

*As a child of God, your real nature is to be happy;  
you will never be satisfied with anything less than true happiness.  
True happiness does not depend on anything outside yourself.*

PARAMAHANSA YOGANANDA



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 59**  
**5 January 2015**



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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 59

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This month's cover feature was taken by Eloise Nel.

Welcome to the January 2015 issue of *Transcendence*.

*"I hope that in this year to come, you make mistakes.*

*Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.*

*So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.*

*Whatever it is you're scared of doing, Do it.*

*Make your mistakes, next year and forever."*

NEIL GAIMAN

A blessed new year from *Transcendence* and may you manifest your dreams in the year ahead. As Neil Gaiman says in the quote above: make mistakes. Only by making mistakes can we learn. One who has never made a mistake has learned nothing. The trick is to learn the lesson and move on without repeating the mistake. We hope your mistakes made in 2015 are beautiful learning curves to lead you ever onwards to your own inner *Transcendence*.

In Love and Service, always,





## Heavenletter # 4102 – The Rules of the Game

GLORIA WENDROFF

God said:

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

You will run out of breath if you think every difficulty that arises is yours to solve. Some difficulties have to be passed by. For some difficulties, you have to say to yourself: "I will just let this finish its run."

There are those matters that are your responsibility, and there are those matters which are not your responsibility.

In one sense you are responsible to everyone for everything. This is true. At the same time, not everything is your business. If your business is Sears, you don't tell Penny's what to do.

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.

What is your place, dear ones? Are you the lawmaker of the world?

In the world, there are matters you have to let go of. Right yourself, if you must, yet let go about righting others. Of course, you're right. From your point of view, you are right. As right as you may be, what is yours to decide and what isn't?

The government of a country is meant to be yours to govern. A government is meant to represent you and not itself. You have your voice.

When it comes to a private enterprise, decisions are not yours to make. If you don't like the way a private enterprise is run, it is your decision to stay or to leave. Divine right is not yours when it comes to an enterprise that is not your bailiwick. Of course, you have your opinions, and yet you do not have to go on and on to declare your opinions. Support or don't support, but do not haggle.

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.

Of course, it is well understood that complaining means you also care. You would not complain if you didn't care. And, yet, when you care, what you must do is rise above your complaints. Do you want to help or complain? Frequenting a store, for example, is not a marriage. You don't have to stay there.

When you play baseball, you don't try to change the ground rules. When you play baseball, you have tacitly accepted how the game is played. If you don't like how baseball is played, you can try basketball. You can try bowling. You can try reading a book.

You are free to find where you like to be and what game you like to play, yet the rules of the game are not your decision to make.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/the-rules-of-the-game.html>





## Inspirational Quotes



*Will follows desire. Desire first. Will will follow. There has to be an idea first. There has to be something you will with all your heart, and, therefore, Mine. Thy Will be done works on both sides, as if We have sides. There is no other side but Mine.*

Heavenletter #4106 Motivating Power



*Hearts are on the rise. Hearts are surpassing the mind. Thoughts are following hearts. Hearts are leading. You exemplify My heart and My thoughts. You have picked up the beat. You are drum majorettes of love. Hear My heart. You hear the rumble of My thoughts. You are listening for it. Hearts bow down in love as hearts rise up in love.*

Heavenletter #4107 The Year of the Heart



*There is no top to evolution. You evolve and evolve and evolve. There is no stopping it. There are no happy endings in the sense that there are no endings. There is happiness, and happiness mounts a white charger, and the white charger leaps over mountains, and higher and higher you go until the tallest mountain looks like a little mound from the height you reach.*

Heavenletter #4108 And There Is God



*When you dispense with all that is not love, there will be only love. You will see love reflected in the lake you look into. You will see that you are the face of love, the heart of love, a Being of Love. You will look into the mirror of a lake, and you will see that I am you, and you are I. There will be nothing else to look at.*

Heavenletter #4104 Imagine That

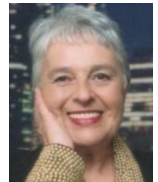


*You have been walking on the path of love without realization of where you are, who you are, what you amount to. You have had an incredible disregard of yourself. An amazing disregard. And now you are opening your eyes to take another look at what I created when I created you. Take another look. Peer into My eyes, and see yourself.*

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](http://www.heavenletters.org)





## Searching for soul-satisfaction Part V

ROY EUGENE DAVIS

***Why do we have an illusional or mistaken perception of self-identity? How should we view it, and express through it?***

A mistaken perception of self-identity is called the ego—not to be confused with egotism: an unrealistic or inflated sense of self-importance. A mistaken, false, perception of self or essence results from excessive identification with it, mental and emotional states, and personality characteristics. Believing that we are our mistaken sense of self confines awareness and contributes to thoughts and feelings of limitation. Egocentric people may also be inclined to have strong opinions and rigid habits of thinking and behavior. Think of your ego as what you express through to relate to objective circumstances while inwardly being aware of your essence or true self which is superior to it. For as long as you are relating to objective circumstances, even when spiritually enlightened, you will have to express through a purified sense of ego or personal self-sense. Avoid being egotistical. When meditating, withdraw attention and awareness from the mistaken sense of self-identity to the extent that you are only conscious of pure being.

***How can I always think and live constructively?***

Don't waste more time and energy feeling remorseful or blame your actions on karma, circumstances, or other people. Have clearly defined purposes and concentrate your thoughts and actions on accomplishing them while also nurturing your spiritual growth. Be self-confident and self-reliant while being aware of the infinite Reality within and around you.

***How can we have permanent peace of mind and constant soul satisfaction amid rapid social changes, economic uncertainty, and highly publicized behaviors and comments of confused or self-serving people?***

Peace of mind and soul-satisfaction (perfect contentment) can prevail when we choose to be peaceful and Self-aware regardless of what occurs around us. What may seem to be different opinions regarding spiritual practice may be helpful for individuals whose needs are different. Also, not all "spiritual teachers" are fully enlightened.

***I recently began to meditate on a daily schedule and enjoy doing it. For best results, should I practice for twenty to thirty minutes or one hour or more?***

It is better to meditate for a shorter time and be attentive than to sit longer and be passive. Use a thirty minute schedule for a few weeks or months, sit a little longer if it is easy and enjoyable to do so. Do what provides the best or most satisfying results. From time to time, some of my friends invite me to a church service or a meditation group. I prefer to do my spiritual practices at home. What do you recommend? Attend church or meditation group sessions if doing it is of spiritual benefit for you rather than for social purposes or to please others whose aspirations or interests differ from yours.

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

In so far 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



## How to overcome addictions

PARAMHANSA YOGANANDA

Man cannot be held responsible for being tempted, for it was Satan who created physical temptations and constantly urges him to transgress morally. Man is responsible, however, for using his reason and will power to conquer his senses and thereby experience the superior happiness of self-control.

Our minds process the information we receive from the surface of our bodies through the senses of sight, sound, smell, taste, and touch. Too much attraction to the senses becomes sense addiction, enslaving us to an outwardly directed consciousness.

Wine, sex, and money are the three greatest delusions because these three, above all, are the most addictive to the mind. Their long-range effect is that they dull the sensibilities, and cloud and confuse the mind. A mere glance into the eyes of those in the grip of these delusions is enough to reveal their mental confusion – their inability to gauge things in correct proportion. The influence of these delusions is doubly insidious because, at first, they may actually seem to clarify the mind.

Of all the senses, the subtlest and most addicting is that of touch. People who find immoderate delight in touch sensations become an easy prey to sex desires. Spread out as it is over the whole body, the sense of touch is the one sense most likely to draw our attention outward, away from the subtle currents of energy and consciousness that emanate from our source of life within.

There are also lesser forms of addiction. Those who approach food greedily instead of accepting it gratefully as a source of nourishment become enslaved to outwardness through the senses of smell and taste.

People who love flattery imprison themselves in outwardness through the sense of hearing. They become bound by the golden chains of attractive speech. And those who allow themselves to be caught by human beauty imprison themselves through the sense of sight – “whipped,” as a saint described a certain young man, “by the lash of a beautiful face.”

Powerful bad habits such as alcoholism or food addiction grow deep roots in the subconscious mind. Once the bodily habits begin to rule the mind, it becomes difficult to make the body obey the commands of the will. That is why chronically fat people do not easily lose weight even if they diet. The body cells, trained by repeated actions to disregard their own superior mental forces, have formed their own individual habits and do not respond readily to new mental commands.

One must remember that God did not make us His inert instruments, but endowed us with free will. God’s will is not guided by whim or temptation; His will is guided by wisdom. God made us, His children, in His image that we also might learn to guide our will with wisdom, even as He does. To teach people not to use their will is an utter impossibility. Non-application of will would require essentially that we lie in a state of suspended animation without moving the muscles or even thinking.

For control of his life and for destroying the roots of addiction, the sense addict must learn to exercise his will power in every undertaking, until it leaves its mortal delusion of being human will and becomes all-powerful, divine will. The sense addict does not have to acquire this all-powerful will; he already possesses it in the image of God within every soul.

Self-control is mental strength; lack of self-control is mental weakness. People used to sex indulgence or food addiction shudder at the thought of self-control. They believe that they would be tortured and unhappy if they didn’t indulge in their bad habits.

The ordinary sense-addict, dulled by life-long identification with the body, is compelled to think that there is no pleasure as marvelous as that offered by the senses, but as soon as he feels the greater joy of meditation he becomes disillusioned with the inferior pleasures of the senses. Hence, the only way for an ordinary individual to rise above ever-alluring sense attractions is to meditate deeply until he feels the incomparable superior joys of the soul.

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





When a person withdraws his energy and consciousness from the outer surface of the body, he enters a vast inner region. As he withdraws his life-force and consciousness into the spine, and up through subtle spinal centers to the brain, he discovers another world. Released from outer distractions, he enjoys an intoxication unimaginable to the worldly mind. All past pleasures of the senses, no matter how wonderful, become distasteful when an individual experiences the ever-increasing joy of cosmic consciousness by rising above body consciousness through meditation.

The ordinary sense addict, no matter how much he hears about the superior joys of the soul, never really believes it until he meditates and experiences the bliss of the soul. When individuals become one with the cosmic vibration by rising above bodily sensations, they become free from the desire for sense pleasures.

When you are greedily eating, your soul's happiness is drowned in the muddy well of insatiable greed on the soil of the palate. When you are listening to flattering words, your soul's wisdom is sunk beneath the waters of falsehood. When you are addicted to sex-temptation, your soul's happiness of touching God in every speck of space, with endless exhilarating thrills of happiness, is replaced by fleeting, physical sensations.

The devotee should realize that sense pleasures create insatiable, unsatisfying, burning desires for more sense indulgence, without ever satisfying the desire. Sense pleasure is like the drinking of hemlock, which creates more thirst instead of quenching it. Soul pleasure, though hard to attain, can never be lost and never ends in satiety, but always yields unending new pleasure.

It is not a sin to eat with self-control, or to live an upright, honest family life, but the devotee should be ever watchful not to get into the ruts of sense pleasures, and forget the unending happiness of spiritual perceptions, felt in the silence. Worry, discontent, boredom, and unhappiness are the harvest of addiction, whereas the infinite spiritual perceptions, gained in meditation, unceasingly whisper joy and a thousand thrilling inspirations of wisdom into the ears of Silence.

Money, sex, and wine were created as make-believe pleasures. They can never substitute for the bliss of God. No one can help you unless you are willing to help yourself. If you are willing to change, then God Himself will help you. Even if you do no more than pray sincerely to Him, He will show you the way to free yourself from all self-defeating addictions.

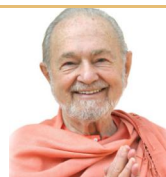
It is not fitting for human beings to behave like animals. Don't waste these precious years on earth in empty revelry. It rests with you whether you want sense-slavery and bad habits to rule your life, or whether you will let the divine soldiers of self-control rule your mental kingdom. To attain the pure joy of the soul, the delusive, temporary pleasures of the senses must be relinquished.

There are people who are so addicted to the weakness of their senses and their bad habits that they feel helpless in the face of those addictions. Such souls should remember that although bad habits may enshroud them for a while, they cannot suppress them forever. Every soul, no matter how deeply buried beneath addictions, is able to transcend all such weaknesses. All of us are part of God. We belong to Him, and He, to us. Eventually, we must all go back to Him.

As a child of God, your real nature is to be happy; you will never be satisfied with anything less than true happiness. True happiness does not depend on anything outside yourself.



*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](http://www.ananda.org)*







## Where power resides

ROD BRIGGS

*It was not given to him as yet to know that fortune is not in time or place or things; but, good or bad, in the man's own self for him alone to find and prove.*

SIR PERCY FITZPATRICK

I am currently travelling the back roads of South Africa, the roads less travelled if you will, far removed from cell phone and internet connections. It is an education; from the Wild Coast to the mystical Amatole mountains, the variations of climate, social environ and geography are counterpointed by the unity of the thinking of the locals. They're not, for the most part, apprehensive about national strikes, corrupt politicians or government hand outs as the greater proportion of the urban masses seem to be. They are concerned more directly with what they must do to better their lives. They have realised that if they want something to change in their lives, they must be the catalyst; no one, neither local municipalities, regional leaders or central government, is likely to come to their aid. In Coffee Bay I found people earning a living in the most unique of ways; in the mist shrouded forests of Hogsback I heard a woman, who opened her magnificent garden to the public say "Hogsback makes you get creative," and in the ghost town of Thomas River I saw an entire village brought back to life.

Realising that the power to create, to start an enterprise, to uplift yourself, to achieve greater potential is yours, and yours alone, is the beginning of regaining your power. The media would have us believe that we have 'rights' when in actual fact our rights must be balanced by our responsibilities. This controlling of the masses is reminiscent of something written by Ayn Rand fifty years ago: "When you see that trading is done, not by consent but by compulsion. When you see that in order to produce, you need to obtain permission from men who produce nothing. When you see money flowing to those who deal, not in goods, but in favours, when you see that men get richer by graft and pull than by work, and your laws don't protect you against them, but protect them against you. When you see corruption being rewarded and honesty becoming a self-sacrifice you may know that our society is doomed."

Stop being part of the problem; start your journey to personal power by taking responsibility, not just appealing for your rights. To paraphrase JFK: stop asking what your country can do for you and start questioning what you can do for yourself.

*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](http://www.mindlinkfoundation.com)





## Epitomised mind power Part VII

SWAMI MURUGESU MAHARISHI

If the person on whom you wish to try this experiment is living far away from you and you cannot meet him or her, find out the time he or she usually retires to bed. Keep a photograph of the person in front of you and concentrate on the centre of the eyebrows of the image while repeating your idea with force. If you do not have a photograph, bring the image of the person in front of your mind's eye and, focusing your gaze on the centre of the eyebrows, repeat your suggestion. After a few days of your practice find out whether you have succeeded in your attempt. If you have enough power of concentration you are bound to succeed.

I have explained here only one method to develop concentration, but if you know of other methods you may follow them. Do not, out of curiosity, try this experiment on those who are not known to you and without any purpose. I warn my readers that they will attain ill-effects if they do anything which is not proper. Do not implant bad suggestions in anyone even if they are your sworn enemies. My dear reader, please be cautious and practice my teaching on entering other's minds for the good of humanity only.

### Proof of previous birth

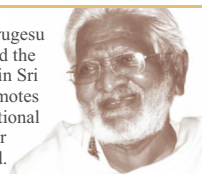
The belief that the soul has to be born and leaves this mortal coil many times before completing its evolution, is found in all the religions of the world. Many contemporary scientists and poets have full belief in this. In several instances, incidents of people revealing their previous births have been recorded in the newspapers, and their statements were found correct after investigation. It has been proved by in-depth experiments that in an hypnotic state, one can reveal the details of their previous births. Yet still there are people who do not believe in reincarnation.

The sub-conscious mind is the chief cause for one's instincts. Many psychologists have conducted a series of experiments on the sub-conscious mind, and have delved deep into the secrets of previous births. It is confirmed that no conscious thought or action goes to waste, but each one is recorded in the subliminal self, and is the cause of one's behaviour, instincts, character, and temperament.

Looking at this from a spiritual perspective, we know that the subliminal self not only contains the records of the actions of the present birth of an individual, but also contains records of their past births. Yogis have termed this subliminal self *chitha*, which contains a record of the subtler forms of actions and thoughts (or *samskaras*) of a soul. From the time thoughts began to undergo evolution until the present day, they are recorded in *chitha*. Through some yogic methods the yogis knew the secret of remembering all their *samskaras*.



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





## Spiritual qualities

SUREN PILLAY

People often ask what the most important qualities to express on the spiritual journey are. The road to enlightenment is, no doubt, a tough and arduous path for many a seeker. The path requires discipline, dedication and love – all at the same time. The first quality that an aspirant should have is humility. This quality is the enemy of false ego which is probably the single most dangerous obstacle on the path to spiritual enlightenment. An aspirant should always try and see the divinity in every person he or she encounters, as well as regard that person as bigger than him or herself

Another important quality is compassion. Compassion is love in action and the expression of unconditional love. Compassion for one's enemies as well as those unrelated to oneself will allow one's perspective to grow beyond selfish individualism towards selfless spiritualism.

A further quality of import is that of cleanliness. Cleanliness is a requirement for both good hygiene and the attainment of yoga. Besides physical bathing and keeping ones environment clean, cleanliness also refers to the inner mental conversation of an individual. A spiritual aspirant should be devoid of negative and impure thoughts which have the ability to destroy all the good spiritual practice he has attained.

Cheerfulness is another important quality on the spiritual journey as it represents the joy and bliss aspect of spirituality. Cheerfulness is born of one's own attitude and perceptions of life. The more grateful and content one happens to be, the more cheerful such individual is also likely to be. The cheerful person views every situation as an opportunity. They are optimistic by nature and when a calamity or emergency situation comes knocking at the door, the cheerful person is likely to regard it as a challenge rather than a setback.

Contentment is an equally important quality on the spiritual journey as a mind that fluctuates vigorously with desire cannot be controlled in meditation. It has been said that it is almost impossible to have a state of no desire as the nature of the conscious mind is *rajasic* or changing all the time. Spiritual masters thus advise aspirants to replace selfish desires with selfless desire thus spiritualising the entire concept of desire. Until one attains the highest levels of *samadhi* it is unlikely that one will be completely content. Simplification of lifestyle and adopting an attitude of gratitude will, however, result in a more content and peaceful mind which will, no doubt, benefit the aspirant in meditation.

My message to you this month, dear readers, is to try and incorporate some of the foregoing qualities in your daily lives. Start becoming more humble and seeing the light in each individual you meet. Remain compassionate to the world yet at the same time be optimistic about what you may achieve in the world. Also try to simplify your life and adopt an attitude of gratitude to allow more peace and contentment to flow into your 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.com](http://www.surenpillay.com)[www.facebook.com/surenpillaySA](https://www.facebook.com/surenpillaySA)



## A new year should be time for spiritual renewal

FLORA TECKIE

As we start the year 2015 with joy and expectation let us turn to the Almighty God beseeching Him to guide our efforts towards peace and a better future for all. New year is a time of joy, an occasion for happiness, and should also be a time for spiritual renewal and for initiating a period of spiritual growth. In this new year let us resolve to focus attention on our personal spiritual transformation and the development of our spiritual capacities.

According to the Bahá'í Writings: "... the world of spirit needs new life, the world of mind necessitates new animus and development, the world of souls a new bounty, the world of morality a reformation, ... thoughts must be lofty and ideals uplifted in order that the world of humanity may become assisted in new conditions of reform." Spiritual growth is the process of developing our spiritual capacities. The spiritual capacities are capacities of the soul; the human soul which is eternal. Considering that man's life on earth is a preparation for the spiritual world to follow, as such the proper and full development of spiritual capacities should be the primary goal in our lives.

Human nature has two sides, as viewed by all the world's great religions: The material side and the spiritual side. Our spiritual side exhibits attributes such as truthfulness, courtesy, generosity, compassion, justice, love, and trustworthiness, which are essential for individual and social transformation. On the other hand, man's body has legitimate physical needs which cry for satisfaction: food, shelter, companionship, and protection from threatening forces. It is important, however, that the material and the spiritual aspects in our lives advance together for humanity to prosper and be happy.

Observing the laws and teachings of God is one of the most important steps in our path to spiritual growth. According to the Bahá'í Scriptures: "... true faith is no mere acknowledgment of the unity of God, but rather the living of a life that will manifest all the perfections and virtues implied in such belief."

"...true spirituality is like unto a lake of clear water which reflects the divine. ... There is another kind which is like a mirage, seeming to be spiritual when it is not. That which is truly spiritual must light the path to God, and must result in deeds. We cannot believe the call to be spiritual when there is no result."

"Every progress depends on two things, knowledge and practice. First acquire knowledge, and, when conviction is reached, put it into practice."

Conscious belief, dependence upon God and obedience to His laws are essential in our path to spiritual transformation. Spiritual growth is an educational process for which one needs to assume responsibility and by which we learn to conform and act in accordance with the laws and teachings of God.

In this new year may we all, increase daily in spirituality, may we attain lasting joy at our homes, work places and in our societies, and contribute our share towards peace and tranquility on earth and to an ever advancing civilization.

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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.

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## 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

Tel: +27(11) 801-3100 Email: [nsa.sec@bahai.org.za](mailto:nsa.sec@bahai.org.za) Website: <http://info.bahai.org>



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 great decision

BY THE MASTER through Benjamin Creme

Steadily, humanity moves forward to its Great Decision. Unbeknown to all but a few, men are being tested as never before in their long history on Earth.

The Sword of Cleavage, wielded by Maitreya, the Christ and World Teacher, is doing its beneficent work: separating and dividing men, accentuating their different natures and proclivities.

In this way, the choice before men becomes clearer, more sharply defined. Maitreya's energy of love is impersonal, it stimulates everyone, those who long for peace and right relations, and those who love greed and competition, risking thereby a final war and total self-destruction. Thus the importance of the choice faced now by all.

Many might wonder that such a choice is necessary. Surely no-one wants a devastating war? Today, a small and local war could become a major war of nuclear dimension. The result would be too terrible to contemplate, yet there are those who, even now, are planning how to survive such an eventuality.

The choice for men is clear: to continue recklessly on the present greedy course and destroy life on planet Earth for ever, or to follow the promptings of the benevolent heart and practise sharing and justice as the only guarantee of a peaceful future for men of Earth.

The events of the Arab Spring are a sign that the young are responding to Maitreya's Call. Ahead of their elders, they have awakened to the new energies of Aquarius and the promise of the new life that they bring. They have lost all fear and gladly sacrifice themselves for a new-found freedom and dignity. A new splendour is growing among the young.

Throughout the world, groups plot and plan for revolution. Arms in many countries are now stockpiled for this purpose. Not revolution but evolution is Maitreya's advocacy. He knows well that revolution precipitates conflict and carnage, replacing one set of problems by another. What is required is a step by step process of change which allows everyone the experience of being involved in their own destiny.

Sharing is the sole means of ensuring such a process; sharing alone will engender the trust essential even to begin. Maitreya has said: "The first step into sharing is the first step into your Divinity." Accept sharing therefore, and enter into your birthright.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2012/ma\\_2012-01.htm](http://www.share-international.org/master/2012/ma_2012-01.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>





## New year message

SWAMI SHANKARANANDA MAHARAJI

I don't know how many of you believe or experience the Divine but I'm going to tell you a small story that just happened maybe 3 weeks ago. I'm sure all of you heard of those children in the Middle East in Pakistan who were killed. There's a story of a young boy who didn't get up that morning because his alarm didn't go off. He is the only survivor in the school. It is by the grace of God that he was not there. No child on a Monday morning misses school. He must have prayed very hard in his life to be spared another chance.

In the same way you need to believe strongly that God exists, God is here and God created you in His image and therefore we should be somewhat perfect in everything we do or believe. 2015 is going to see tsunamis, massive earthquakes and volcanoes, many near and dear to you just being taken away by the violence of this material plane and the environment. Again, to overcome this, only prayer is a comfort. Nothing else is going to help you.

It is time for us all to be dear to God. And to be dear to God we have to continuously live in the realm of God, speak in the realm of God, and give in the realm of God. We need to give more than we take. Whatever you put in you'll get out. If you believe that a stone contains God then you'll find God in it. If you see God in a banyan tree then God will exist in it for you.

Try to practice calling God's name. Once you practice calling God's name you will live by that name, you will sleep by that name, walk by that name and die by that name. But we cannot call God continuously because we're caught up in this material plane. And in this material plane all that matters is to show our physical self as an identity of our successes. What we wear, the name brand we wear, shows our success in this plane. Yet when you are spiritually inclined the only name brand that sticks to you is God's name brand. He has no trademark. No one can say that Jesus Christ is only for Christians, there's no TM after His name. No one can say that Ganapathi is only for Ganesha worshippers.

So, do a divine accounting of yourselves and everything that you have done for 2014 and see if your good was better than your bad or your bad better than your good. Double standards are not becoming of a spiritual being and you are all spiritual beings. You need to get out of that and do what is right, and that is to find God within yourself. And once you find God within yourself nothing in front of you will be a *maya* or an illusion, but everything will be a total reality of every aspect of the divine.

May God be with you in the radiance of Babaji, in the light of my gurus, and in the glory of Christ, may 2015 for you be filled with light, with knowledge and with joy.

Hari om.

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](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)







## Mind and heart matters: Unity of Life

BERNIE SIEGEL, MD

Once again this week let me share some of the wisdom I keep encountering. While I wonder what will I write about next week I also know my problem will be solved by the greater consciousness. So here are some more words of wisdom and remember what I shared last week.

The fragmenting of our concept of the world comes from how we are raised and so-called educated. When the message we get is about our separateness and I am better than you the cohesiveness is interrupted and we become like the Ebola virus and parasites within the structure of life. Society has an immune system too but we have to give it the message that we and our universal body love life and creation so it works effectively and not like life is a series of Monday mornings.

I grew up in Brooklyn, New York and enjoyed the lifestyle and family like feeling of all the people who lived on our street. There was no discrimination felt related to race, religion, color or nationality. I took days off from school on Carmine's religious holidays and he on mine. When his mother fed me bacon for breakfast, before I knew what it was, my Orthodox Jewish grandfather almost fainted but was not bitter or resentful. He lived the message above and didn't try to circumcise Carmine. (Just kidding.)

When I grew up and went to Cornell Medical School in Manhattan my feeling about the city changed. My wife, Bobbie, taught school on Long island and I took the subway into Manhattan from our Queens' apartment. I needed to use the travel time to study and people were mad at me for taking a seat from a senior citizen. When I put the book I was reading into a smelly gross anatomy book I brought with me, and held in my lap, they backed off. The people, the noise, the lack of respect, crowding and more made me see New York City in a negative way until I got to know Norman Vincent Peale.

When I discussed the above with him and that I preferred the quiet country to the noisy city he said, "Bernie it's not about quiet or noise it is about the rhythm." He got me to see that what I complained about many creative people found energizing and his words helped me to accept life in a healthier way. I have learned that the symbol of self-induced healing is a rainbow colored butterfly. It represents the transformation and creation of harmony and rhythm; the butterfly and the rainbow are the symbols. So find that harmony and your life's rhythm and you will feel the energy within you and dance your creative and unique way through life.

At the same time the body of the universe will feel the change and strive to survive now that life is evolving into a universe of love. The warming, or fever, will cease and our bodies and universe will heal and achieve their potential and immortality through the one thing of permanence: love. That is what it is all about folks. So get busy being a love warrior and bring humor and love into all the lives of every living thing you are connected too. To repeat last week's closing words of Einstein's comment: "Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

I do not know where I found the following. Perhaps it came from God knows where: Man is God's needle to sew the patches of creation into a single garment for His glory. At one end sharp, to squeeze through the ordeal. But the other end must have a vacant hollow, a nothingness, with which to hold the thread. With the world we are firm and sharp within; we know we are nothing before the infinite.

From Helen Keller and I'll share more of her teachings in the future. "The inner or mystic sense, if you like, gives me vision of the unseen." Those who prefer "facts" to vision want a scientific explanation. "Science with untiring patience traces man back to the ape, and rests content. It is out of this ape that God creates the seer, and science meets spirit as life meets death, and life and death





are one.”

“We can now meet death as nature does, in a blaze of glory, marching to the grave with a gay step, wearing our brightest thoughts and most brilliant anticipations, as nature arrays herself in garments of gold, emerald, and scarlet, as if defying death to rob her of immortality.”

### Today’s Prescription for the Soul – Prescription #193 – Good Friends

*Friendship improves happiness and abates misery,  
by the doubling of our joy and the dividing of our grief.*

CICERO

What is a friend? To me it is someone who knows our faults and still sees the divine in you. A friend will love you despite your imperfections. A friend is someone who is there for you when you have the courage to ask for help. A friend is also someone who can say no to you and still remain a friend.

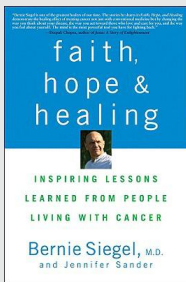
A friend points out your imperfections, not to blame you for them but to help you become better at what you are doing, just as a coach would talk to an athlete. A friend always answers your calls even when you are driving them crazy.

A friend never talks about who is right but rather listens to how you are feeling. A friend will not judge without taking the time to understand and can forgive, let go of the past, and continue to love. Probably the most important thing a friend does is never to abandon you, no matter what you do.

### Soulution of the Day

*Do something to acknowledge a good friend today  
and remember to be one as well.*

BERNIE



### Faith, Hope and Healing

Bernie Siegel broke new ground with his monumental book *Love, Medicine, and Miracles*, in which he explored the powerful role the mind can play in fighting illness. Sharing stories of seriously ill patients who survived against the odds and those who seemed to give in to their own deaths, the book inspired countless readers to consider the possibilities of thinking themselves well. Siegel believed—and still does—that the power to heal comes from the human mind through will, determination, and love. Over the last 20 years, his philosophy and advice have led many physicians and other healthcare professionals to help patients participate in and influence their own recovery. Visit Bernie’s website to buy a copy online.



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](http://www.BernieSiegelMD.com)



## Readers' Inspirations

### **The storms of mind**

In the sea storm of fluctuations, peace may seem elusive,  
Yet all storms must come to an end and peace must reign eventually.  
Grant thy power to curb the fluctuations and waves of thy mind  
And let thee remain in the tranquillity of peace and stillness always,  
Receptive to the eternal grace of divine beatitude

SUREN PILLAY



### **On new beginnings**

The chief beauty about time  
is that you cannot waste it in advance.  
The next year, the next day, the next hour  
are lying ready for you,  
as perfect, as unspoiled,  
as if you had never wasted or misapplied  
a single moment in all your life.  
You can turn over a new leaf every hour  
if you choose.

ARNOLD BENNETT



### **To Awaken Mental Freedom**

Sit still with a straight spine.  
Cover up your fidgety eyeballs with the sheets of your eyelids.  
Hold them still.  
Then loosen your mind from the consciousness of body weight.  
Relax the nerve-strings that are attached to the heavy muscles and bones of your body.  
Forget the consciousness of carrying a heavy bundle of bones tied in the thick cloth of flesh.  
Rest.

Free your mind from the consciousness of a beast of burden.  
Do not think of your body-load, but feel your soul untied  
from the constant material quality of heaviness.  
Mentally race in your fancy's airplane above, beneath, left, right, in infinity,  
or wherever you want to go.  
Feel and meditate on this, your mental freedom from your body.  
Dream, dwell, and feel this body-aboveness when sitting still;  
the consCiousness of freedom will constantly increase

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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### Ananda Sangha

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### Baha'i International Community

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Email: [nsa.sec@bahai.org.za](mailto:nsa.sec@bahai.org.za)

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### Bernie Siegel

Web.: <http://www.berniesiegelmd.com>

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### Centre for Spiritual Awareness

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