

*Our inner work together is expanding our awareness
from a purely human perspective
to embrace our responsibilities to the planet,
and to all the kingdoms in nature.*

LUCIS TRUST



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is 'Kamberg' from Dean Petzer

Welcome to the June 2014 issue of *Transcendence*.

*Love only grows by sharing.
You can only have more for yourself
by giving it away to others.*

BRIAN TRACY

Winter has finally graced us with its icy presence in sunny South Africa with snow on the mountains and most of us digging deep into our wardrobes for last year's discarded woolies. Then there are those who have no homes, no warm clothes, blankets or regular meals. And there are many in South Africa.

I would like to share a Cape Town outdoor 'street store' initiative that I came across online. It was a one-day collaboration between a homeless shelter and an advertising agency. More fortunate members of the community were encouraged to take along their old clothing and hang it on special coat hangers provided, while the homeless were invited to 'browse and shop' by choosing the items they wanted.

Although this project only ran for one day, it is a great example (advertising aside) of unconditional sharing. What if this could become a more regular event, in all cities? What if the same could be done with unspoiled meals or leftover food from supermarkets and restaurants? What can we do this winter to ease the burden of even one person who has none of the privileges that we have?

In Love and Service, always,





Heavenletter # 4095 – Where Else Can Love Exist

GLORIA WENDROFF

God said:

When an archer shoots an arrow, he has a target in mind. He doesn't always reach his target, yet he always has a target.

This is what I ask you to do, to have a target in mind in terms of your life. What do you want to reach? Where are you going?

At the head of your list is to love, that whatever you do, wherever you go, that you go with love, and, that whatever you give, you give with love. Desire no less from yourself. Have that intention. You don't have to put signs up such as: "Remember to love today." Of course, you may, yet the important thing is to set the intention to be a lover of life and mankind. If you miss, you do not penalize yourself. Remember, some targets you will miss here and there, and yet, with experience, you become a greater archer. The desire and the intention are key. Perfection in the world is not.

When your intention is love, you are prevented from many things. You will not be able to enact spite, for example. Granted, you might think of it, and yet you won't enact it. You know better. Anger, hate, and fear will dwindle. So much the better, for you were made for love, and that is the target you go for.

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

You have wanted to make a statement in the world. Everyone wants that, yet you may have desired a statement that says: "No one gets the better of me." And, so, in this way, everyone gets the better of you because, on their command, you make them the ruler of you and you dance to their tune. You are not meant to be a puppet. You are meant to be a real-live giver of love, or, at least, not a reactor.

Whatever you do, wherever you are and wherever you go, you want love to be at your basis. Of course, that is the truth. Love is your very foundation. Anything else is not. Therefore, you set your direction in the direction of love. You not only are love, but you set yourself in the direction of love.

You have named your target. You have named it Love. And, now, you are claiming love. You keep your eye on it. You have marked Love on the map of your life. You know where you are going.

Fortunate is the one who can choose his life and not fall into it by default. Yet, if you find yourself in a situation that you do not love, move toward your target which is love. You can love anyway. You can love yourself enough to enjoy and pass on some love along the way.

You will grow toward giving love more than you think about getting what you want. You become greater before you know it, more in the direction of giving rather than getting. You know that getting is short-lived. As you get the hang of it, of itself, your giving fosters the love in your heart, and so you have more love in your heart. Where else can love exist but in the heart?





Inspirational Quotes



From the vantage of a human being, you cannot possibly know the ins and outs of what transpires on Earth. You can know that all is as it is. You interpret events and outcomes as favourable or unfavourable. Of course, what transpires on Earth is very important to you, and, yet, it doesn't matter. Matter is only energy, and energy is never lost. You find momentous, this game played on the field of life. Heavenletter #4103 In the Consciousness of Heaven



When you play baseball, you don't try to change the ground rules. When you play baseball, you have tacitly accepted how the game is played. If you don't like how baseball is played, you can try basketball. You can try bowling. You can try reading a book. You are free to find where you like to be and what game you like to play, yet the rules of the game are not your decision to make. Heavenletter #4102 The Rules of the Game



I suppose, like toothpaste, We could say that Love Energy gets squeezed and the lid pops off. It is a law of physics that energy has to go somewhere. And when someone is angry, it can be said that the one with anger popped his lid. Heavenletter #4099 Concede. Surrender. Love.



Honouring feelings does not mean to kowtow to anyone. It means to be considerate. Feelings are not to be trampled on. Feelings have to be listened to. There is no right or wrong when it comes to feelings. Feelings are. In a way, feelings rule the world. Logic may be said to rule the world, yet it is feelings that rule the world. First the feelings, then logic to support the feelings. Heavenletter #4100 Feelings and Logic



No one I know likes to be corrected, rightly or wrongly. Every one of My children desires freedom, and many do not know the difference between freedom and license. Is license the right word? Everyone is free to say what he likes at the same time you had better know where and when. Here, but not there. There, but not here. License would say that you can say anything you want anywhere any time. One who takes license may not know the difference between a tea party and a camp-out. Words may be appropriate in one context and not in another. One who objects to being corrected may also be adamant about correcting another. 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

ROY EUGENE DAVIS

Humility

Humility is characterized by simplicity, respect for others kindness, keen interest in learning, and faithfulness to one's duties, aims, and purposes. A humble person doesn't try to project an impression of being unique or special in regard to social status, knowledge, or abilities. Some symptoms of egotism are an exaggerated attitude of self-importance; arrogant, assertive behaviors; resistance to learning; endeavors to influence or control others or situations; and inclinations to distort useful information for self-centered purposes.

In a guru-disciple (teacher-learner) relationship, a disciple should listen carefully to the teacher and compliantly adhere to instructions. Clearly defined questions should be asked when what is taught is not fully understood. When one is not with the teacher, mental and spiritual attunement with the teacher is recommended to nurture a harmonious personal relationship. Ego (mind-body-personality-oriented sense of self-identity) should be known as the viewpoint used to observe and relate to objective events and circumstances, rather than believed to be our pure essence or permanent nature. Discriminative intelligence and intuition can be used to know the truth until we are actually Self-realized.

Have the Capacity to Learn and Effectively Use What is Learned

Competent teachers provide knowledge and advice that is compatible with a disciple's capacity to understand and effectively use. A person whose intellectual abilities are not well-developed might be given practical lifestyle guidance and taught how to use basic forms of meditation such as prayer, affirmation, breath awareness, mantra, or subtle sound contemplation. If intellectual abilities are more highly developed, comprehensive information about ultimate Reality, categories and processes of cosmic manifestation, and how to experience refined states of meditative superconsciousness might be taught. Devotees who are excessively emotional and/or naive might be encouraged to cultivate emotional stability and improve powers of reason and discernment. Intellectually competent people might be advised to nurture devotion and compassion. Improved learning and competent functional abilities can quicken our spiritual growth and increased spiritual awareness can help learning and functional abilities to improve. Disciples should aspire to have as much knowledge of higher realities as they have the capacity to accommodate and to be freely expressive. Learning or functional disabilities or restrictive environmental conditions should not be thought to be impossible to overcome. Nor should it be believed that 'there are some things that cannot be known', 'limitations are karmic conditions that perhaps originated in a past incarnation and have to be allowed to be worked out or dissolved in the course of time', or 'it isn't possible to be spiritually enlightened in one incarnation'.

Excerpt from *Truth Journal*, December 2012/January 2013

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



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The etheric

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The etheric has been described as that which makes all relationships possible. In one sense, the etheric relates the individual to the planet, to the solar system and to the universe. Every form is interrelated and vast streams of energy constantly circulate throughout this universal energy field. These energies galvanise the physical plane into “activity of some kind or another, according to the nature and power of whatever type of energy may be dominating the etheric body at any particular time”.

Whilst the universal ramifications of this vast energy field are beyond our understanding, humanity, nonetheless, has a profound role to play in transforming the planetary etheric into a network of lighted triangles circulating the pure energy of love. Over a period of time, this triangular matrix will become more closely woven into the fabric of the world of form, so that humanity will become increasingly responsive to the higher impressions. It is possible that the proliferation of the communication technologies is one indication that the physical and etheric planes are becoming more closely interrelated. The ability of these new sciences to enable people to communicate with and relate to each other in real time without the impediments of space and time are quite probably a reflection of the roles that telepathy and the intuition will play as the race unfolds. As we move into an era where right values, and notably the intuition, are developed simplicity (in a spiritual sense) and freedom from the complexities of the lower mind will gradually become the norm.

In the world today the outer form is still largely unable to convey the beauty and the purity of the Aquarian impulse. Spiritual philosophy reminds us that all forms exist in order to express truth. As light and goodwill fuse and blend within the Triangles network lighted goodwill is projected into the world of form. These transformative energies are impressing human minds with the visionary and noble ideas that are instrumental in shaping the new heavens and the new earth. A pattern of right relationships to that which is above and to that which is below dawns, heralding the bridging of the inner and the outer worlds.

The ‘discovery’ or rather acknowledgment of the existence of the etheric planes beckons. It probably will not be many years before visionary scientists make a breakthrough into these subtler realms auguring a new era in the study and use of energy, magnetism and radiation for the benefit of the whole.

Our inner work together is expanding our awareness from a purely human perspective to embrace our responsibilities to the planet, and to all the kingdoms in nature.

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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What ‘danger signals’ are you ignoring?

SWAMI KRIYANANDA

Paramhansa Yogananda was reminiscing one day. “There was a woman in our Ranchi school in India,” he told me. “She was a disciple of this path, and was very humble. She served me devotedly—hand and foot, as they say—obeying strictly everything I asked of her. Everything, that is to say, except one: She insisted on going about barefoot. I warned her not to, but she didn’t consider this piece of advice serious enough to heed, though I was as insistent on it as she was. She continued to go barefoot everywhere.

“When I left for America in 1920, I made her responsible for initiating those into Kriya Yoga who asked humbly for it. Upon my return there in 1935, I asked her, ‘How many people have you initiated?’ Almost with embarrassment she answered, ‘Oh, not many, Guruji. Only five thousand.’ Five thousand: what a huge number! Still, wherever she went, it was barefoot, and still I insisted she mustn’t.

“Some time later, she absorbed a disease through the soles of her feet, and died. She needn’t have died that way, had she listened. It is important, you see, to be faithful in everything Guru tells you.”

There is much food for thought in this story. A few readers may imagine, on hearing it, that the spiritual path resembles a game of musical chairs, where the ability to continue in the game depends on sheer accident. It must be remembered, however, that the Master wasn’t advising that woman casually, merely, to wear shoes. He insisted on it, repeatedly. People do often die, moreover, of apparently quite trivial causes. She had a karma to die that way. He wanted to prevent that karma from bearing fruit.

Saint Lynn, the Master’s chief disciple, died at a relatively young age. Doctor Lewis insisted to me, later, that it was because Saint Lynn had not considered it necessary to heed the Master’s caution to be less particular about his diet. Who knows? I remember how often the Master warned us, “You must listen to what I tell you, even in the little things.” I think we may take his words to mean, “especially in the little things.” For these, particularly, though they seem unimportant, may be vitally important for one, especially if he emphasized them repeatedly. He was thinking of our benefit. It was not the Master’s way to insist strongly. If he spoke earnestly about anything, however, one did well to listen to him carefully.

Few people, of course, have the benefit of a living guru. They should at least watch, therefore, for tendencies in themselves that they tend to “push out of sight”: things their conscience tells them they ought, or ought not, to do, that seem to them unimportant. They should look carefully, especially, at anything in themselves that they’d rather ignore, for in that very wish to ignore it there might be a danger signal.

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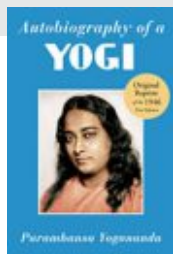


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Paramhansa Yogananda

“Lord,” I prayed, “May Thy love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy love in all hearts.”

Paramhansa Yogananda, from the book *Autobiography of a Yogi*



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Obsession

ROD BRIGGS

*Take therefore no thought for the morrow:
for the morrow shall take thought for the things of itself.
Sufficient unto the day is the evil thereof.*

MATHEW 6:34

Like many countries in northern latitudes Ireland has a national obsession with its climate. It is central to social intercourse and views on the weather are an obligatory opening shot when greeting anyone. Whereas in other countries people may start a conversation with a 'how are you...' in the green land its 'fine day so...' or 'soft day so...' (if there is drizzle).

I arrived a couple of days ago into the tail-end of what the media have dubbed "Ireland's best summer in thirty years!" and expected to see smiles all round after the three months of glorious sunshine – and when the sun shines Ireland really is glorious.

To my consternation the expected smiles and feel-good vibe did not materialise. Regardless of the fine summer, Ireland's national psyche seems locked into doom and gloom. The economic crisis is uppermost in everyone's minds and the threat of what tomorrow may bring has sapped the joy out of the present. It brought to mind Jesus' advice in the form of the opening quote from the Gospel of Matthew – sage words indeed.

We fret about the future, at the expense of our current peace of mind, as if worrying about something in advance will help. Many times the dreaded event does not materialize, or happens in a different and unexpected manner, yet our obsessing over it causes stress and disharmony in our internal systems out of all proportion to the event itself.

The media flooding of IMF bailouts and carefully crafted reports detailing all the woes of the country, are a carefully constructed propaganda, complete with hidden agendas, designed to shift our focus away from more important matters. It seems that, to a large extent, the subterfuge has worked.

Stop playing the game by questioning the information coming from corporate media. Television content is not called 'programming' by accident! Start to notice the daily splendour that surrounds us all. Bbe in the moment, moment to moment and you will come to see beauty.

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 VI

SWAMI MURUGESU MAHARISHI

Recline on a soft couch or bed. Stretch out your legs and keep your arms at your sides, palms facing upward. The first and foremost exercise is to completely relax the whole body. Make sure that there is not even a little tension anywhere in the body. Focus your mind steadily on watching the incoming and outgoing breath.

After some time let your full attention be on your mind's function. You'll observe various good and bad thoughts going on in your mind, but your consciousness should not care to note what thoughts they are. Let your mind produce its many unwanted thoughts. Simply 'watch' them without becoming involved in them or following them. It is like this: suppose you are sitting on the bank of a flowing river. Many small and big things will be flowing along with the water. As you have no interest in them, your eyes will be seeing them, but your mind will have no connection with them. In fact, you may be pondering on any other serious matter even though your eyes are focussed on the moving water. Watch your thoughts in the same way, without any interest or attachment. Allow the mind to think as it wishes, but keep your consciousness aloof from the thoughts.

When sleep begins to take hold of you, allow your wandering mind to relax, but remain aware of yourself – the watcher. Gradually your body and mind will assume a state of sleep but your consciousness will maintain awareness. Within a few minutes your mind and body will pass into sleep, but your consciousness will be awake and aware.

Because the consciousness now has no connection with the mind, no thoughts will be observed. Even though the mind continues to produce thoughts of its own accord, they are not connected to consciousness. You will be 'awake' in full awareness but without the link of the mind. In this state consciousness is not in the three-dimensional state of waking, sleeping or dreaming, but it is in the fourth dimension – *turia*. In this state, consciousness experiences 'super pleasure' or 'bliss', but without separation. Soul itself becomes pleasure.

For a few days you may not succeed in detaching from the mind. Sometimes in the attempt you may also pass into normal sleep. But with long and sincere practice, eventually you will learn to remain awake while your body and mind sleep. While in that state, you may not notice the difference and feel that you are actually awake. But after enough regular practice you will realise when you are in the state of *turia*. As already explained the pleasure you will enjoy in that state, will not dissipate completely but will eventually dominate, even while you are leading a detached wordly life.

I advise students before beginning the practice to read this lesson many times keenly, and with full attentiveness, and continue to practice it continuously even if they do not obtain any results at first. I assure you that by regular and sincere practice you will succeed in passing into psychic sleep and enjoy the super-pleasure of *ananda*.



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





The role of non-attachment in spirituality

SUREN PILLAY

My observations of many people, both in the material and spiritual fields, confirm that our inner perception determines our outer experience. In both fields people are aspiring towards happiness. In the material field we require sustenance and most aspire to live very comfortable lives. Luxury has become an aspiration for many. In the spiritual field the aspiration is for deeper levels of peace and to understand and know God.

The real question is: how do we come to understand the Creator? Can the Creator ever be known entirely? These questions have eluded us since the dawn of time. Our curiosity, however, has resulted in a deeper inner inquiry leading to soul-searching and eventually becoming firmly fixed on a spiritual path. The commencement of a spiritual path in anyone's life is a glorious occasion as it signifies the beginning of an inner journey leading towards complete illumination.

Another question asked by many spiritual seekers is: how do we balance our material pursuits and our spiritual journey? This is not an easy task, and there is no doubt that many seekers may give a higher priority to working and making more money, as opposed to engaging in additional spiritual practices, as the material benefits are tangible and can be experienced on a sensory level. Whereas spiritual benefits are only experienced at a subtle level and require a vast amount of patience before success is attained.

The difference between material and spiritual attainment is that one requires an external event to bring happiness, while the other works internally and requires no external event to trigger a state of inner joy. The key to balancing ones material and spiritual growth is to progress in both directions with a simultaneous increase of activity in both at the same time, while adopting an attitude of non-attachment all the time. Non-attachment is the key to joy and bliss as one is not attached to or influenced by any specific outcome. As non-attachment becomes increasingly dominant in one's consciousness, bliss is increasingly easy to find since one's awareness is not clouded by expectations for the future.

A seeker desires to know the creator and follows the practices that will allow him or her to experience God in a more intimate way. In the meditation tradition these practices are ancient, and have been passed down from master to disciple over many centuries. The disciple must have the qualities of sincerity and an authentic desire to experience God. The stronger the desire to experience God, the more intense the spiritual practice and the faster spiritual realisation occurs. The sages teach that one needs to first know his or herself before they can know the infinite. Therefore self-realisation precedes God-realisation, and the soul within every individual can be experienced in meditation before achieving a state of cosmic consciousness.

My message to you this month, dear readers, is to practice spirituality deeply and always adopt an attitude of non-attachment as this will allow for rapid growth in your spiritual development. The binding impact of thoughts, words and actions will also start to decline once this attitude is adopted.

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



God and His Covenant

FLORA TECKIE

The founders of the world's great religions have assured their followers of the existence of God and have led them to love and worship Him.

God, the Almighty Creator, is immeasurably greater than what we can imagine; and God's knowledge means the knowledge of His attributes and qualities perceptible to humanity. However, God's essence, according to the Bahá'í Writings, is incomprehensible to the human mind, because the finite cannot comprehend the infinite. A table cannot understand the nature of the carpenter who made it. In the same way, we who are created by God cannot understand the essence of the Creator.

Although the essence of God is beyond our understanding, His love touches our lives continually. The way God's love flows to us is through His eternal covenant. According to His eternal covenant, God never lives us alone and without guidance. Whenever mankind moves away from God, forgets His teachings, He provides us with one of His Messengers (or in Bahá'u'lláh's words one of His Manifestations), who would make God's will and purpose known to us.

The Manifestations of God are those special Beings who reveal to us the word and will of God. When we listen to them we are listening to God.

God sends His Manifestations to make Himself known to us, to show us the path to spiritual development, so that we realize our true potential and make an effort to be closer to Him. As stated in the Bahá'í Writings: "... that which is the cause of everlasting life, eternal honour, universal enlightenment, real salvation and prosperity is, first of all, the knowledge of God. It is known that the knowledge of God is beyond all knowledge, and it is the greatest glory of the human world.... Second, comes the love of God, the light of which shines in the lamp of the hearts of those who know God; its brilliant rays illuminate the horizon and give to man the life of the Kingdom".

God, the incomparable, the self-subsisting, is the Creator of all things, the earth, the heaven and everything in between. God has caused every living thing to come into being. God's love for us is the reason for our creation. We should always be conscious of this love which protects us, sustains us and fills us with the spirit of life. As Bahá'í Writings say: "O Son of Man! I loved thy creation, hence I created thee. Wherefore, do thou love Me, that I may name thy name and fill thy soul with the spirit of life".

Despite the varying names we use for the Creator, there is only one God and it is the Bahá'í view that all of the world's major religions are progressive expressions of God's revelation for humanity. The great religious founders have all come from the One Creator, and the religions they established all lead us to Him.

If we study the major world religions, we will see that they have the same basic spiritual teachings, which are repeated from age to age. Teachings such as truthfulness, faithfulness, love, generosity, chastity, prayer, justice and humility are among the core teachings of all religions. There are also significant similarities in the histories of religions, the experience of their followers and their impact on the societies around them. The differences among religions, with respect to their social ordinances and forms of worship, exist because various religions have appeared at different times in history and among different peoples.

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.

Problems awaiting action

BY THE MASTER through Benjamin Creme

It can be said without fear of contradiction that not all is right with the world. For example, the gap between the very rich and the hopelessly poor grows ever wider. This extreme imbalance is not healthy for any society. To be sure a few members of the rich community do indeed share their wealth with the poor, but in general the very rich aim rather at becoming mega-rich to the detriment of all.

The ever-increasing commercialization of every aspect of life today is, in itself, a 'time bomb' whose rupture will bring the present economic structure to its knees. This time is not far off. So great are the tensions caused by this deep materialism that equilibrium is strained to breaking point. Most people are unaware of these forces, so deeply involved are they in the building of the tension.

Thus will be presented to men their only natural course: the adoption of the principle of sharing. More and more, humanity is being edged towards this realization, however distant as yet are they from its actual manifestation.

At the same time the ecological problems facing the world continue to a climax. Most countries today recognize that global warming is the enemy of all. The question which divides the nations is whether and to what extent man is responsible. The wisest course that men can follow is to assume that they are responsible for most of the pressures on the climate and to take all practical measures to rectify the problems. Some nations assuredly are doing so but not all. Our advice is that the actions and non-actions of humanity are responsible for eighty per cent of the problem and that men must, for their own and their children's sake, spare nothing in its alleviation. Be assured that We will help them but they must play their part.

With the collapse of the world economy men will come to realize their oneness. This realization will have a profound effect on their attitude to war. They will see that they are bound together in a struggle for survival, and the words of Maitreya will resound more loudly in their minds. Sharing, justice and freedom will grow in men's minds as powerful symbols of the future, as inherent rights of all, the way to correct relationship.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-04.htm

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

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

SHARE
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Let God be your constant companion

SWAMI SHANKARANANDA MAHARAJI

Everything is about life and death, and they have to occur together. As soon as you are born, it is destined that you'll die. And yet we find ourselves in a state of great joy when a child is born; and feel great sorrow when that same child dies. Why we do that we don't know. If you were locked in a room for one hour you'd want to get out. On a long bus ride, halfway through the journey you want to get off because you can't handle being closed in. Yet after nine months of being suffocated, and carried in a closed environment, we are so excited that a child is born into another state of pain, sorrow and depression, called life. Ask anyone how they're feeling and they'll say 'okay'. Nobody feels excellent, or extra good. They all feel 'okay'. The reason is that they are so crowded with thoughts of pain, of sorrow, of financial difficulty, and of stress, that they lose touch with happiness and joy.

What is happiness and joy? We don't know because we are happy when a child is born and sad when a child dies. The purpose of this birth is to never be born again. But all of us want to be born again, continuously. We say, 'I wish I don't have the same life in my next life...' Why do we speak like this? It's because we're so much in tune with our pain that we know no better. This whole life is about pain. Whether you're a great sage, a pauper, or on the streets begging – the pain is the same. The only difference is that when you are in a state of affordability you can go for two hours to Sibaya or Suncoast and forget about the pain, only to remember it again as you leave the casino. While you're there you have two hours of painlessness – you hear 'kling, kling, kling' in your head until you get out. Then you have to think again about paying your lights and accounts. The pain does not stop.

But we must think about this life of joy. What is joy? When Buddha wrote his manual, one of the things he asked was, 'Why do humans always want a rope around their necks?' It's because they want to be born again and again. We should say, 'This is my last life and I'm going to make the best of it'. And the best of it is if you follow a spiritual path. Once you do that you'll find so much peace and bliss. On the spiritual journey you need to be in total states of ecstasy. You must dance like you've never danced before; sing like nobody is listening to you. Love like you have never loved before, and give like you have never given before – do not wait for the rewards of your service.

The period between birth and death is called life. And in that period you need to make the best of it. When I say make the best of it, let God be your constant companion in your mind. That's all. Whether you're sitting in the office in the bank writing legal documents, sitting in your garage counting all the cash you made, or whether you sell one car or hundreds, let God be your constant companion.

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com>



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: life, love and death

BERNIE SIEGEL, MD

The article I had intended for this week's Bulletin was based upon Pope Francis' new book *Let Us Be Lights of Hope*, and on his message of faith, hope and love. However, due to the tragic death of Maren Sanchez in Milford last week I had to share my thoughts and feelings and hold that column for next week. I did, however, want to share the opening paragraphs from it with you so you see how much difference love can make in the life of a child and his or her eventual behavior as an adult.

The Pope's message is about faith, hope, joy and love. The true gifts life can offer us when someone is willing to accept and love us. Those who grow up subject to indifference, rejection and abuse, without ever experiencing love, have no reverence for life. What they have is a desire for revenge followed by guilt and self-destruction. In a sense the Pope is reparenting us by accepting and loving us as his children and children of God. I thought about this the other day hearing Johnny Cash singing the words of a mother to her son, "Don't take your guns to town son. Don't take your guns to town." He takes them and is shot to death over a minor event at a bar. The tragedy in Milford Friday speaks of this too.

We can all be parents, in one way or another, for others. We can be their Chosen Mom or Dad and save lives by bringing them up feeling loved and with a reverence for life. My hope is if we can, as the Pope does, love every child he and we encounter our action as love warriors will conquer evil and restore our faith in our Creator and in each other. Miracles are happening every day but we must wake up to life in order to experience and see them and not let religion be one more reason for conflict. I began to be aware of this when I saw the negative role religion played when it meant guilt for the person and God was punishing you and not loving you because of your behavior. God is not the problem.

To again share a story from Fulton Orsler's book *Modern Day Parables*. A minister and his two sons go overseas to work at a church and one weekend he is away working with lepers. When he returns he finds his two sons have been murdered. When the guilty young man is captured by the police and brought to trial the minister attends his trial. When the trial concludes and the judge is about to sentence the young man to death the minister rises, walks over to the murderer puts his arm around him and says, "Judge what will executing this young man accomplish? Let me take him home. We cannot bring my sons back but he can become my son." The two then walk out of a stunned and silent courtroom. I do not know anything more painful than outliving your murdered loved ones but hate and revenge accomplish nothing except turning you into the person you detest.

The issue isn't about religion but the desire to be responsible and have purpose and the desire to offer yourselves to all beings. A portion of the following comes from a Buddhist magazine *Shambhala Sun* article. Superman and his father Jor-El on Krypton are floating in space talking and his father, pointing at Earth far below them, says to him, "You can save them. You can save all of them." His son knows at that moment that it's true. The author Koun Franz states, "This is what I want to tell my kids. This is what I want to tell everyone. It's what I want them to believe." And I want to shout out 'Yes!' And wake us all up to life so we slow down and live and love.

I am not blaming anyone as we are all products of our life experience, and indifference, rejection and abuse can turn us into potential monsters who will murder as a means of revenge. We have a choice. Day after day we read about the horrors mankind carries out against other members of our species. We hold General Motors responsible for not correcting a defective device in its cars thus leading to the death of a lovely young woman. Why not hold every murderer's parents responsible too for not making the public and authorities aware of the defective and dangerous part of their family.





When our children have children we become grandparents and they are grand-children because life teaches us from our mistakes and we learn and become wiser. But why not literally train parents how to bring up emotionally and physically healthy children who have a reverence for life. I keep hearing my parents telling me to let my heart make up my mind; difficulties are God's redirections and something good will come of this; material things were to be used to help save and make life easier for other living beings. We need to make it a law that all future parents must first obtain a degree in healthy parenting. I know how hard it can be from our experience with five children born in seven years. We can call it the Maren Sanchez Parenting School.

I am very serious when I talk about training parents and making everyone realize that they have the option to save the lives of the people they meet as teachers, clergy, doctors, bus drivers, waiters and waitresses and every profession or activity which leads you to encounter people who are also wounded soldiers. I know of a bus driver who would stop his bus and go buy treats from a bakery for his passengers. Remember Wilder's words, "In love's service only the wounded soldier can serve." So share your pain and what you have learned on your journey through Hell. Killing others makes you like or worse than your enemy and those you despise. Creation is meaningful because it is not perfect and the solution and answer to the imperfections is love.

I could keep pouring out my feelings about life but change is all up to you. You can be the Superman figure and save them all. In closing I need to share some things for Maren's parents which have helped me survive the loss of loved ones. I suggest you read William Saroyan's Book, *The Human Comedy*; and mine, *Buddy's Candle* (I'll send mine to you if you let me know where). Saroyan's words relate to the best part of your daughter still being alive as long as you are alive. "You will see her in the streets, in the houses, in all the things here out of love and for love. The best part of a person may be taken away but love is immortal and makes all things immortal while hate dies every minute." And my message, from personal loss, is to not let your excessive grief and tears put out Maren's celestial candle. Live as she would wish for you to live.

In his book *The Bridge of San Luis*, Rey Thornton Wilder describes the accidental death of several people when a bridge breaks and they fall to their deaths. A priest seeks answers as to why they were on the bridge and the book is about his search and what he learns about life. The book's closing words have always been with me because of the work I do as a doctor and human being. "And we ourselves shall be loved for a while and forgotten but the love will have been enough. All those impulses of love return to the love that made them. Even memory is not necessary for love. There is a land of the living and a land of the dead and the bridge is love. The only survival. The only meaning."

To the Sanchez family, look for meaningful signs in your life to let you know your daughter is still with you. Her favorite color purple, a spiritual color, says much about her. You have lost a treasure.

Amen, Peace, Love & Healing.

"Hope has two beautiful daughters. Their names are anger and courage: anger at the way things are and courage to see that they do not remain the way they are." — Augustine of Hippo.



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



‘Tread softly’ the earth which gives us life

FR. NOEL GILLESPIE SMA

The bushveld is one of God’s particularly beautiful gardens in Africa. Its sweeping landscapes are one moment parched, another green beyond delight. The bushveld is a meadowland of trees. We find shade in their abundant wildness. Trees nourish, spiritually sustaining us daily through the alchemy of their being, exhaling the fresh air we breathe.

All life emerges from the earth. In the beginning God created the heavens and the earth by sending forth a divine wind sweeping over a formless void (Genesis 1.1). He made two great lights: the greater light to govern the day, the lesser light to govern the night. And the stars he made. And dry land he made. The earth is a living organism where life breathes in the wind, moves in the streams, and exults in the thunder. The air, trees, stone, and soil, are living cells of the thinking envelope of the earth. *Ta tir na n-og ar chul on ti-tir alainn trina cheile* – the land of eternal youth is behind the house, a beautiful land fluent within itself. The eternal is not elsewhere.

On the sixth day Yahweh God shaped man from the soil of the ground and blew the breath of life into his nostrils (Genesis 2.7). Each of us is ‘a clay shape’. We breathe the very breath of God. Yahweh the Hebrew name for God is not spoken. When a devout Jew reads the Bible he substitutes the word Yahweh with Adonai, Lord. The word Yahweh can only be breathed in sound. Breathing births life in every moment as we inhale and exhale the very name of God. When I consciously and gently breathe in the syllable *Yah* and breathe out the syllable *weh* I settle into a deep peace, a deep stillness. To breathe is to live; to breathe is prayer; to breathe is to have contact with God. Breathing in the earth’s freshness after the first rains in the African bush is an explosion of taste – a prayer rising like incense.

The earth has ‘a secret and silent memory’. The earth fully partook of the passion of Christ at the place called Golgotha where the drama of the death of all deaths unfolded. The Gospel of Matthew records that there was darkness over the land from the sixth hour until the ninth hour, the veil of the temple was torn in two from top to bottom, the earth quaked and the rocks were split. Julian of Norwich intuits that ‘All creatures of God’s creation that could suffer pain, suffered with him at that moment. The sky and the earth failed at the time of Christ’s dying because he too was part of nature’. Blathmac, the eighth-century poet of the *Passion of Christ* suggests that the trees shared in Jesus’ pain. ‘A fierce stream of blood boiled until the bark of every tree was red; there was blood throughout the world in the tops of every great wood’. For three days Jesus lay in a tomb hewn out of rock. In this prison of stone the earth, in a wondrous alchemy, in a mystery beyond telling, breathed new life into Jesus and released him early on the third day (Matthew 28.2). This divine human exchange at the heart of creation repeats itself in the celebration of Holy Mass when wheat and grape – now bread and wine – at the words of the priest, and through the power of the Holy Spirit, become the body and blood of Christ.

Out on the vast expanse of the Asian Steppes, Father Teilhard de Chardin found he had ‘neither bread, nor wine, nor altar. I, your priest will make the whole earth my altar... I will place on my paten, O God, the harvest to be won... Into my chalice I will pour all the sap which is to be pressed out this day from the earth’s fruits...’ He asks Christ to bless and consecrate the offerings raised to Him ‘...pronounce your twofold efficacious words... over every living thing: this is my Body; over every death force: this is my Blood. This meditation on the mystery of the Eucharistic presence of Christ in the universe, inspired Pope Benedict to suggest the role of the priest is to ‘consecrate the world’. Benedict imagines a true cosmic liturgy where the cosmos becomes a living host’.

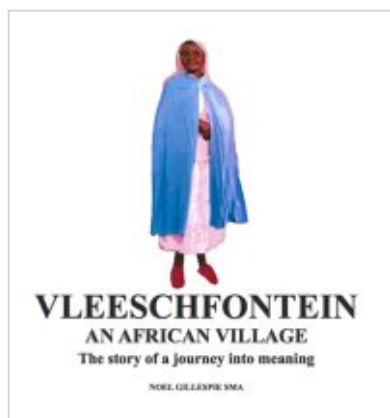




The ancient Celts' great love for nature mingled with Christian truths giving rise to delightful Christ-centred nature stories such as the time when the priest lost the Host whilst on a journey. The story goes that the bees found it. They set to work and made a tabernacle and church and model priests all in wax, and placed the Host there for safety. Meanwhile the priest, who was most upset, did penance for a year at the end of which he was brought to the beeswax church where he joyously recovered the Host.

Landscape is a skin cover, a translucent veil enfolding the earth. When we walk the land bare-shod, we keep contact with mystery. Maps pinpoint places but tell us little of their heartbeat. Map lines do not tell of memories, of laughter, of bloodshed, of hope, of moving on. Landscape is infused with human presence. The truth of a place is a flowing continuum. Footpaths and footprints give a place meaning. Let us mindfully walk the footpaths of our ancestors to better sense the spirit of the land and understand the energy of atmosphere bequeathed to us; let our spirits today be guided in harmony with the alchemy of our inheritance, remembering to 'tread softly', holding respectfully the stories of those who have gone before us.

Ultimate meaning is embedded in story not in facts. Jesus breathes new life into our stories. He heals and makes holy our heritage. A prayer of the *Roman Missal* entreats, 'Almighty and ever-present father, your watchful care reaches from end to end and orders all things in such power that even the tensions and the tragedies of sin cannot frustrate your loving plans'. The workings of God's providence can be traced in the footpaths and footprints of those who have gone before. A prayer from the *Divine Office* suggests our ancestors help us 'on our uneven road made smoother by their passing feet'.



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

Synchronicity

All around I hear the sound of symphonic perfection.
All this emanates from the primordial vibration of life.
Let me not ever disturb this harmonious synchronicity
Which is present in every being on the planet,
And always experienced by the wise at every moment!

SUREN PILLAY



On Meditation

While absorbed in meditation,
whether one is conscious of the body or not,
whether there be a sense of identification
with the physical or not - under all circumstances,
it is imperative to remain wide-awake;
unconsciousness must be strictly avoided.

SRI ANANDAMAYI MA



Teach Me to Worship Thee

Beloved Father, teach me the mystery of my existence!
Teach me to worship Thee I breathlessness, in deathlessness.
In the fire of devotion, consume my ignorance.
In the stillness of my soul, come, Father, come!
Possess me and make me feel, in and around me,
Thine immortal presence.
In the solitude of my mind I yearn to hear Thy voice.
Take away the dreams of earthly sounds
that yet lurk in my memory.
I want to hear Thy quiet voice
ever singing in the silence of my soul.
My Lord, as Thou art omnipresent,
Thou canst not but be present in me.
Thou has omnipotence and omniscience;
these also are my soul attributes.
May I be able to unfold even a fragment
of That contained in my Self.

PARAMAHANSA YOGANANDA



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