the network with light and goodwill. Sounding the Great Invocation, a world prayer for all of humanity, and central to our work, sets in motion the circulation of light and love. Each triangle acts as a relaying point of energy distribution, and each triangle is an integral part of the greater whole. The Invocation voices in a simple, yet profound way the approach of humanity to the divine and the part that we can play in the work of planetary transformation.

Out of the tumult of the last few centuries a 'nucleus of a great synthesis' is being wrought out on the global stage. Numerous groups focused on selfless service are appearing throughout the world. This precipitation of serving groups has been ongoing for a hundred years or so. With each passing year their influence grows, their integration and co-ordination deepens, and their skill in action is honed in the crucible of daily life. Humanity is at long last responding to the spiritual values that underlie a culture of the soul. The outpouring of goodwill is gaining momentum and yet, predictably, the forces of separatism are resisting. Nothing, ultimately, can arrest the tide of evolution. Human development is assured. Nonetheless, human destiny, direction and the speed of progress are the responsibility of us all. If we care deeply about the welfare of humanity and the wise stewardship of the planet, then our work in Triangles is a daily act of consecration and dedication to these sacred themes. Our work, quite simply, is to 'enlarge the work of the Triangles so that, subjectively and etherically, light and goodwill may envelope the earth'.

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 II

PARAMAHANSA YOGANANDA

Ways to vitalize and nourish your mind.

You must not lead a stagnant existence. Vitalize and nourish your mind by contact with strong spiritually progressive minds. Begin from today to try to do, one at a time, the things you thought impossible for you to do. Systematize your life and schedule your engagements.

Every morning, make up your mind that you are going to be better. Analyze yourself and find out whether you have been progressing or not. In life there is no standing still; you are either going forward or backwards. Every day spur yourself on to greater achievements.

Unless you are meditating, keep your mind busy during most of your leisure time with good books. Read, mark, and inwardly digest selected passages from great books. Do not read half-heartedly or with only partial attention.

You should never read without assimilation; if you can assimilate, you will know much with little reading. When thinking, keep your eyes closed and your mind wholly concentrated on the object of your study. Thinking logically over a given idea is the best way to develop originality in your ideas.

Perform all activities with full concentration. Some people assume that an activity must be done slowly; otherwise they will become restless. That is not so. With calmness and intense concentration, you can perform all actions very quickly. The art of true action is to be able to act quickly or slowly, depending on circumstances, without losing your inner peace.

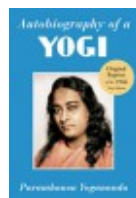
Every night try to remember in detail all that happened during the day. Just before going to sleep and upon awakening, command your subconscious mind to be attentive to all life's activities and to retain all valuable experiences. These two periods are the best for impressing affirmations on the mind.

What can I do for God today?

God has given you the power to control your mind and to be free from pain and sorrow. Laziness in body and mind must be driven away before you can enter the kingdom of God. It is better to be a success in the eyes of the world than to be a lazy, but you will never attain true happiness unless you combine worldly success with spiritual success through daily inner communion with the Lord.

Consciousness of spiritual and moral duty should reign predominantly in your mind, above all other duties. Don't be so busy that you find no time for meditation and spiritual service. Experience the superior joys of the inner life, and you will prefer them to the fleeting pleasures of the outer world.

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



Autobiography of a Yogi Original 1946 Edition *by Paramahansa Yogananda*

Named One of the Top 100 Spiritual Books of Last Century, this is not an ordinary book! It is a spiritual treasure, read by millions of truthseekers around the world. Now with bonus materials. Download it for free from www.ananda.org/autobiography.



What is the way to God?

The easiest and best way to God is not to be limited only to jnana (knowledge) yoga, bhakti (devotion) yoga or karma (work) yoga, but to combine them. Work for God, love God alone, and be wise with God. When an ordinary man puts the necessary time and enthusiasm into meditation and prayer, he becomes a divine man. My master used to say: 'The little cat that goes into the jungle becomes a wild cat'. The little man with small thoughts who goes into the jungle of books becomes absorbed in intellectualizing about God; he doesn't find the nectar of God-realization. But the little man who meditates, who constantly thinks of the joy of God, who constantly prays to Him, becomes one with the Infinite.

Start tonight to meditate earnestly. Do not wander aimlessly. Go straight to God.

It is not your passing thoughts or brilliant ideas so much as your plain everyday habits that control your life. Live simply. Don't get caught in the machine of the world—it is too exacting. By the time you get what you are seeking your nerves are gone, the heart is damaged, and the bones are aching. Resolve to develop your spiritual powers more earnestly from now on. Learn the art of right living. If you have joy you have everything, so learn to be glad and contented. Have happiness now.

The Expanding Light



Ananda's Spiritual Retreat for Meditation, Yoga and Health



We strive to create an ideal relaxing and supportive environment for people to explore their own spiritual growth. We share the nonsectarian meditation practices and yoga philosophy of Paramhansa Yogananda and his direct disciple, Ananda's founder, Swami Kriyananda. Yogananda called his path "Self-realization," and our goal is to help our guests tune in to *their own* higher Self. Guests at The Expanding Light can learn the four practices that comprise Yogananda's teachings of Kriya Yoga: the Energization Exercises, the Hong-Sau technique of concentration, the AUM technique, and Kriya Yoga. The first two techniques are available for all guests; the second two are available to those interested in pursuing this path more deeply.

visit www.expandinglight.org

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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.
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Change in the Air

ROD BRIGGS

*Change is in the air, as old patterns fall away and new energies are emerging.
Consciously release what needs to be released,
and welcome with a full embrace the newness...*

WILLIAMSON

‘The times’, as the song by Bob Dylan goes, ‘they are a’changing’. It has ever been so, from the circadian rhythm of the earth to the seasons of our lives. Change, and what we perceive it will bring, is one of the biggest stressors for many people, especially as we mature and become more ‘established’ – we think we have more to lose the older and more affluent we become. The truth, of course, is that we thrive on change; history is replete with stories of those who refused to move with the times and were left behind: from dinosaurs to airships; from old conglomerates to outmoded modes of political thought, the story is the same – adapt or die. ‘Tis the nature of the beast.

The reason we, homo sapiens sapiens that is, are the dominant species on the planet, is based entirely on our amazing ability to adapt. A wonderful example of this was presented to me over the recent holiday period. My sister, who lives in Canada, visited us over the Christmas break.

On arrival she was presented with our glorious but hot and steamy summer climate; on her return the converse applied, but on steroids, as it were. The days prior to her departure were in the order of 32 degrees celsius; on arrival in Toronto she was met by what is dubbed the ‘Polar Vortex’ with wind chill dropping the maximum daily temperature to minus forty degrees.

She has subsequently sent us pictures of her back door with snow up to her shoulders. She grumbled a bit and took pains to express how absolutely spoilt we are in kwaZulu-Natal... but, and this is the point, she managed, she’s sorted her life out and is back commuting to work, with all that it entails. I can’t think of any other mammal able to deal with that kind of rapid change.

We are designed to work with change so embrace it. After all it’s gonna happen anyway, you may as well thrive. Enjoy the ride.

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 III

SWAMI MURUGESU MAHARISHI

I would like to explain a secret which, until recently, was known only to yogis until. Although mind functions on its own depending to external sensual stimuli, or from stimuli of *samskaras* (impressions) of *chitha*, (the sub-consciousness mind), it is consciousness that gives the mind the power to function in this way. Electricity passes into a radio, but it has no connection with the functional parts of the equipment – the condensers, transformers, coils and transistors – they function in differently, by the supply of an electric current. Does electricity functions differently in different components? No, it does not. The electric current simply supplies the power. The components function in different ways according to their its structure. An electric current has no partiality and does not cause any movement on its own. Similarly, consciousness is the power that causes the mind to function of its own accord depending on the internal and external stimuli.

How, then, how does mental function take place when consciousness retreats from it during sleep? Here also is a yogic secret. Large condensers maintain electric current and even when the main supply is stopped the stored current can be released. Lights, torch cells and other electrical equipment store electricity and when the supply is stopped they still function for many hours afterwards.

The mind is an organ which stores up conscious power to the extent that when the consciousness stops its supply, the mind will go on functioning for many million years. But this does not happen as every day consciousness pours its power to the mind. In every birth it also supplies power to the mind until consciousness passes away to higher planes permanently. Then the mind disintegrates into mental atoms as there is no power to make them unite and function. When the soul passes to the fourth plane and planes beyond that, it leaves the connection of mind permanently. As the mind has no power, perforce, it disintegrates. Until then the mind retains soul-power. Whether the soul supplies the mind with power or not, it continues to function until permanent separation from the soul and disintegration takes place.

Psychic sleep can be explained in this way: when consciousness slowly crosses from the physical body, and also from the mind, it usually absorbs the power of the soul from which it is radiated. This is normal sleep. But in psychic sleep, the consciousness, after crossing the body and mind instead of entering into its sanctum, is diverted into subtler planes where it does not gain any knowledge but enjoys experiences.

You may expect a person who passes into *turiya* or psychic sleep during the night, to be in a position to explain what they had seen or, rather, experienced in other planes on returning to the normal physical waking state. This is not necessarily so. One can explain the structure and attributes of subtler planes only if they traverse those planes with their subtle body and mind. During *turiya avastha*, however, the consciousness does not have a connection with the subtle body or mind. It simply enjoys the pleasure of the subtle planes without any assistance. Hence it cannot describe anything after it regains co-operation with the physical body and mind.



www.gayathripeedam.com

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





Consistency in everything

SUREN PILLAY

Throughout history we are reminded of the value of consistency in life. Without consistency great achievement become insurmountable. In the material world, perseverance is regarded as an age-old trait of success. This holds true in the case of intellectual, career or wealth attainment. This principle of consistency is also true in the spiritual realm. Inner realisation takes a great deal of work and dedication, and it is the result of prolonged consistency that one may see a shift in perception, thinking and behaviour.

The critical question is: how do we maintain consistent behaviour in our spiritual or material practices? The first step is to realise that nothing comes out of inconsistency in life, and we should value the quality of consistency. A thought and action practiced for a prolonged period of time will eventually materialise in the physical world at some point. But if you do not spend time furthering your goals in the form of thoughts and actions, there is a good chance you might end up very close to your goal but never quite attain it.

The second step is to take practical measures to ensure consistency in whatever you do. If the spiritual practice you are planning to do cannot be accomplished in a practical sense, it will be extremely difficult to implement and the chances of failure will be that much higher. Your strategy or plan of implementation is key to attaining consistent action toward a particular goal and this must take cognisance of all possible obstacles or interruptions that may disturb your spiritual practice.

The third step of implementation is have to the willpower to implement a plan of consistent spiritual practice every day. There will always be distractions for a *sadhaka*, and friends may tempt one to engage in non-useful activities that do not promote any sense of individual growth. In such instances it is question of commitment and faith on the part of the *sadhaka* to remain focused and committed to his or her spiritual practice.

Repeated spiritual practice and intensity of practice are an important part of Patanjali's *Yoga Sutra* which also confirms that the more intense the spiritual practice is, the greater the spiritual achievement will be. Even if spiritual activity is well-planned, there is bound to be some unforeseen future event that may disrupt the activity. In this regard a 'plan B' would be useful. Your plan B should specify a time and area in which *sadhana* can be practiced if missed at the usual time. The alternative venue and time should also be convenient and attainable by yourself.

My message to you this month, dear readers, is to remain focused on your spiritual practice, and remain consistent in your practice as this will give you the results you desire. Always be practical about implementing your plans and remain committed to your course of action that will give you the results you desire.

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.



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Bahá'ís of South Africa celebrate their New Year

FLORA TECKIE

On March 21st Bahá'ís celebrate the beginning of a new year, called *Naw-Ruz*, which means 'new day'. It is one of nine Bahá'í holy days. Celebrations to mark the new year take different forms throughout the world but typically include programs of spiritual upliftment and music. The festival comes at the end of a nineteen-day fast during which Bahá'ís abstain from food and drink between sunrise and sunset as a reminder of the need for individuals to be detached from their material desires. Naw-Ruz is the first day of the first of nineteen months in the Bahá'í calendar. The Bahá'í New-Year coincides with the vernal (spring) equinox, the first day of spring. It is the time of freshness and renewal in nature. It is also symbolic of the periodic renewal of the religion of God - the coming of the spiritual spring.

As stated in the Bahá'í scriptures:

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

The Bahá'í calendar is based on the solar year. It begins on the March Equinox and is divided into nineteen months of nineteen days each. Four intercalary days are added (and in leap years a fifth day) to make up the year. The months are named after some of the attributes of God such as might, glory and grandeur. The Bahá'í calendar dates its years from 1844, which marks the beginning of the Bahá'í Era. This year is 171 BE (Bahá'í Era).

The Bahá'í Faith is the youngest of the world's independent religions. Bahá'ís recognize that, despite the varying names used for the Creator, there is only one God and that all of the world's major religions are progressive expressions of God's revelation for humanity. Bahá'u'lláh, the Founder of the Bahá'í Faith, affirms '... that the peoples of the world, of whatever race or religion, derive their inspiration from one heavenly Source, and are the subjects of one God. The difference between the ordinances under which they abide should be attributed to the varying requirements and exigencies of the age in which they were revealed'.

The central theme of Bahá'u'lláh's message is that humanity is one; that the diversity of ethnic backgrounds adds to the beauty and perfection of the whole; and that the day has come for the unification of humanity into one global society. It is the Bahá'í view that with unity, a unity that welcomes and honours the full diversity of mankind, the problems which face humanity today, can be solved. As Bahá'u'lláh says: 'The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established'.

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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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.

The coming joy of Aquarius

BY THE MASTER through Benjamin Creme

When men look back at this time, they will wonder in disbelief at the atrocities and suffering they have tolerated for so long. Some will blame and call for punishment and settling of scores. Maitreya, men will find, will caution otherwise. Justice, like sharing and freedom, is divine, He will attest. Retribution is not His way, and leads men back to the past.

When men realize this, they will abandon their longing for revenge and, inspired by Maitreya and His group of Masters, they will tackle the tremendous task of transformation with zeal.

The changes needed, of course, are vast and will have their priorities. Millions now starving and living in penury, or the dislocation of war, will be the first to be released from agony. The principle of Sharing, on whose divine justice the future of this planet rests, will take pride of place. When men take stock of this accomplishment, they will wonder, sadly, why the principle of Sharing took so long to enter their hearts.

Thus will men grow in stature as they contemplate their past errors in the light of the new achievements. Thus will quicken their determination to fashion a new world from a fast fading past.

The Masters will inspire the inauguration of a new approach to living, which all men can share and of which all can be a part. A growing sense of brotherhood and co-operation will bring a new joy to their task. As time proceeds, this new attitude to work and to each other will herald the glory that Aquarius brings.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-01.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>





Three questions

SWAMI SHANKARANANDA MAHARAJI

Somebody sent me some questions that most of you may relate to.

The first question is: ‘Why are so many people depressed?’

It’s a good question. I’m sure, in your daily routine, you’ve never heard of people just saying ‘I am fine’. They always have a depressing story to add. Many are depressed because they think that they don’t have enough money. How do you know when you have enough money? You don’t know. Have you ever met a rich man who said, ‘I have enough money, I’m not working any more’? Everyone has one common problem: they don’t know when to stop, when it is enough. That’s the first reason we can become depressed.

The second reason is that we might have a problem with our attitude. We might have an attitude that is not becoming, and people tend to stay away from you – so you find yourself alone. The right attitude will give you the right altitude.

And the third reason might be that people are searching for God, and they are depressed because they can’t find God because they are searching in the wrong places. God is within you. You don’t have to go anywhere to look for God. First look within yourself. In the *Bhagavad Gita*, chapter 27 verse 13, Krishna says, ‘One who sees the imperishable in the perishable, he sees’. That imperishable is the *atma*, the soul. The perishable is this physical body. And if you can see that, then you won’t be depressed.

Man should not look to anybody else for enlightenment. He should look within himself – just by removing the veil of ignorance. Once he removes that, he will find enlightenment. But we are stuck. Nobody is depressed because they are born, or because they are a human being. You should not be depressed at all.

The second question is: ‘How do I show gratitude to all those who help me?’

There’s only one answer. Give them the correct attitude. If you gave them the correct attitude they don’t need you to say ‘thank you’ a hundred times. Gratitude is not based on giving back what somebody gave you. Gratitude is attitude. And attitude is what gives you altitude.

Last question: ‘What obligation do I have to heal the Earth?’

The first thing we must do is stop eating. The answer to this question is that it’s too late, to put it mildly. The cancer has set in, it has eaten up the stomach and the liver, and is now going for the lungs. There’s nothing we can do. No matter how much we try we’re not going to heal the Earth. There aren’t enough people doing something about it. Everyone just wants to make money.



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





Mind and heart matters: no coincidences

BERNIE SIEGEL, MD

I always hear my dear friend Elisabeth Kubler-Ross with her Swiss accent saying, ‘Burrnie, there are no coincidences!’ I agree with her and Jung that the future is unconsciously prepared long in advance and, therefore, can be guessed by clairvoyants.

Two simple coincidences or accidents which often occur when I am typing is hitting the ‘wrong’ letter and creating new and meaningful words. The first one is ‘liove’. I do that quite often unintentionally but it sends me the message about living and loving, about life and love and how important it is to keep love in our lives if we are to survive. More and more studies are revealing how our emotions create an internal environment which affects the genes and what they then produce and the effect they have upon our body’s health and well-being. Again this is not about blame but about accepting the fact that we each play a role related to our health. Yes, there are other factors too but who decides what happens within us?

I just read that people born in September, October or November are more likely to live to be one hundred. I am not going to try to explain that one in this column, just glad most of our family is in those three months, or close to them, and I am right in the middle but you and I know we can find people who never got close to one hundred yet were born in those months. If you look at their lives I am sure you will see what factors, like the lack of love, affected their lives and eliminated their potential. By the way if you want to give yourself a new birthday in one of those months feel free and pick a new name for yourself too. I have seen that help a number of cancer patients survive when they started a new life and were reborn. Remember it is never too late to have a re-birthday.

My next coincidence word is ‘meassage’. To me it speaks of the message we give each other when we touch one another. One of our children is a massage therapist and when he massages me I go into a trance feeling his love. Literally my brain just turns off and I go into another place physically and psychologically. I think we all have that potential when our intention is to give a message which contains our love when we are in touch with another living thing. We can even be in touch through our consciousness, which is sensed by others who interact with us. So the massage can be done in ways that do not require physical contact but still gets the message across. We can be in touch, as studies show, through our love, empathy and compassion.

I have to add that I just created a new word while typing this. I intended to discuss hitting the wrong key but when I looked up the word came out ‘hotting’. Now that is interesting to me. How do we heat things up? Maybe we need to spend more time hotting up our lives to keep our lives warm, interesting and meaningful.

An interesting thing happened the other day at our house. I had someone here painting the house around the time of the Jewish Holidays and we were discussing their meaning and how on Yom Kippur it is decided, based upon our behavior and our effort to repent our sins, what will occur to us in the next year. He suddenly began to cry and beg for forgiveness. I asked him what this all about and he said he was feeling very guilty about his work and that’s why he began the conversation with me.

He said, ‘I have always charged people the full price for my material and work but for years I have been diluting the paint and cheating people and I don’t know what to do or how to resolve the problem and my sins so I can live a long healthy life’.

I said, ‘The solution is very simple’.

‘What is it? What can I do?’

‘Repaint. Repaint and thin no more.’





Now that that is out of my system I can proceed. So let's get back to life and think about living your life being on a balance. I liked that image. If we can live a balanced life we remain stable and secure but if we tip the balance in one direction or another we place ourselves at risk of losing our balance and potentially our life. So keep it meaningful and stable and don't go off the edge and lose your life either symbolically and physically.

We literally cannot separate our lives and behavior from our health. But there is a problem for many people in that statement. I just emailed an article on the different types of happiness and the genes associated with them. In other words those who find 'happiness' through material things or selfish and self-rewarding behavior trigger different genes than those who seek happiness through performing acts of kindness for the benefit of others. Thus those who seek happiness through personal desires and rewards and are more likely to develop an illness than those who seek happiness through acts of love and compassion for others because they are communicating with and activating different genes. So choose activities which are life enhancing.

I received an email from a support group member feeling that the article was implying she was guilty of causing her disease. I told her that was not my intention but I do agree that many people see it as a problem when their behavior is mentioned as affecting their health and genes. I see it in a different way. I see it as an opportunity to benefit yourself and your health by paying attention to your behavior and keeping it balanced and seeing that it gives your body a live message.

If you don't live to be one hundred or cure yourself of a life threatening illness it doesn't make you a failure. We all die but to not participate in your life and health or think about what kind of happiness you are seeking is a factor we should all consider. I think we are all here to contribute our love to the world. However, it is not up to someone else to decide how I make my contribution.

That is where we can see a difference in types of happiness. You give up the life you wanted due to your parent's desires and demands. You may have a nice life and material well-being but the happiness you achieve from that life is not the same as the happiness you would achieve by saving your true life and living the life you desired so that you can contribute your love to the world in your way and not have to live the life imposed upon you and eliminating your ability to experience and provide 'live' for yourself and others.

The age-old message is: 'he who seeks to save his life will lose it'. You do what others want in order to survive and you lose your life. But He who is willing to lose his life will save it. What this means is that instead of committing suicide, which many young men and women do, what they need to understand is that by eliminating their untrue selves, their imposed lives and need to please others they save their true lives and can live their authentic life and, through the happiness it brings them, live up to their true potential related to their health and all the factors in their life. It isn't about guilt; it is about authenticity. One woman entitled her drawing, 'Will the real me please stand up'. She drew herself split down the middle with one half a mommy and the other half a professional. You don't need to be a therapist to know which life she wants. So don't wait for a disaster to get you focusing on what your true happiness is. Go find it tomorrow. The solution and answer is within you and not out there. So get started and live!



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



A long walk to freedom

FR. NOEL GILLESPIE SMA

In the Christian Bible the Book of Genesis tells the story of the expulsion of Adam and Eve from Paradise: 'I was afraid because I was naked, so I hid' (Gen 3.10).

Adam and Eve sinned by eating a forbidden fruit. They heard the sound of God 'walking in the garden in the cool of the evening looking for them'. They hid among the trees. God called to Adam 'where are you?' Adam replied 'I heard the sound of you in the Garden; I was afraid because I was naked, so I hid'. Their newfound sense of nakedness expresses their shame for having done wrong. Genesis 3 verse 24 tells us that they were expelled from the Garden of Eden. Then in the very next verse in Genesis 4 verse 1, we are told that the very first happening in their new home in exile is 'The man had intercourse with his wife, Eve, and she conceived and gave birth to Cain'. And Eve is given the words, 'I have acquired a man with the help of Yahweh'.

How might this change at the level of soul have come about in the lives of Adam and Eve? How is it in one moment they are ashamed of their nakedness and the next they are clothed with the dignity of being the parents of the whole human race from whose loins ultimately Jesus will come. We get the glimpse of an answer hidden in the words of Luke's Gospel (chapter 1, verse 37), 'Nothing is impossible with God'.

God knows our weaknesses and how we are vulnerable. God speaks the inconvenient truth and outlines consequences. He says to Eve, 'You will give birth to your children in pain'. He says to Adam 'Painfully you will get your food from the soil'. And then a lovely happening, an exquisite cameo, 'Yahweh God made tunics of skins for the man and his wife and clothed them' (Genesis 3.21). This marvellous God who walks in the garden in the cool of the evening is now hard at work making tunics of skins for the very ones he has just chastised. God always gives the graces necessary. In this case he gives clothing. He gives us clothing which provides at once protection, dignity and privacy.

He clothes them in their present moment of freshness. The Adam and Eve we meet on earth are not the same persons we met in the Garden of Eden. They have learned from their mistakes. When we meet someone we must meet him or her in their present moment of freshness. We must meet him or her in the present moment in that place beyond their sin, not anticipating for one second how anyone will have processed their sin.

'We should not evaluate people by their vices, but contrariwise by what they have kept intact and pure, by what there is still in them of childhood, however deep we have to search for it.' (Bernanos)

'I was naked so I hid', Adam said to God. It is the same for each one of us. God speaks inconvenient truths to each one of us. I, too, like Adam and Eve, must experience the nakedness of my sin. We have all sinned. I need first to know humiliation. And this humiliation must be felt deep in my being. Unless I have wept for my sins in the searing pain of awareness, my spiritual life rests on shaky foundations. I need to ask when last I wept for my sins. When did I last ask for forgiveness?

It is not a question of being strong but of being sufficiently humble for love to be able to triumph in our lives. Love of our own excellence is precisely what defeats us. Adam and Eve were escorted from the Garden of Eden in disgrace. Adam and Eve gave birth to the human race in their new Earth Garden.

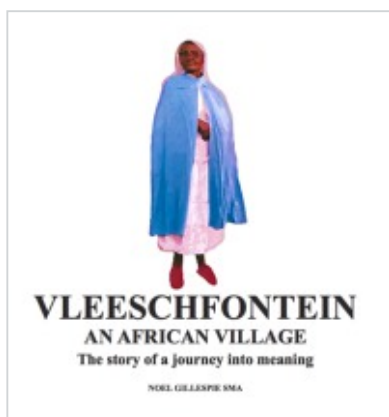


January is beginning time where beginning steps are made as each person sets out on his or her long walk to freedom. The body of President Nelson Mandela, whose immortal soul has just been freshly let loose in the world through the power of the resurrection, told us on his inauguration day as the first president of an independent South Africa that, 'We were born to make manifest the glory of God that is within us'. He went on to say, 'It's not just in some of us; it's in everyone'. Pope Francis opens his apostolic letter *The joy of the Gospel* with the words, 'I dream of a missionary option'. This encyclical letter amounts to Francis' *I have a dream* speech.

God has planted a dream into each one of us. The dream I have to get in touch with is inspired by the spirit's gift of love which is planted like a seed in my heart (Romans chapter 5 verse 5). It is my responsibility to get in touch with, to become sensitive and responsive to God's dream within me. It is an artist's work. The bringing of the seed, which the spirit has planted in me, to full flower, is the most creative thing that I will ever do. It is my life's main artwork. As the words of Evelyn Underhill so aptly put it '... Quicken the dreams within the languid mind and bring Thy seed to flower'.

I choose to risk my significance. There is no one person who has a monopoly of God's grace. No one person. To search for the truth is to act as midwife to God's glory that is an embryo within every man and every woman. And what joy always when a pregnancy comes to full term. It is the stuff of dreams.

I must desire to be nothing but the womb of God's dream in me. This is to be utterly myself. To be nobody else.



Recently published by Father Noel:

Vleeschfontein, an African village: the story of a journey into meaning

ISBN 978-0-620-57775-5, Mariannhill Mission Press.

Father Noel captures the essence of the BaKwena Baphalana BaSesobe peoples' journey from the growth of Vleeschfontein Mission to the displacement of the communities during the South African era of Apartheid, and full circle to the re-established communities that are thriving today. This true story follows Nkoko Rofina's heroic leave-taking and affirms her life as a still point in her people's journey into meaning.

For more information or to purchase a copy, please visit: <http://vleeschfonteinpilgrims.org.za/>



Father Noel Gillespie SMA, a native of Kilbeacanty/Gort in the west of Ireland is a priest with the Society of African Missions. He has lived with the Batswana and Afrikaner peoples along the banks of the Marico River in South Africa for twenty years. His story-telling is a word of thanks to the warmth of welcome received in a landscape shaped wonderfully lovely under African skies.

Fr Noel can be contacted by email at nollaigmacg@gmail.com



Readers' Inspirations

States of realisation

Where ignorance ends, knowledge begins,
And where knowledge ends intuition begins.
Where intuition ends enlightenment begins,
And where enlightenment ends the fullness begins!

SUREN PILLAY



Igniting the passion of love

Stories of great mystical Sanskrit literature. Tales of fiction and non-fiction, undoubtedly exciting love tales. Fables fuel our imagination, engaging our emotions, sense of love, and igniting the passion. The sensuous appeal never fails to attract the opposite. Our emotions and sense of ability always entertain the igniting love that flow through our being. Love is expressed as an action and experienced has a feeling. An essence that controls the universe. It teaches you to love yourself first and feed your soul; to bring out the qualities that make you glow. The priority of life is love. Look around and spread the flame, igniting and teaching one another the essence of love. Destroy hatred and bringing colours of rainbow to each and every soul. Loving yourself, and experiencing the love and then returning it once more, brings you more confidence and less self-doubt. To feel love you have to respect and hold on to positiveness. Loosen up, humour yourself, and most of all communicate. Grudges, embarrassment and mistakes should be lessons to learn. Trust plays an important role which can tell of ones character. Jealousy creates barriers: the most selfish part of love that can break ties of trust. Tough times and hardship show you who is true to you. Love conquers anything. Love is solutions, giving, loving, respecting, sharing, and most of all compromising. Only then can the ignition of love can spread whole-heartedly. Sweet treasures and floral arrangements are just surface pleasures. The real love is within you so find it and explore it. You have life's treasure, that is Love, so claim it.

ZARINA MALICKSHA



On Wordly Pleasures

Wisdom's fire is burning. I am feeding the flame. No use sorrowing more! All perishable pleasures, all temporary aspirations I am using as fagots to feed the eternal fire of knowledge. The old cherished logs of desire that I had saved to fashion furniture of pleasures, I cast into hungry flames. Ah, my myriad ambitions are crackling joyously at the touch of God's flame. My ancient home of passions, of possessions, of incarnations, of many kingdoms of my fancy, of many air castles of my dreams – all are being consumed by this fire of my own kindling, I am beholding this blaze not with sadness but with joy, for that fire has not only burned my home of matter but all the sorrow-haunted buildings of my fancy. I am glad beyond the wealth of kings. I am a king of myself, not a fancy-enslaved king of possessions. I own nothing, yet I am the ruler of my own imperishable kingdom of peace. I am no longer a slave serving my fears of possible losses. I have nothing to lose. I am enthroned in perennial satisfaction. I am a king indeed.

PARAMAHANSA YOGANANDA



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