

*Be willing to love and be willing to let go.
Love and release. Love and release.
If you want to hold on to a love, you have to let it go.*

GLORIA WENDROFF, HEAVEN LETTERS



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 51
14 May 2014



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is 'Wildflower' from Eowyn Burchell

Welcome to the May 2014 issue of *Transcendence*.

*To her whose heart is my heart's quiet home,
To my first Love, my Mother, on whose knee
I learnt love-love that is not troublesome.*

CHRISTINA ROSETTI

May is the time of year during which many of us celebrate Mothers' Day. We make a special effort to do something with our mums and shower them with gifts. Mothers are the physical manifestations of God's female aspect, the creative universal force, or Shakti.

Often we find it difficult to live in our nurturing motherly energy. The stresses of daily living move us away from our Shakti centre, forcing us to protectively suppress emotions that would help in our transcendence if we expressed them more often. The more nurturing we are, the easier it becomes to maintain that way of being. But once it is stifled, it can be somewhat of a challenge to restimulate.

Mothers' Day is an appropriate time to reflect on our inner nurturing natures, not only how and when we care for others, but also the nurturing of our selves – the divine mother residing within our own hearts. We cannot love another sincerely until we first have a deep love for ourselves.

Try and take the time during this month to contemplate or meditate on your inner mother: how often do you nurture others, and how often do you nurture yourself?

In Love and Service, always,





Heavenletter # 4094 – Love and Release

GLORIA WENDROFF

From the corridors of your heart, love engages. Love flows beautifully, naturally, and only starts and stops when there is blockage to it. What can a blockage be? What can interrupt love other than an interference from the mind?

Love is not meant to be like putting your finger on a hot stove. You are not meant to hurt yourself when you give love. Your love unrequited is not to be interpreted as a reprimand to your love. You misunderstood what happened. You told yourself an incorrect story. You told yourself to be careful when you discovered that your love is not always valued. You bought that story very quickly. You didn't even have to know words in order to grasp that story. "Be careful with love," was what you adopted. "Watch out to whom and where and when you give love from your heart."

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

A young child has a teddy bear. That one teddy bear is his. He loves that teddy bear. He has to have that teddy bear. No other will do.

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

You can send out love that is not personal. You can send out love from afar. You won't snuggle up to someone who may not want to snuggle up with you, yet there is far more to love than physical presence. Your love depends on you and not on anyone else.

I am not suggesting that you carry a torch for someone who doesn't want your torch of love. I am suggesting that you not turn the object of your once-held love into resentment or disagreeableness. Love alights where it alights and, sometimes, even in the sunlight of your love, another's love has flown. Still, stay in love, not in a stranglehold of love, but love like a nice star in the sky. Send love. Truly, what else is there to send? Just your love. Not professions of your love but love itself, love that naturally is in your heart to give when you do not claim ownership.

Sometimes when what you determine as a full share of love due you is not given to you, you become angry or even vengeful. Love does not make demands. You say you love, and yet you stamp your foot when your picture of personal love does not become true or stay true. Take your foot off the pedal, beloveds. Be easy with love. Let another's affection for you be or not be. What is is. You cannot whip into existence what is not.

Let your hold on love go. You do not grab love by the ankles and try to keep it to you no matter what. Love is given. It cannot be owed to you. What you have to do is to give love out. Another's love is not a heifer you rope in.

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

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/love-and-release.html>





Inspirational Quotes



Now I tell you to give your love away, for there is always more where your love comes from. Love gets spent yet never used up. Love is for the giving, and I ask you to give all of your love away. Do it for Me.

Heavenletter #4096 The Petals of Your Heart



If you consciously want entry into Heaven, there are no doormen, no bodyguards. There really is no one who checks your entry. How could there be because you never left. But, let Us say that there is a doorman and he asks you for your identification. Then I, God, say to the doorman: "She is with Me. He is with Me. I vouch for them." Do you think I would do less?

Heavenletter #4098 This Is the Truth



I believe physics has one basic formula for energy under which all energy arises. Different shapes and volumes of energy, yet energy is energy, and I am calling that oneness of energy love. What can Oneness be but the energy of love? Science does not use the word love to explain its theory. I don't have a theory, you understand. I have love. I AM love, and so are you.

Heavenletter #4099 Concede. Surrender. Love.



One nation feels mightier than another. Like people, some nations look for trouble. Their fists are up, ready to settle an issue with their fists. What else is war but that? They are like schoolboys because they are not going to allow anyone to get the better of them.

Heavenletter #4100 Feelings and Logic



We come back to again and again that there are no others. It is yourself you defend from yourself. It is yourself you approach. It is yourself you favour or disfavour. There is such a thing as how you conduct yourself. Manners in one country may be opposite to manners in another; and this is true for individuals as well. In one house, life is conducted a certain way. In another house, life is conducted in a different way. There is room for all, and differences, when seen from a longer view, matter not at all. In all cases, be kind. Be kind as you can be. And remember to be kind to yourself.

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





A Practical Guide to Dedicated Spiritual Discipleship I

ROY EUGENE DAVIS

practical Planned or used to serve a useful purpose. Learned or acquired by experimentation and experience rather than theory or speculation.

guide To indicate, demonstrate, direct, explain, describe, or inform.

dedicated Firmly committed to a plan, program, or course of actions.

spiritual discipleship Profound study of higher realities; intentional, constructive living; and attentive nurturing of spiritual growth. Meaningful aims and purposes can be actualized by 1) clearly defining them; 2) firmly deciding to have them actualized; 3) learning how to have them actualized; 4) effectively doing what is necessary. Knowledge of what to do may be acquired from informed people and other reliable sources. Knowledge and skills may also be acquired by observation, experimentation, and personal experience.

Knowledge acquired from an external source will have to be verified by personal experience or perception. Laws of cause and effect, procedures, or actions that elicit effects or allow ideal results to occur can easily be verified by experimentation. Information about higher realities that cannot be tested by physical means may first be intellectually and intuitively apprehended as being true, and realized when innate knowledge emerges. If one has a compatible relationship with a wise, spiritually awake teacher (guru), learning to live effectively and nurturing authentic spiritual growth can be quicker and easier. When the relationship is compatible, the teacher's advice can empower a disciple to think creatively, live properly, meditate proficiently, and steadily awaken through the stages of spiritual growth to Self- and God-realization and complete spiritual enlightenment that purifies consciousness.

Spiritual discipleship is soul-satisfying and beneficial when one has the following characteristics or will cultivate them.

1. Sincerity

A defining characteristic of sincerity is honesty, which assures trustworthiness. A sincere disciple is naturally inclined to be compassionate, considerate, attentive to procedures that nurture harmonious circumstances and relationships, and self-motivated to acquire knowledge of higher realities and fulfill their spiritual destiny.

Individuals with only superficial interest in knowing about higher realities and how to live effectively are not yet ready for discipleship. If they pretend to be truth seekers, they tend to waste their time and energies and the time and resources of those who try to assist or inspire them.

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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Rebuilding the shrine of human living

LUCIS TRUST

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way”. Vividly portraying the tumultuous period of the nineteenth century, Charles Dickens in the opening chapter of 'A Tale of Two Cities' described a defining perception about the world that can be alluded to equally in our present period of human affairs. For humanity, it has been observed, has the 'habit of crisis'. From point to point, from sphere to sphere, and from glory to glory, we move on an ever ascending spiral.

Whilst political, financial and justice systems, social welfare, education, medical care and the like have evolved beyond measure in the last one hundred and fifty years or so, there is still unfinished preparatory work in the world that was started about the time of the Renaissance. Rebuilding the shrine of human living clearly remains a 'work in progress' and calls upon the skilful practice of all men and women of goodwill to think clearly about world affairs, to radiate goodwill in their environments, and to use the power of lighted thought to 'spiritualise matter' and 'materialise spirit'.

The social ferment that rocked nineteenth century Europe is now being enacted on a global scale. Political systems, economic models and social reform are all coming under the intense scrutiny of an ever more enlightened public opinion. Questions abound as to the fitness of our institutions to adequately serve the common good. And yet few have a clear picture of how we can practically anchor the new 'models' or forms that will reflect the Aquarian impulse of co-operation, sharing and goodwill on a universal scale.

This analysis, fortunately, is not quite so daunting in the light of the tremendous progress made by visionary individuals and groups throughout the world to rally behind the banner of human welfare. Since the beginning of the last century especially, the momentum towards the rebuilding of the social order, through the motivating power of goodwill, has been gaining traction. Collectively, we stand at a turning point. Ahead of us lies the bright, sunlit uplands of a world predicated on spiritual values. But this cannot be achieved without the settled will of the human family, and especially people of goodwill, to patiently and persistently work towards these ends.

As in Dickens' time, the world is still in a state of flux, but today unlike the world then, the experiences of the last century or so, and quite literally the heat of battle, have forged a determination by people of goodwill to anchor those new lighted forms that will “measure up to the purpose of the Father”.

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



Three Keys to Changing Your Destiny Part II

SWAMI KRIYANANDA

The harshest karma can be defeated

Two morals, especially, can be drawn from this amazing account. The first is the glimpse it gives into the workings of karma. When any karma is powerful enough, it can overcome seemingly insuperable odds. Indeed, how extraordinary: to find enough gold to make them both rich for life, to lose all of it that very day, and then immediately to find another source of even greater wealth! I have never heard anything comparable to this account of what is so often called, “luck”!

The second moral teaches an even more important lesson—namely, the importance of exerting one’s will when faced with adversity, no matter how appalling. Sometimes we seem to be confronted by a seemingly implacable fate. If we meet it indomitably, however, even the harshest karma can be defeated, and any lingering good karma that is still present can be reaffirmed.

Had that man lacked courage, he might have given up mining altogether, in a mood of utter defeat. Many people would have done so. Even if he didn’t abandon hope utterly, but after some time summoned his will power once again until it was strong enough to return to the “fray,” someone else might, in the meantime, have discovered that second vein. For the gold was there all the time, ready to be found. It wasn’t that the gold itself was fated to be found, or to be found by any person in particular. That man had the karma to become wealthy. He also had the karma to lose his wealth. The two karmas vied together, for and against him. It was his indomitable will power that decided which side would predominate.

Right Attitude

Right attitude is the most important ingredient in any struggle for success. Right attitude is not merely produced by success: it actually attracts success. My own experience in life has convinced me that right attitude is even more important than good karma. For although good karma can ensure success, no one, generally speaking, can say whether, when, or for how long that good karma will last. True success is his already, indeed, who determinedly clings to right attitude.

The stronger a person’s attitude, whether positive or negative, the stronger the magnetic field of energy it generates, drawing good or bad fortune to oneself. A positive attitude depends far less on things going right outwardly than on an inner determination to be happy always. More often, such an attitude is the cause of good fortune, not merely a result of it. People whose outlook on life is, by contrast, basically negative can actually attract failure!

The ego: the greatest stumbling block

The ego is the greatest stumbling block to true success. Those who affirm their self-importance egoically do in fact sometimes rise to the top of their little anthills of ambition. Because they accomplish their victories in a spirit of competition, however, they find themselves anxious to protect themselves from the slightest challenge to their own “high” position. They become, in consequence, increasingly tense inwardly, and aware of a growing mental and emotional discomfort.

People who think expansively are more likely to succeed in every way, even materially. An expansive outlook opens the mind to many possible alternatives. People, on the other hand, who think, “What’s in it for me?” often blunder in both trifling and important matters. Tunnel vision





prevents them from being aware of opportunity even when it stands like a visitor on their doorstep, ringing the doorbell.

Always expect the best from life.

Make it a point to expect to succeed, and to expect the best from life and from other people. Never allow fear of failure to weaken your will, even if failure looms over you as a possible reality. Don't be attached to the outcome of your acts. Try to maintain an inner sense of freedom. In that way, you will be able to rise above discouragement altogether.

Learn also to be solution-oriented, not problem-oriented. This doesn't mean to be blissfully unaware of any problems before you. Look at your problems, rather, with a view to overcoming them. In this world of duality, where a problem exists there must be a solution to it. That is a law of nature. Know that if anything you do doesn't work, something else has to work for you; such is the nature of duality.

Keep on trying, therefore, until success is at last assured. Within ourselves we have the power to emerge smiling from the greatest defeat, and to go on to shining victory.

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

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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.
visit www.ananda.org





Wonderful world

ROD BRIGGS

The colours of the rainbow, so pretty in the sky...

[WHAT A WONDERFUL WORLD BY BOB THIELE AND GEORGE DAVID WEISS]

Over the many years that I have consulted to people, couples and groups from all over the world I have found a major common denominator. It is our ability to adapt. I have seen wealthy people who lost it all and had to adjust to basic living conditions and those from economically depressed backgrounds who suddenly acquire vast wealth. I have met people living in sub zero conditions as well as those who live in hot arid deserts. I have worked with the most philanthropic and those who are entirely self-serving; people of war and those of peace, those who are materialistic and those with a spiritual view of life. We are an amazing species. We live in a world that produces a vast array of possible ways of being.

One of the reasons for our adaptability is our talent for single point focus – locking out distractions to accomplish complicated tasks (and the world is getting ever more complex) but the downside of this is the loss of awareness of the richness of the background, the soundtrack to our movie - the myriad tones, shades, aromas, textures and feelings that enliven our multilevel journey. For those who do not practice mindfulness it often takes something out of the ordinary to wake us up to the wonder.

We become so involved with the immediate business of making a living that anything not directly concerned gets lost in the background. Think back to the last time someone close to you died or you experienced anything shocking or traumatic; this immediately allows us to see how great our life was before this loss/event. We express our wish for things to be as they were before and castigate ourselves for not being happier or more content when we had the opportunity. So here is the opportunity; as you read this, notice for a moment, all the wonder in your life. Take a few minutes, throughout the day, to notice and it will enrich your life, especially if you share the joy by helping others to see beauty.

A little over a year ago a colleague and friend died unexpectedly, at his service his favourite song was played – it was What a Wonderful World sung by the great Louis Armstrong. My friends' brother recently told me that until the moment the song was announced at the service he never even knew that his brother liked it.

Share the love people!

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 V

SWAMI MURUGESU MAHARISHI

Slowly, day-by-day, when psychic sleep is practiced regularly, the soul will increasingly enjoy its experience during the state of psychic sleep. Then, gradually, the soul's attachment to the world will diminish, leaving behind feelings of joy and bliss.

You may be asking: when one gains this state what happens to their mind, body, and worldly life? They will continue as usual, with work and daily activities. The power of soul consciousness is sufficiently stored within one's being, and until that stored power is exhausted completely, a person will function as usual. This process may last for one or two births. If new energy is not generated a person will cease functioning. The soul will be in its sanctum, enjoying *ananda*, bliss, and have no connection or attachment to any of its organs, the physical body or subtler bodies. This is called *jeevan-mukta* in yoga. This means that although a person seems to be living with attachment to their mind and body, in reality they are not. Even though the mind and body are functioning as usual, the soul has no connection to them at all but is in a state which enjoys the greatest pleasure. As such, regular daily psychic sleep will gradually qualify the practitioner to attain liberation or *mukti*.

Before one attains this state of *jeevan-mukta* by the practice of *yoga nidra*, ignorance needs to be removed by daily practice. In addition, as the soul becomes saturated with higher power and bliss, disorders, defects, and disease of the organs are removed as higher power flows to them by the conscious radiation of that *mukta* or soul. One's worldly problems resolve themselves gradually, and with little effort. Family members become happier and relationships more harmonious on account of the divine radiation of the *jivan-mukta's* soul's consciousness. I hope the foregoing has stimulated a keen interest in practicing psychic sleep.

Next will be explained the actual technique of passing into *yoga nidra* (*turja*), or psychic sleep.

The method of passing into the state of *turja* is not as difficult as may be presumed. It needs only regular and sincere practice. It is common knowledge that those who worry consistently about any matter do not sleep well. Similarly, many poets, artists and doctors do not sleep easily either because they cannot detach their consciousness from their mind which is continually fixed on their work. What does this mean? If anyone's mind is agitated or wavers continuously they will not be able to free the consciousness in order to slip away from it. Due to *ajnana* (ignorance), the consciousness remains united with the wavering mind.

So, the first step in attaining the state of *turja* is that the mind should be calm and should function slowly so that the consciousness can separate from it easily. Those who want to succeed in *yoga nidra* should first be able to control their feelings and be able to detach themselves from worldly ties or links. *Prathyahara sadhana* (emotional control) is to be practised before one tries to pass into psychic sleep.



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





Defining spiritual growth

SUREN PILLAY

In the modern era, people aspire to deepen their experiences of life. Growth means different things to different people. For those who live only in the material dimension of life, growth is expressed in earning and net worth. For those who live in the intellectual plane, growth is expressed in terms of academic achievement, in terms of degrees completed and articles published. However, for the spiritually inclined, individual growth is often expressed as the degree of inner realisation and perception attained.

Inner realisation of the self has been regarded as one of the most difficult tasks to accomplish in a lifetime as the obstacles to its attainment are not outer but inner. An individual's conditioning from the time of birth, including environmental influences and the quality of parenting they receive, all play a part in achieving spiritual realisation. It is only through sincere effort, dedication and commitment that an individual may overcome the conditioning received from birth.

A further obstacle to spiritual attainment is the level of conditioning from past lives. This can prove to be a formidable obstacle to achievement. The expressions of past life karma can often be found in the family into which a child is born. Ordinarily, sages are born to pious parents who are themselves religious and have a measurable degree of spiritual growth. The danger of past life impressions is that some of them cannot be seen until they are awakened or activated by some external event. An example would be a person who was an alcoholic in his past life who and doesn't drink until the age of thirty when he takes his first sip of beer and becomes addicted instantly.

Even a slight increase in realisation can start the manifestation of powerful intuitive capabilities which will prove to be both useful on the material and spiritual paths. As one's realisation increases, the feeling of inexplicable joy and happiness increases in the awareness of the individual. This joyful feeling is the after-effect of consistent and effective super-conscious meditation. Meditation has been described by Paramahansa Yogananda as the jet plane route to God and, while many believe the practice to be superficial and too difficult, spiritual sages remind us of the power of meditation as a powerful spiritual growth tool.

The meditative experiences of great saints have been well-documented, and show us that the practice will indeed destroy latent negative past-life impressions, as well as provide a valuable safeguard through the instrument of intuition against making spiritually dangerous choices.

My message to you this month, dear readers, is to realise that you are the sum total of both conscious and unconscious memories. Your universe is ever-changing and unfolding, and you have the power to unlock your innate potential through the practice of meditation which will allow you experience dimensions of reality previously unknown to most of the human population.

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.comwww.facebook.com/surenpillaySA



Translating belief into constructive deeds

FLORA TECKIE

Our efforts to conform to the laws and teachings of God should be a necessary consequence of our belief in Him and it is natural that our belief in God would be translated into constructive deeds. Otherwise, one would question what it means to have faith if it is not consciously manifested in one's actions and in one's relationships with others?

God has given us free will and all human behaviour is an expression of our capacity to choose and make decisions. We have the choice between justice and injustice and the power both to do good and to do evil.

We have the capacity to override the needs of our lower nature in keeping with ethical requirements. We also have the capacity to control and channel our natural drives and urges and to transform them into human perfections.

From where do we get our basic moral code?

Moral maturity comes from spiritual awareness and the moral code that has the transformative power for action originates from the guidance given to us by our Creator. According to the Bahá'í Writings, to accept the Messenger of God in His time and to observe all the ordinances revealed by Him are the two inseparable duties which each soul is created to fulfil, that "... the foundation of success and salvation is the knowledge of God, and that the results of the knowledge of God are the good actions which are the fruits of faith".

Our moral and spiritual advancement is crucial to our well-being in both this life and the next. Belief in the immortality of the soul and in an all-knowing judging God ought to provide us with sufficient motivation for moral conduct. Yet, the highest morality does not consist in actions performed in the hope of heavenly reward or in fear of punishment; good deeds should be done for the sake of God and because of our love for Him and humanity.

A moral person would consciously and actively be engaged in performing actions that promote not only individual, but also social transformation.

The following words of Bahá'u'lláh capture the essence of translating belief into constructive deeds: *"Be generous in prosperity, and thankful in adversity. Be worthy of the trust of thy neighbor, and look upon him with a bright and friendly face. Be a treasure to the poor, an admonisher to the rich, an answerer to the cry of the needy, a preserver of the sanctity of thy pledge. Be fair in thy judgment, and guarded in thy speech. Be unjust to no man, and show all meekness to all men. Be as a lamp unto them that walk in darkness, a joy to the sorrowful, a sea for the thirsty, a haven for the distressed, an upholder and defender of the victim of oppression. Let integrity and uprightness distinguish all thine acts ... Be an ornament to the countenance of truth, a crown to the brow of fidelity, a pillar of the temple of righteousness, a breath of life to the body of mankind, an ensign of the hosts of justice, a luminary above the horizon of virtue ..."*

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.

The missing link

BY THE MASTER through Benjamin Creme

Inch by inch, humanity is nearing its readiness for decision. Events are forcing governments to seek new answers to the vexing problems which, today, defy resolution. More and more, they are hearing new voices with new and varied ideas which advocate an entirely different approach to their dilemma. The thoughtform of the new direction of human thinking and action is gradually taking hold. This being so, despite the present chaos, it augers well for the future.

The nations are finding that the old methods and mechanisms no longer work, that crisis after crisis undoes all forward movement, while the cries and demands of the poor become ever more persistent and loud. Slowly but surely, the necessity to share begins to dawn on the minds of many. Soon this concept will register powerfully on the consciousness of the race and in due course will be established as the 'missing link' in men's thinking.

Of course, not all men will, at first, see the need for this drastic and radical answer to men's troubles. The old competitive instinct dies hard. Gradually, however, the simple good-sense of sharing, the advantages of co-operation, and the renewed feeling of well-being through well-doing will convince all but the few. A new era of light will make itself manifest in the world.

In the glow of this revelation man will begin to realize certain fundamental truths of his existence and Being. He will know, as a palpable fact, that he is one of a great brotherhood who live and suffer and die together, as One. That the divisions and differences, which have meant so much to so many, and have caused so much of the suffering, are only seeming. That behind all outer appearance stands immortal Man, journeying together to perfection and the true expression of his divinity.

The world is awakening to the truth of man's existence: Man is divine, the outer expression of his true reality as soul. Through all vicissitudes, his soul has guarded him and shown him the path. Never has the soul been absent from the fray, the high endeavour or the reluctant effort. Man and soul are One.

Such is the truth awaiting man's discovery. The soul awaits this dawning revelation. Man is at the end of his apprenticeship in life. The soul, from now, directs a higher and a clearer path.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2002/ma_feb02.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.

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Be conscious of the Divine

SWAMI SHANKARANANDA MAHARAJI

Understand that everybody makes mistakes. Nobody has never made a mistake. If you didn't make a mistake then you are an idiot because the fact that you are here means that you grew by mistakes. Mistakes in this lifetime are experiences that we learn from. Everybody makes mistakes so let them find solutions and find themselves.

In Patanjali's *Yoga Sutra* he says that when *dhyanam*, *dharana*, and *samadhi* are focused together, it's called 'samayama'. That is the state we should be in. We shouldn't be identifying with our body or the body next to us. This is how I wish everybody could live. We can live and accumulate possessions on the material plane, but we should not be attached to them. The day that it is decided you have had enough of worldly matters, you will leave your body. But you take nothing with you, only your experiences. These are experiences that create your next *samsaras*. Your karmic consequences in your next life are the experiences you take from this life.

In the short time we have left, let us develop divine experiences rather than living in our mental patterns and habitual practices. Let us live in divinity, in God. Let us live in the gurus. It is very important in this life and in this present time. Patanjali goes further to say that these are all modifications of the mind, and we must live away from these mind factors. Mind can be a master, or a slave. You decide what you want your mind to become. If it becomes your master you will slave all your life. If it becomes a slave, you are a master all your life. The mastery of the senses is the most unique principle. We need to attain the state of ultimate truth. It is very important. If you don't attain that in this life, you'll be back here doing the same thing you did in this life in your next life and carry on like that, being born in this material plane to suffer the consequences and colouring of this material plane.

You are just a unit of pure consciousness, and in that single unit of pure consciousness, you must find the Self. It is very important to find the Self. Not the physical self that you bath, dress and make up, but the deeper, greater, purer, higher Self that lies within you, called soul, or *atma*. As Paramahansa Yogananda said: 'In the inner altar of the being is Ishwara'. Find that Ishwara. And that is how Sivabalayogi came to be. He lived in that Ishwara. He was a great individual who lived in modern times right up to about 1990.

SOURCE LINK TO THIS (EXCERPTED) ARTICLE: <http://fridaysatsang.blogspot.com/2014/03/be-conscious-of-divine.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. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





Mind and heart matters: Erase, replace Part I

BERNIE SIEGEL, MD

I am sure I have mentioned, in past columns, how the mantra; “Thank you for everything. I have no complaint whatsoever.” was used by a Zen master to help a troubled man. He finally got the message after repeating the mantra for months and still not feeling better asking for help again. The Zen master told him what he needed to do was to say the mantra several times a day just as he was doing and when the man got the message his life did change.

I am reading the book *Whole Health* by Mark Mincola with a foreword by guess who? Yup, Bernie Siegel, MD. There is lots of good stuff about health and healing in it and one chapter contains evidence of the benefit of repeating the above mantra. I truly want to recommend all this to you to give it a try. While doing corporate wellness he administered positive thinking programs which we can all use and benefit from. He created an Erase and Replace program as one aspect of his work. The subjects were asked to bring up all their negative inner and outer dialogue and then immediately erase the negative thoughts and replace them with positive words or phrases. They thus learned the power of words and I would add the power of their thoughts and ability to change their experience.

The second task he gave them was to spend ten minutes a day for twelve weeks reciting the following phrase, “I am happy. I am healthy, and I love my life.” He explained to those who didn’t believe or feel what they were saying that words have rewiring power and that it didn’t matter what they believed. If they kept on repeating the words the brain would ultimately accept them and their nervous system would be rewired. After twelve weeks the results were quite impressive. To summarize; between 64% to 86% were less anxious and depressed, more in control of their thoughts and emotions and more aware of the negative thinking of those around them.

Even more impressive was the fact that 100% said they felt more empowered in their lives; more focused on their goals; more hopeful of obtaining their goals; more inclined to accept responsibility for their lives and they intended to continue practicing what they’d learned in the program.

Mincola goes on to say what your brain hears makes the difference because of the energy the words generate which influences your thoughts and formats your nervous system. Again the symbol I share is of wordswordswords becoming swordswordswords. So we can kill or cure with words just as we do with swords. This is not about blaming you or trying to create an aura of guilt, shame and blame. This is about empowering you like the guy who went to the Zen master and finally realized he and his words had the power to change his view of his life and thus change his life.

So tomorrow start the day with these words and watch how they shift your feeling and view of life. You can have physical problems that are impossible to eliminate or change and still create a healed life. The quadriplegic mouth painter can focus on his art work and creativity or his limitations and disabilities. He can start the day with every sentence beginning with “I can’t” or he can focus on what he can do and achieve and reset his view of life.

Every time I think like this I keep thinking of comparing ourselves to animals who just don’t go through a negative use of words and become depressed and withdrawn and into why me and not try me. These are words on a drawing I received from someone with cancer; “Why me? So unfair. Future??? Fears. Sadness. Don’t know what is in the future for me. Not sure where to go from here.”

The hopeful aspect is that she is reaching out for help and “keeping an open mind and heart until I find my answers.” On another page these are her words; “I will win. I will beat this. I am strong.” I don’t necessarily like the battle image because that can focus energy on the enemy rather than on self-healing but it is a place from which we can begin the journey and act like and become survivors. Life never stops teaching us new lessons but if we learn the old solutions from those who have preceded us on this





journey it will get easier. If it works for someone else believe in it and give it a try. Why it works is not the issue the result is. Like a trip to Lourdes curing you shows it can work. Not understanding why it works should not stop you from going there or being willing to give something a try. The key is that it is not imposed upon you by others but your choice and coming from your heart. Faith can make a difference too because it creates an inner dialog similar to the therapeutic words above.

Parents brought in their teen age daughter saying she refused to go back for more chemotherapy for her bone cancer. I asked her to draw a picture of herself, her disease, treatment and immune system. She drew a picture of herself with a spear in her hands, a baldhead and a deformed leg due to surgery. On the page were the words bald, ugly and horrible and her saying, "I hate you." I asked if she hated her cancer and she said, "I hate my doctor and want to stick this spear in my doctor." Where all that comes from is her loss of power and her parents taking away her life by imposing their needs and desires on her. Yes, they want her to survive but they need to understand it is her life and she is the one who needs to make the decisions based upon what feels right for her.

How can she be helped? By being willing to change her inner feelings and beliefs through the use of words and images. Just as I stated in the beginning of this column I know she can change her picture by spending time every day seeing herself going for therapy and coming home feeling fine and having no side effects. Again I would not write this if I had not seen the truth and power of the mind whether it is using words or images to create a belief.

I have seen people not receiving treatment act as if they were with benefits and side effects of the treatment they thought they were getting and others who had no side effects which puzzled and worried the doctor that something was wrong until he realized it's Siegel's patient and heard her say, "I get out of the way and let it go to my tumor" in response to his question of why she had no side effects.

So don't be afraid to participate in your life and health and take responsibility for your health. Your genes are not in charge. Your thoughts and feelings are what activate them or let them remain inactive and not induce disease. So you might as well feel empowered and participate in your life and health. Again this, for me, is about participating in the process and not becoming immortal or feeling guilty. It is about learning what is good for your health and life and doing them. Yes, you need to love yourself and feel worthy of the effort. I can tell you that you are worth the effort despite whatever negative messages you have received from various authority figures. Hey if you weren't worth something I wouldn't take the time to sit and write this column every week. Believe me I have plenty to do besides writing this but I do care and want to make a difference. We all make a difference so choose your way of doing it and get out there

So before you go to bed tonight and then every morning start the day with these words: "Thank you for everything. I am happy. I am healthy. I love my life. I have no complaint whatsoever." Yes, you can laugh about the craziness and difficulties of life but by doing the homework you will become a graduate student of life, with honors, and it will be a lot more fun to get up in the morning and a lot more interesting to go to sleep and have dreams which make you a believer too.



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



‘Take your bones to your maker’

FR. NOEL GILLESPIE SMA

The priest brings Holy Communion to the sick in their homes, with ten or more helpers who walk in silence, accompanying the Blessed Sacrament. This silence is full of the rhythms of praise. Old men and women lift their hats or pause a moment, as the Blessed Sacrament passes. In the village, a fine modern house complete with garage and ornate fence, stands next to a tin shack. A postal address in Dublin may be the deciding factor if a person is to get as far as an interview.

Language pulsates. The great dance of a foreign culture has to be language. Some of us waltz seamlessly, some of us shuffle, but none of us dare sit out the dance. Language is the music of what happens, and God is to be found in what happens. When we reach out to one another in the other’s language, new lyrics emerge, and the dance of visitor and host that follows will be of God.

The blessings of a people’s cultural wisdom are stored in language. *O kae?* ‘How are you?’ Literally, ‘Where are you?’ The greeting echoes the scene in the book of Genesis when God calls out to Adam and Eve ‘where are you?’ We learn they are not well, they are hiding, they are outside of themselves, they are not at home, are not present to themselves, ashamed of their nakedness. The reply *Ke teng* literally means ‘I am here’ or ‘I am present’, that is to say, ‘I am fine’. When we live within ourselves in the present moment everything is fine.

The most common greeting in a time of trouble, especially during a time of grief is *Modimo o teng*, meaning ‘God is here’. The assurance of the presence of God reminds those troubled, that all will be well. God is present: I am present. All is well.

Proper names reflect the reality of God at every turn: *Tlotlo*, ‘Praise Him’; *Letlogonolo*, ‘a blessing’; *Goitsemanang*, ‘who knows?’ It is only God who knows. Their wisdom sayings are deeply spiritual: ‘The child on its mothers back that does not cry will die’ is a passionate call to prayer. ‘There is no home whose roof does not have a leak’, humbly admits that none of us is whole in himself, implying we all need to ask guidance of a higher being. The world of evil spirits is outwitted by giving the name Matlakala, ‘rubbish’ so the evil one will pass by, thinking this child is of no value.

Go isa marapo to beng, ‘take your bones to your maker’, is a delightful way to say, ‘sleep well’. What riches in the African word! The greeting suggests that when we sleep, we rest in the arms of God. There is awareness that we return to God each night, that life is given to us, and that the gift of life needs to be refreshed often. We pack up for a few hours, suspend our daily doings, worries, and hopes, and we lay ourselves down. We have not the power ourselves to sustain life, so we turn to Him who is life. We sleep, but it is a sleeping in the company of the Lord. We ‘take our bones to our maker’ for a while. And these bones, Ezekiel-like, will be refreshed, revived through the balm of sleep, the breath of God. Our night’s sleep anticipates our final resting place in the grave. When we die we sleep in the bosom of the earth from whence we came. To sleep well is to return to the Lord – ‘Then Yahweh God made the man fall into a deep sleep. And while he was asleep he took one of his ribs and fashioned the rib he had taken from the man into a woman’ (Genesis 2. 21–22). While Adam sleeps, blessings pour upon him. He wakes and finds he has company for the first time. He has been given a gift beyond his wildest dreams. New life is born. God’s fertile word enters our lives while we sleep. The ego has no air to breath in the grave. The false self dies once and for all, and in time we are embraced and touched by the mercy of God.

In ancient times when a person died the body was placed in a shallow grave. The grave was left undisturbed for several years. When the body had decayed, the skull was removed and placed inside a clay jar or underneath it, with the jar inverted over it as a kind of roof. The clay jar was placed close to



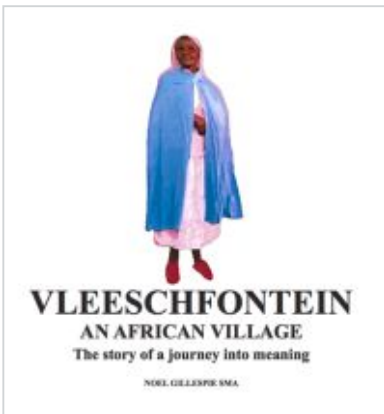
the houses of the relatives of the dead person. This ritual shows great affection and veneration for the dead person. There was a deep wish to keep the departed spirit close to the surviving members of the family. Clay, the material the pots are made of, comes from the earth, the dwelling place of the ancestors. This earth holds their spirit, making it sacred.

The poem *The African Pot* gives a glimpse of the African poetic imagination written in everyday doings:

*The maker made this pot
With a song in his heart and a vision in his eyes
Lifting it up I can almost hear
Him say
I am man
Life is but clay in my hands
Creation is at my fingertips*

Pots, and the earth from which they are made, remind us of our origins, of growth, of plenty, of feeding a family, of children, and of the ancestors who watch over us. The Batswana, in their reverence for the dead, and wanting to keep them close at all times, anticipate the glory of the resurrection, ‘...and thoughts like soft rain falling on old tombstones’. An African child sways on its mother’s back within days of being born. She learns to dance before she learns to walk.

The Batswana dance when they pray, when they celebrate, and when they protest. What depths are to be found in a culture where dance is language! When we attune ourselves to our bodies, prayer happens and, as Bosman puts it, ‘Spacious visions tumble forth, tremblingly at the touch; stars out of the star pot’.



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

The heavens around us

Your are the silent whisper of a beloved.
You are the sound of the winds calling me to remember your power, in my ignorance.
You the unmoved mover and the ever-changing stillness.
You are eternal in the mortal, and the etheric power in all thing inert.
Blessed are those who have realised your glory withing and without!

SUREN PILLAY



It hurts because it's real

And when people try to minimize your pain
they are doing you a disservice.
And when you try to minimize your own pain
you're doing yourself a disservice.
Don't do that.
The truth is that it hurts because it's real.
It hurts because it mattered.
And that's an important thing to acknowledge to yourself.
But that doesn't mean that it won't end, it won't get better.

Because it will.

JOHN GREEN



I Will Wait for Thee

In the centre of my heart I have a mystic throne for Thee.
The candles of my joys are dimly lighted in the hope of Thy coming.
They will burn brighter when Thou appearest.
Whether Thou comest or not, I will wait for Thee
until my tears melt away all material grossness.
To please Thee my love-perfumed tears will wash Thy feet of silence.
The altar of my soul will be kept empty until Thou comest.
I will talk not; I will ask naught of Thee.
I will realize that Thou knowest the pangs of my heart while I wait for Thee.
Thou dost know that I am praying; Thou dost know that I love no other.
Yet whether Thou dost come to me or not, I will wait for Thee, though it be for eternity.
I will drive away all despondency in order to make a mighty effort
to feel God by meditation, until He finally appears.

PARAMAHANSA YOGANANDA



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TRANSCENDENCE

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

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

For more information, or to subscribe to **TRANSCENDENCE** and receive it in your in-box each month, please visit our website at
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Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

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