



*You need to remember God continuously in your life.
God is love. Love is God.*

SWAMI SHANKARANANDA MAHARAJJI



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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

Welcome to the February 2015 issue of *Transcendence*.

*To see the universal and all-pervading spirit of Truth face to face,
one must be able to love the meanest of all creation as oneself.*

MAHATMA GANDHI

The path to love is our spiritual destiny.

DEEPAK CHOPRA

*It is wrong to think that love comes from long companionship and persevering courtship.
Love is the offspring of spiritual affinity and unless that affinity is created in a moment,
it will not be created for years or even generations.*

KAHLIL GIBRAN

February is commonly regarded as the 'month of love' around the world because of St. Valentine's day on the 14th. Our understanding of love differs depending on our conditioning but the highest form of love is that between ourselves and a higher power. Such love is spoken of as being blissful bordering on unbearable in intensity, and often overwhelming. Our ultimate purpose in life to continually radiate the love we receive from the Divine towards every being in our vicinity in order to uplift them that they too may consciously sit in the loving lap of the Infinite.

We wish you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4103 – In the consciousness of heaven

GLORIA WENDROFF

God said:

Naturally, as human beings, you desire life to go according to your desires. In your heart, you desire your loved ones to live forever even as you know this is not how it is on Earth. This is how it is in Heaven.

While you are on Earth, at the same time as you desire, you let go. You let go of your desires. They are not desires of steel.

On Earth, nothing has to hinge on results, one way or another. One does not have to get all the Christmas gifts one desires. Be glad with what is and glad that you express yourself to Me. I am glad too. There is nothing wrong with your desiring that loved ones live long.

Do not think that I take desires lightly. I do not play eeny meeny miney mo with lives. It is not that I make every decision at an express moment. Consider that there is a train in motion. It is made of many cars. The train started long ago. The direction has been set. At the same time, a direction can be unset. One thought of Mine spreads across the Universe. It is not even a thought of Mine. It is not that I decide everything on its merits. I do not think: Jim deserves to live or Jim deserves to die. It is not a question of deserving.

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

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

In an extant world where nothing really happens, where all is illusion, there is really no winning nor is there losing.

I am a good God. I am not a bad God. I do not go up and down in mood or in thought. I am not soft-hearted nor am I hard-hearted. I do not have predilections. I am not biased. One day may go the way you want. Another day may not. I have not changed My mind about you. You are My beloved every day.

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.

You have to decide what is happily ever after. Within the illusion of time and space, so much goes on, and there is so much bumping into this or that, and so much happening all at once. There is holding and withholding. To you, life in the world is like a teeter-totter. It goes up, it goes down, seemingly by chance. Life was written at the same time as it is spontaneous.

You, as you know yourself, are caught up in time and space. In the consciousness of Heaven, there is Eternity and Infinity, quite a different review.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/in-the-consciousness-of-heaven.html>



Inspirational quotes



When you desire peace, for example, it comes from deeper than your mind. It comes from My heart, and you take it on. It becomes your desire. The process fills you. There is something you want, and you go to meet it. There is more to this than meets the eye. There is a momentum that gets started, and you ride on that momentum.

Heavenletter #4106 Motivating Power



All My love is reigning on Earth. This has always been so. And now it is seen. Eyes and hearts have opened. The thunderstorm is over, and now there is that specialness of air after the rain. Get ready for new everything. New you. New you in that you stand taller. You ring the bells of freedom. You are in accord. You are My beautiful stewards of the Earth.

Heavenletter #4107 The Year of the Heart



Your heart and mind take you everywhere, and everywhere is within you. I am within you, and I am Everything, and so are you too. As you rise to Heaven in this lifetime, you feel it. You may not know how to name what you feel, yet you feel something.

Heavenletter #4108 And There Is God



Tell Me, beloveds, is there anything more than that to desire? When you melt into Oneness, what else is left to desire? While on Earth, you will still desire food, and love will supply it. You will still want fiction, and you will have it. You will have story after story, and you will know that you are playing a part in a story.

Heavenletter #4104 Imagine That



You have been a stranger to yourself, and, in many cases, an unfriendly stranger. You have seem to have wanted to downplay yourself. You can't do that much longer. It is ordained that you will see Our similitude, and that I will hold your arm high and declare you the winner of this sparring you have enacted with 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





Searching for soul-satisfaction Part VI

ROY EUGENE DAVIS

A quote by Paramahansa Yogananda: “By deep meditation and right living, calm mental waves that cause distorted perceptions of reality. Then superconscious, you will see everything as it is.” What did he mean?

Fluctuations (wavelike movements) in our mind and awareness may interfere with how we view objective conditions and ourselves. When our mind is calm and our awareness is clear, accurate knowing of what we observe is easier. Superconscious meditation practice detaches attention from mental states and weakens and quiets impulses from deep levels of consciousness that activate thoughts and emotions (Patanjali’s Yoga-Sutras 1:2). Moral, constructive, holistic living also helps to calm our mind and emotions.

Some spiritual teachers recommended almost complete isolation from secular life in order to focus on spiritual practices, which is not possible for me or for most people that I know. Can’t we be spiritually enlightened without being secluded? Complete detachment is not necessary. What is most helpful is to avoid non-useful situations and activities so that living is uncomplicated and time is available for metaphysical studies and deep meditation.

Many people are so involved with unimportant events, activities, and relationships that they seldom schedule a period of time for meditative contemplation. By right living and adhering to a regular, daily routine of meditation—not just peacefully sitting, but aspiring to be Self-realized— progressive spiritual awakening that culminates in spiritual enlightenment can definitely occur.

Which is the best approach to Self-realization: devotion, selfless service, acquiring higher knowledge, or meditation? Or should all of those “ways” be integrated?

Spiritual aspirants usually do what is in accord with their psychological temperament and capacity to practice. If one way is emphasized, the others should be integrated or blended with it.

Devotion shouldn’t result in naive or emotional thinking or behaviors. Knowledge of our true nature and of higher realities can be acquired while still having feelings of reverent devotion to God, people, and all forms of life, and living in ways that are appropriate and constructive. To more quickly unveil and bring forth innate Self-knowledge, superconscious meditation should be daily practiced by everyone. Sometimes, when I am just waking up or have been meditating for a while, I seem to hear a voice that speaks to me. What is its source? Is it significant? Because what seems to be an audible voice or a strong mental impression is produced by your mind, what it “says” is seldom of value. It is definitely not from God or someone trying to communicate from an astral or heaven-like realm.

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 science of communication

LUCIS TRUST

Our present age is, above all, an age of communication and the realisation of the unity of all life. It may be true that in the past the sense of separateness – sometimes indeed of isolation – has governed the waking consciousness of much of humanity. Certainly the great Teachers that have emerged to shine their light into the darkness of human affairs have tried to offset this condition. They have emphasised that at a very deep level our neighbours are ourselves, and have encouraged us to lead lives that will be a blessing to all living beings around us.

Wonderfully now, in the thoughts and actions of the present avant-garde of the human race, we see countless examples of people all over the world who are living out these truths in ways that inspire us all with their acute recognitions of the oneness of all life, and that foster in us a growing demonstration of spiritual realisation and practical responsibility. They are crafting new and compassionate living patterns as a matrix in which humanity can more easily develop and grow into its true role of creative planetary server.

Crucial to developing this new matrix is the consciously used science of communication. Perhaps our first thoughts should focus on the interior realms. Through our daily Triangles work we become aware how this service is built on the unity of all souls. It also creates a communications network that links soul, mind and brain into a living symbol of spirit so that the outer triangle of human beings manifests the inner reality of the spiritual Triad – pure loving will, in touch with the Plan and committed to service as a way of life.

Our Triangles initiative necessarily bestows many insights. Perhaps one of the important ones concerns the spectacular growth of modern digital technology whose light-bearing fibre optic cables already link most people all over the world. What a beautiful symbol this is of the inner connectedness of humanity beginning to manifest on the outer plane. And what a wonderful service opportunity for spiritually-minded people to use this new communications technology with skill, intelligence and persistence in order to reinforce the growing sense of unity and responsibility within the human family.

Thus our consciously applied use of sacred geometry is inevitably helping to transform the old conflict-based energy structures. And so in our present time we have the privilege of magnetising the inner and outer sciences of communication and of witnessing how this is helping to fuse us into an experience not just of human unity but of the unity of all life. Our age of communication is transforming humanity by turning spiritual theory into realised truth.

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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How to test the genuineness of a spiritual teaching

SWAMI KRIYANANDA

People over many years have sometimes asked me my opinion of various well-known teachings which claim to be based on true revelation. Some of these revelations have been said to come through visitors from other planets, others through angelic guidance, and still others through divine guidance. The acid test of any newly proclaimed teaching is whether the truths it proclaims correspond to the eternal, divine truths that have been handed down through the ages by great masters to mankind. The validity of true teachings has been demonstrated conclusively by the uplifting influence they've had on sincere spiritual seekers who, the world over, devoted years to their practice.

In one relatively recent instance, it is evident that the newly proclaimed teachings failed to meet the supreme test of spiritual truth. No doubt they included “good things,” and spoke truths—such as, “Love others, and be generous to them”—that are recognized and accepted by all. Many of the claims it made, however, were actually antithetic to *Sanaatan Dharma*, ‘the eternal religion’. Novelty is attractive to many people. The times we live in are filled with newness and excitement. People want to keep on getting the latest ‘news’. Where divine truths are concerned, however, there is no room for newness and excitement. Truth is eternal. It is more fundamental and enduring than the very laws of physics. How could God ever declare truth once only, or through only one great master? And how could He, later on, contradict Himself through any other true master? If thousands of truthful, reliable persons—saints and masters—who have been accepted through time as great, have stated from their own experience that a certain reality is fundamentally true to God’s ways and to the way the universe was made; and if this teaching, moreover, or something in harmony with it, has been expressed by true saints everywhere, then it must follow that anyone who contradicts that teaching is mistaken.

Science, in its declarations concerning material reality, changes its mind every few years on fundamental issues. That vacillation demonstrates the limitations of the intellect, never completely satisfied with any conclusion, and never completely certain of anything. True saints, who have found God, and have shown themselves to be great and wise human beings, have (by contrast) never contradicted or disagreed with one another on any basic issue. In the vision of God there can never be anything but agreement. True saints respect and honor one another. Instead of crowding forward, moreover, like children zealous for acclaim as the finders of a ‘new’ truth, they themselves bow before the Truth itself, for they recognize that it alone is. I should mention in passing, moreover, that angelic guidance is far less trustworthy than the teachings of a great spiritual master whom God has sent down to earth. Redemption comes through divine human channels, not through angels. Nor, it may be added, does any divinely new revelation come through visitors from other planets. I say this because books have been published in modern times that claim to make such ‘revelations’.

How, then, is one to determine the trustworthiness of certain more newly proclaimed teachings? Certain tests can help to determine whether one is receiving true or false inspiration and guidance. I will list a few such tests, fully confident that anyone who is sincere will not remain in delusion for very long, for God Himself will lead all “by the hand” who seek Him with full sincerity. Any statement of divine truth must contain a certain sternness, almost an aloofness, of self-abnegation and non-attachment, indicative of complete inner freedom. It should seem almost to say, “This truth is something that should not be trifled with.”

God loves us all, and is unstintingly compassionate, but His outpouring of grace is not for the faint-hearted. Rather it is, as the Bible puts it, a “refining fire.” To receive God’s love, one must be purified of every selfish desire, indeed, of every self-definition except that of belonging utterly, completely, and forever to God alone. Any spiritual statement that falls short of this highest truth—for example, by diluting it to make it more palatable to the average person’s taste – is either catering to people’s ego-defenses or is in flat contradiction of the Truth. If for example, it says that man is inherently evil, that

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statement is simply false. Man, in his soul, is inherently divine, for he is a manifestation of Divine Consciousness. It is, of course, true that man can express evil, but that is another matter and depends also, first, on how we define evil. Dilution also comes when a teaching is too accepting of the ego as the central fact of human existence, instead of trying to get people to follow determinedly the upward path to freedom from all egoic limitation. Flat contradiction comes, moreover, when a so-called scripture states an untruth: for example, that evil doesn't exist, or (as some have averred) that "God does not know evil." Evil or Satan is a cosmic reality. Final salvation is, however, for all—yes, even, eventually, for Satan himself—who, as he merges back into the Supreme Spirit, ceases to be satanic and becomes divine. Another teaching that flatly contradicts spiritual truth is a claim, which one hears sometimes, that the soul has a limited number of opportunities to be redeemed, after which it is destroyed forever. The fatal flaw in this teaching is that the soul, being a part of God, cannot ever be destroyed. As my Guru said to me when I queried him somewhat fearfully on this point, "How can you destroy God?"

A very great error occurs when people insist—as some have done—that any personal effort to commune inwardly with God is fraught with spiritual danger, for it leads to self-deception. This error is allied to the belief that divine communion—which is, certainly, a grace of God—is in no way the result of human effort. As well might one say that nothing can be done to bring sunlight into a room, when the only obstruction to it is the fact that all the window curtains have been drawn shut. God certainly wants us to commune with Him. It is we who shut Him out by our restlessness, material desires, and dull indifference. Meditation is, in fact, the best way of removing all mental obstacles. Without the practice of meditation, the mind would remain forever restless and incapable of receiving true inspiration from God. It is, then, an absolute fallacy to insist that meditation leads to self-deception. Meditation is in fact the best way of testing one's religion. It is scientific, for it offers the test of actual experience.

There are other ways to test the genuineness of a teaching. If, for example, it states, "God gave us our bodies for us to enjoy them," we may know at once that the teaching is false—not because God doesn't want us to enjoy this world, but because He wants us to enjoy it in the right way: without ego-consciousness, and in a spirit of sharing our enjoyment with Him. Refined, spiritual enjoyment is possible only when the ego is completely surrendered to the Lord. The opposite concept—that we should hate our bodies—is equally false. The problem with both these concepts is that they are oversimplified and one-sided. The solution is to enjoy everything without attachment. Hatred, on the other hand, is a negative emotion which pulls the energy in the body downward, to one's lower nature. God certainly wants us to enjoy His creation. He doesn't want us, however, to identify ourselves, by either attraction or repulsion, with any part of it. All emotional reactions, whether positive or negative, must be neutralized by offering them up to inner soul-freedom in God. The reason we should offer up all our enjoyments to God is that, if we do not, egoic self-indulgence will lead to the very opposite of enjoyment: satiety, disgust, boredom, and, yes, suffering. In everything pertaining to the ego, duality is the ruler. There cannot be pleasure without its corresponding opposite: pain.

Many indeed are the ways of misrepresenting the Truth. The most important thing always to keep in mind is that all creation comes from God, and that all beings must eventually merge back into Him no matter how long it takes. The ultimate destiny of all beings is to realize God's bliss as their own true nature. He has hidden that bliss in us all; it is what endlessly impels us to seek fulfillment, like prodigal sons, until we tire of wandering in this "foreign land" of delusion, and determine earnestly to return again at last to our true home in God.

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Paradox of familiarity

ROD BRIGGS

If you think adventure is dangerous, try routine. It is lethal.

PAULO COELHO

It's common in anecdotal folklore that no matter how many times a husband tells his wife she looks lovely in a particular dress she will still question it; but let a stranger complement her and she takes it on board and believes it. Couples go to parties and find new people so much more interesting than their long term partner; they seem to forget the qualities that drew them together in the first place and only notice, with increasing hyper-vigilance, the little niggly things that irk and rankle.

In many long term relationships the routine, instead of being seen as a comfort, becomes mind-numbing and those that share the routine are treated to the contempt that familiarity brings. Subtle signals, both conscious and subconscious, are picked up by both sides and slights, both real and imagined, are traded as opening salvos in a sniping war. This results in massive undervaluing of partners and corresponding strain on the mammalian bonding function which is central to the sense of belonging which strong bond pairs experience.

It only takes a flight of imagination to begin to reverse this downhill slide ... Imagine, for a moment, that something happened to your other half; some catastrophe that meant you would never be able to see them again. What would you remember of them ..? The niggles ..? Or would you start to think of all of the qualities that you missed?

Life, whether simple or complex, is precious. It only ceases to be so when we lack the imagination to see beyond the humdrum, the mundane, and the myriad ways the background radiation of minutiae make our life complete: you switch the kettle on, it boils – you turn a tap, water emerges – you press buttons on a phone and someone half a world away is connected. You turn over in bed and say “Good Morning” – and there is an answer.

Be Happy.

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





Proof of previous birth Part II

SWAMI MURUGESU MAHARISHI

There is none in whom no sanskars of previous births are recorded in chitha. God, in order to make one progress in evolution, has devised chitha in such a way that, unless one consciously endeavours to remember their previous births, it shall be latent in him. The knowledge of previous births will keep an ordinary individual engaged in brooding over the past and retard their present progress. It has been purposely willed by God that one should not know their previous births without proper practice of a specific yoga method. There are many who have known their previous births through yogic means as well as by some unnatural methods.

I am going to explain to you a method by which you can test and know about people and things connected with your previous birth. I shall not expound on the regular yoga method at present but will give a mere hint to the practice of which will certainly make you believe the truth of your previous birth.

In order to interpret the visions you will obtain through this method, it is essential to know a simple principle of mind. What does mind do? It thinks. What does it think? It thinks about things which it has seen and experienced, through the senses. No thought will arise about a thing which has not been experienced by one of the five senses. Imagination is nothing but a mere combination of two experiences. This is applicable to dream visions also. Some rare and special kinds of dream may contain actual new visions, but we will not discuss them at this time.

As one continues to think, he or she will remember past events and experiences that are stored in the subliminal self. If one sees visions which have not been seen or experienced, before it can be concluded that they come from the sub-conscious mind and generate from a previous birth. Hence, a new vision from the subliminal self is nothing but that of a previous birth.

Following is a method of knowing your previous birth. Sit in a secluded place. Close your eyes. Relax completely, just as you would do in concentration and meditation. Those who know Pranayam, do all three kinds of Pranayam. Slowly try to calm your mind. Now try to get one thought after the other from your mind. Do not keep following the ideas but just watch them. After a time the thoughts will diminish. When the mind has almost exhausted all its thoughts, it begins to turn towards the subliminal self instead of wandering outside. Thus a contact is established between the conscious and sub-conscious minds. At this juncture the sub-conscious mind will start supplying thoughts to the conscious mind. These thoughts you will read as new ideas and figurative forms and will be reflected in your mind as visions. These kinds of visions may be of persons, places or things, that may not be known to you in this birth. If you cannot recall them from your current life time, it may be concluded that they belong to your previous birth.



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





The divisions of life

SUREN PILLAY

In ancient cultures the principle of marriage was upheld as sacred and spiritual. In ancient wisdom, there is a belief system that a person's life should be divided into 4 parts. The first part being a student or *brahmachari*; the second part being a householder; the third part being a retired householder, and the fourth part becoming a renunciant or *sanyassin*. These 4 divisions of a one's life have guided many individuals following the Hindu dharma.

In the first segment of life, the individual is to focus on studies. This usually continues up to the age of 25 and is referred to as the *brahmachari* phase of life. During this time the student is expected to maintain celibacy. *Brahmacharya* itself has been defined as celibacy or being able to see God in every individual. During this phase the aspirant gains a tremendous amount of spiritual and mental development by expanding his mind intellectually and his heart spiritually.

The next phase of life is known as the householder phase of life. In this phase the aspirant is usually married and finds employment to support his wife and himself. It is an important part of the spiritual journey as the *sadhaka* is forced to develop tolerance, compassion and selflessness toward his wife to ensure harmony in the household. There is no doubt that if the marriage partner is not like minded in the context of spirituality, there could be a tremendous amount of disharmony in the household. It is also expected that the householders give rise to divine progeny who will uplift humanity. The spiritual values and wisdom learned by householders must be imparted to their children so that they in turn may grow up with wisdom and responsibility.

The third phase of life is the retired phase of life during which time the householder usually retires from active work in the world and starts to increase his or her spiritual practices. The shift from material to the spiritual begins to emerge in a most ominous way. Retired householders are expected to deepen their *sadhana* to a greater degree and focus on their union with God. Attachments to their spouse, children, property and money are to be greatly weakened in this phase of existence, thus paving the way for the final division of life.

In the fourth and final phase of life an aspirant becomes a *sanyassin* or spiritual renunciant, and may leave the household and live in an ashram, or become a wandering monk. It is during this final phase of life that the aspirant is expected to attain union with God and *moksha* or liberation. The cumulative deeds of the *sadhaka* play a significant role in how effective the *sadhaka* will be in reaching the ultimate reality. Provided that the *sadhaka*'s spiritual practices were intense enough throughout their life time, he or she should be able to intensify their *sadhana* even further and attain the inner bliss that all of humanity truly seek.

My message to this month, dear brothers and sisters, is that life has been divided into parts for the spiritual progress of humanity. The divisions should be used as a guideline for spiritual development and, if followed properly, can lead to a great deal of spiritual progress in one's 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.


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Religion should promote peace

FLORA TECKIE

Religion has served throughout history as the ultimate authority in giving meaning to life. It has also been a primary force in binding diverse peoples together in ever larger and more complex societies. The universal spiritual principles which lie at the heart of religion -- tolerance, compassion, love, justice, humility, sacrifice, trustworthiness, dedication to the well-being of others, and unity -- are the foundations of progressive civilization. However, religious fanaticism and intolerance have been and continue to be responsible for immense suffering, for bloodshed and wars in many parts of the world. Fanaticism and conflict are in fact corrupt expressions of true religious values. If religion is to help in meeting the diverse challenges confronting the world community today, it must be free from fanaticism, prejudice and animosity. The Bahá'í Scriptures emphasize that "religion must be the source of fellowship, the cause of unity and the nearness of God to man. If it rouses hatred and strife, it is evident that absence of religion is preferable and an irreligious man is better than one who professes it".

Religious intolerance often stems from the belief that one has discovered the one and only truth; to think that the remaining masses of humanity, who follow other beliefs, are either unbelievers, or are spiritually doomed; and try to force one's belief on others. The elimination of all barriers to the free exploration, acceptance, and expression of religious belief is critical to the objective of promoting religious tolerance and peace. Free exploration and searching for truth -- to see with one's "own eyes and not through the eyes of others", as the Bahá'í Writings affirm -- is to undertake a process of spiritual discovery with a keen sense of justice and openness. The search for truth, if pursued with sincerity and fairness, becomes a creative and transformative process in our lives. Through it our soul is awakened to the capacities of kindness, tolerance, and compassion.

"The purpose of religion," Bahá'u'lláh states "...is to establish unity and concord amongst the peoples of the world; make it not the cause of dissension and strife". When applied on a universal basis, the teaching that we should treat others as we ourselves wish to be treated, an ethic repeated in different words in all the great religions, will undoubtedly lead to unity. Therefore, in order to play its part in overcoming the prejudices and suspicions now afflicting the world's faith communities, religious leadership must devote attention to the commonly shared spiritual teachings in all religions, rather than doctrinal differences or claims of exclusivity. It is important that each religion demonstrates its capacity to guide the world's inhabitants to peaceful coexistence, moral decency and mutual understanding and not fear and intolerance towards others. The trend toward interfaith dialogue around the globe is a positive example of how diverse communities can work together to broaden vision and shape public discourse in a unifying way.

"Shut your eyes to estrangement, then fix your gaze upon unity," is Bahá'u'lláh's counsel. "Cleave tenaciously unto that which will lead to the well-being and tranquility of all mankind. This span of earth is but one homeland and one habitation". The promotion of tolerance and mutual understanding among the diverse members of the human family cannot be a passive exercise. All forms of prejudices must be directly confronted. Overcoming its effects will require deliberate and sustained effort and an attitude of true humility among all those who believe in a loving and almighty Creator.

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

Message from Maitreya

BY THE MASTER through Benjamin Creme

"When men see Me for the first time and know Me for what I am, they will find themselves changing inwardly.

Many will for a time return to the joy of childhood and find the world a better home thereby. Many will feel strengthened in their desire to serve and to place themselves in the forefront of change. These are the ones on whom I shall call for the task of replenishment of man's spirit and joy.

Believe if you can that I am with you, ready to use My strength on your behalf.

Believe, if you can, My friends, that I am eagerly awaiting the day of My open return."

Readers will notice that this message is from Maitreya, the World Teacher, rather than Benjamin Creme's Master. It was given, by a process of mental telepathy through Benjamin Creme, on 7 October 2014.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-11.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>





The greatest form of worship

SWAMI SHANKARANANDA MAHARAJI

Let your destruction come from the Divine. Do not let it come from the mind. The mind is the destroyer of everything that exists, manifest or unmanifest. The mind is the destroyer of all relationships, the destroyer of all wealth, of the greater self. But by remembering God continuously, that state will never exist, or be able to exist under the vibration of God's name. So what is the name of God? Call God whatever you want. If you can take a stone, place it somewhere in your field and call it God; if you can take a coconut place it somewhere and call it God; then you have the power of calling God by any name you desire. You might say, "Well, I am a Hindu therefore my God is Shiva ... my God is Parvati ... Vishu ... Krishna ... Ram." Call him or her whatever you want. At the end they are all the same universal God called Love or Anbu.

The greatest form of worship is through Anbu (Love). After Anbu everything else comes into worship. If you don't have a speck of Anbu in your worship your prayers will never be answered. That is one of the reasons that you may be praying daily, often, continuously – but without Anbu nothing exists. Even the relationship between 2 people exist because of Anbu. Between father and son; son and mother; daughter and son; daughter and mother – they exist because of Anbu. It is very important to understand that Anbu is the centre of this body that we call the universe, and you are that universe. You will always be that universe. You need to remember this continuously in your life. You need to remember God continuously in your life. God is love. Love is God. It is mentioned in the great book, Thiravasakum, that God is Love and Love is God. Read and understand all this.

Today is the most beautiful day. Today cannot be repeated. It will never be repeated because today cannot be tomorrow. You have come at the right time to heal yourself, your finance, your relationship. Whatever it is, today is the best day for it so enjoy this day, enjoy this moment, enjoy this now. For this now is not going to be repeated again, ever. This now is this moment here as we sit, as you stand. Enjoy it. Enjoy it from the deepest self, from that single atom. Enjoy it until you attain the state of union with God. And once you attain that state, there's nothing more to enjoy but just to live in it. Living in it is equal to enjoying it. Be prepared to make that change. Be prepared to understand that you have to change. Be prepared that you have to extend Anbu to everyone you meet. That it is the greatest aspect of this material and cosmic plane – you are no different from everybody else. You are exactly like everybody else. It is the way you think that makes you different. If all of you thought the same way you wouldn't be different at all. There would not be arguments, abuse, fighting or war. We see each one as opposite to us and that is not true.

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: more teachers

BERNIE SIEGEL, MD

The following is the concluding portion of an edited extract from an article written by Danny Verbov. To view his book go to <http://www.aish.com/sp/pg/When-Your-Child-has-Cancer.html>.

Lesson #11: Every Second Counts That's what the IV drip showed me. I spent hours next to that thing so I can impersonate all the noises – when the bag is empty, when air gets caught in the tubes or when the battery's running low. But every drip and every drop... is life. Even though the doctors knew the treatment for my son's particular form of Burkitt's Lymphoma, there is never any guarantee it will work. You still have to pray every drop flows exactly to the right spot, every single cell in your child's body reacts as it should and every nurse does exactly the right thing at the right time. Any minor error in dosage could be critical. The Almighty gives us life with every breath we take. But we take it for granted. Remember Who's watching you. Remember Who's keeping you alive. With every single breath. Takeaway: The first thing a Jew does when he opens his eyes in the morning is to thank God for returning his soul to him and giving him a new day. Think about it. Then thank.

Lesson #12: Relationships 101 Just before we started the chemo, a wise man gave us two important pieces of advice: Do not cry in front of your child. Dress your best when you come to the hospital. Realize how much influence you have on your surroundings just by the mood you're in or how you look. And the silver rule in human relationships: Just because you're having a bad day doesn't mean everyone else has to suffer. Your face is public property. The story is told of the late and great Rabbi Auerbach. On the night his wife died, he was standing in the hospital coping with his grief. Just then, one of his students noticed him and rushed over to tell him his wife had just given birth. The student was so excited he didn't think to ask his Rabbi what he was doing there at that time of night. Rabbi Auerbach gave the man his fondest blessing with his usual smile, full of warmth and joy. And the student walked away beaming, completely oblivious to the fact that his Rabbi had just lost his lifelong partner. Takeaway: This is not easy at all. But if you can control your emotions, you will become a source of great strength to yourself and those around you. Put a smile on your face and try it!

Lesson #13: Take One Step at a Time When your goals or projects seem so far away, focus on the next step. It's far more doable than trying to reach the final, seemingly so distant and impossible goal. This was clear to me as I spent hours at my son's bedside listening to the incessant drip of the chemotherapy. Every drop had to reach the right cell and do what it had to do – gradually, drop by drop. We can only achieve great things in little steps. Small, consistent efforts. Every single day. Takeaway: Choose a goal you've been neglecting. What is the next little step you must take to propel yourself in the right direction? Take it. Today.

Lesson #14: Getting the Message Now, five years out of my son's chemotherapy, I am able to see the good that came out of that situation. It didn't take me five years to realize this, but sometimes it does. And longer. Suffering, stress and tragedy all have a purpose. It's up to us to discover what that purpose is. God is sending us messages all the time. We have the choice of receiving those messages, listening and acting. Or we can ignore them, wallow in our grief and blame everyone and everything apart from ourselves. If God is all knowing, all powerful and all good, nothing just happens. There are no coincidences or accidents. Wrestling with suffering means seeing all events as meaningful. Living with this attitude enables us to see God's guiding hand in our daily life. There is a principle in Judaism called "measure for measure," which loosely means, "the consequence fits the action." To help you figure out the message, God will often send it through a medium related to the thing you need to improve. No, it's not always easy to figure out the message. And yes, we might interpret the wrong





message. But that's a lot better than ignoring it completely. Because if we ignore the message and attribute whatever happens to us to mere chance, we rob ourselves of potential growth and meaning and waste the opportunity to further develop our closeness with God. Some experiences may seem bad at the moment, because we lack the perspective of the big picture. Like a good movie, which leads us to think we know what's going to happen in the end, only to surprise or shock us with the ending. The director simply had the whole script in his hands when he started. We don't. Or like the flip side of an intricate tapestry, seeing a whole bunch of unconnected strands and threads. It's only when we turn the cloth and see the completed artwork that we realize each strand has its place. So what's the big takeaway from suffering? Well, when we strive to live with the consciousness that all events serve a higher purpose and are precisely what we need at that moment, we can slowly learn to recognize the true good that lies beneath every situation. Wrestling with suffering enables us to use every experience as a tool for elevation, seeing it as a vital, personal lesson and an opportunity to strengthen our trust in God's unending goodness.

Know there is a constructive purpose and meaning to the difficult times you go through. It won't erase the pain, but it can certainly make it easier to bear. And remember – if you woke up this morning, it could be a sign that God had enough faith in you to give you another day.

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.



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



Readers' Inspirations

The eyes of perception

In the eyes of wisdom all things appear luminous and unchanged;
In the eyes of passion, transformation is eternal and stimulating;
In the eyes of inertia, all things appear dull and regretful;
In the eyes of transcendence all things are one and singular.
Let us all attain that state of transcendence in this very birth!
SUREN PILLAY



On Love

Love gives naught but itself and takes naught but from itself.
Love possesses not nor would it be possessed;
For love is sufficient unto love.
When you love you should not say, "God is in my heart,"
but rather, "I am in the heart of God."
And think not you can direct the course of love,
for love, if it finds you worthy, directs your course.
Love has no other desire but to fulfill itself.
But if you love and must needs have desires, let these be your desires:
To melt and be like a running brook that sings its melody to the night.
To know the pain of too much tenderness.
To be wounded by your own understanding of love;
And to bleed willingly and joyfully.
To wake at dawn with a winged heart and give thanks for another day of loving;
To rest at the noon hour and meditate love's ecstasy;
To return home at eventide with gratitude;
And then to sleep with a prayer for the beloved in your heart
and a song of praise upon your lips.
KAHLIL GIBRAN



I Have Heard Thy Voice

Divine Mother, I have heard Thy voice whispering in the fragrance of the rose.
I touched Thy tenderness in the softness of the lily.
In the whispers of my devotion, it was Thy love that answered.
Christ is risen from the sepulcher of my indifference,
and I behold him in the light of my devotion.
I, a sleeping son of God, am coming out of my bodily prison
into the vast freedom of Spirit.
PARAMAHANSA YOGANANDA



Index of Resources and Online References

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