

*Chant is vibration where words remain silent.
It is a feeling sound.*

NOEL GILLELSPIE SMA



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

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This month's cover feature was taken by Victoria Rodda near Picton, New Zealand..

Welcome to the October 2014 issue of *Transcendence*.

"The songs of our ancestors are also the songs of our children"

PHILIP CARR-GOMM

October is celebrated in many cultures as the month of Halloween, also known as All Hallows' Eve, or Samhain, among others. There are many traditions and superstitions around the celebration of Halloween and much has been written on the subject.

We learn and grow not only by our own ideas and experiences, but by the wisdom and experiences of others, by the stories and teachings handed down to us from great souls of our past. We are the sum total of all who have gone before us and we add our own energy and frequency to those who will come after us.

I would like to suggest that, in the spirit of Halloween, we take this time to remember those gone before us, how we have benefited and grown from their discoveries and wisdom and how we can best use what they have taught us to improve our own lives and the lives of others.

What sort of spiritual legacy we will leave those who go before us when our material life as we know it comes to an end? How have we made the world a better place?

In Love and Service, always,





Heavenletter # 4099 – Concede. Surrender. Love.

GLORIA WENDROFF

God said:

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.

Let Us call Love then Energy. The amount of Love Energy in the world is mind-boggling. In fact, there is nothing else in the world but energy, and all energy is love. Even fury comes from love. Without love, the one who is furious would not be furious. The one who is furious let someone else's thoughtlessness or difference of opinion or even aggression cut across his love and is now fit to be tied.

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

I believe physics has one basic formula for energy under which all energy arises. Different shapes and volumes of energy, yet energy is energy, and I am calling that oneness of energy love. What can Oneness be but the energy of love?

Science does not use the word love to explain its theory. I don't have a theory, you understand. I have love. I AM love, and so are you.

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

Beloveds, you have not yet burst through the surface. You have no idea as yet of how much love you are made of and contain. Of course, love cannot be contained. That's what We've been saying. Love has to burst out. It cannot be kept low key. Within you is a fountain of energy, and, in whatever language, its name is love. Every language has a word or two for love. Denial or denigration of love is on its way out.

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.

"Let babies be recognized as the love they are. Let teenagers be recognized for the love they are. Let parents be recognized as the love they are. Let old people be recognized for the love they are. Let you, who reads this, recognize the love you are and so emanate love until all the world is bathed in love, and the world soars with love, reaching the Highest Heaven effortlessly. Love is a shoe-in.

"I have ordained you as an ambassador of love, and there is nothing that can stop love from taking over the whole world. Concede. Surrender. Love."

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



Inspirational Quotes



Your body is on Earth. Your individuality and your attachments are Earth matters. There is a field of energy you play in. Naturally, you take it all seriously. I take you seriously, and yet the play on Earth plays out. It is not lotto as to who lives today and who leaves his body tomorrow.

Heavenletter #4103 In the Consciousness of Heaven



If you are a customer of a certain store, of course, you have your likes and dislikes. That is fine. How the store runs its business is up to the company and not you. You may like to vent to Sears, for example, but why? Save your energy. Move on. Maybe you will like Penny's better. Or maybe you won't.

Heavenletter #4102 The Rules of the Game



A teacher at school may adore a certain naughty student, let's say, and, yet, if that student makes a certain kind of smart remark, and the teacher says nothing, other students will take that as a go-ahead to make their own smart remarks. The teacher has a responsibility that the students do not at first have.

Heavenletter #4101 To Stay Afloat in the Ocean



What truly exists, you don't see. You do see the form and shape of Earth and all the play upon it. You look through a keyhole, beloveds, and you think you see all there is. What you don't see is the Truth of Existence.

Heavenletter #4104 Imagine That



Our hearts are going to entwine. They already are, and, yet, you may be the last to know! Never mind. It doesn't matter. Our Oneness and your awareness of Our Oneness are both assured. You can teeter, you can totter, yet you are being swept up by love, and love will have its say, and love, wherever it seems to come from, is yours.

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 II

ROY EUGENE DAVIS

Learning to live effectively is necessary for everyone in this or any world. We can acquire helpful knowledge directly from skillful people or from their written or recorded information, by observation, and by having our own personal experiences. Living effectively quickens our spiritual growth by:

- Providing opportunities to improve powers of concentration, think rationally, creatively use imagination, achieve goals, and accomplish meaningful purposes.
- Enlarging our capacities to understand and cooperate with physical and mental laws or principles of cause and effect.
- Enabling us to be wisely Self-directed, calmly appropriate, and emotionally stable rather than be emotionally disturbed when unwanted events occur, some people are unpleasant, or circumstances are not always harmonious or ideal.
- Expanding our consciousness, enabling us to become cosmic conscious: to apprehend the universe and all life to be one manifestation of ultimate Reality.

When we successfully confront challenges, overcome obstacles, or solve problems, we become stronger and more competent; our self-confidence improves; we have more vitality; and our appreciation for living is greatly enhanced.

Living freely while experiencing progressive spiritual growth is enjoyable. Feeling confined and restricted is frustrating. Endeavor to rise above or overcome difficulties, solve troublesome problems, and be permanently free from all limitations.

Always have worthwhile goals to achieve and purposes of value to accomplish. When you awaken from refreshing sleep each new day, you will be energetic, inspired, enthusiastic, and highly motivated, yet inwardly serene and poised. You will live without selfish motives or attachments because you will be inclined to creatively express.

You will not need to be praised for what you do, nor will you be unhappy if you are misunderstood. You will always have peace of mind and be soul-satisfied.

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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Goodwill meditation group

LUCIS TRUST

For many years, each week, individuals across the world have been linking up in thought and joining in a meditation on goodwill. The purpose of this meditation work is to strengthen and increase the energy of goodwill in a troubled world.

The members of the group do not need to meet physically because the work is done on mental levels; they simply link up mentally for 10 to 15 minutes each week on a Wednesday, wherever they happen to be. The function of this subjective group work is to act as a channel through which the energy of goodwill can flow from spiritual levels of awareness into human minds and hearts. The meditation has a constructive and healing effect which not only helps to establish right human relations but also lifts and transforms human consciousness.

Goodwill is an expression of the energy of Love which is said to be the universal characteristic and quality of divine life in our solar system and on our planet; it is both an attitude and a harmonising energy. It is not a sentimental or negative desire it is rather a practical and dynamic force for constructive action and an expression of the “will-to-good”. Problems that seem incapable of resolution can, over time, be resolved through the power of goodwill – it is that “magic” ingredient – a catalyst that has the potential to build bridges between opposing interests, one example being the high profile work of the United Nations Goodwill Ambassadors.

Energy follows thought is the basis of the Triangles work and the energy of goodwill is no exception to this rule. Directed goodwill can help transform, change and uplift the quality of human relationships because everything in the objective world is the result of some thought or desire. Linking up in thought we can imagine the energy of goodwill flowing into humanity, uniting the human family, strengthening the mental atmosphere, helping humanity solve complex problems and heal differences and cleavages.

The Goodwill Meditation Group seeks to work in co-operation with all who are working towards the same end. It is not necessary to formally join the group or to write to anyone. But those who do wish to signify their participation in this work can do so by writing to World Goodwill, and such communications are welcomed.

It is suggested that the work is done at noon each Wednesday – the midpoint of the week and the focal point of the whole group endeavour. However, if this time is not convenient another time is fine.

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



Avoid burnout: make inner peace your priority

SWAMI KRIYANANDA

Many people accept the common equation of material success with monetary profit, but monetary profit, without corresponding inner satisfaction, is a hollow victory. Material success means nothing if, in the act of seeking it, we lose our peace of mind. But I want to do more than urge you to make your inner peace a priority. I want to show you how, by preserving that peace, you will succeed better at whatever you do than if you were always on the job. Money is something I myself have never sought for personal gain. Yet I have certainly had to earn it for the benefit of others. Being a swami didn't exempt me, unfortunately, from the pressures of modern life. I had a work to develop, and had therefore to place myself willingly under a stress not so different from that of the "business tycoon" whose way of life I had renounced for God! The spiritual communities I founded could not have come into being without money, and it was I myself who, in the early years, had to earn almost all of it. There were times, in fact, when my financial needs must have been as pressing as those faced by any family man whose interests are focused entirely on his personal needs. Indeed, mine may have been heavier, for hundreds of people came, in time, to depend for their material security on my activities, and thousands more for their spiritual well-being. Always, in spite of these pressures, I have never allowed my "bottom line" to become monetary. That place of priority was given to my inner peace. When merchants stood in line, figuratively speaking, demanding payment, and when people tried to block whatever I attempted (as not a few did), I never allowed my inner peace to become affected. Peace was my priority. With God's grace I succeeded. I don't believe it would have been possible, however, had I not made inner peace my priority. Let me sort through a few of the deliberate choices I was obliged to make, only to preserve my inner peace. These few hints may be of help to you whenever you face similar circumstances in your life.

1. Stay true to your priorities

One choice I made was never to let myself be drawn into other people's priorities. Among the many letters I received, there were a few that I didn't answer promptly—or, in some cases, at all. I paid my bills promptly, and met all my important obligations, but I simply accepted, with a sense of inner freedom, that I was not the legendary Atlas: I could not carry the whole world on my shoulders! If, then, someone wrote me a letter that I didn't feel to answer, even though that person was obviously anxious to hear from me, I sometimes didn't answer him. "Well," I told myself, "I didn't ask him to write!" Only if someone's well-being was concerned did I try conscientiously to help him as soon as possible. What use would I have been to anyone, however, had I done everything that was asked of me, but sacrificed my inner peace? Interestingly, I found that if I didn't address an issue that to others seemed urgent, it usually resolved itself anyway within a couple of months!

2. Focus on the present

Having decided on peace as my "bottom line," I refused to worry over decisions that were important but couldn't be faced yet. Rather, I addressed them with full concentration only when the time came to do so. Meanwhile, I concentrated more on keeping my inner peace and joy, while doing whatever needed to be done at present. My "bottom line" has actually helped me to accomplish far more in my life than would have been the case had I allowed problems to engulf me. If I'd sacrificed my inner peace, but succeeded thereby in getting more done, I would not only have ended up accomplishing less in the long run, I also would have diluted my powers of concentration and creativity. I knew a very successful American businessman—a multimillionaire, indeed—and a disciple of my Guru. This man was exceptionally busy, being the chairman of several boards of directors. Yet his practice was often not to come to work until sometime in the afternoon. His morning hours were devoted to meditation. Colleagues would sometimes remonstrate with him, "With all your responsibilities, how can you afford to be away from your office so long?"

"Because I have so many," he answered, "I need those morning hours to deepen my peace. In that

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





way, I can handle matters more efficiently when I do address them, and can accomplish more in a minute than would be possible for me if I were to sit at my desk all day long. Decisions that some people take weeks to make I am able to make almost instantly.”

3. See God in everything, including money

It is important also, not to divide your life into airtight compartments: business, personal life, family interests, social obligations, and spiritual practices. You, at the center of all your activities, need to be balanced as a human being. Be centered in yourself, always, and never fully identified with anything outward that you do. I met a wealthy man in Canada years ago who was also a spiritual seeker. “My real life,” he told me, “begins after I return home in the evenings from work, bathe, change my clothes, and enter my meditation room.” When he said that, I thought (though I didn’t say), “What a pity not to bring a meditative spirit also into your daily work! In that way, you’d be able to live your ‘real life’ all day long.” Concentration on money-making, when that is the issue, need not at all prevent you from making progress spiritually also. Don’t separate your duties to the world from your duty to God. See them as aspects of one and the same thing. God is in everything, including money. “Nishkam karma (action without desire for its fruits),” the teaching of the *Bhagavad Gita*, is not a caution against action: It is a warning against acting with selfish motive.

4. Concentrate one-pointedly from your inner center

Concentration is important for every type of success. So also is meditation. The more important an undertaking, the more essential it is to exercise all your faculties. By scattering them, you will deprive yourself of your latent power. The way to true success is to be so focused on anything you do that your energy flows one-pointedly toward that, and consciously outward from your own inner Self. In business, to work from your inner center is necessary if you want to put your vibrations into your work. Moreover, it is those vibrations, even more than the work itself, that will truly determine the outcome. Interestingly, some of my Guru’s most highly advanced disciples were successful businessmen. It was their ability to concentrate that gave them their success. They applied that same power of concentration to their spiritual search and achieved much greater success in this field than others managed by restlessness.

5. Heed the voice of your conscience

One factor essential to inner peace is a clear conscience, born of facing every moral difficulty vigorously, from within. People too often allow their actions to be guided by social convention, or by others’ opinions, or by the line of least resistance—even to the point of cutting corners ethically. Learn to heed the quiet voice of your own conscience. Always keep in mind, whenever questions arise regarding what is truly in your best interest: You owe this decision of conscience to no one but your own self. Never do what others urge upon you unless your conscience endorses their advice. Seek assurance first of all in your inner Self. If you fail to do so, you may feel, someday, that you’ve let yourself down in accepting the priorities of others. Let your conscience tell you where your true duty lies, and don’t hesitate to let it override the usual chorus of opinions. It is to your own higher Self, finally, that you are answerable. Intuition is the voice of wisdom. For myself, I strongly feel that if I have once given my word, I must abide by it. I may sometimes give that word only to myself. It may even regard something quite trivial, like buying a newspaper. If later on, however, it becomes inconvenient for me to go out and get it, I will go buy it anyway just so as to keep my word to myself.



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Transformation

ROD BRIGGS

Be ye transformed by the renewing of your minds...

JESUS CHRIST. THE Gnostic GOSPELS

I have just run a five day retreat in one of the most energetically beautiful parts of Europe. The participants are amazed at their transformation. It seems like magic but the truth is that it is just an act of balancing out frazzled lives. In the fast paced 'up and at'em' world we live in we give no thought to the more subtle parts of our psyche – and it costs us.

We are creatures of two halves; we inhabit a physical world yet we are energetic/spiritual creatures as well. It stands to reason that we should give equal attention to both sides, yet how many of us give any time at all to our internal lives? Even those of us who have a meditation/prayer routine only devote a small fraction of our precious time to the introspection needed to 'transform' The result is a buildup of stresses that are mostly undetected and mainly misunderstood.

All it takes is regular time out to learn ways of incorporating energetic/spiritual practice into your daily life. That way you can continue on the treadmill of life but with an inner sense of connection which will allow you to be more effective in both areas. Set some time aside, preferably a few days a couple of times a year, which you can dedicate to whatever belief system you operate from. Getting away from your regular environment is helpful but not vital. The important point is that it should be a complete break – no mobile phones, no TV, no watches. Allow a place for stillness to show itself, that ever present but mostly hidden internal peaceful presence within.

You will uncover resources within you that will surprise you and an all pervasive interconnectedness that will strengthen you in the daily grind.

Take the strength of the new dawn, it will carry you through the day.

LAKOTA SIOUX

If you need help in planning a retreat for yourself, or would like to participate in an event run by the Foundation contact me at the website below.

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 IV

SWAMI MURUGESU MAHARISHI

One with a sound knowledge of religion can logically convince even an atheist. A good speaker can convert the minds of his listeners and make them agree with his view. Similarly, a great political leader converts the minds of his followers by his impressive speeches and false promises. Good writers impress their ideas on the minds of their readers.

Those suffering from imaginary diseases can be cured by removing the wrong belief from their minds (i.e. that they have an ailment) by a method called auto-suggestion. If a person who is suffering from fever is made to believe that he has no fever, he will be cured of the fever.

We can impress our ideas on the minds of others in varying degrees. With some it is easy, but with others it is more difficult, and in some cases it cannot be done at all. Persons who are amenable to reason and who can grasp and understand things, can be easily impressed if the concept being impressed is reasonable. The minds of those who will not listen, cannot grasp basic concepts, or who are idiots, cannot be impressed. In spite of this, there are some methods whereby even the minds of such stubborn or idiotic people can be overcome.

Before we try to impress our ideas on others we should develop some talents to enable us to succeed in this venture. Many may speak the truth but it should be spoken in such an impressive manner that it will be believed by all. If not, it may not be acceptable even if it is the truth. Some spread rumours in such an acceptable manner that everyone believes them without doubt. By this it is clear that we should put across things in such a sweet, calm and impressive manner that will convince others without doubt that what we are saying is true. To do this one should have a clear knowledge of logic. One's speech should be logical and clear, and everyone who hears it should feel that it is for their good only these things are told them.

There are those who cannot be easily made to think in your way by employing the above methods. They will not listen to the speaker and, even if they do listen, they will not give a thought to the problem they have heard. Such persons will not be adjustable and co-operative in one's endeavour and may create unpleasant situations. But even they can be convinced according to these methods. So we will now conclude that it is possible to change the behaviour and thinking of any person.

To illustrate: a person had great fear for fire. Whenever he saw fire he was mortally scared. He never entered the kitchen of his house nor could tolerate anyone lighting a match. This was due to an incident that occurred when he was a small child. Many people tried to explain the phenomenon to him and tried to impress on him that fire was not harmful, but without any avail. He heard about our organisation, approached us and explained his case. He was put into a mild hypnotic state and his subconscious mind impressed with beneficial suggestions while in that state. By this his fear of fire was eliminated from that moment onwards.



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





Attitude in spirituality

SUREN PILLAY

I am always interested in observing the behaviours of the highly spiritually evolved as well as those who are materially successful. In many instances the traits are the same but just directed in different ways. Many people want to know what the attitude of a spiritual person should be and what is expected of a sadhaka. For the advanced sadhaka this question will not arise as he is guided purely by inner intuitive wisdom which has been developed by protracted sadhana.

For the novice sadhaka, however, intuitive capabilities may not be fully developed, and an element of instinct and egoism may still be completely dominant in certain periods of life. The concept of ego is the manifestation of *avidya* or ignorance. This ignorance arises from one's absence and disconnection with Source or God. Egoism can give rise to a whole host of further obstacles in the sadhaka's journey to spiritual enlightenment.

Nevertheless, there are 2 primary attitudinal adjustments that an aspirant can make in order to overcome these momentary lapses of ignorance and egoism. The first attitude is the one of *ishwara pranidhana* or self surrender. This principle is mentioned in Patanjali's *Yoga Sutra*, as one of the steps to attainment on the journey to yoga. By self surrender the aspirant must lose all concept of selfishness in exchange for selflessness. He must acknowledge his role in the cosmic scheme of life as an instrument of a much greater force that is pervasive in all existence. This attitude can work wonders if the sadhaka is truly sincere and bent on achieving higher states of consciousness.

A second strong attitudinal adjustment is the adoption of humility. This will require mindfulness on the part of the sadhaka. To see everyone as bigger than oneself can be a strong weapon in combating ego which, naturally, tends to promote thinking that one is bigger than everyone else. Many may argue that the practice of adopting humility may lead to a self-defeatist or inferiority-type complex amongst human beings. However, one must remember that the application of humility is from a spiritual context to guard against *ahamkara* or egoistic behaviours.

The adoption of this attitude should in no way lead the sadhaka to believe that the whole world is there to dominate him. At our deepest level we are all one and made of the same core material from which the entire cosmos is made. The practice of humility will only serve to awaken the sadhaka to the fact that there is divinity even in the so-called enemy by recognising the light in the enemy and throughout the whole world. By adopting both a positive and reinforcing attitude, one may remain firmly grounded in the quest for spiritual enlightenment.

My message to you this month, dear readers, is to adopt attitudes and behaviours that increase your awareness of the divine and the truth. Small attitudinal adjustments may result in profound change over time if applied consistently and sincerely. Try both attitudes in your daily life and observe for yourself how much more peace and love will start flowing into your being.

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



Expression of our love for the Creator

FLORA TECKIE

We converse with our Creator and express our love for Him through prayer. Prayer enriches us spiritually. We pray for various reasons: to praise God, to thank Him for all His bounties and blessings and so on – and not only when we need something or we have difficult times in our lives. If a child approaches his father only when he is in need of funds or when he is in trouble, how would his father feel?

The Bahá'í Writings affirm that: “In the highest prayer, men pray only for the love of God, not because they fear Him or hell, or hope for bounty or heaven. ... When a man falls in love with a human being, it is impossible for him to keep from mentioning the name of his beloved. How much more difficult is it to keep from mentioning the Name of God when one has come to love Him. ... The spiritual man finds no delight in anything save in commemoration of God”.

Through prayer we commune with God and through studying of the Words of God we receive His guidance. Prayer and meditation are primary tools for our spiritual development. Prayer is food for the soul. Our soul needs regular nourishment in the same way as our body needs to be fed daily and regularly. If we are starved for some time we do not feel the hunger pangs any more. The same is true for our soul. If we do not communicate with God through prayer regularly, we may not feel the necessity of doing so; yet our soul is in need of this nourishment to remain healthy and strong. Besides, the process of spiritual development requires moral and spiritual choices, often involving challenges. Through ardent, sincere and regular prayers our souls will be strengthened and we can overcome challenges and obstacles in life easier.

The Bahá'í Writings state that “... the core of religious faith is that mystic feeling that unites man with God. This state of spiritual communion can be brought about and maintained by means of meditation and prayer”. When we pray it is important to center our thoughts and our innermost being on God and forget what is going on around us. We should reflect on the words we say. The mere repetition of words is of no value. Sincerity of heart and concentration of mind is what matters most. Praying with sincerity and dedication draws upon the spiritual blessings that flow from the Source of love and mercy to humanity.

Bahá'í Writings encourage an individual to be both deeply spiritual and highly practical. While encouraged to pray and meditate every day, at the same time, we are to be engaged with the world at large. Service to humanity, for example, is viewed among the highest priorities in one's life, as stated in the Bahá'í Scriptures: “Prayer and meditation are very important factors in deepening the spiritual life of the individual, but with them must go also action and example, as these are the tangible results of the former. Both are essential”.

Serving others, whether within the family or in the community at large – through promoting the wellbeing of our fellow men – can also help us develop our own selves. Active service to humanity, together with prayer, meditation and obedience to spiritual and moral laws, enables us to develop spiritually and grow closer to God.

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 way ahead

BY THE MASTER through Benjamin Creme

Welcome to the feast. As we stand on the brink of the New Age, men wonder what awaits them. As many will know, the world is divided into two groups, roughly equal in number. One demonstrates the characteristics of the Age of Pisces, now fading fast. The glory of that age, the powerful individuality which now demonstrates across the world has become today our greatest danger, threatening the future of all. Thus the nations compete without mercy, the largest and strongest claiming the lion's share.

Daily, however, the beneficent waters of Aquarius make more their presence felt, edging man away from the abyss.

Millions now sense that man is One, that only by working together for the good of all can mankind survive.

This new and wiser concept is awakening in men everywhere, showing the way to future harmony. This awakening cannot be halted or diverted for behind it are the great Lords of Synthesis, of Blending and Fusion. Thus will be ushered in the new dispensation, the Great Lord, Maitreya Himself, leading the way.

The time is now almost upon us. Watch, and sleep not, nor miss His Call.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-09.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>





Live life to the fullest but die empty

SWAMI SHANKARANANDA MAHARAJI

This human life is actually a very beautiful life but only if you live it the way it is supposed to be lived. We should live our life to the fullest and die empty. But the reason we can't die empty is because we're thinking about death daily. And, as Jaggi Swami said, 'He who thinks of death continuously, dies many times. He who never thinks of death, dies only once'. We're continuously thinking of death and our accumulation. We want to live this life to the fullest and die this life in the fullest.

We want to live this life and we don't want to die. As soon as we get sick we pray, 'Please extend this life'. Many of us think this life on earth is like a contract. When the lease expires you can renew it. When I say 'enjoy this life' I mean enjoy it on the spiritual journey, not the material journey. Enjoyment on the material plane ends in pain. On the spiritual journey, enjoyment ends in permanent bliss. We need to live that kind of life where we have permanent joy. And the only way we can have permanent joy is by the grace of the guru and God. Nobody else can give you permanent joy. Your children can't, your spouse can't. The joy they give you is temporary. It ends after some time. Your daughter might be giving you joy all your life and then she marries and leaves – and your joy ends. That's on the material plane.

Anything on this material plane ends in pain, no matter what. You buy a new car, you drive it, you park it at Pick 'n Pay, and somebody pushes a trolley into it and you get upset because your joy has been tampered with. That car has to get a dent sometime. Yet eternal bliss has no dent. In Patanjali's *Yoga Sutra*, he talks about it very nicely in the last chapter. To attain the highest state of bliss, you have to practice samyama. To those who don't come to yoga or do yoga or read Patanjali, you might not know what samyama is. It is a very high state of this mind. But we are locked in the material state with this mind. When the blind king asks Sanjaya in the *Bhagavad Gita* to tell him what the 100 sons of the Kuruvus and the 5 sons of the Pandavas were doing in battle. He said that introspection is called sanjaya, and started to give a narration of a complete battle that takes place in our body daily. The 100 sons of the blind king are the 100 faculties attached to the mind: brutality, violence, greed, lust. The 5 sons of the Pandavas are the five senses. There is always a battle between the two. Although that battle is taking place in this body of yours, Kurushaktra, Dharmashaktra, we shouldn't be having that situation, that battle, continuously. You go to bed, there's a battle, you're thinking about something that happened. In the morning there is a battle so you shouldn't go to the office because your boss is miserable. It carries on and on, the battle with your self.

And in the process of our temporary happiness and joy we walk over everyone in this life including those who are close and dear to us. Why do we do that? It's because we have a thing called mind. And it only seeks one kind of joy – not the joy that will give you total bliss.

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: treasure chest

BERNIE SIEGEL, MD

My day is pretty busy trying to help the wounded souls who reside on our planet. I sure hope we will all become family one day. I was just telling an interviewer that if I were the president I would use love as my weapon and offer love and money to our enemies to improve their homelands and not spend it on weapons of destruction. I prefer to die loving my enemies rather than hating them. If I were surgeon general I would start programs to be sure every child grows up feeling loved. Now to work: The following is an email I received the other day.

Dear Bernie,

I don't know where to start.... Just until yesterday I thought I was absolutely fine with no issues. And that my allergies, asthma and constant fight with skin conditions were just caused by my poor diet.... That was actually the reason I went to IIN (Institute for Integrative Nutrition) where I heard your lecture. Oh my God, how wrong I was ...

My dad was an abusive alcoholic that I loved dearly. I was born into love and grew up at that stage until about the age of 5. That I think gave me initial strength to handle the rest. Then he started drinking and physically and mentally abusing my mother who stayed with him for 13 years.... It started slowly but gradually grew into a huge snowball. We shared a 2 bedroom apartment with a family, we only had one room. So whatever happened — I was there. Then my mother decided (as she says) to give me a sibling (even though my dad would be heavily drinking by then) so I would not feel that alone.... My sister was born and things got totally worse to the point that we would run out of our home while he was sleeping and hide at our neighbors and friends or go to my grandmother in the village. I was 11 when my sister was born and the only income we had was from my mom. So I was babysitting, taking my sister to daycare and picking her up and cooking. Yes, I started cooking at 11. I loved it.

My mom finally got a divorce and managed to make my father leave. He went back to his parents to the suburbs. He stopped bothering us but continued his terror and drinking at his parents. The same physical and mental abuse pattern continued. He never saw my sister since the divorce. I would go see him occasionally hoping he would not be drunk. When I was 20, I came to USA, met a wonderful person and got married. The guilt of leaving my little sister, who I was rocking to sleep through tears when I heard my mom scream in the next room, was killing me. I wanted to come back but my mom, being a wise person made me stay and build my life the way I wanted. I did. And I love my life.

I am 32 now. I have tears rolling down as I am writing this. I really thought I was ok, but I now understand what is behind my health problems. I always thought of what we had to go through as a family was there for a reason and only made me stronger. I always viewed it as a good thing. But at the same time, I was always trying to find out why? Why did my dad go from being a gorgeous, smart 6 foot tall never drinking athlete and turn into a miserable sick dying from alcohol person? He did die, 2 years ago, on my sister's birthday. I did not get a chance to tell him he had a grandson. I did not get a chance to find out why. I asked him that question once, why are you drinking? He cried. And I was stupid enough to get frustrated and walk away. All these years I would write him letters but he would never reply. When I asked why — he said he had nothing to write me, that I already knew that he loved me.





I am writing all this actually to say THANK YOU Bernie. If you had a phone number I would call, I would love to give you a hug.... as I actually need one myself right now. I think I understand why now. All he needed was love. He was empty. Even being married and having a child. Maybe that made too much contrast with his unloved childhood. He was always compared to his sister, she was good, he was bad. I have no strength to continue thinking about this as too many revelations come to me.... If only I could just be loving, overly loving.... Would that cure him? Would I have been able to replenish his damaged soul? How can I deal with this in order to continue being healthy and not carrying it through my life? I want to put it at rest.

Please help. And sorry for such a long blur, I have to stop crying as my coworkers are by now probably thinking something horrible happened. I would love to talk to you if that is possible in any way....

THANK YOU Bernie again; I cannot say that enough. I think this is the beginning of my healing I did not know I needed.

Some of my email comments: Yes, the healing is beginning and when you stop storing your life's wounds in your body you will start to heal both your life and your body. You can become a love warrior and heal through love. Your dad knows what you are consciously sharing. His body may have died but his consciousness is still present and can communicate with you through meaningful symbolic signs and coincidences. You may find a message from him, or your sister, through a symbolic sign which comes into your life and reminds you of them. So keep an open mind and one which is not thinking all the time. It is in the quiet moments that miracles happen.

Most important of all be kind to yourself and love and forgive yourself and move forward through the labor pains of life until you give birth to your authentic self and not the one imposed upon you by other authority figures which then deprives you of your life. When you give birth to your true self all the discomfort and pain becomes justified and worthwhile.

In closing bless you and now you have a new dad; your CD or Chosen Dad whose name is Bernie or BDad.

All parents reading this are to tell their kids they love them and are sorry for any pain they caused them when done reading this. All children wounded or otherwise are to call their parents and tell them you love them. It is never too late to heal a broken heart.



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 silent music within

FR. NOEL GILLESPIE SMA

When we pray, may the Father recognize His Son's own words.

He who dwells in our breast should also be our voice.

DIVINE OFFICE

Egbert van Bart, a mystic and member of the Herman Charles Bosman Literary Society, recalls the story of an African woman uttering very moving poetic chants as she milled grain, grinding for six hours to fill only a small bucket. The meal that came out of her work contained the spiritual energy of poetry and music, as well as the physical energy contained in the grain. Her work was always a work of art, done so genuinely, and with such devotion that it contributed to a sense of fullness in the family.

Chant is vibration where words remain silent. It is a feeling sound. And if, as James Stephens says, 'feeling is the only vocabulary that has the capacity to interact directly and intimately with the vibrational', then a vocabulary of feeling crafted from vibration allows for a language that leads to direct experience. When we now speak we speak like rain.

A work-out in the gym; a run; a quickened step; reiki; a yoga master's stillness flowing as his controlled breath vibrates, massaging his breast on the inside – are all vibration; and quiet before the Blessed Sacrament circulates invisible vibrations that at once balm and soothe muscle and nerve end.

It is possible for my being to be eaten up by a boredom that deadens what St John of the cross calls the 'silent music' within. Boredom, like dust, is sifted so fine you do not notice as it settles on you, coating your face and hands. To shake off what Georges Bernanos calls 'this drizzle of ashes', it is necessary to wake up. We wake up by tapping in to the 'silent music' within. The Bushman crafted a simple mouth-bow: simple in its genius. The taut bowstring is tapped gently with a light stick while the bow is pressed firmly to the mouth. The vibrations created resonate within the body through the voice box to the heart. The mouth bow helps you enter the 'silent music' within.

My original voice is He who dwells within. Each one must heave this breath-voice into being. A wholesome vibration will grow to such a force as to smash the glass ceiling of the false self into smithereens, creating a spirit of place that is of God. And like Nietzsche, 'if my soul has trembled with happiness and sounded like a harp string just once', I know I have got out of my own way and the inner child is alive. I have entered the kingdom somehow, somehow. I no longer remain a passive observer. We are all kings in the kingdom, and only children who play can enter. The mouth-bow, the drum, the gong, conscious breathing, sitting before the Blessed Sacrament, all will guide you home to your own inner vibrations.

A voice cries, 'Prepare in the desert a way for Yahweh. Make a straight highway for our God across the wasteland' (Isiah 40.3).

Bell ringing trembles the air, strengthening it. The bell tones mark out a 'highway' over which 'the glory of Yahweh' (Isiah 40.5) will travel. The Angelus bell calls us 'to place our hearts where our hands are busy', and 'with holy imagination we are invited to experience the deeper graces lying within the routine'. The Angelus Prayer, 'The angel of the Lord declared unto Mary and she conceived of the Holy Spirit', remains powerfully effective in every person's life. Angels of beginnings wait at the edge of my life experiences ready to whisper a blessing. Bell tones weave into being 'a womb of

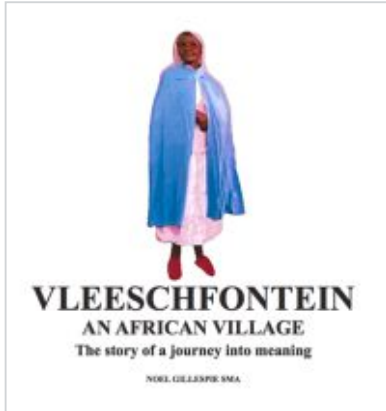




the present' moment, ready to declare a word in my hearing through which I, too, may conceive that which is of God, my true self. I need only dare pause and listen. Wonder finds a home in ordinary time.

Livingstone, in his travel diaries, records finding an old bell at Zumbo Village on the banks of the Zambezi River. 'I walked about some ruins... and found the remains of a church and on one side lay a broken bell, with the letters I.H.S. and a cross, but no date.' And Father Weld SJ, reflecting on the fact that the story of mission is often the story of failure, writes: 'Heartrending as it is to think of the passions that laid waste this garden of the Church when the buds were full and bursting, and so brightly a prospect appeared of abundant fruit, the vision of what once was, and still more of what might have been, is a powerful incentive to foster the seed that still remains, to plant again what has been uprooted, to rebuild the ruined walls of the Church and cause that bell again to send forth its summons to prayer, the echo of which still seem to be floating in the atmosphere'.

This was the last in the series of articles so kindly submitted by Fr. Noel Gillespie SMA to *Transcendence*. We thank him for sharing his mission experiences in South Africa.



Recently published by Father Noel:

Vleeschfontein, an African village: the story of a journey into meaning

ISBN 978-0-620-57775-5, Mariannhill Mission Press.

Father Noel captures the essence of the BaKwena Baphalana BaSesobe peoples' journey from the growth of Vleeschfontein Mission to the displacement of the communities during the South African era of Apartheid, and full circle to the re-established communities that are thriving today. This true story follows Nkoko Rofina's heroic leave-taking and affirms her life as a still point in her people's journey into meaning.

For more information or to purchase a copy, please visit: <http://vleeschfonteinpilgrims.org.za/>



Father Noel Gillespie SMA, a native of Kilbeacanty/Gort in the west of Ireland is a priest with the Society of African Missions. He has lived with the Batswana and Afrikaner peoples along the banks of the Marico River in South Africa for twenty years. His story-telling is a word of thanks to the warmth of welcome received in a landscape shaped wonderfully lovely under African skies.

Fr Noel can be contacted by email at nollaigmacg@gmail.com



Readers' Inspirations

The golden highway

Thy cosmic rays shine from the heavens above
radiating and emancipating all freely.
Our limited minds either contract or swell
in the awakening of the golden highway,
The highway that links all into the one,
and the one with the cosmic heaven
We shall all we surely awaken one day
riding the golden spiritual highway on the stairway
to heaven and beyond.

SUREN PILLAY



Peace

Peace is the number one beautiful ornament you can wear, I really believe that.
They say you should always wear a smile, but I don't believe that you should
'always' wear a smile, seriously, you're going to look stupid!
But peace, you should always carry peace within you,
its the most beautifying thing you could ever have or do.
Peace makes your heart beautiful and it makes you look beautiful, too.
You want to have perfect physical posture when you stand, sit, and walk,
and peace is the perfect posture of the soul, really.
Try perfect posture outside as well as inside.
Peace creates grace and grace gives peace.

C. JOY BELL



Attaining Freedom

Why tie the infinite soul to a bony post of flesh? Let go!
Cut the cords of flesh consciousness, attachments to the body,
hunger, pleasure, pain, and bodily and mental involvements. Relax.
Loosen the soul from the grip of the body.
Let not the heaving breath remind you of physical bars.
Sit still in breathless silence, expecting every minute to make the dash for freedom
into the Infinite. Love not your earthly prison.
Free mind from body with a keen-edged knife of stillness.
Cut loose your consciousness from the body.
Use it no more as an excuse to accept limitations.
Turn away your consciousness from the binding body-post.
Rush your consciousness beyond the body, sweeping through the minds,
hearts, and souls of others. Switch on your light in all lives.
Feel that you are the One Life that shines in all creation.

PARAMAHANSA YOGANANDA



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