

*Real stillness  
is the peace of knowing oneself  
accepted by God as one is,  
and abandoning oneself to His love.*

FATHER NOEL GILLESPIE SMA



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 50**  
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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 50

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This month's cover feature is 'Sunrise at Umdloti beach' (South Africa) from Dean Petzer.

Welcome to the April 2014 issue of *Transcendence*.

*The blind Disciple ever seeks after the Teacher he has already found,  
but knows him not in the blindness of his non-perception,  
for his mind is overloaded with material rubbish,  
acting as a veil to conceal the Teacher's Light.*

THE TRUE GOSPEL OF CHRISHNA-JESEUS'. CHAPTER 33:7

There is ongoing hype, fascination and dispute about the occult in modern spiritual circles. There are those who believe the occult to be an instrument of the 'dark forces', and others who embrace it in the attainment of universal brotherhood. The 'occult' is simply 'that which is hidden', 'secret', or 'covered over' – from the word 'occluded'.

Any person wanting to attain transcendence and commune with God should, by necessity, study the occult. But 'occult' does not here refer to divination, spells and magic for they are mere smoke and mirrors to true occultic practice. And those who attend to them without any further effort to attain Self-realisation are mere dabblers. True study of the occult refers to the uncovering and understanding of the hidden spark of God within each of us that is occluded by our material and egoistic attachments, tendencies and desires. It is the study and path of revealing the secret, hidden Self. That is all. Why waste time with dabbling when you can invest all your energy in enlightenment?

By deep meditation and regular 'delving within', one becomes an occultist in the truest sense of the word. The purpose of becoming an occultist, besides ultimately attaining union with God, is brotherhood – the understanding of and community with one's fellow beings to, in turn, help them know themselves.

During this Easter month of sacrifice and new life, let us contemplate what we can sacrifice to attain everlasting life.

In Love and Service, always,





## Heavenletter # 4093 – Your Nearest Neighbor

GLORIA WENDROFF

God said:

Come right up. Enter My heart here. Here is where I AM, and here is where you ARE. You belong in My heart. Indeed, you have never been anywhere else. Ask Me to mentor you. Ask Me anything you want. Tell Me anything you want. It is all music to My ears.

You love to hear from those you love. So do I. Tell me anything. Say hello. It doesn't have to be newsworthy what you say to Me. Say, "God, God, God," and I am happy. I love to hear you say My Name. I love to hear your voice. I love to hear you talk to Me.

Speak to Me of love. What else, really, is there to talk about? Whatever it is, We can talk about it, yet the subject always, sooner or later, turns to love. So let's speak of love now. It is My gift to you. It is My thanks to you. Love is what I am for, and love is also what you are for. We are for nothing but love, and love is something. Love is everything.

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

I have given you everything I have to give, and this is love I have given to you. Inquire within. Go to your heart and find the house of love. Here is where everyone has love. Love is captured in your heart, and Love is freed in your heart as well. Where Love is, Love is welcomed. Hip hip hurray for Love! Three cheers for Love.

And now multiply Love. That's it. You are multiplier of Love, My Love. You don't count it up, yet you multiply it. Love in, love out. Love, love, love. All love is Mine, and all love is yours. There is naught else but love. Love in the air. Love on the road. Love in the sky. Love in the stars. Love in the day. Love in the night.

You have been foraging for love, and now you let love go out everywhere. You are a dispenser of love. Love is what you are made of, and love is what you have been made for. Love is your inheritance, and love is your privilege, and love is what you give, and love only.

If you wish to teach others, then love them and don't teach them anything. Love will take over. It is the only teaching that amounts to anything. Do not hold yourself up as a teacher. Beloveds, I am the Teacher. I teach love. Love is the only teacher. Serve love, and you will inspire the world.

You are well aware that others need to give out more love. You have seen stinginess of love in others. Never mind, give your love rampantly. Be generous with love, and you will no longer judge anyone. Let it be easier to love than it is to judge. Let criticism go by the wayside. Ride a go-cart of love. Speed down the highway. Ride a trolley of love. Love Me. Love you. Love your neighbor. All are your neighbors. The furthest star is your neighbor. There is no one who is not your neighbor. And I am your nearest Neighbor of all. I am right with you. I am deep within your heart. We are deep deep friends. This is how I like it. This is how I love it. I love you, and you love Me, and how beautiful is love. What can be better than love? Nothing. What can be as good as love? Love alone. There is nothing else. Anything else amounts to a hill of beans.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/your-nearest-neighbor.html>





## Inspirational Quotes



*Do I not give you a lovely assignment? I charge you with giving out My love all over, to the galaxies beyond your galaxy, to every heart wherever it may be. Every single heart is within range. I am charging you with giving happiness, and there is no happiness like the giving of love.*

Heavenletter #4096 The Petals of Your Heart



*Take Heaven seriously. To take Heaven seriously means to have the time of your life. It is the best time. It is where happiness lies without departure. There is no fallibility. There is no stepping down from or going off the height of Heaven. Here We are, for you and I are One. Not just sometimes. Always. Infinitely. Eternally. This is the Truth.*

Heavenletter #4098 This Is the Truth



*The common basis of flowers, trees, tigers and puppies, and all varieties of human beings is love. There really is nothing more to be said. Energy moves, and love moves. Molecules and atoms must be lovers. Weeds and roses. All love is of the Self. Within everything you see, large and small, love occupies it. The selfsame growing power of love resides within you.*

Heavenletter #4099 Concede. Surrender. Love.



*There is no logic in war. How can war be logical? And yet logic is given as a reason to choose war. Yes, of course, feelings make My children defensive. In Heaven, there is no defense for war. On rustic Earth, it is said that the other party caused it.*

Heavenletter #4100 Feelings and Logic



*Everyone in the world is scrambling to stay afloat. Help others, and help yourself. The best way to stay afloat in the ocean is to lie back and relax. Is that not so? In life, then, lean back and don't make so much of what goes on. Tomorrow something else will go on. There is nothing to get into a fuss over; is there, is there really?*

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



**Answers to questions about the spiritual path - Part IV**

ROY EUGENE DAVIS

*Think about higher purposes for your current incarnation: what you should accomplish; knowledge that would be helpful to have; what you can do to benefit others and/or the environment; how many years remain until you depart and what you should do while you are able to do it. It is a mistake to delay our spiritual awakening and growth by pretending that we don't know how to nurture it, being lazy, or preoccupation with insignificant matters. We can act as if there were a God, feel as if we were free; consider Nature as if she were full of special designs; lay plans as if we were immortal; and we find then that these words do make a genuine difference in our moral life.*

WILLIAM JAMES (1842–1910)

**A question on meditation**

When I meditate, it is not easy to steadily concentrate because I am distracted by thoughts and memories or become passive and inattentive. Is it really necessary to always meditate with closed eyes to be superconscious?

**Answered**

It can be helpful to start meditation with firm resolve to be alertly attentive to what you do and experience. A brief prayer or invocation can be helpful. If meditation then flows easily, let it happen. If it does not flow easily, use a preferred technique or form of practice to keep your attention involved until it is not needed. Keeping your attention and awareness in the front and higher region of the brain can also help you to be alert and can keep attention removed from mental activities and subconscious inclinations.

If you are still inclined to be inattentive or passive, open your eyes and gaze straight ahead without looking at anything while maintaining an upright, poised, relaxed posture. If you are sometimes aware of random thoughts, memories, feelings, or sounds in the room, don't try to avoid, suppress, or analyze them. Be indifferent to them while remaining poised and still. With frequent, regular, alert practice, your mind will be calm and your awareness will be clear.

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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## Great is the Mystery of Godliness

LUCIS TRUST

To talk of God – the ‘One About Whom Naught May Be Said’ is to use words to express the unknowable, the indescribable. Yet the Thinker using the mind as a finely tuned instrument, taking in the beauty and wonder of nature and the spiritual qualities of the awakened human being may intuitively catch a glimpse of the quality of God here on Earth.

Godliness has been defined as “conforming one’s life to the revealed character and purpose of God”, which connects well with the idea expressed in the Ageless Wisdom teachings that one of the objectives of the Plan is for humanity to become “an outpost of the Consciousness of God in the solar system”. Godliness could be described as the creative service of the intelligent mind and the loving heart applied to daily life.

However, in a world where there are so many different human interpretations of God, how can we be sure that the signature of God is being expressed? In considering this question the Ageless Wisdom tradition comes to our aid for the term Godliness describes the expression of spiritual or soul qualities such as love, compassion, understanding, tolerance and consideration of the ‘other’ point of view. Qualities such as these lead to right relationships and the promotion of goodwill – these being the prime prerequisites to peace. In the Triangles work, the power of lighted thought contributes towards right relationships as consciousness is lifted to the soul.

The science of Triangles is founded on the recognition that all is energy with the physical form being the outer manifestation of the energy body – the etheric body which is an integral part of the etheric body of the planet and of the One Life – God. The quality of the etheric body depends upon the state of consciousness of the individual, the group, or the nation. And, because everything is interconnected at subtle levels one individual ‘thinking’ truth can make a real difference. Hence the vital importance of creative thought and high-minded thinking which has, for example, produced great works of art and culture, magnificent cathedrals, majestic bridges, important scientific discoveries, and the love and goodwill expressed by the United Nations, the Samaritans, Oxfam, Avaaz, ActionAid, and countless others.

All Triangles workers share in the creative process as the energies of light and goodwill circulate through the three focal points of each triangle and the entire planetary network. As a result the subtle energy body resonates to a higher frequency and the energy structure of the planet – the pattern that moulds the outer form – is, over time, transformed. If we consider the hypothesis that humanity is the planetary light-bearer and the destiny of the planet depends upon the evolution of human consciousness we can see just how important it is for humanity to think creatively with love and intelligence. This creative thinking is helping to implement the will of God on earth and to reveal the mystery of Godliness.

*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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## Three Keys to Changing Your Destiny Part I

SWAMI KRIYANANDA

### Gratitude and Generosity

Paramhansa Yogananda's guru, Swami Sri Yukteswar is quoted in *Autobiography of a Yogi* as making the statement, 'So long as you breathe the free air of earth, you are under obligation to render grateful service'. One naturally asks, why be grateful without reason? The 'air of earth' is simply there; it comes with living on this planet. Where then, is the need for gratitude?

The fact is, everything in the universe is consciously manifested, and with love. There is a consciousness which receives our gratitude and responds to it. Sri Yukteswar said that karmic law, though it functions to a great extent automatically, it is also guided by a universal intelligence and love, and can be intelligently diverted. Hence the concept of divine grace (kripa in Sanskrit). Grace can be won above all by devotion and love. The more a person gives generously of himself, to God and to life, the more karmic law supports him in return.

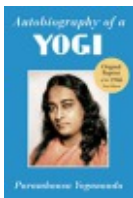
### Is generosity always practical?

I received dramatic corroboration of the functioning of karmic law many years ago when certain people tried to undermine me by false accusations. Reflecting on Sri Yukteswar's counsel 'to render grateful service', it seemed to me that the only way to preserve my integrity was to respond with gratitude – if not to them, then to life for helping me to grow spiritually no matter how they treated me. I made up my mind, indeed, to respond not only with gratitude, but with love. In the years since, my firm adherence to Sri Yukteswar's teaching has brought me peace of mind, and a steady increase of inner joy. Moreover, I was able to accomplish all that my Guru told me to do.

In response to the later efforts of those same people to engineer my undoing by legal action, I wrote and published a little book called *Do It NOW!* which offers spiritual and practical sayings for every day of the year. Though Ananda Sangha's monetary needs were urgent, I felt inspired all the same to get this book read by as many people as possible. Therefore I decided to give it away free, and invested my own money for the printing of 5,000 copies, which were distributed free of charge.

Was it wise of me – and, indeed, was it practical – to be generous when our needs were so great? Some people might well consider my deed irresponsible. However, I knew I could reach 5,000 people directly – people who knew and appreciated what Ananda was doing. Therefore, I myself don't call it at all impractical! Indeed, I can add that something did work for us, for Ananda Sangha emerged from that struggle stronger than ever.

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



### Autobiography of a Yogi Original 1946 Edition by Paramhansa Yogananda

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



## Always keep a generous attitude

In rendering 'grateful service', it is always good to be generous, yet one must be practical. That is to say, one should do what works, and one should also be generous within his means. What I want to say above all, then, is: keep a generous attitude even if you haven't the financial means to be generous in other, more material ways.

## Indomitable Will Power

Usually, the first essentials for material success are a positive attitude and a strong will. I say 'usually', because people do strike it rich often enough, not because of their present mental attitude, but because they have strong money karma brought over from past lives. The following episode, which actually occurred, provides an amazing glimpse into the workings of karma, and the importance of a positive attitude and strong will power.

A certain gold prospector in America lived with his wife in a humble cabin in the mountains. For years he found only enough gold to 'keep the wolf from the door'. Undaunted, he kept on with his prospecting, hoping someday to strike it rich. Throughout all that time, he and his wife always kept a cheerful outlook on life.

One evening the husband came home in triumph, his arms around a large bag of money. He'd struck gold at last! That very day he had sold his claim to a mining company. He and his wife were now rich beyond their wildest dreams! The prospector handed the precious parcel to his wife, then, with her consent, went out to celebrate with a few of his cronies. His wife, meanwhile, hid the money in the only safe spot she could think of: the wood stove, which they rarely used because of their straitened circumstances. Satisfied that no thief would ever think to look there, she went off to bed.

Her husband, meanwhile, having had a few drinks with his friends, returned home with them late at night and invited them in to do a little more celebrating. It was late, and the air was chilly. Anxious not to disturb his wife, he placed a few logs in the stove as quietly as possible, and built a fire. Their entire hoard of newly gained wealth went up in flames!

The man and wife were horrified on discovering the disaster the next morning. The woman was devastated. Her husband, fortunately, was made of stern stuff.

'Never mind, Honey', he said consolingly. 'I'll just find us some more gold'. He went out after breakfast, and that very same day struck another vein, much richer than the first. They now found themselves rich beyond the dreams of avarice.



*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)*







## The sum of...

ROD BRIGGS

*Each step you take is supported by a thousand ancestors...*

HAVAMAL. WISDOM OF ODIN

We often speak of what we have inherited from our parents, usually when discussing hereditary problems and genetic predispositions. But the story of us is all encompassing, and much more uplifting than it might at first appear.

Ever since we crawled out of the primal ooze we have had the benefit of those who went before; we inherited their hard won knowledge and traditional wisdom in a genetic predisposition towards increases in efficiency. Those with innate abilities became more successful, in all areas of life – including breeding. The end result of which is you and me.

Natural selection has brought us to the pinnacle of human ability – for the moment anyway – and will continue its upward spiral of super-competence long after our descendants are trying to imagine how difficult life must have been way back in the twenty first century.

So the next time you feel ‘less than’ or lacking in any way, stop what you are doing and pause. Allow yourself to imagine a broad phalanx of your ancestors, going back to the beginning of life on the planet uplifting and supporting you in all your endeavours, with you at the very tip of the spear point, the very cutting edge, carrying all of their accumulated wisdom and knowledge.

Just becoming aware of the depth, and breadth of our familial wisdom and our unlimited capacity to adapt can increase our sense of belonging, of place if you will, to the extent that anything less than excellence seems a slap in the face of our predecessors.

The miracle of life is a continuum, and we are all in its flow.

Be magnificent.

*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.

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## Psychic sleep – Part IV

SWAMI MURUGESU MAHARISHI

Dear student, psychic sleep is not to gain any knowledge of the universe, but it is to enjoy the ‘great pleasure’ or ‘spiritual bliss’ which cannot be enjoyed by any other means. The astral traveler can wander all over the universe and study its structural qualities, but will not enjoy any great pleasure because he wanders with his mind and certain subtler faculties. When he returns he is unable to feel or enjoy the subtler radiations. Even the pleasures in paradise are enjoyed by the mind and not directly by the soul.

As in the physical world, the mind enjoys pain and pleasure of both hell and paradise. As a person suffering from coryza cannot experience fragrances, the mind and subtler bodies cannot feel the pleasure of the higher planes. It is to be felt and experienced directly by the soul itself. That is why I say that a psychic sleeper cannot explain any of his experiences enjoyed in that state. It is a higher pleasure which cannot be felt by mind.

If no new knowledge is gained by psychic sleep, then why should we practice it? Suppose you gain the knowledge of radio and TV repairs, but are not in a position to put them into use, what is the use of gaining that knowledge? The object of knowledge is to know correctly the manner of manipulating the art. Suppose you acquire the knowledge of preparing tasty sweets, but are unable to taste them. What, then, is the use of gaining that knowledge? Similarly, knowledge of the soul, the universe, and birth and death should be gained in order to enjoy the highest pleasure – *ananda* – bliss, which cannot be enjoyed by other means.

Religions, philosophies, and modern psychic and spiritual sciences teach the means and methods of enjoying such higher pleasures. But only very few, just one or two, put that knowledge into practice. All others waste their energy by simply reading and hearing or even learning higher sciences without using them practically.

Many seldom consider the reason for their birth, and why they lead this mostly challenging life. A few intelligent people have considered the phenomenon of existence, attempting to find an answer. After much study and contemplation of discourses by realised souls, yogis and siddhas, some have come to understand it is only by *sadhana* that one can attain everlasting bliss. And that this is the purpose of our birth, life and death. According to the law of evolution, after many lifetimes, even fools will eventually realise this and will begin *sadhana* to attain the ultimate goal.

In order to help one achieve permanent spiritual bliss, there are a few specific sadhanas which can be undertaken. One such sadhana is *yoga nidra*. It has already been explained that in the state of *turiya* (yoga nidra), only the soul directly experiences the highest pleasure. By experiencing this the soul makes a habit of detaching itself from the mind and body as it is by this method that it can awaken ones inner pleasurable experience.



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





## The evolution of mind

SUREN PILLAY

The nature of the evolution of consciousness is always towards the source. This is sometimes referred to as the Creator, Oneness, God or the Supreme Being. Whatever the name, the word 'God' creates different perceptions and meanings in different minds. The essence of spirituality is to realise oneness with the Creator or Supreme intelligence. Within every thing, animate or inanimate, there appears to be and underlying intelligence which mirrors the intelligence of the cosmos.

Look into the eyes of an infant, and you may start to realise the presence of cosmic intelligence in all beings in the planet. However, societal values and dynamics often move human beings to a perception of relativity and separateness from the innate, pure cosmic intelligence inherent in every being in the planet. The idea of separateness from the whole or from Go,d has been the discussion point of many religions over thousands of years.

In the Vedic scriptures, separateness from the whole is described as *maya* or 'the illusory energy expression of God'. The playground of life, according to realised saints, is nothing more than a play of *maya*. Attachment to the 'play' will inevitably result in pain! A great saint echoed this view that we are all actors on the stage of life and that we should each play our part well. The question is: how do we continually realise that this is a stage or drama, and not absolute reality?

One method of acquiring the truth is the practice of mindfulness, or higher self-awareness. By continually 'catching' oneself while occupied with thoughts and behaviours that represent attachment, one is able to curb the impact of attachment. Higher self-awareness is important as it can prevent negative material karma from accruing to the doer. But the more effective way of detaching is through the practice of yoga and meditation. In meditation one is able to still the mind and slowly clear the subtle negative causative effects of attachment which, sooner or later, play out in action, word or thought.

Superconsciousness in its purest form destroys thousands of memories in the subconscious mind – memories which have a binding impact on spiritual aspirants. By consciously remaining still, slowing the breath, and achieving a state of oneness with the object of meditation, the meditator undergoes deep, subconscious mental transformation which purifies the mind and leads to beneficial choices for both self and all beings in the immediate vicinity. The spiritual aspirant then uses intuition to make moral choices which lead to evolutionary leaps on their own spiritual journey.

My message to you this month, dear readers, is to remain committed to spiritual progress via the practice of yoga and meditation. In addition, never stop practicing higher awareness and mindfulness in your daily actions as this will reduce the possibility of activating dangerous memories which lie dormant in the recesses of the mind!

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.

[www.surenpillay.com](http://www.surenpillay.com)[www.facebook.com/surenpillaySA](http://www.facebook.com/surenpillaySA)



## Happiness and contentment

FLORA TECKIE

We often reflect about the true meaning of happiness and on how to attain lasting happiness and contentment in our lives.

“Happiness” according to the Bahá’í Writings “consists of two kinds; physical and spiritual. The physical happiness is limited; its utmost duration is one day, one month, one year. ... Spiritual happiness is eternal and unfathomable. This kind of happiness appeareth in one’s soul with the love of God and suffereth one to attain to the virtues and perfections of the world of humanity”.

Happiness is being filled with joy, peace, love and a sense of well-being. Joy is the inner sense that can carry us through the hard times. We all go through times of joy and sorrow. There is no one who is untouched by these two influences. But when we look for the reasons for our sadness, we see that the sorrow and the grief come from the world of matter. But the spiritual world imparts only joy. True and lasting joy is, therefore, closely related to spirituality.

According to the Bahá’í Writings: “...the trials which beset our every step, all our sorrow, pain, shame and grief, are born in the world of matter; whereas the spiritual Kingdom never causes sadness. A man living with his thoughts in this Kingdom knows perpetual joy. The ills all flesh is heir to do not pass him by, but they only touch the surface of his life, the depths are calm and serene... If material anxiety envelops you in a dark cloud, spiritual radiance lightens your path. Verily, those whose minds are illumined by the Spirit of the Most High have supreme consolation”.

This is not to say that material needs and means are not important. Since the body is the instrument of the soul’s development in this earthly life, physical health and development cannot be neglected. Material means are essential for humanity to be able to pursue its spiritual and other goals, as long as we use our material means towards the primary goal in life, which is fostering our soul’s progress, and contributing towards the spiritual transformation of our societies.

Our spiritual side, referred to as soul, seeks to know and love; it is touched by awe and splendour, and holds to that which is eternal and good. It is our spiritual side that exhibits attributes such as truthfulness, courtesy, generosity, compassion, justice, love, and trustworthiness, which are essential for individual and social transformation and lead to lasting happiness.

True joy can be attained by means of praying and supplicating to God and by acting in accordance with God’s teachings. The Bahá’í Scriptures state: “When one supplicates to his Lord, turns to Him and seeks bounty from His Ocean, this supplication brings light to his heart, illumination to his sight, life to his soul and exaltation to his being.” “The spiritual man finds no delight in anything save in commemoration of God”. “Prayer and meditation are very important factors in deepening the spiritual life of the individual, but with them must go also action and example, as these are the tangible results of the former”.

Another source of spiritual joy, according to the Bahá’í Writings is service to others. Service gives meaning, purpose and stimulus to life. “...is there any deed in the world that would be nobler than service to the common good?” “...what pleasure can compare the pleasure of bringing joy and hope to other hearts. The more we make others happy the greater will be our own happiness and the deeper our sense of having served humanity”.

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



## Bahá’í Topics

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

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

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## The path of ascent

BY THE MASTER through Benjamin Creme

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Within each man and woman sits a God, potential as yet but everlasting. As they go through the experiences of what we call life, they make a journey, which in the end turns out to have been a step towards oneness with that God, realizing the fact of its divinity, realizing that it is the Soul, our higher Self.

Heretofore, our knowledge of the Soul has come from religious texts. These have left man with the impression that the Soul is distant from himself, something to be recognized and worshipped from afar. As man progresses, however, he comes to understand that the Soul is himself, a higher and purer part of himself, but nevertheless himself. Thus a man progresses, deepening in knowledge of his true being and purpose.

Today, thousands of people are consciously aware of making such a journey; for them life is deepening in meaning, and they search for greater knowledge and experience. Thus, in time, they turn to meditation and through this practice a great discovery is theirs. Step by step, they know for certain that they are Souls, that the Soul is not some distant idea but their very being. Gradually the tempo of their lives changes, and a deeper meaning and purpose consolidates all that they do. Thus do men advance on the journey to perfection, reflecting more and more the divinity and wisdom of the Soul.

All in their own way make such a journey, some swiftly and eagerly, others more slowly and less sure of the path. But all eventually pass through the various gates which mark their progress on the way. Today this journey is trodden by millions who know not that the path exists but nevertheless answer the call of their Soul, and enter thereon. They sense the needs of the time and seek to meet these needs, and so play their part.

Knowingly or not they are responding to the call from Maitreya through their Souls to enter the fray, and to replenish this world with their ardour and courage. Their efforts, they will find, have not been in vain.

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SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2014/ma\\_2014-03.htm](http://www.share-international.org/master/2014/ma_2014-03.htm)

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

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

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





## In the presence of God

SWAMI SHANKARANANDA MAHARAJI

What is life's journey about? It is about seeking God. And to attain the grace of God, go and find yourself a guru, and hang onto him (or her) for dear life because they will always see the light at the end of the tunnel. A guru is the one who, through God's grace, through God's divine energy, can guide you out of your worst situations.

Through meditation and mantra your body can be healed continuously. Financial problems can be healed continuously. We have problems so we can become aware of God, so we can remember God. Become personal with God, fall in love with God, be with God continuously.

Success can only be measured at the spiritual level. On the physical level it is only attainment, not success. You strive and attain. But if you do *sadhana*, spiritual practice, what comes out of it is success. And every day you get closer to God. We cannot be buried if we have not seen God or felt His energy. Then we have wasted our life because, as we get deeper into the year, our problems will become stronger and worse. And we can make the change by worshiping God. Rituals are necessary as they are the feet to spirituality. Without them you can't walk the spiritual journey.

Read the *Bhagavad Gita* – it is the ideal book to attainment. It talks about how we can find ourselves. In Timothy (4.15), in the Christian Bible, it talks about meditation. Every religion in the world talks about the same Eastern philosophy. And that is to find the Self. That's all. And once you've found the Self, stay with the Self, and your journey will be one blissful occasion filled with eternal peace, joy, bliss and love. And from that you can say, 'I've seen God; I've felt the vibration of God; I'm in the presence of God'. Other than that you cannot say you're experiencing God, or anything. The pure sadhaka of God, the pure devotee, is one without hate, brutality, violence, lust or greed.

The faculty of the mind should be rearranged. We should have mind without a mind. The sad thing about the mind is that it is the master of bringing back the past at the most difficult times. And you need to control that master and reduce those past memories. Do not let the mind activate your past in any situation. Then you can regard yourself as a child of God – and that you are close to God. But as long as you have material mind and no spiritual mind you are not close to God at all. So make the change and attain peace and beatitude of being in the presence of God.

SOURCE LINK TO THIS (EXCERPTED) ARTICLE: <http://fridaysatsang.blogspot.com/2014/03/does-god-get-angry-with-us.html>



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)







## Mind and heart matters: The School of Life

BERNIE SIEGEL, MD

I decided on March 23 what I wanted this column to be about. I try to stay ahead and avoid deadlines and so stay three or four weeks ahead by writing well in advance. However, this is coming to you as the next issue after it was written. Anyway I planned to discuss life as the human comedy and make it clear that it may be a comedy but I also consider it to be a tragic comedy. One of my favorite books is the novel *The Human Comedy* by William Saroyan. It is a book about the life we are all living and full of simple wisdom and knowledge which can help us all.

You know the positive mantra which I recite every day while still staying in touch with the reality of life. I probably work harder at it than most of you because I need to be honest and live what I preach and share. What struck me is that life is basically a school and while attending we are to live and learn. Just as graduations are called commencements we do not live just one life. After death our consciousness has a commencement too. It comes back by impregnating into the mind of a newborn human being who can then make use of what was learned in the previous life and continue to work its way up through the grades until it has achieved a true education and not just information and its life degree. What I am also learning is that how long we are in the life school varies enormously. So learn as much as you can as quickly as you can.

The real problem comes when we have achieved the wisdom we are here to learn and then have our body die. What do you do now? You have all this wisdom which can help the world but no body to express it with and share it with other beings. What the wise do is return as a teacher so they can pass the message on to the future students of life. When we devote our life to teaching and healing, and not waste our education indulging ourselves, we will someday be able to restore our alma mater, mother earth.

I have been having some amazing “no coincidences” lately. The following is a wise mantra I have been aware of for a while and like to use too by Lao Tzu, “Rejoice in the way things are, be content with what you have and when you realize nothing is lacking the whole world belongs to you.” Yes, I buy the package no matter how tough things get for me and those close to me. So I prepared myself on March 23 to write this next column and as soon as I decided on the topic of life and death the following all came to me in emails in the next two days. It blew my mind to have the greater consciousness say it better than I ever could as painful as it may be.

*First email on the 23rd* was another quote from Lao Tzu, “If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present.”

*Next: the evening of March 23* via email from The Heaven Letter, a daily spiritual message conversing with God. “Perhaps you serve by listening to what is truly being said. Perhaps you serve by listening to what is not said. You serve. You have a place to fill that no one else can fill. One whose heart you have filled may not know that it is you who made a great difference in his life. Perhaps your blessing is served by your accepting a blessing from another. Perhaps another held a key that opened your heart, and your blessing is to accept a blessing bestowed. Are you not in life actors on the stage who do not know all the script and all its ramifications? You may even think you play one part when you really play another. There are more than words, and there are more than roles to play. Anyone can be a hero, yet no one has to be acclaimed a hero.

*Thought for the Day dated March 23.* This quote: I want to go on living even after my death! And therefore I am grateful to God for giving me this gift, this possibility of developing myself and of writing, of expressing all that is in me. I can shake off everything if I write; my sorrows disappear, my courage is reborn. [Anne Frank]





Following the quote: Eknath Easwaren's Thought For The Day: When you discover that everyone is contained in you and you are contained in everyone, you have realized the unity of life, which is the divine ground of existence. Then you are not just a person; you have become a beneficial force. Wherever you go, wherever you live, those around you will benefit from your life. The life of such a person, such as Mahatma Gandhi in our own times, becomes a permanent, selfless force on this earth, because even after death his influence continues to bring people together, to make them aware of their trusteeship for the resources of the earth and for all creatures. Gandhi is still alive because he is still at work as a real force, advancing peace, good will, and unity.

Even one unassuming man or woman leading a selfless life, though he or she may live only a few years on earth, enriches all life for all time to come. Even if one person in a community is leading a selfless life, he will make his contribution, and she will slowly inspire others to make the same contribution, because human nature responds to such an example.

*The following from Rabbi Benjamin Blech via Aish.com email.* Judaism did not dwell on the obvious. Sure there is life after death; without it life would be rendered a transient flash in the pan, perhaps fun while it lasted but ultimately devoid of meaning. The Torah recorded the past as history; it chose to leave the future as mystery. What happens after death is that we gain the wisdom to evaluate our own life by the standards of Heaven – because we have finally glimpsed an eternal perspective.

Since our entry into the next world is preceded by the obligation for every one of us to watch the film record of our lives, what greater Hell can there be than for us to have to acknowledge our shameful actions and our unconscionable failings unto all eternity? And what greater Heaven can there be than the ability to look back forever on personal acts of goodness, of charity, and of noble and pious behavior that made us find favor in the eyes of God?

Perhaps it's best reflected in the following story. A very wealthy man not known for his piety stood in a long line of those waiting to have their lives assessed by the heavenly court. He listened attentively as those who were being judged before him recounted both their spiritual failings and achievements. A number of them seemed to have the scales weighted against them until they suddenly remembered acts of charity they had performed, which dramatically tipped the scales in their favor. The rich man took it all in and smiled to himself.

When it was his turn, he confidently said, "I may have committed many sins during my lifetime, but I realize now what has the power to override them. I am a very wealthy man and I will be happy to write out a very large check to whatever charity you recommend."

To which the court replied, "We are truly sorry, but here we do not accept checks—only receipts.

Death isn't a destroyer; it's a transition. As the Chassidic Rabbi Mendel of Kotzk put it, "Death is just a matter of going from one room to another. And if we live our lives in accord with the will of God, we are certain that the place we are going to is ultimately the more beautiful area." Yes, there is life after death. But the greatest afterlife is achieved by focusing on how we can maximize our life before death.



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)**



## Be empty before God

FR. NOEL GILLESPIE SMA

The Earth is holy ground. An ancient Christian tradition sees nature as a second book of divine revelation. St Antony of the desert says his book 'is the nature of created things, and it is always at hand when I wish to read the words of God'. A saying in the apocryphal gospel of Thomas, 'split the stick and there is Jesus; lift the stone and one finds the Lord', invites us to feel, caress, stroke, hold, and cradle the very sticks and stones under our feet. He echoes a prayer of the divine office on the first Sunday of Advent, 'All the trees of the countryside clap their hands'. We must begin to notice the stick, the stone and the trees.

There are particular special spaces scattered throughout this holy ground we call the Earth. Space is not all the same. Some parts of space are qualitatively different from others. These spaces we call 'holy places'. We learn something of the origin of a holy place in the story of Jacob's dream. Jacob is on a journey to get away from his brother Esau, whose birthright he has stolen. On the way, something unexpected happens (Genesis 28.10–22): he lies down to sleep with a stone for a pillow and dreams of a mighty stairway between heaven and earth on which angels climb up and down. Right at the top he sees God who speaks to him and renews the promises he had already given to Abraham and Isaac. Jacob summarises his experience in the words, 'Truly, the Lord is in this place, and I did not know it' (Gen. 28.16). He is overcome with a holy fear: 'How awesome is this place! This is none other than the house of God, and this is the gate to heaven'. So he takes the stone that he had put under his head and sets it up as an altar. This becomes the shrine of Bet-El. Jacob's encounter with God makes the place holy.

The bushveld, one of God's great gardens in Africa, leads us to a still point in ourselves. Herman Charles Bosman says that the soul of a culture must be indigenous, 'Its roots must be deeply entangled with the dark purple of the raw tissue of life that is at hand'.

The bushveld births in the soul a contemplative silence where nothing real is excluded. I am the restful presence I become when I allow the silence of the bushveld to touch me. When the creator on the ceiling of the Sistine Chapel reaches out to touch Adam's hand, John Main sees the full flow of 'the divine current become earthed in Adam'. Adam lay still, and in the stillness received life. As I sit in silence, it is necessary to believe that the slightest aperture made in the wall of a closed spirit allows the love of God to enter and work wonders. On the spiritual journey it takes more energy to be still than to run.

Be silent. Be still. Alone. Empty before your God. Ask nothing. Be silent. Be still. Let your God look upon you. That is all. He knows. He understands. He loves you with an enormous love. He only wants to look upon you with his love. Quiet. Still be. Let your God love you.

If we find the courage to be still we will enter into a peace that is beyond all understanding. According to legend, St Kevin, who lived in the 'glen of two lakes' among the Wicklow Hills on the east coast of Ireland, moved a monster that lived in the smaller of the two lakes, and brought it to the upper lake where he lived. That is to say, he befriended the monster and brought it home with him. Since that time the lower lake has been known as a lake of healing.

We have to come face-to-face with our demons in order to overcome them. If we want to enter a place of solitude within ourselves, we must be prepared to accept ourselves totally, shadows and demons alike.



Michael Rogers talks of the failures, disappointments, resentments and hurts that lurk within. It is necessary to accept, forgive and befriend these uncomfortable parts of us. It can be a fierce struggle to let go and let be and accept the road we have travelled. Thomas Keating calms the water for us in his crystal clear observation that real stillness consists in the absence of self-concern. Real stillness is the peace of knowing oneself accepted by God as one is, and abandoning oneself to His love.

*Truly I have set my soul in silence and peace.*

*As a child has rest in its mother's arms*

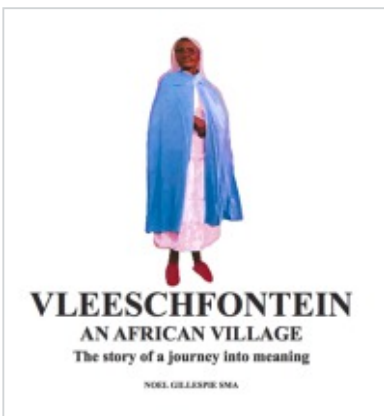
*Even so, my soul.*

PSALMS 131

Thomas Keating writes: 'Sometimes we need to sit with feelings instead of trying to get away from them... If we sit with painful emotions, name them, feel them and accept them... then we can stand down our feelings.

What we are embracing is not the suffering itself, but the God of love who dwells somehow at the bottom of them. In this way grace is released and healing begins. To sit with our suffering is one of the fastest ways to work through it. The radical healing is the acceptance of the situation because in some way God is present there. God always offers a way out. If we sit still we are more likely to see what it is... As soon as we accept the situation and forgive, the devil drops dead. The devil can thrive only on our refusal to love, and our unwillingness to forgive'. In silence, my spirit expands.

EXCERPTS FROM *VLEESCHFONTEIN, AN AFRICAN VILLAGE*, CHAPTER 13



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](mailto:nollaigmacg@gmail.com)



## Readers' Inspirations

### Deep stillness

Amidst the chaos of mental reverberations, a deep stillness remains  
It remains transcendent yet sublime and complete in every way describable!  
Its nature is inherent in the feeling of ecstasy and bliss.  
Its potential unlimited, infinite and eternal!  
May I remain in this stillness always and attain the immortality  
that is the salvation of the authentic seeker!

SUREN PILLAY



### The basis of egoic development

It is only he who is possessed of the most complete sincerity that can exist under heaven,  
who can give its full development to his own nature.  
Able to give full development to his own nature, he can do the same to the nature of other men.  
Able to give its full development to the nature of other men,  
he can give their full development to the nature of animals and things.  
Able to give their full development to the natures of creatures and things,  
he can assist the transforming and nourishing power of Heaven and Earth.

RALPH WALDO EMERSON



### The Light Of Smiles

I will light the match of smiles.  
My gloom veil will disappear.  
I shall behold my soul in the light of my smiles,  
hidden behind the accumulated darkness of ages.  
When I find myself, I shall race through all hearts  
with the torch of my soul-smiles.  
My heart will smile first, then my eyes and my face.  
Every body-part will shine in the light of smiles.  
I will run amid the thickets of melancholy hearts  
and make a bonfire of all sorrows  
I am the irresistible fire of smiles.  
I will fan myself with the breeze of God-joy  
and blaze my way through the darkness of all minds.  
My smiles will convey His smiles  
and whoever meets me will catch a whiff of my divine joy.  
I will carry fragrant purifying torches of smiles for all hearts.

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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