

*Meditation allows an individual
to transcend the level of thought and
move into a state of unity with all.*

SUREN PILLAY



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 'by Eloise Nel of EllaQuent Photography

Welcome to the July 2014 issue of *Transcendence*.

The master is like a great ship for beings to cross the perilous ocean of existence, an unerring captain who guides them to the dry land of liberation, a rain that extinguishes the fire of the passions, a bright sun and moon that dispel the darkness of ignorance, a firm ground that can bear the weight of both good and bad, a wish-fulfilling tree that bestows temporal happiness and ultimate bliss, a treasury of vast and deep instructions, a wish-fulfilling jewel granting all the qualities of realization, a father and a mother giving their love equally to all sentient beings, a great river of compassion, a mountain rising above worldly concerns unshaken by the winds of emotions, and a great cloud filled with rain to soothe the torments of the passions.

DILGO KHYENTSE RINPOCHE

Once again we seem to have a common theme running through submitted articles. This month much has been said on the power of the mind and how mind plays a massive part in our lives, our experiences and the state of the planet in general. But for most of us it seems to be an ongoing challenge to get the mind to do what we want it to do, or to get our mind into the right 'groove' for meditating or other spiritual pursuits.

In Hindu culture, the July full moon is dedicated to the spiritual teacher or guru. And I find this pertinent to the topic of the mind as it is the spiritual teacher who guides us in techniques to strengthen the mind and who 'polices' us on the path to enlightenment. Many feel uncomfortable following the spiritual advice of someone else, and it is not imperative to do so, but it does make the journey a whole lot easier to have a guide to show you the ropes and nudge you back on track when you wander away from your goals. A spiritual master need not be a living person. The teachings of a guru that resonate with your soul can be as effective. We hope that on your journey, you find your perfect guide to God.

In Love and Service, always,





Heavenletter # 4096 – The Petals of Your Heart

GLORIA WENDROFF

God said:

Your heart is intended to open continually. There is no graduation day when it comes to the human heart. The human heart is an ever-blossoming flower. Open and open and open the petals of your heart. This is an assignment I give to you.

You may have tightened your heart and tightened it. You forgot that your heart was for giving. You probably thought that your heart was for getting. You may even have concluded that your heart was for being hurt, and, therefore, you did everything to keep your heart buried and safe.

If you want to remove hurt from your heart, the secret is in giving your heart away. Your heart doesn't really belong to you. Nothing really belongs to you, the individual you that you imagine you know so well.

If your heart is Mine, Whose heart is it then? I have appointed you caretaker of your heart which is Mine. Take good care of the beautiful heart of Mine that resides in you.

There is no you anyway. The individual you that you believe you are is an illusion. I AM the Reality. You share My heart. I give you all My love. I do not give it to you for hoarding. I give it to you so you may give My heart to a world that too often has been impoverished. I have given you a beautiful diamond, and I tell you:

"Don't reserve that diamond by keeping it in a vault. Absolutely not in a cold-storage vault. You can't keep My heart by sequestering it. The only way to keep My heart big and flourishing is to give it away. You can give it silently, and yet My heart will be heard. Just give it.

"You are not intended to be only a reactor to love. You are not to pawn My love in your heart. My heart is within yours so that you can give it away. I do not say to give yourself away randomly. I say to give your heart, to fling it, to fling love out like a giant sun and let it travel where it will. Love has its own course to take. Certainly, you are not to block love for reasons of safety or anything like that. Your heart is not meant to wait for certain conditions before it goes forth. Under all conditions, your heart is to go forth. Send your heart out like a valiant explorer dedicated to fulfilling Me."

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

Oh, yes, the material world grants you some happiness. Happiness is good. The greatest happiness, however, is your giving love. Just give love without a prior agreement. Just give love, for love is what you are on Earth for.

You are a learner of love. Call Earth a School for Love. Earth life has not always made it easy to give your love. Earth life may have told you to sequester your love, to hide it in order to keep your heart safe.

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.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/the-petals-of-your-heart.html>



Inspirational Quotes



Naturally, as human beings, you desire life to go according to your desires. In your heart, you desire your loved ones to live forever even as you know this is not how it is on Earth. This is how it is in Heaven. While you are on Earth, at the same time as you desire, you let go. You let go of your desires. They are not desires of steel. Heavenletter #4103 In the Consciousness of Heaven



Be sure that you remind yourself that nothing in the world is as important as it seems to be to you. Let go of a sense of importance. Let go of your sense of importance, not only of yourself, but of what goes on around you. It is all fleeting. Today there is one challenge. Tomorrow there is another. Challenges are part of regular life in the world. Are you going to light a fire under every one of them? Heavenletter #4102 The Rules of the Game



Have We talked about love enough? Do you think We are finished? Do you think everything about love has been said and there is no more to say about it? On the contrary, I am of the opinion that there is nothing else to talk about! Whatever a topic may be, there is love to be found within it. Whatever a writer writes, he writes about love. Even when what is written is caustic or undermining, the writer has great love in order to write it. Heavenletter #4099 Concede. Surrender. Love.



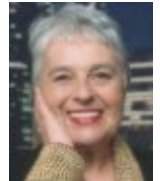
There are two levels of existence. Earth says it is honourable to fight. Heaven would say: "There is another way to be found. Start early." Of course, long before war is contemplated, feelings needed to be addressed. And yet, when families are often at war, what chance do nations have? Heavenletter #4100 Feelings and Logic



Everyone does not see eye to eye. Everyone sees through his or her own eyes. And very different things may be seen. At the same time, everyone carries responsibility for what he sees and how he is seen. There are understandings and misunderstandings. Everyone intends well. Everyone thinks what he is doing is right or called-for. And no one wants to be interfered with. 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 Part II ROY EUGENE DAVIS

Emotional Stability and Maturity

Emotional stability, an indication of psychological health, can be actualized by cultivating Self-(soul) contentment in all circumstances and viewing subjective conditions and objective events and circumstances with dispassion (without being prejudiced or having detrimental emotional reactions).

Subjective conditions can include memories which may be pleasant, unpleasant, or viewed as information without arousing emotions or unduly influencing reasoning ability. Although memories which elicit pleasurable moods and thoughts can be enjoyable, they should not be frequently indulged in as a substitute for having fully conscious present-time awareness and meaningful insights, goals, and spiritual growth experiences. If mental problems or emotional instability are caused by a neurological problem, chemical or hormone imbalance or deficiency, or addiction to harmful substances or habits, competent professional help should be obtained when it is necessary. A characteristic of emotional maturity is our willingness to be responsible for our mental and emotional states, states of consciousness, behaviors, and their results.

Wanting, or hoping, to have a relationship with ultimate Reality as a cosmic human-like person is an obvious indication of arrested emotional growth. Many adults, even among those who consider themselves to be truth seekers, cling to erroneous concepts of God that were taught to them when they were very young or which they independently imagined. They want God to care about, love, and provide for them, forgive their mistakes and weaknesses, answer their prayers, heal them and their relatives or friends, solve their problems, and give them salvation. They may not know that many of their ideas about God are false or that, as units of one ultimate Reality, all of its qualities and knowledge that is within them can be known.

Some emotionally immature devotees want their guru to do for them what they think they are not able to do or are not willing to try to do. Others pray to God as they imagine God to be, to their guru, or to other embodied or disembodied people whom they believe to be holy, with few positive results. The beneficial or satisfying experiences they may occasionally have are self produced rather than provided by external influences.

Some people remain emotionally immature because they are satisfied with ordinary circumstances and being like others with whom they habitually associate. When the desire to be emotionally mature is sincere, they can be self-motivated and empowered to have it quickly actualized.

Holistic Living and Endeavor to Experienc and Express Excellence in All Aspects of Life A lifestyle is whole or complete when its spiritual, mental, emotional, physical, and environmental components are always harmoniously blended. Emphasizing only one or a few parts of the whole cannot have satisfying results.

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 power of ideas

LUCIS TRUST

We are usually unaware how much our behaviour and life patterns are conditioned by ideas. Yet from time to time a crisis forces us to wake up and recognise them for what they are. Humanity is going through just such a crisis now. We have to understand what ideas have led to the crisis and we need to grasp the new set of ideas that will inspire us to make the necessary changes and lead us into a better balanced world.

This is the familiar pattern of human experience that lies behind the phrase ‘an idea whose time has come’. We might imagine such ideas as hovering behind the scenes watching the unfolding events of the world, waiting for the right moment to incarnate and fulfil their purposes. This is a correct if rather picturesque way of describing Patanjali’s ‘raincloud of knowable things’ from which ideas are precipitated in response to the sequential demands of human crises.

From this and for our encouragement, we can infer that there is no crisis without a solution! But will we take the newly illumined path? Or will we try to continue in the business-as-usual mode, hoping that the crisis will go away? These questions indicate the truth that every crisis is really a test of our ability to discriminate, to make the correct decision and act on it with a newly enlightened mind. Again for our encouragement, we can observe that increasing numbers of people are putting into practise the idea that goodwill and cooperation must supplant the old paradigm of personality competition.

Another example lies in the global economic crisis. Growing numbers of people and specialist groups are realising the truth that an ever-expanding global consumption-based economy is destined to fail. Many are now helping to construct and magnetise the soon-to-be mainstream idea that humanity should live within our planet's resource constraints, and serve all life forms on the planet, rather than thoughtlessly exploiting them.

The Triangles network, built as it is on the geometric structure of soul values and relationships, is a marvellous tool to help grasp the new ideas that are percolating down from the intuition, and turn them into clear, radiant thoughtforms. Our daily visualisation of this network of lighted love helps us all to think through the many new constructive ideas, seeding the mind of humanity with their livingness and soul quality, and participating in building a world of right relationships.

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



Respond to negativity in the highest way

SWAMI KRIYANANDA

One would think, in reading about Paramhansa Yogananda's amazingly successful career in America, that he more or less slid down an easy slope to victory by simply loving everyone, and by his joyful, positive attitude of service to all. The truth, however, must be told: He faced constant, determined opposition.

The inner strength to conquer

One time his closest co-worker betrayed him, absconding with almost all of the money the Master had been sending back from his lecture tours and classes around the country. The man then tried to sue him. One might ask, "Didn't Yogananda, being a master, recognize that danger and do something in advance to prevent it?"

Yes, he'd known about it. It came out years later that he'd predicted many years earlier to a boyhood friend that this person would someday betray him. To him, life was a movie. He accepted its ups and downs as the features of this world. All his consciousness was of joy, not of suffering and sorrow. My Guru achieved stunning success in his life, but the way was never easy for him. A boxer, my Guru used to say, doesn't become strong by fighting children. He must spar with strong men, who might even knock him down. The plain truth is, though the tests do become greater as one advances spiritually, one also develops the inner strength to conquer them. The lesson I want to emphasize in my Guru's life is not that he was spared tests and difficulties, but that he always faced them with honor, charity, truthfulness, and the highest spiritual consciousness. Moreover, however much people tried to hurt him, he always forgave them.

The most important decision we face in life

The most important decision all of us must face in life is, always, how to react in the highest way from a standpoint of our own spiritual growth. Why take people's deliberate insults personally? If they are valid, the best reaction is to accept them gratefully. Try, at least in private, to correct yourself. But why get angry? You'll be the greater loser if you do. When people get upset or angry, or when they experience pain and suffering, it is only because they want something different from what life has given them. The most important point I want to make here is learn to accept what is. It is only from that preliminary recognition that you can improve anything. Because the obstacles one faces in life can be multifarious, let me list a few of them only, and suggest certain basic attitudes that may help you to sail past them.

Intolerance: People have their own views on how things ought to be or how they should be done. Don't allow yourself to be swayed by opinions, even your own. Mostly, people allow themselves to be ruled by habit. There is a common saying in America: "They laughed at Fulton." Robert Fulton was the inventor of the steel ship. His detractors laughed because, as they pointed out, metal sinks in water. It will float, however, if the amount of water displaced is heavier than the metal used. Fulton calmly proceeded to construct his hollow-hulled vessel. When the ship actually floated, all criticism ceased.

Anger: Anger, as the Indian scriptures point out, is created by thwarted desires. You will encounter anger when you don't do as others want. They have no right, however, to want anything of you. Be your own master. If you encounter others' anger, react calmly, and you'll never need to fear them. Once, when I was thirteen and weighed only 106 pounds, a classmate of mine who was fifteen and weighed 230 pounds became furious with me. Why? Perhaps because of the English accent I had then. Perhaps because I didn't "kow-tow" to him. He attacked me one day in my room. There was no way for me to defend myself. I simply lay on the bed with my arms over my head, while he pummeled me.

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



A friend of mine asked me later, “Why didn’t you shout for help? We’d all have come at once.”

“Because,” I said, “I wasn’t afraid.” I never deferred afterward to this bully. There was nothing more he could do. From then on, he left me strictly alone. Defend yourself when you can. If you cannot, accept what happens and don’t let yourself be upset by it. Be inwardly non-attached. Still, if you can defend yourself you must do so—calmly, not with anger, but always with inner firmness. Stick to your principles, therefore. If you must contest angry opposition, do so calmly and with never-failing good will. Sri Krishna, in the Bhagavad Gita made it clear to Arjuna that it was dharmically right to fight injustice. The way of ahimsa, or harmlessness, is not by any means to submit to injustice. Even if you haven’t the power to defend yourself effectively, in your mind you should constantly resist aggression. As a boy, I found on more occasions than one that bullies left me strictly alone once they saw I would never give in to them, mentally.

Lies: It is not easy to bear it when people tell lies against you. I wrote many years ago to those who had been doing so, “Every time you tell a lie against me, remember, the truth has to come out eventually. Your lies will only make me stronger, whereas they will weaken you.” I was ignored, but my words proved true. Never tell a lie against anyone. A lie is a conscious untruth. It is always possible, of course, to tell an untruth without realizing it. The best solution is never to speak unkindly of anyone. Wish everyone well.

Sneers, disdain, and disrespect: Because I’ve always been something of an outsider, even in my own country, I’ve had to learn to put up with attitudes like these. What do people’s opinions of you really matter? Most people are wrong most of the time! Be strong in your own truths. To do so without becoming bigoted, keep your mind always in a state of reason. Listen to what people say. Accept their reasons if you consider them right. The solution is always to be inwardly non-attached, and even indifferent, to the constantly fluctuating waves on the ocean of life.

Unkindness, malice, or hatred: Ask yourself simply, “When am I happier? When hating—or when loving?” For your own peace of mind, then, be kind to everyone. Even if people are determined to harm you, respond with kindness for the simple reason that this is how to be happy. Many years ago, there was someone at Ananda Village whom I’d allowed to get by without paying the usual monthly maintenance fees. After twelve years, someone whom I’d made the Village manager decided it was time to ask this member to shoulder this responsibility like everyone else. He gave the non-payer a simple choice: Either accept your responsibility to the community, or else leave Ananda.

The recalcitrant member not only chose to leave, but came to me before he did so to vent his spleen upon me. He spent at least an hour telling me everything I’d done and was still doing wrong in my life. Evidently I’d done nothing right, and was bound to fail at everything I tried. I heard him out without comment. It seemed useless to defend myself. I simply thanked him and wished him well. Since then, he has made himself one of my most vocal enemies.

My calmness in the face of his diatribe inspired me, afterward, to compose what I have always considered one of my best songs. Thus, my non-resistance helped to inspire something worth more to me than any defense would have done. The lesson: no matter what contretemps you suffer, you can gain from them if you keep your energy determinedly uplifted.

Ananda  Sangha

Ananda Sangha  Online Classes 

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





TAB (that’s Africa baby! – said when anything goes pearshaped.)

ROD BRIGGS

If you are distressed by anything external, the pain is not due to the thing itself but by your own estimate of it; and this you have the power to revoke at any moment!”

MARCUS AURELIUS

With the work I am blessed to do I could live anywhere in the world; in fact with the amount I travel it would be far more efficient for me to relocate to somewhere in the Northern hemisphere. I choose to stay here in the crazy, wild-west, lawless, dangerous yet wonderful province of KZN. Put simply I love living here. The energy here is incomparable.

This does not mean however, that I am blind to the ruination of this wonderful land by what passes for government. If they handed out medals for larceny, theft, graft and incompetence the incumbents would all be 24karat gold recipients. Their lack of concern over the masses of the poor, homeless and unemployable of our land is criminal and leads to a sense of hopelessness that can only impact on crime at all levels. If, as any civilized country does, we had crime statistics, we would see logarithmic increases across the board.

In my professional life I am often called upon to help people trough the aftermath of these crimes and the ensuing trauma. A long time friend recently had a horrific experience which had two major stress components: in an attack on their farm she was forced to watch her husband being tortured, brutalized and killed and was, thereafter severely beaten and left to die. This has brought about the decision to explain Post Traumatic Stress (PTSD) a little as I believe many people out there need coping skills when faced with overwhelming situations.

In the above case the lady in question has two things to cope with; mourning and PTSD. It is normal to see them as one and the same thing but recognizing the difference can help speed up the process of healing. Mourning – is a natural process of coming to terms with loss. There are specific emotional stages that most people go through over time. Many people are able to work through these stages without professional help. PTSD – is predominantly defined by a freezing of the event on the time line i.e. an event may have occurred years prior, yet to the individual concerned it can still feel as if it has only just happened, the expression often used is “it’s in my face...”. This is caused by the lowering of the set point of the neural alarm and causes subsequent “numbness” which can have both physical and emotional consequences.

If, as in the above case, both events are related, the mourning component will be stalled until the PTSD is dealt with. If this is the case, seek professional help.

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





Epitomised mind power, Part I

SWAMI MURUGESU MAHARISHI

The modern man is advanced, has an abundance of general knowledge, and is fully entangled with the various aspects of mind and its functions. Psychological and parapsychological societies have discovered, after detailed investigation and studies, many truths about the mind and its power. Numerous yoga institutions all over the world teach the secrets of the mind and the control thereof. Mental science has advanced in leaps and bounds, and so much has been written on the subject, that if I dared to state that the majority still do not understand the subject, I would be branded a madman.

How many of us know what mind is? We all use electricity in various forms in our homes. This does not mean we all know everything about electricity. Many drivers can drive their cars efficiently, but may not know how the car works. We all use water in various ways in our daily life, but how many of us know that water is formed out of oxygen and hydrogen? Although scientists use atomic energy in various ways, they have not established how atoms are formed and why they behave in a particular way. Similarly, even though people know, use and can describe mind power, very few really know what the mind is.

I cannot go deeper into the subject, as my object is not to explain the yogic mystery of the mind but to assure you that if you follow these instructions correctly, not only will you succeed in solving difficult problems in your life, but you will also develop your mind power to a greater extent, rise above human shortcomings, establish contact with the Self, and experience the entire universe by direct cognition.

Mind power can be used for only one purpose at a time. If you begin to use it often to achieve your aims for unwanted or unimportant things, you will fail and your endeavours will go to waste. So choose to use your mind power for only a single important purpose at a time.

Each person may have many unsolved problems and perhaps be confused about which to solve first by mind force. There is a norm in selecting problems to solve by mind power. It is to select the problem which, when solved, will bring you the most happiness, relieve you from a critical state and give you peace of mind.

Sit down calmly and list all the problems facing you at present, and which may be causing your economical and family problems, ill health, negative dealings with others, etc. Go through the list and find out which needs the most urgent attention, and which will relieve you from your mental strain. Think deeply and consider your options before you make your selection of the one you want to give top priority to.

(Continued in the August issue.)



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





The key to inner prosperity

SUREN PILLAY

In the world in which we live, disease, war, famine, and poverty have become harsh realities for a large number of the world's population. Leaders of the developed world have structured many aid packages aimed at alleviating these concerns. However, we could question whether a political or economic solution could ever be a long-term answer to these age-old problems. History shows us that economic and political solutions do not have a very long lifespan, and their success rate over a long-term period of say ten or twenty years is not very good.

According to ancient wisdom, the outer world is an expression of the inner mind. The inner mind projects itself into the outer world, and all created matter stems from a source that is intangible and within ones mind. The expression of violence, hatred and envy, and jealousy remains the result of a distorted state of consciousness in which greed, anger and lust have become overly dominant. The *Bhagavad Gita* confirms that lust, greed and anger are the pathways to self-destruction and hell, and that if these qualities become overly dominated by large numbers of people, the result could be catastrophic for the entire Earth.

The real question is: what is the long-term solution to the worldly problems of war, famine, poverty and disease? Since these problems arise from a distorted inner state of consciousness, it makes sense that the problem needs to be addressed at an individual inner level first. If every person started to live more in tune with natural law and started to reconnect with his or her spirit, they would start to develop intuitive capability that would guide them to the highest bliss and prosperity in life.

But how does one live more in tune with nature or natural law? The most profound natural law, is the law of karma, which states that every action brings an equal and opposite reaction. Mere awareness of this law alone can bring so much more peace and happiness to the world. Being aware of the results of our actions can act as an effective deterrent to engaging in negative actions. Receiving plenty of sunlight, fresh air, and having a proper, pure diet all work towards ensuring that we live more blissfully in life. It is of critical importance to reconnect with spirit by the scientific art of meditation which brings one in contact with the inner self.

Meditation allows an individual to transcend the level of thought and move into a state of unity with all. In meditation one may experience a state of awareness beyond deep sleep, dreaming or wakefulness. The more one exposes his or her mind to the level of absolute reality, the more consciousness starts to awaken in enlightenment. It should be noted that correct posture, meditation technique, as well as diet and other life habits also play a part in the effectiveness of meditation.

My message to you this month, dear readers, is to purify your mind. Start to live more fully in the moment and try to put your mind in touch with the infinite spirit all around us. Walk in the sunshine, smile at the sky and breathe with gratitude. Repeat powerful positive affirmation, commit to a pure diet and meditate to be tune with God all the time!

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.



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There is life beyond this life

FLORA TECKIE

Our earthly life is only a small part of a life that is eternal, a life for which we should prepare ourselves purposefully and perseveringly. According to the Bahá'í Scriptures: "When the body dies the soul lives on" ... "Our body is like the cage, and the spirit is like the bird. We see that without the cage this bird flies in the world of sleep; therefore, if the cage becomes broken, the bird will continue and exist. Its feelings will be even more powerful, its perceptions greater, and its happiness increased".

Dreams are one of the proofs that the life of the soul does not depend on the life of the body. For example, in the state of sleep we see without eyes, speak without a tongue, run without using our feet. When we are awake the eye sees only for a short distance, but in dreams we may be in Johannesburg and see our friends in Cape Town or in another part of the globe.

The human being has his beginning when the soul associates itself with the embryo at the time of conception. There is a special relationship between the soul and the body and together they form a human being. The association of the soul and body is like the association of light with the mirror which reflects it. The light which appears in the mirror is not inside it, it comes from an external source. Similarly, the soul is not inside the body. The same way that the light continues existing whether the mirror is there to reflect it or not, the soul continues living independent of the body.

Our soul continues to progress after its separation from the body. Bahá'u'lláh says: "Know thou of a truth that the soul, after its separation from the body, will continue to progress until it attaineth the presence of God ... It will endure as long as the Kingdom of God, His sovereignty, His dominion and power will endure. It will manifest the signs of God and His attributes, and will reveal His loving-kindness and bounty".

Since our eternal part is our soul, we should not live on earth as if only our physical life and physical pleasures are all that matter. We have to prepare ourselves spiritually since the life beyond is a spiritual one. In the Bahá'í Writings, life on earth is compared to the life of a child in its mother's womb. In the mother's womb a child develops eyes and ears, lungs and limbs, in preparation for life in this world. In the same way while we are in this world we need to prepare for the next world. To enjoy life on this earth fully the child needs to develop its limbs before it is born. To be close to God and happy in the next world we need to acquire spiritual qualities while we are in this world.

Developing the innate qualities that lie at the foundation of human happiness and social progress help us grow closer to God and prepare us for the life beyond. As stated in the Bahá'í Scriptures: "... if the soul of man hath walked in the ways of God, it will, assuredly, return and be gathered to the glory of the Beloved. By the righteousness of God! It shall attain a station such as no pen can depict, or tongue describe".

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 new civilization

BY THE MASTER through Benjamin Creme

At the beginning of this New Age which is dawning, it is difficult for many to imagine the kind of civilization and culture which will grace the succeeding centuries. Most attempts to do so remain enmeshed in a materialistic vision; seldom does one see the effort made to embody the aspiration of mankind for a life of spiritual meaning and expression. Let us try to envisage the future in terms of the new civilization and culture. Soon, the first steps will be taken in the direction of the new dispensation. Soon, the new signposts will be set, indicating the way ahead for humanity. At first, the changes will be gradual but eventually, in quickening momentum, all will be re-fashioned.

Let us consider the nature of the elements which will make up the new civilization. The outstanding attitude of the new time will be the attempt to create right relationships, to express goodwill. A massive shift in emphasis from the individual to the group will re-orientate humanity along more fruitful lines, and will reflect itself in the creation of structures more in keeping with the Plan of God. A further characteristic of the future time will be the desire to know better the nature of God and to come into closer relationship with that Divinity. From being peripheral to men's lives, as is the case today, this aim will become paramount in the lives of millions. Accompanying this new approach to God will be a new reverence for all manifestations of life, thus bringing men into better alignment with the subhuman kingdoms. This new sense of responsibility for the lower kingdoms will speed their evolution and so serve the Plan.

Before long, a new approach to science will open the way for a complete re-adjustment in men's attitude to the Reality in which we live. The new science will show humanity that all is One, that each fragmented part of which we are aware is intimately connected with all others, that *that* relationship is governed by certain laws, mathematically determined, and that within each fragment is the potential of the Whole. This new knowledge will transform men's experience of the world and of each other and confirm for them the truth that God and man are One. Thus, the new science will demonstrate man's divinity and will lead to the establishment of the New World Religion. The ancient schism between religion and science will be healed and a new impulse given to man's spiritual growth. In this fertile climate, the hidden psychic powers of man will unfold naturally and the vast potential of the human mind will conquer space and time and control the energies of the universe itself. The resources of the human spirit are unlimited. In a crescendo of revelation, the glory of the unseen worlds will be revealed to man's astonished gaze and the full magnitude of the divine creation will be realized.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-05.htm

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

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

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





Education is important

SWAMI SHANKARANANDA MAHARAJI

You must sow your seeds to create a habit. And you must sow your habits to create an attitude. And sow your attitude to create your character. It is very important in this life.

It is our parents who give us something that nobody can take from us, and we go with it to our last day. It's called 'education'. Education is not about studying; it's not about remembering. It's about living. You have to use that education to live this life. Don't be like some people who are studying for ten years and still not finished. And they are talking about studying again. For some people studying has become a profession.

Please use this time wisely. Education is the most important aspect of this plane. There are eight million four hundred thousand species on this earth, and your soul has chosen this body because this body has what we call intelligence. Use it. When I drive past the local school in the morning, sometimes I think there are chips outside. The children are busy running around on the road and everywhere, chasing each other. And I think about when we went to school. Once we were inside the school property we could not get out until the school was finished. The principal was our guardian, our custodian.

We need to make the best of this life because in three to four years from now education will be in a mess and you will be lucky to be out of the system. After the next election you'll see what education will become, and you'll think, 'maybe I should do my best now and get out of the system'.

So, children, as much as it may sound like a joke to you right now, education is the utmost in this life. There's nothing more than education. Your father can own one hundred and forty-seven trucks and twenty businesses but without education you're useless. It is the most important aspect of this journey.

If you want to get the best results, before you start to study recite the following mantra nine times: *Om Rheem Aheem Saraswathi Namaha*, and see how you'll attain. Some of you may think I am mental. It works. Please study, study and study. You'll get nothing else out of anything that you do, but by study you'll get everything.

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: family matters

BERNIE SIEGEL, MD

Yes, your family matters. It may be the most painful experience in your life or your most joyful experience. In either case it can still be the best thing that ever happened to you. To begin with I have to share a line from a Robert Frost poem: Home is a place that when you go there they have to take you in.

If that is your experience, lucky you. I know people of all ages whose parents, committed suicide, told their kids to commit suicide, abused their kids verbally and physically, were alcoholics, drug addicts and more. As one woman shared: "My mother's words were eating away at me and maybe gave me cancer." And others: "My parents committed suicide when I was a child. I must have been a failure as a child." From her parents: "We don't love you enough to not commit suicide." They had to struggle and have their lives threatened by cancer to find their authentic selves and self-love and esteem and turn the curse into a blessing.

On the other hand my Dad's father died, when my Dad was twelve, of tuberculosis leaving a wife and six kids with no money to help them survive. Yet as an adult I heard my father say that was one of the best things that ever happened to him. When I could talk to him in private I told him I had heard the hell they all went through so how could he say that. His response: "It taught me what was important about life. Material things are to make life easier for everyone and not to just be accumulated or wasted on expensive things to impress the neighbors." I may add he lived the message his entire life and having people repay him was never an issue for him. It did annoy my mother at times because he was so laid back about it.

We are individuals who, I also believe, have a family of our own multiple personalities within us but as individuals we have a chance to help create the family of man beginning with our biological family. I keep repeating how growing up feeling loved changes your life in a therapeutic way on all levels. Relationships are the key to survival. And we each have the right and need to have family and feel loved. Something we can reach out for and bring together the wounded soldiers of life's battle and help us all to heal. To do this we need to speak out and make others aware of our needs.

Over and over again we are subjected to the horrible events which occur when a rejected individual takes revenge and then commits suicide out of guilt. If you are subjected to indifference, rejection or abuse speak up and reach out for help. You are not alone and your classmates and friends will understand because they know the feeling too. Many years ago one of our sons said to me, "You don't love me as much as my brother. I responded, "What are you talking about?" "You have five children and we should each get 20% of your time." I said, "Your brother is driving us nuts so he gets 40%." I give him a lot of credit for speaking up. He was a good kid sleeping in the last bedroom at the end of the hall. He could interpret all that as rejection versus trust. While his brother's bedroom was right off the kitchen so we knew what he was doing.

Years later to encourage his brother, a clever and bright kid, to leave home and go off to college we used non-directive therapy. One evening, while he was out, we dismantled his bed and hid it. He came home and went into his bedroom as we all sat waiting for his reaction. There was none. So we all went to bed. Next morning his bedroom door opened and he came into the kitchen, "Thank you. My back feels much better now." Yes, we all had a good laugh.

Like the time the five kids were arguing around the kitchen table. Lots of noise so I said, "You may choose peace or you may choose conflict." Our daughter who has a mild hearing impairment said, "I'll have pizza." That quickly resolved the problem as we all burst out laughing. I may add that when I was the problem giving orders to everyone they would say to me, "Dad, you're not in the operating room now." Those symbolic sayings all worked.

Before I operated upon one of our children, being the only surgeon trained in pediatric surgery, when he was four. I showed him the hospital and the operating room and the staff so he would feel safe. When he woke up with me beside him in the recovery room he said, "You didn't tell me it was going to hurt." That broke my heart and he trained me. He also taught me a lot at age seven when an x-





ray revealed he had what looked like a malignant bone tumor. I was depressed thinking about the future and expected the family to all sit in their rooms depressed about what his future held. The next morning he came into my home office.

“Dad, can I talk to you for a minute?”

“Yes, what is it?”

“You’re handling this poorly.” After that he gave me a therapy session about enjoying the day and not worrying about next year. Like Woody Allen’s line: “What are you doing Saturday night?” “Committing suicide.” “How about Friday night?”

Fortunately he had a rare benign tumor.

Another son had an invisible friend named Michael. Whenever we were upset with something he did his response was, “Michael did it.” Of course he is a lawyer today. He did enjoy having a not so normal father because when he was out of line at school or work he would hear people say, “Well you know who his father is.” And he received no punishment due to his genetic defect.

Another son restored cars as a rewarding hobby after going to automotive school in Denver. Our property looked like an auto repair garage. One evening I had to drive to a lecture but when I stepped out the door all our cars were gone except for a rusty old Chevrolet Camaro in need of repair. I got the key climbed in and drove to the lecture sight. I noticed how focused and interested the audience was which was beyond my expectations. I mentioned this to the person who invited me to speak. She said, “We were all impressed by your humble nature.” I asked her what she was talking about and how did they know my nature. “The car you are driving. We all expected a doctor to drive up in a Cadillac.” I laughed and told her I didn’t have a choice.

I will close with a technique I used to help get me through the day and which you can teach your family. The Buddhist Thich Nhat Hanh recommended it and called it bells of mindfulness. In a Buddhist country you hear bells throughout the day and when you do you stop and breathe peace for yourself and all those you care about. (I hope that includes all the Earth’s residents when you do it.) But since we do not have bells here we have to create the bells symbolically and he said it can even be something you see not hear, like a STOP sign. I liked the idea of using the telephone as a temple bell and so every time you get a call let it ring five or six times and breathe peace with each ring. When you answer the call and say hello your voice and tone will reflect the peace within you.

I want it to be clear to all of you that there is one case in which I would make an exception and not recommend this technique. I called my ninety year old mom, who always lived my sermon. Her phone kept ringing. I was getting anxious and about to hang up and call one of her neighbors when I heard her voice.

“Mom, you okay? Why didn’t you answer the phone?”

“I’m doing what you tell people to do, breathing peace.”

“That’s for other people. You pick up the phone on the first ring.”

I eventually got her to have someone in the house twenty four hours a day so I wouldn’t panic and worry. They all became family too.

Last but not least listen when your children speak the truth, do not tell them to be quiet, support them for their courage, do not make excuses for them and tell the world to listen to their truth.

Peace, Love & Healing,

“Families are like fudge ... mostly sweet with a few nuts” — Ann Onymous

“But the emperor has nothing on at all!” cried a little child. His father accepted while other adults ignored the truth.



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



Pilgrimage

FR. NOEL GILLESPIE SMA

John Paul II says that as soon as a person leaves the maternal womb, they begin a journey through the time and space of existence. 'From birth to death, the condition of each individual is that of the *homo viator*'.

Pilgrimages symbolize the experience that is life's journey. A pilgrim is someone who goes on a journey in the hope of meeting God for the first time or in the hope of meeting God in a new way. It is not we who travel looking for God; it is really God looking for us.

A pilgrimage becomes a pilgrimage when we travel in faith with a desire for the truth. I go on pilgrimage to thank God for all he has given to me in my life, to ask forgiveness for my sins, to ask for the grace to forgive others, to seek healing of mind and body, to seek protection from evil spirits, to examine my life and make new beginnings.

When we go on a pilgrimage humbly, there is no telling in what way we may be changed. Jesus, who accompanied his parents on the annual pilgrimage to Jerusalem 'grew in wisdom, in stature, and in favour with God and with people' (Luke 2.52). Who is a Christian? One who tries to follow Jesus. Notice the word 'try'. We do not always succeed. We are sinners. St Paul tells us: 'I don't understand myself at all. I really want to do what is right but I can't. I do what I don't want to do – what I hate' (Romans 7.15–25).

A battle between light and darkness rages inside each one of us. We go on pilgrimage because we know we need God to deliver us from the evil that lies hidden in our hearts. As we travel we carry in us light and darkness. As dawn approaches we pray in a very practical way, 'deliver us from evil'.

Altars and shrines made of stone and wood are places where people remember a felt experience of God's presence. A shrine is a place dedicated and given over to God. A shrine records in stone a specific encounter with God. At Vleeschfontein a stone shrine rises magnificently from the bush, honouring the visit of Mary, the mother of God, to a young peasant girl, Bernadette, at Lourdes in France. This Vleeschfontein stone upon stone has the inscape of its parent landscape, the African bush.

A pilgrim inhabits a space alone, yet surrounded by infused light. A fecund silence surrounds the woman. There is a vibrant stillness in the water. She stands on holy ground. She has left her companions. Our Lady looks on. In pilgrimage we travel together, yet experience God alone in the mystery of who we are. Nelson Mandela in his inaugural address as president of South Africa says, 'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us'.

As you enter the church door, it is to step into darkness, the unknown, the dark night of the soul. But the alchemy of the mass eases out in a golden glow at the gable wall, and resurrection colours of red, yellow and gold rise to the blue heavens.

Flowers sheltering by the wall scent beauty into the desert air. Tradition has it that the apostles, going to the tomb to raise a stone over the grave to the Mother of God, were enveloped by a heavenly perfume and bent down to look into the tomb. The body could not be seen, but roses and lilies abounded. She, in whom the Word of God took flesh, was raised body and soul, and assumed into heaven.



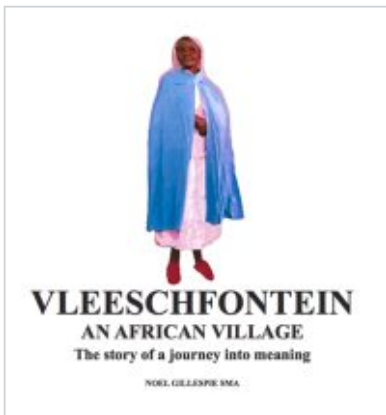


Let each of us, hesitant though we may be, come away awhile to spend time with Jesus in the Eucharist. Jesus is here. He is present among us in the Blessed Sacrament. Feel it. Feel the transforming power present in the Eucharist. It is time. He will touch our spirit and tell us ‘go on your way – you are healed’ .5 Let us contemplate the Eucharist through the eyes of Mary.

Mary does not claim to be special because she is the Mother of God. In her praise song she says, ‘he has looked with favour on his lowly servant; from this day all generations will call me blessed’ (Luke 1.48). Mary celebrates the fact that God looks upon her. It is this that delights her. She is special because God notices her.

Mary brings me to the notice of Jesus. God looks upon each one of us with the same eyes of love as he looks upon the Mother of his Son. God notices me, prayer happens when I glance back at God. Meister Eckhart puts it well: ‘the eyes by which we look back at God are the same eyes by which God has first looked at us’ . This reciprocal gaze is the true self.

Pilgrim places are ‘thin’ places where it seems possible to step over the threshold from one world to another. Let each of us step over the threshold to meet with Jesus present in the Blessed Sacrament. Let no one exclude himself from the Eucharistic embrace. Let no one behave like the elder brother in the parable of the Prodigal Son who refused to enter the house to celebrate (Luke 15.25–30).



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

Interconnectedness

The sun, the stars and moon remain an extension of me.
 The tree are my lungs, the soil is my Earth, and the sky is my shelter.
 The geniuses are those who have realised our interconnectedness.
 And the truly poverty-stricken are those who have not realised the this truth.

SUREN PILLAY



On Meditation

In the attitude of silence
 the soul finds the path in a clearer light,
 and what is elusive and deceptive
 resolves itself into crystal clearness.
 Our life is a long and arduous quest
 after Truth.

MAHATMA GANDHI



Overcoming Temptation

Teach me, O Spirit, to distinguish between the soul's lasting happiness
 and the temporary pleasures of the senses.
 Teach me not to engross myself in passing sense-pleasures.
 Teach me to discipline my senses that they may always make me really happy.
 Teach me to substitute for flesh temptation the greater allurements of soul happiness.
 I laugh at all fears, for my Father-Mother, beloved God,
 is attentively awake and present everywhere
 with deliberate purpose of protecting me from temptations of evil.
 O Eternal Conqueror!
 Teach me to train noble qualities within me – soldiers of calmness and self-control.
 Be Thou their Divine General in the battle against the dark foes:
 anger, ingratitude, untruthfulness.
 May I raise over the realm of my life Thy flag of invincible righteousness.
 O Father, train the children of my senses not to wander away from Thy home.
 Turn my eyes within to gaze upon Thine ever-changing beauty;
 train my ears to listen to Thine inward song.
 Divine Teacher, discipline my unwise wayward senses;
 spiritualize their pleasures, that they ever look beyond the illusion
 of glittering visible forms to find the divine joys of simplicity.

PARAMAHANSA YOGANANDA



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