

*Enter that quiet stream within you.
It sustains you no matter what the surface is up to.
It is nice here. It always is.
There is a Do Not Disturb sign here that keeps noise away.*

GLORIA WENDROFF, Heaven Letters



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 55
9 September 2014



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is Trolltunga, Norway by Michelle MacMahon.

Welcome to the September 2014 issue of *Transcendence*.

When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed.

FRED ROGERS

September 25th is the international peace day. Peace is determined by the state of mind of each individual. In a number of this month's articles, contributors tell us of the importance of mind-power, and how to use the mind to improve our lives and the lives of others in order to attain peace within and peace without.

Peace means something different to each of us, which is where the challenge comes in attempting to attain it on an international level, but it does start from within each one of us. We first have to be at peace with ourselves, be satisfied with what we already have, and treat others as we would like to be treated.

Daily meditation goes a long way toward attaining understanding of the Self, developing inner peace and outer tranquility. By meditation we can achieve states of inner peace we never dreamed possible. But it all starts with the mind, the discipline to meditate every day, to ensure our every thought is positive and beneficial to our own well being, so that we can transfer that state of positivity to others. When enough of us have reached this place, the scales will tip and the positivity in the world will outweigh the negativity. So, meditate for peace.

In Love and Service, always,





Heavenletter # 4098 – This is the truth

GLORIA WENDROFF

God said:

Are you feeling subdued today?

That is fine. You don't have to be elated every day. Your happiness does not always have to be escalated. If it were, you would be at a pitch of excitement that you could not endure. The relative world cannot sustain you. Nothing in the relative can sustain you for long.

Enter that quiet stream within you. It sustains you no matter what the surface is up to. It is nice here. It always is. There is a Do Not Disturb sign here that keeps noise away.

The underlying Silence of Heaven buoys you. It is as if you cannot hear the roaring of the waves. You are in a deeper place where your heart can rest. Rather than riding the furrows of the waves, you are buoyed by the depth of the waters. You are deep into the majesty of life whether it is on Earth or in Heaven. Actually, it is always Heaven. In Truth, you have chosen the armoire of Heaven over the soapbox of Earth.

Heaven is not an escape. It is your very foundation. In Heaven, you do not flounder. Heaven is your very substance. Heaven is not frivolous. It is not a departure from life. It is not a detour. It is your very sustenance. It is Reality.

It is the world that is an outing. It is a field trip. It is an exploration. It is imagined.

Heaven is real. It is where you are from. It is where I abide, and where you abide with Me. Heaven goes with you. You take it with you. Heaven is always here for you, right at your fingertips, as it were, right at your toes, right where your feet may be. No matter where you are in space and time, you are infinitely in Heaven with Me.

Wherever I am is Heaven, and you are with Me.

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

If you are seeking love, I am It. Heaven is the gas station where you fill up on love. You are never disconnected from the pump. You are always in My heart. If you think otherwise, it is because you have been too busy running off here and there, so busy skipping across the surface of life.

Consider Me a place to go to where you meet yourself and bless the world.

Come find Me and bless the world today. Take a break from furor and enter Silence and Peace with Me. Enter consciously. We are in an eternal embrace, and I never let you go. Of course, you never want to leave. You cannot. The Power of Love is too great.

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

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/this-is-the-truth.html>



Inspirational Quotes



My love for you is not dependent upon what happens here or what happens there. This does not mean that I am an indifferent God. I do not pick and choose so much as you may have thought. Events are written and events are not written. I do not think through every set of events. From the human point of view, there is loss and there is gain, and heartache can accompany either loss or gain, is that not so?

Heavenletter #4103 In the Consciousness of Heaven



If you do not like a store's offerings, you don't have to shop there. You can go to another store. In life, children of My heart, you are free to leave one store for another. Release yourself from dissatisfaction. This is also true of a company where you work. Of course, they could do things differently, yet, how they do things is their decision. They invested themselves in the company before you joined them.

Heavenletter #4102 The Rules of the Game



The world is preparing for an outburst of love such as I have dreamed of. I have long said, "Let there be light." Light is also love, and I have long said: "Let there be love. Let there be love for all. Let there be pure love for and from all. Let love shine like the sun. Let love be the commerce of the Universe. Let love be. Let love not be trampled not even once more. Let love reign.

Heavenletter #4099 Concede. Surrender. Love.



Everything you might say to Me, I say to you, and I repeat that We live in Oneness. I am One with you, and you are One with Me. I am you, and you are I. We are a mixed bag of one trick, you might say.

Heavenletter #4104 Imagine That



You grow closer to Me. I cannot be closer to you than I already am. It is you who comes closer in your awareness. A millimeter is as good as a mile. Progress is progress. Growth is growth. You are a vine that winds its way closer to Me.

Heavenletter #4105 Growing Closer to God

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





Searching for soul-satisfaction Part 1

ROY EUGENE DAVIS

To expect mundane events, circumstances, or relationships to provide us with peace of mind and soul-satisfaction is to invite eventual disappointment and discontentment because all outer conditions are changeable and impermanent. Knowing the impermanent nature of physical phenomena does not mean that we cannot or should not responsibly relate to it or that our real needs and necessary desires should be renounced or ignored. While we are in this world, for our comfort and well-being we need secure dwelling places; a wholesome environment; food, water, and material resources; compatible relationships; and freedom to creatively express and steadily grow to emotional and spiritual maturity.

When our external conditions are as ideal and comfortable as we want them to be, while being thankful for good fortune we should endeavor to continue to improve our knowledge and awareness of our spiritual essence and of ultimate Reality. Because we will be in this time-space universe for only a few decades, we should ask:

- After I leave this world, what will my circumstances be like?
- What do I want those circumstances to be like?
- How spiritually conscious will I be?
- What should I be doing to actualize my full potential to experience and express excellence this incarnation?
- What should I do to have my mind purified, my awareness clarified, and my consciousness fully restored to its original, pure wholeness?

When asking those questions, when what seem to be “right answers” arise in your mind and awareness, write them in a private notebook. Examine them from time to time. Write your further thoughts and the choices and plans that you make.

How We Can Actualize Our Full Potential to Experience and Express Excellence?

actualize Manifest, demonstrate, or make real (actual) by actions.

potential Capable of being but not yet existing. The inherent ability or capacity for growth, development, or coming into being.

Because we are spiritual beings, almost limitless capacities and powers to express are within us. If we are not yet skillfully using them, we can learn to “see” worthwhile possibilities that are presently available to explore. We can also imagine events, circumstances, and experiences that would be of real value to us and to others who might be influenced by our decisions and actions. Ideal circumstances may be produced by our effective actions or attracted with constructive thinking and enlarged mental and spiritual capacities to accommodate good fortune.

Excerpt from *Truth Journal*, February/March 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 goodwill

LUCIS TRUST

Insofar as it is considered at all by intelligent thinkers and commentators on human affairs, goodwill is rarely thought of as a quality of will. One of the tasks of the Triangles network is to change this. Typically, this might be understood as an educational challenge: teaching in schools and universities and more informal settings, accompanied by research and study to generate publications, ideas and theories which might spark national and global conversations.

The Triangles network uses a different method: through thought, visualization and the concentrated use of the Great Invocation, participants create geometric patterns of relationship in the etheric realm through which divine energies of light and love radiate into the mental atmosphere, nurturing and stimulating all the potencies of goodwill that naturally exist.

In every human community, no matter how large or small, people apply varying degrees of will to their lives: the will to survive, the will to persist in the face of hardship, the will to improve one's own life or the life of the family. Will drives activity.

Just as the will is often applied for selfish and even positively harmful purposes, it is also often used to advance goodness, beauty and truth. Usually it is driven by a complex mixture of motives. The quality of goodwill finds expression in any community at varying levels of refinement from a rare, concentrated will-to-good, and even a will-to-love, through to the more widespread simple, natural will for a comfortable harmony to prevail and the best possible outcome in any situation.

When the quality of goodwill in all of its shades, subtleties, and degrees of refinement is noticed, valued and positively empowered in a community, it can be fused into a united and working potency. When it is ignored, or treated as if it is simply a sentiment, goodwill can appear to be a passive force. But when it is valued and creatively nurtured it emerges as the greatest treasure of a community (or a family or a nation), and an enormously positive energy.

There are plenty of examples of waves of goodwill spreading through a community, initiating countless acts of kindness and goodness. This is the power of goodwill in action. Often this happens in response to collective grief or crisis (sometimes these waves of goodwill are so powerful that they reach out to embrace the global community) but it can also be triggered by design: one example on a global level is the annual celebration of the UN International Day of Peace on September 21, when millions of people give expression to their vision of the One Life through countless acts of goodwill.

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



Step outside your normal timeframe

SWAMI KRIYANANDA

Time is, of course, essential to our perception of the things of this world. Nevertheless, great yogis have all described time as a delusion. My Guru compared time to a movie film which, in the projection booth, can be turned at will forward or backward, quickly or slowly. The mind staggers under the weight of this concept. Fortunately, it won't be necessary to dive into those swirling waters. What is important here is that it is possible to adjust our concept of time to our actual needs. We can narrow time, or expand it. It is a mistake to think that every serious decision demands a great deal of time and thought. Far more important than the time we spend on a project is the energy we give it. Behind that energy must also be will power; and will power must in its turn be directed consciously. It is, above all, helpful for consciousness to be directed by inspiration, the source of which is beyond all vibration, in the eternal Now of Spirit.

In 1925, Paramhansa Yogananda saw something he had beheld many times in superconscious visions: Mount Washington Estates, in Los Angeles, which was destined to become the international headquarters of his work. The price of the property was \$45,000: a princely sum in those days, before the dollar had become inflated many times over by over-printing. Students of the Master objected, "It would take us twenty years to raise that much money!" "Twenty years," the Master replied, "for those who think twenty years. Twenty months for those who think twenty months. And three months, for those who think three months." Three months later, the property was his. "Haste makes waste" is a popular saying, probably uttered similarly in every language. It was not haste that my Guru counseled in saying, "Three months, for those who think three months." Rather, he was urging his followers to step out of their normal time frame.

Success of every kind should be sought calmly, in refusal to be ruled by time. Success itself is an unfolding—of awareness above all, not of events. Since time is an illusion, it can be understood more easily by calm, clear awareness. Indeed, it is only in calmness that its reality is experienced. If you have an urgent job to do and want guidance and inspiration for the accomplishment, pray for a new perception of the time involved. Include in the request the demand that time not impede you. Here is an example of what I mean:

A number of years ago, *Warner Brothers*, a well-known publishing house in America, asked me to write a book for them. I suggested a title for this new book: *Meditation for Starters*. They gave me their approval. My expectation at the time was that I'd have nearly a year to write it. In this happy confidence, I was disappointed. Two weeks later, unexpectedly, I entered a hospital and underwent open-heart surgery. This was December 18, 1994. After the operation, my three doctors insisted that I must take a whole year off, with complete rest. That year was among the busiest and most stressful of my life. Two weeks before the operation, a summons had been handed me to appear before a court of law. This was imperative, and could not be canceled or graciously postponed in the interests of my survival. As for the book I'd agreed to write, I might conceivably have begged off, or at least got Warner to let me postpone writing it. Unfortunately, I'd already spent my advance royalties on purchasing equipment for our sound studio, and was thus committed to finishing the work.

Toward the end of April I received worse news in the form of a letter from Warner Brothers' editorial staff, informing me that what they really wanted from me was a book titled, *Superconsciousness*. This posed a serious problem for me. There was no way I could 'plaster' this new title onto the book I'd been planning. I would have to write another book altogether. The subject they proposed was, as I saw it, one that would take prolonged preparation and more-than-usually precise writing. To do justice to it would, I believed, require at least two years. Even a relatively superficial job seemed impossible in less than a year. I asked them how long they'd give me for this book. They replied, "Two months." The end of June, in other words. It was now nearly the end of April! Unfortunately, my schedule didn't even permit me that much time. The actual time available to me for writing this book

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was hardly more than one month. Well, I promised Warner I'd do my best. I then turned off my phone, accepted no visitors, didn't even look at my mail, and told God and Guru firmly, "You've got to help me! I simply cannot do this job alone." Amazingly, the job did get finished on time! Several times the thought came to me, "I've bitten off more than I can chew!" Each time, instead of giving up (as I was tempted to do), I simply turned up the volume on my inner flow of inspiration. The manuscript was sent to New York on the next but last day of June, 1995, and reached there, as required, for the end of the month. I can only think of this entire episode as a miracle. Interestingly (in the light of this lesson on timelessness), even if I'd worked from normal inspiration I couldn't have finished the job when it was due, had I not made time itself part of my request for inspiration.

On several other occasions in my life, I've had to include the factor of time in my prayers for inspiration. Strange as it must seem—to me even now, it seems impossible—I've never been let down. How was it possible for inspiration to come through repeatedly and so consistently?

Lessons learned:

1. The first and absolute necessity, I believe, is not to let the intellect interfere with one's flow of inspiration. This is true no matter what sort of inspiration you seek. The intellect functions rationally only. It is, therefore, irrevocably tied to time.
2. Repeatedly, as often as when I've added time to my request for inspiration by saying, "There just isn't time to think these things through. It's Your turn, Lord: Give me the insights I need," the answers have appeared instantly and with crystal clarity. Later, moreover, the clarity I received has stood up under the test of any logic that I could muster to challenge it.
3. Indeed, superconscious inspiration has met the tests of logic better than any process of reasoning could have done. The very act of reasoning things out would have shown psychic scars, later. Instead, the intuitions I received were like the facets of a diamond, each one reflecting light brilliantly no matter how I turned it to the light of my own actual experience.

The point I am making here is simply this: Don't let considerations of time dissuade you from undertaking any project that seems to you important. Often in my life I have proved this simple formula: Though man can do little on his own, God can do anything! Success cannot come, of course, if one makes this teaching an excuse for drifting lazily down a river, telling himself, "Everything is in God's hands. Everything will be all right!" Nothing can be accomplished without will power. People who are wholly immersed in the delusion of time consider time necessary for every accomplishment. For them, often, the longer it takes to do a thing, the more worthwhile the accomplishment. People see time as points along the way to completion. Most people, as they contemplate these separate points, see only problems needing to be resolved. One with a consciousness of flow, however, ceases to concentrate on the separate individual points, and in consequence may find the task perfectly simple.

If you want to be creative, concentrate on the flowing motion rather than on all the points and problems along the way. If a thing needs to be done urgently, view the time you spend on it against a background of eternity. Some goals may indeed press upon us in terms of the time we have available for reaching them. If, however, we can keep in mind the truth that whatever happens is really happening right now, then the idea that time is a requirement for getting everything done is no longer a problem, for 'right now' becomes the only time in which one can do the work at all. The yogi does not deny the reality of time. He simply sees the fleeting events of life in relation to eternity. Obviously he must 'keep his feet on the ground,' addressing life's events as they occur. To do otherwise would mean being merely a dreamer.



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





Hindsight

ROD BRIGGS

*I must find the songlines that run through my life,
the melodies that remind me of what I really am...*

I must remember how to dance...

ORIAH MOUNTAIN DREAMER

Maybe it's the turning of the year, or it could be the pre-dawn stillness of the still sleeping ocean I'm looking at, but either way I awoke this glorious morning with a review of my life running in my head. Hindsight is often denigrated to a useless 'wise after the event' type of mental exercise and yet it is one of our most basic self management tools, and very valuable if we are able to lock the lessons learnt into the toolkit of our mind.

I recall that on a particular day in November 1971, while walking home from school, my rumination on the future led me to imagine what the year 2000 would be like; I remember thinking that, if I was still alive I would be very old by then. At the time the millennium seemed an unimaginably long way away yet here we are a decade and a half beyond that ... and it seems to have gone past in a flash. Subsequently, I have had similar musings with both my daughters and granddaughters who, in their turn, also find it impossible to grasp what another thirty years will be like (nor do they really believe my emphasis on how fast it will go by).

This holiday season our house was the centre of a clan gathering of family from all over the mudball with every decade being represented, from the youngest grandchild not yet one year old, to our matriarch who is eighty. I took it as a great opportunity for people watching. It seems that at every stage of life our needs, and therefore the way we interact with life, change. As I looked at each age group I cast my mind back, with many a cringe it must be said, to what I was like in my pre teens, teens, twenties, thirties and so on. I found the exercise fascinating and while I was, on the face of it, driven by age related concerns I also became aware of an inner calling, a background drive to explore certain ways, often inexplicable and entrancing in a pied piper-esque kind of way.

I've come to realise that it is impossible to teach anyone anything about life until they are in the right space, the requisite level of awareness if you will. Each time in our life has its appropriate lessons which can only be experienced when the time is right. Allowing this to unfold in its natural manner is to follow the hidden trails of our songlines. It will aid us in moving through life, not as a trudge or weary march against time, but rather as a dance, effortlessly moved by the music of the spheres.

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 III

SWAMI MURUGESU MAHARISHI

Modern man, under the cloak of civilization, is virtually destroying the earth by his inventions like nuclear weapons. It is the unfavourable and uncongenial thinking of the politicians and the abetting of the scientists that has brought about the present tension. If people would only behave as they speak, as a brotherhood of nations, of universal co-operation, there would be no need for any lethal weapons. It is not surprising to hear nowadays, of a son murdering his mother, or a husband murdering his wife. But if a way could be found to change the minds of people to be more pious, we may yet see heaven on earth.

I am sharing a simple prescription to my followers on how to convert a bad person into a better one. By following my instructions carefully you should be able to achieve the objective of influencing the minds of those with mean or negative ideas, and helping to lift them up in life, and enlighten them so that they may change to be more intelligent, cultured and pious beings.

If anyone were to sit and ponder the various thoughts one has over a period of a week or so, they would be astonished to note that many of the thoughts are unwanted and not generated by the observer. This clearly shows that many of our thoughts are not of our origin. They enter the mind when we are not aware. To test this, retire to a quiet place and watch your thoughts. You will find that many unconnected, unwanted, irrelevant, correct and incorrect ideas arise in your mind. So you will not understand that, except for a few thoughts, all the others are unwanted and not caused by you.

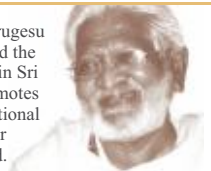
Many great seers who have dedicated their lives to spiritualism, have discovered that many thoughts arising in one's mind when it is not fully engaged or fully focused on a particular subject, belong to others who think about the subject. Strongly, like the waves of the ocean that keep dashing the shore one after the other, the thought waves keep moving ripples and mingle with the waves of others. Many of our thoughts are not ours but have been super-imposed on us by someone, so are baseless in origin. Why do we say that a particular act is sinful? Because our parents have first taught us so, or some religious preacher has said so, or by reading some books we have formed such ideas. We think according to our environment, culture, reading and other acquired knowledge. And, based upon this, we plan our lives.

According to the impressions gained by each person by thinking, hearing or reading, each thinks in a different way. To lead a pious life or an uncharitable life, to be intelligent or an idiot, depends upon our ability to grasp related ideas, or allow our minds to accept those ways of thinking. A person's ideas change according to what he or she hears, reads, observes, or learns in society. In the modern world there are many aids for one's learning, such as radio, television, books, films, or computers, which will keep changing one's views and beliefs.

If we can impress and implant an idea in a person's mind, we can change their beliefs and behaviour. The principle of entering another's mind is to implant in it your own idea in order to change his or her beliefs and ideas and modify them to the a higher line of thinking. Entering another's mind does not mean physically enter their body or taking over their mind. It is merely the creating of an impression by implanting one's ideas in the mind of another so that they take note of them and hopefully understand and act on those ideas.



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





Spiritual productivity

SUREN PILLAY

In the world today there have been many studies on achievement and attainment. The overall consensus is that focus plus energy equals productivity. Productivity can be interpreted in multiple ways, for example: business productivity, academic or intellectual productivity, domestic productivity and even physical productivity. However, the common theme amongst all dimensions of productivity is focus. The critical question, then, becomes: what is focus? And, more importantly, how is focus actually achieved?

Focus has been defined as ‘the ability to concentrate or singularise actions toward a specific or well-defined goal’. It thus becomes logical to assume that if one wants to focus effectively, then he or she also needs a well-defined object or goal. The clearer the object or goal the better the possibility of improved focus and enhanced output. Methods to increase focus have been developed by many people over the years, and include active concentration techniques and deep relaxation techniques, among others.

All of them have shown some level of effectiveness, but the most ancient of methods is spiritual and is known as meditation. Meditation is also known as *dhyanam* in Sanskrit, and is the pure focus of mind focus upon a singular object. *Dhyanam* can only be perfected if one’s mind is completely still and achieves ‘oneness’ with the object of meditation. *Dhyanam* takes years to perfect but, fortunately, the results and benefits of such practice do not take so long to manifest.

Short term effects include: lower stress levels, heightened energy levels, improved focus and concentration as well as higher intellectual output. These only increase in time as a meditator deepens his or her awareness in meditation. Long-term meditators stand to gain much from the prolonged practice of meditation. In one study it was found that the biological age of long-term meditators was 12 years younger than that of an average person of the same age who does not meditate.

Since focus plus energy usually results in higher productivity, meditation, in a business sense, can be seen to be critical technology in increasing output. The result of prolonged meditation has been known to increase the mental abilities of employees, allowing them to perform tasks more efficiently and effectively. For the spiritual aspirant meditation is a must, with the goal of enlightenment, which transcends the boundaries of mind.

However, in order to master the mind, the mind has to be controlled. Mind can only start to be controlled if one is able to choose one’s thoughts let go of thoughts that are not constructive. This is an inherent ability that comes through the practice of meditation since all thoughts need to be released until the mind is completely absorbed in the object of meditation.

My message to you this month, dear readers, is to engage in meditation every day to both increase spiritual awareness and enhance your mental abilities in order to achieve greater performance in all areas of life.

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



Family's role in promoting peace

FLORA TECKIE

Once more the world will be celebrating the International Day of Peace on 21 September; thus, the need to reflect on the progress made, and what role the family has in promoting peace.

There is a growing desire for peace everywhere despite many challenges facing humanity. We now have more than ever before, conditions for the establishment of peace on earth. Despite this there are still persistent barriers to peace. The most common barriers are prejudices, suspicions and narrow self-interest.

The family unit is where good morals and attitudes towards peaceful co-existence must be developed. The family lays the foundation for both, the individual's development and happiness, as well as society's cohesion and advancement. Education required for promoting peace must begin in the family, where children from the earliest age learn about the fundamental oneness of humanity and overcoming prejudices that divide us – whether based on race, religion, gender, class, or nationality.

According to a message from the Universal House of Justice, the governing council of the Bahá'í international community, "The family unit, the nucleus of human society, constitutes a space within which praiseworthy morals and essential capacities must be developed, for the habits and patterns of conduct nurtured in the home are carried into the workplace, into the social and political life of the country, and finally into the arena of international relations".

The Universal House of Justice further states that, "It is the duty of all parents to exert their utmost to ensure the spiritual education of their children and to provide them with the training needed to live a fruitful life of service to their country and, indeed, to all of humanity. Success in this crucial matter requires fostering a loving and constructive environment at home, based on the love of God and adherence to His laws. This entails abandoning all forms of prejudice, rejecting entirely the odious habit of backbiting, stressing the vital importance of the oneness of mankind, and inculcating the spirit of selfless service".

The spiritual and social values that our children and youth learn at home will apply not only in the context of the family, but outside in the local and national community, as well as in the world community itself.

However, we have to be mindful that excessive attention to family interests would not lead to a narrow social outlook, which could be harmful to the broader community. Today many stable and united families, because of intolerance towards one or another segment of society (towards another race, religion, etc.) instill in their children prejudices that stifle their love for humanity and hamper their sense of justice. Through such upbringing our children can become indifferent to the suffering of others or regard violence and oppression as justified, and even to contribute towards it.

According to the governing council of the Bahá'í international community: "Children must be so raised as to regard every soul, irrespective of religion, ethnicity, or any other affiliation, as a fellow human being and to hold dear the words that capture the spirit of the age: "The tabernacle of unity hath been raised; regard ye not one another as strangers. Ye are the fruits of one tree, and the leaves of one branch." ... The family unit provides an environment within which such lofty and world-embracing principles can be taught and nurtured. It is the matrix in which generation after generation can be reared in the conviction that the well-being of the individual is inextricably bound to the progress and well-being of others."

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

The new environment

BY THE MASTER through Benjamin Creme

When the Masters begin Their historic return to the everyday world, They will find much to do to enable Them to function adequately in the new environment. As many know, telepathy is Their normal mode of communication but, working with men, They will have to learn again the long-discarded human speech.

Many of your Elder Brothers are already hard at work on problems of physical plane activity. In this way, a greater degree of trust and facility of work will be engendered.

Furthermore, many Masters have had little or no direct contact with humanity for centuries and so will find the situation and mode of working altogether new. Of course, most Masters are very adaptable and quick to learn but inevitably some will find the unfamiliar experience of working on the outer planes taxing indeed.

For many years now, certain Masters have trained a large group of disciples in the difficult work of implementing the plans, political and economic, of the new civilization. These trained men and women, chosen by democratic vote, will make concrete and real the plans of the more senior members of the Hierarchy. Thus will the reconstruction of the world go forward smoothly, as the people's needs are recognized and accepted. The task of reconstruction is vast, offering men a field of service like never before. Countless millions living in poverty and want must be the first to receive a crash programme of aid on a scale never yet attempted.

Gradually our gigantic cities will give way to smaller ones with an abundance of gardens and parks. The ugly slums of today will be replaced by varied areas of stimulus and rest. One of the obvious differences will be the absence of pollution and smog. In town and country fresh air will be truly fresh. Travel will be fast and silent and the longest journeys short and pleasurable. Fatigue will disappear.

Obviously all of this will take time to implement but, step by step, the search for beauty will become the keynote of our existence. Free, unlimited energy, owned by all and shared by all, will guarantee this transformation. Thus will the New Age be heralded, calling all men to give of their best in service to the Plan.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-07.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>





Accumulation

SWAMI SHANKARANANDA MAHARAJI

To experience God on this journey you have to be somewhat out of touch with the material plane. When I say 'out of touch' I mean that the material plane should not have any effect on you. That means if you lose 10 Rand you shouldn't be sad. And if you gain 10 Rand you shouldn't be happy. It shouldn't affect you.

Accumulation is the worst thing on this journey. Once you start accumulating and don't know when to stop, then you're going to miss the journey. What will happen is that one of the faculties of the mind – greed – will take over and you'll just want more and more and more, and you won't stop. Every time you strive for that you're just getting closer to your grave. The grave is only six feet deep and about a metre wide. You can't take all your possessions with you. The grave is only made for that box. You can't take anything more than that box. Oh, you can take your cellphone.

We fail to understand that, and when we leave this body we take so many problems with us. It's the same with cremation. The furnace is only 3m x 3m x 3m, not more than that. How much can you fit in there? Not much. So again you're going to leave everything behind. And you also leave behind problems. The children will fight. Mother- and daughter-in-law will fight; they will take each other to court. It is MY son's, MY daughter's, and you have all the other problems that come with it, but not if you follow a spiritual path.

So, we should not accumulate unnecessarily. To find the Self is enough accumulation. You'll be practicing and practicing and eventually you'll find the Self and when you find the Self you don't need any more. To sustain the Self you need nothing, but to sustain this body you need retirement.

Nowadays when I meditate I try to meditate so that I don't eat too much. I meditate continuously so that for the whole day I just have 4 slices of bread, and then I meditate that I shouldn't have any bread. Then for a couple of weeks I don't have bread at all. I just eat curry and no rice. That is what I want because when I get old I don't want a situation when I want something and can't get it. I won't have cravings because I'm killing them right now. That's what we must do.

This is important for all of you. Many are on a 'seefood diet'. Whenever they see food they want to eat. They don't know when it's enough. We don't know that other people have not eaten. The body has a craving and we need to meditate to reduce the craving. It's so important that we get this journey right.

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: learning from our teachers

BERNIE SIEGEL, MD

To begin with, some quotes which will relate to my topic this week: “Some cause happiness wherever they go; others, whenever they go.” (Oscar Wilde) “I feel so miserable without you; it’s almost like having you here.” (Stephen Bishop) “He is a self-made man and worships his creator.” (John Bright) “I didn’t attend the funeral, but I sent a nice letter saying I approved of it.” (Mark Twain)

What profession did you choose and why did you choose it? So often your reasons having nothing to do with people. Like a medical student saying, “I am fascinated by the human body.” Well, people show up in the body. A landscaper said he chose his profession because he didn’t want to have to deal with people. Guess who he found himself working with and for? Yes, people. So please understand that no matter what profession you choose you will have to deal with people sooner or later.

If you want to find happiness, find a way of meeting people. You can enjoy and use the meeting as an opportunity to relate to the other human being so they feel better when you depart than they did when you first met. As I keep repeating: we are all wounded so share yours and help people to heal theirs.

There are two children who taught me a lot about life. The first was a sexually abused young man who became HIV+. When the disease first surfaced he contacted me looking for help. One day my phone rang and it was Tony. “Dr. Siegel I am going to commit suicide.” I replied, “Tony I have friends in New York. We can get a gun and kill your parents. That’s what other kids are doing. Why kill yourself?” Then the answer I never forget which has been my teacher. “No, I never want to be like them.” I am sure I have written about the result. Tony went down to the subway to jump in front of the A train. The result makes me remember there are angels and no coincidences.

When you want to commit suicide by jumping in front of a subway train what do you do when no train shows up? Well you look around the station not knowing what to do and see the hotline for suicide prevention advertisement. You call the 800 number and are rescued and learn about love and become a teacher for other wounded souls.

Next, a friend of mine returned from his honeymoon and shared this story with me. He said that he had cut up a tree to help form a shelter for himself and his wife so they could spend the evening camping outdoors. The next morning he was awakened by a roar that was quite frightening. He looked out of the shelter and saw a demon standing there who said, “You have cut up my sacred tree. I am going to cut your heart out and eat it.” He told the demon he just got married and wondered if there were any way or anything he could do to save his life and make amends. He told me the demon said, “If you can bring me a child from your family who is willing to take your place and whose parents agree I will have the child’s heart instead of yours. But if you do not show up by this weekend I will come after your entire family.”

“I am a dead man Bernie.”

“Why don’t we get your family together and we can share your story and see what happens.”

“Bernie you’re nuts. Who would ever volunteer to take my place and no parent would ever agree. This is not about God, Abraham and Isaac. This is about me and a demon.”

“Look we have nothing to lose. I am going to put the word out and we will meet this Saturday morning.”

On Saturday I stood up before his family and told them the story and what the options were. As soon as I finished an eight year old boy jumped up and said, “I’ll take his place.” His parents started





yelling at him and telling him to sit down and be quiet.

He said, “No I won’t be quiet. Consider this: sooner or later my body will perish at any rate but if it perishes without love, which the wise declare is the only thing of permanence, of what use will it have been. What greater merit can my body reap than the love of this act?”

His parents agreed, with tears in their eyes, to let him do it and give his life to save another and on Sunday we all met and headed off to the forest and the cut up tree knowing the demon would be there waiting for us. When we arrived the demon stepped out of the forest and told the parents to lay the boy down and hold his arms and legs. He then handed my friend a sword and told him to cut the boys heart out and bring it to him. As my friend raised the sword I asked the boy and his family if they had any final words they wanted to share. The boy immediately responded, “Let me be born again and again on the wheel of rebirth so that again and again I may offer this body for the benefit of others.” And then he burst into joyful laughter and everyone fell to their knees in an attitude of prayer and gazed in wonder at the boy’s face.

The question for all of you reading this to answer is: Why did the boy laugh? I think the Bible gives us many clues from words like: the son of man comes not to be served but to serve and to ransom his life for the good of the many. Or, why did Abraham not argue with God when asked to sacrifice his son? What kind of father and parents would do what I just mentioned? I think there are many facets to the why. One is having faith in the right Lord and not fearing your Lord but fearing separation from your Lord if you did not have the faith to follow His requests.

Jesus is another example teaching us the same message as did this boy. The truth is we are all here for a limited time and the only thing of permanence is love. So he who seeks to save his life will lose it but he who is willing to lose his life will save it. When you live a life imposed upon you by others or you seek only to please others, you lose your life but when you are not afraid to give up the untrue and unauthentic lives imposed upon you then you save your life. And I can tell you I have seen this happen to people with life threatening illnesses who start a new life and have their disease disappear. It is not a miracle it is the change they make which saves their life.

These words by Thornton Wilder at the conclusion of his book *The Bridge of San Luis Rey* say it very well. “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.”

The eight year old understood that our life isn’t about how many years you are here, it is about what you do in the time of your life. So in the time of your life live in a way that does not wound others but helps them to heal through love. And don’t wait for a disaster to awaken you. Take my advice and get started living today because you never know when it will be your last day and teach your family and kids to do the same. Just watch your pets and animals and you’ll learn how to enjoy the moment be it with an activity that brings joy to yourself and others or a nap.



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



The cross is a living tree

FR. NOEL GILLESPIE SMA

A tall tree is at once shade, a roof over one's head, a post office, a source of fruit, a pharmacy dispensing medicinal leaves and nutritional roots, a place of dispute-resolution, and a familiar beacon in an uncertain landscape. On the 8th of July 1879, the Jesuit pioneers out-spanned their oxen under a large hardekool (leadwood) tree downstream from the confluence of the Marico and Crocodile Rivers on the banks of the Limpopo River. This leadwood tree (*Combretum imberbe*) stands fifty feet in height with an eighteen-foot circumference.

On the morning of the 9th of July, Holy Mass was celebrated for the first time in modern day Botswana under this magnificent tree. It is the first known specific site where mass was celebrated amongst the Batswana people. Brother Hedley SJ captured this moment in history when he carved a cross on the tree.

Father Depelchin SJ writes:

Imagine a rope, weighted by a stone, and thrown up over the main branch of the famous hardekool tree. This rope was looped on the branch. Then Brother Hedley, with a hatchet in his belt, climbed up the rope with the agility of a squirrel, and seated himself on the branch below the crown of the tree. Having positioned himself, he began by tracing some lines with a pencil on the trunk of the gigantic tree. Then, taking his hatchet, he carved, and went on carving until he had carved out a crucifix three feet in height.

Brother Hedley inscribed the cross on a majestic leadwood tree. The cross is a living tree. It is rooted in the soil. Out of Africa, always something new. Today the tree still stands but no longer flowers. Yet it remains a sound tree that puts forth new leaves. How is this? It stimulates the life that produces new leaves. It stands as a still point around which the bush shoots everywhere as from the stock of Jesse. The Jesse tree was the grandfather to the baby Jesus. The leadwood tree is a beacon guiding us to the Christ Child in Southern Africa.

In the bushveld, large trees were desert lighthouses by which travellers could navigate. Trees are bushveld stars. And the leadwood tree marked with the sign of the cross, is the star of Bethlehem. To look into the African night sky through the prism of tree branches is to touch the stars – so close, that the trees and stars are one.

Depelchin continues:

At this spot will be seen the glorious sign of our redemption, which every Christian will salute as he passes on his way: O crux ave, spes unica – Hail, O cross, one hope.

The 9th of July 1879 is an epiphany day for the Batswana. Truly, we can echo the prayer, A holy day has dawned.² Brother Hedley celebrates the epiphany with an artist's quill on tree velum.

The bushveld, a meadowland of trees, is a fresh 'skin of green', caressed by the breeze. Trees make a wonderful connection between earth and sky. Getting in touch with the roots can connect us with our earthly experiences, while the branches represent our longing to reach out to the light. May 'the nourishment of the earth' and 'the clarity of light' work on you 'to awaken in you a meadow of delight'.

A tree sways to rhythm at every moment. And leaves, shivering chords, are delicate notes on





skin bark, giving voice to the whisperings of the wind: ‘...all the trees of the wood shout for joy at the presence of the Lord’ (Psalms 95). When you hold the bark close to your ear, you can listen to the sound waves ebb and flow through the sap, calibrating God’s voice, calibrating God’s trembling ‘...may a slow wind work these words of love around you, an invisible cloak to mind you’.

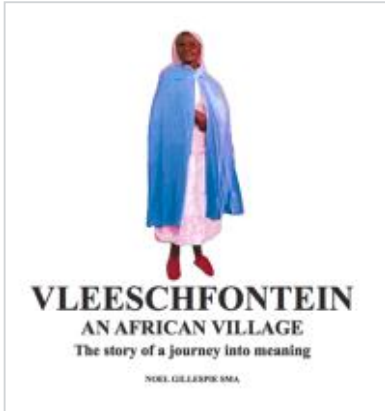
In the evening time, the missionaries sat around their campfires waiting for ‘the first stroke of night that will strike alight the stars once more’. Some would sit under the tree ‘eavesdropping on the rain all night long’. It is at night that meaning takes shape.

Day unto day takes up the story. Night unto night makes known the message. (Psalms 18)

In the morning as the trees become ‘absorbed in the spectacle of the rising sun opening windows on every intake of leaves’, in a dry land the stars’ wisdom will be received as rain. *Pula, Pula* – ‘rain, blessed rain’.

Evelyn Waugh challenges the magi with a seeming charge of negligence: ‘You came at length to the final stage of your pilgrimage and the great star stood still above you. What did you do? You stopped to call on King Herod’. There is a rebuke here, yet an understanding as he goes on to describe the magi as ‘patrons of all latecomers, of all who had a tedious journey to make to the truth’.

To God, a thousand years is as one day, ensuring that there is always ‘kneeling place in the straw’ for all of us no matter the hour.



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

Authentic beauty

What is beauty, but a transient perception of the holder.

True beauty is unfathomable, eternal and blissful.

True beauty remains unchanged
despite all externalities, costumes, perfumes and creams

True beauty has love as its eternal consort
and compassion as its manifestation

SUREN PILLAY



Meditation

I said to my soul,
be still and wait without hope,
for hope would be hope for the wrong thing;
wait without love,
for love would be love of the wrong thing;
there is yet faith,
but the faith and the love are all in the waiting.

Wait without thought,
for you are not ready for thought:
So the darkness shall be the light,
and the stillness the dancing."

RTS ELIOT



Working for God

I will acquire divinely deep, God-given concentration,
and then use its unlimited power to meet all demands of my life.

I will do everything with deep attention:
my work at home, in the office, in the world
– all duties great and small will be performed well.

On the throne of silent thoughts
the God of peace is directing my actions today.

After contacting God in meditation
I will go about my work, whatever it may be,
knowing that He is with me, directing me and
giving me power to bring forth that for which I am striving.
I will use my money to make the world family better and happier,
according to the measure of my ability.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

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Should you or your organisation wish to contribute articles to future editions of **TRANSCENDENCE**, please contact us at transcendence.mag@mweb.co.za

Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

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Views and Opinions expressed by individual authors are not necessarily the same as those held by the staff or members of Transcendence or the Jadatharaya Institute of Right Living and Yoga.

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