

*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.*

GLORIA WENDROFF, HEAVEN LETTERS



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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Welcome to the March 2015 issue of *Transcendence*.

*It's not hard to decide what you want your life to be about.
What's hard, she said, is figuring out what you're willing to give up
in order to do the things you really care about.*

SHAUNA NIEQUIST FROM 'BITTERSWEET'

Sacrifice is often seen as a negative concept but it can be an extremely effective way to grow towards a higher level of being. Sometimes in a person's life the situation changes, forcing them to give up something they had become habitually used to. But people are adaptable and most will soon learn to live with their new situation.

Sacrifice comes in many forms but they can all be positive and growth-inspiring if we allow ourselves to understand the causes behind the change. The more resistant we are to sudden change that is thrust upon us, the more difficult it is to adapt. When we 'let go and let God' then change become easier to accept and deal with. Focusing on the present also helps when we're confronted with unwanted change, while focusing on the past leaves us wanting for something that no longer exists.

If you are faced with any unexpected changes in your life for which you have to sacrifice something, try not to be a salmon. Don't swim upstream but go with the flow and allow the universe to carry you on your new path. You'll never know what fantastic places it may take you.

We wish you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4104 – Imagine That

GLORIA WENDROFF

God said:

Beautiful Stars on Earth, harken to Me as I tell you how beautiful you are and how much you stir My heart.

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

There are no tricks here. From the vantage of Heaven, all is simple, and all is clear. From the vantage of Earth, all is a scramble. No wonder I am called God, and you are not called God. I live in peace. I live without upset while you have scrimmages all over the place. That is precisely because you live in the world. That is, you are aware of living in the world and not so aware of your sojourn in Heaven. Although you have one foot on Earth and another foot in Heaven, you only dream or aspire one foot in Heaven. You forget your other foot actually is in Heaven. You forget what is truly solid, and you run about on the Earth that you imagine is solid.

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

You are based on Earth, and, yet, your true foundation is in Heaven. The fact is there is nothing else but Heaven! Earth, as dear as it is, is flimflam. It is a B movie. Sometimes it is the Best Movie of the Year. Sometimes it is Academy Award. Sometimes. And now, dear friends, we are going to make only Academy Award movies. All of life is going to become worthwhile in deed and in awareness. We are going to have a beautiful run of movies, spectacular movies, all a romance of one kind or another.

Dreams are going to come true on Earth. Love takes its rightful place on Earth, and you become Kings and Queens. You are nobility. You are Heaven nobility. You have always been so and have not seen.

Now you will see. You will see what love is. You will see the love you are. You will dispense with anything that is not love. 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.

Right now there isn't anything but theater on Earth, but you are very much into circumstances and all the periphery. You think you swim in a tiny fragment of Earth when, in fact, you occupy Heaven. You and Heaven are One. I am One with Heaven, and so must you be.

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. Stories will be more like e-books that you read. The life you live will be more like a story you read. You will turn the pages of your life, and you will not lament. You will easily pick up another story to read, and you will see it played out on the screen of life. You will know you are in a theater, and you know you will leave it, even though the theater itself is imagined.

Imagine that.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/imagine-that.html>



Inspirational quotes



You are innocent. Desires are not crafty. They are not clever. They are desires. There is something within you that wants to arise, and desire awakens it. Yet all desires are Mine. I wake you in the morning. After a while, you get up. And then you go about your day. And you find out what is on the calendar of your day. You find out your day. You may go through the motions the same, and yet each day fulfils itself. In a sense, you order your day, and yet you watch it befall.

Heavenletter #4106 Motivating Power



The past is erased. The past is fleeing itself, and newness arises. Your heart is new. Your life is new. This is the new world, and you are its cornerstones. The wondrousness of the Universe has arisen. You are sensing the wondrousness. What has happened? Nothing has happened. Everything has happened. The Earth has spun on its axis, and you are spinning. You are ever-spinning. Truth appears. Falsehood flees. Love is calling the tunes.

Heavenletter #4107 The Year of the Heart



Very soon there is no out there. There is only inner. Know that the outer you have seen has really been inward. You are attractive. The world gravitates to you, for you are powerful. You are far more powerful than the outer world, and you begin to see your place in the cosmos, that the cosmos is made up of you and your thoughts and your Being, and My Being which are One and the Same.

Heavenletter #4108 And There Is God



Although you have one foot on Earth and another foot in Heaven, you only dream or aspire one foot in Heaven. You forget your other foot actually is in Heaven. You forget what is truly solid, and you run about on the Earth that you imagine is solid.

Heavenletter #4104 Imagine That



There is no withstanding reaching Me because We share a mutual desire. I am steadfast in My desire for you to climb right up here to Me. Your desire may fluctuate. Nevertheless, once your desire has been started, your arrival is inevitable. Every day you are gaining. Every day. Whatever you may perceive or not, you are gaining.

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 VII

ROY EUGENE DAVIS

Some of my prayers produce or attract the results I want. Why aren't all of my prayers equally effective?

Some of your prayers might have attracted the results that you wanted to have; some of the desired or ideal circumstances would have emerged without your prayers. Regarding prayers that you consider to have been effective: do you remember praying with absolute (pure) faith or belief in the outcome? That kind of praying is more likely to produce or attract ideal results because it is empowered by conviction. It is helpful to know what to pray for and how to do it, and when to avoid interfering with situations with which we should not be involved. It is always appropriate to wish for the highest good and well-being for everyone and all emerging events.

I have heard others say that functional impairments that some newborn children have are effects of karma—of something they caused or attracted because of past actions. I am uncomfortable with that opinion. Thinking that all such conditions directly result from personal karma is simplistic. It doesn't include possibilities of genetic, dietary, and/or environmental influences.

I want to be spiritually enlightened and fully liberated. I have reduced my personal needs and only have to work two or three days a week to earn enough money to pay for food, gas for my old car, and the few other things that I use. I think I have had a few fleeting “enlightenment” experiences, yet I am aware of the fact that I perhaps need to have more practical knowledge and skills and more compassion for others. While I sometimes feel “free,” I am also aware of my limitations, mental confusion, and emotional unrest. It is possible to have partial intellectual insight into higher realities and intuitive awareness of our pure essence as being other than our mind and physical condition—and be somewhat confined by our mistaken perception of self-identity. We may seem to know (or at least partially apprehend) that we are spiritual beings while not yet having clear understanding and feeling while having various kinds of limiting conditions.

We may want to be cloistered, shut away from outer conditions, and at times want to wander and explore a larger world. The solution to the problem of confusion is neither to avoid relating to objective realities nor to plunge into involvements with them to the extent that we become forgetful of our essence and our relationship with the Infinite. What is most useful is to cultivate peace of mind and emotional stability and maturity while nurturing authentic spiritual growth.

Avoid dramatizing devotion or being “different.” Outwardly observe appropriate social behaviors. Be inwardly Self-knowing while effectively performing duties and faithfully adhering to your spiritual path (the course of actions that purify the mind and clarify your awareness). Remember: wherever you are, you are in the wholeness of one ultimate Reality. You do not have to allow what you do or observe to diminish your awareness of your true nature as an immortal, spiritual being. Because you are immortal, you can be as spiritually enlightened in the physical realm as in any place or space in or beyond our universe.

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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Letting in the Light

LUCIS TRUST

Spiritual philosophy teaches that “the great theme of LIGHT underlies our entire planetary purpose.” Such is the allure and majesty of light — spiritual and physical — that it has attracted the attention of thinkers in philosophy, the arts, science, religion and the like for countless aeons. In the last hundred years or so, remarkable developments in science have opened up new vistas of research and discovery. Artificial light illumines our cities, towns, villages and thoroughfares. The use of light-based technologies — gamma rays, x-rays and ultraviolet rays — in particular are used in the field of medicine. And, with the resources, skills and incisive focus of the scientific establishment who can say what the years ahead will unfold in the exploration of light and light-based technologies in the noble pursuit of human welfare?

There is the contribution of great artists, too, who through their works of art, have demonstrated the power and significance of light and colour in evoking a sense of awe and wonder of the natural world. Indeed, William Turner, the great British landscape artist known as the 'painter of light' found inspiration in the writings of Goethe, especially in his book, the Theory of Colours. Such was Turner's fascination with light that his final words before departing this earth were reputed to have been “the sun is God”.

The physical light of the sun, 93 million miles away, sustains all life upon earth in a myriad of ways. Its prophylactic rays (of light and heat) vitalise the physical-etheric form which are indispensable in maintaining health and well-being. Its presence, too, draws tiny seeds through the darkness of matter into the full light of day to display their effulgent offerings. On a higher turn of the spiral, the light of the inner spiritual sun eternally shines, ever seeking to reveal its pearls of wisdom and the glory of Deity that underlies the manifested worlds.

In the esoteric sciences, light, it is suggested, is an effect of the impulse of Life itself. What this means, in essence, is almost impossible to fathom. Nonetheless, spiritual philosophy goes on to say that when life and form (spirit and matter) are brought together light appears. In like measure, the loosing of the Shamballa energy (embodying the energy of Life) over the last few decades, and its direct interaction with the human family, is bringing about an intensification of light that is revealing, as never before, the momentous underlying spiritual, psychological and structural challenges that confront us all today. These revelations are working out in and through consciousness, the domain of human life and experience.

It wouldn't be an exaggeration to suggest that humanity is awakening from its long slumber in darkness. A light dawns that is illuminating human thinking and dispelling the ever present shadows of separateness and division. The light of consciousness is revealing the grandeur of the impending and progressive ideas that are working their way through into the outer world and awaiting anchorage. So, let us work hard to ensure that light perpetually penetrates the weary vales of earth and carries in its wake the transformative power 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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Attributes of a spiritual hero

PARAMAHANSA YOGANANDA

The valiant spiritual hero is betrothed to virtue and must not be disloyal to her. The spiritual hero who becomes disreputable before the eyes of virtue suffers a pain worse than physical death. It is infinitely superior to die a spiritual hero fighting the soldiers of restlessness and ignorance than to allow oneself to be the victim of a living death. One who dies resisting restlessness and ignorance by repeated efforts of meditation experiences a state of high spirituality after death. Such a soul, according to the law of cause and effect, also attracts a high spiritual consciousness in his next incarnation. But, as the Bhagavad Gita declares, if you sacrifice the lasting peace of the soul by ceasing to fight restlessness, you will always stand condemned before your own awakened spiritual perceptions.

Heroic courage is needed to win in this most challenging of all struggles, the victory of complete Self-realization. Only a spiritual hero can attempt the journey, even with the help of a guru who has already achieved the ultimate victory. Many devotees, after a little effort, return to the life they lived before. Incarnation after incarnation they try, fail, and eventually return. Perhaps they return with renewed will to try again, but many also struggle against discouragement and disappointment. Discouragement can be fought and conquered by the steady, indomitable pressure of resolute courage. There is nothing masculine or feminine in this great leap of faith. Whether a householder or a renunciate, male or female, the heroism required is the courage implied in the words of the chant, "I will drown myself in the Infinite to find my true Self to be infinite." If you think, "I simply don't have that kind of courage," know that you can develop it, in time.

The Bhagavad Gita says, "He who becomes dishonorable and relinquishes the fight against temptations experiences a living death." As long as life lasts, the spiritual hero should never submit to defeat nor fly away from a difficult battle with temptation. No matter how many times the soldiers of evil tendencies invade your castle of self-control, you must again and again launch your battles of inner resistance. There is a story in the Mahabharata, one of India's great epics, in which Dronacharya, supreme preceptor in the martial arts, asks Arjuna to shoot the head off a bird that has been tied to the top of a tall tree. Arjuna's cousins and brothers, all students of the same teacher, have already tried and failed to perform this feat. When asked by their teacher, "What do you see?" each of them, in turn, gave different answers. Only Arjuna, his prize pupil, ignoring every distraction, replied, "I see only the head of the bird." When Arjuna shot the arrow, he hit the mark. In every undertaking, the way for the devotee to "hit the mark" of spiritual enlightenment, is to ignore every distraction and center all of his attention on the object of success. A strong will can drive away even clouds that obscure the earth's sun. Not for the spiritual hero, the hand-wringing lament, "Oh, but think of the difficulties I face!"

Diseases of the soul — mental dullness, lack of enthusiasm — can be removed by meditation. Be a hero amidst the challenges of daily life. Whatever you do, do it with all your heart. Delusions are those thoughts which make you think you will find fulfillment in outwardness. Wrong understanding is rooted in ego. The mind is inclined to self-deception, born of wishful thinking and ego-protectiveness. You cannot perceive anything correctly so long as your very ability to perceive is overwhelmed with thoughts of self. The most important thing on the spiritual path is to silence the demands of ego.

What is the best way to do that? You will transcend the ego not by trying to purify and spiritualize every flaw, but by directing all of your energy toward the spiritual eye. The more you concentrate at that center, in meditation and throughout the day, the more you will be drawn toward a state of egolessness. However, until that finality is securely gained, you must be ever-ready to wage war with restlessness. Otherwise you are liable to fall victim again to body consciousness, sense-attachments, and restless thoughts. A true guru can transfer his magnetism to disciples who tune in to his consciousness, and thereby help them in their effort to direct their energy increasingly upward to the spiritual eye. By rechanneling the energy in their spines, and helping it to flow ever-increasingly upward to the spiritual eye, his magnetism can help to transform every one of their faults into their opposite virtues. That strong

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upward flow of energy dissolves all obstructing “vrittis,” or eddies of feeling, and carries them up to the spiritual eye. The practice of scientific yogic techniques, and especially the great, ancient science of Kriya Yoga, can greatly accelerate this process. However, although the guru’s magnetism is essential to this process, you must cooperate with his help by continuing to work on yourself spiritually.

When the blows of karma strike you, no matter how heavy the blows, always try to welcome their liberating influence. Since karma is God’s law, you must learn to accept its intricate play willingly—and remain even-minded throughout. Bear those challenges cheerfully, telling God, “I live forever unshakably in Thy joy.” There are many kinds of karma—good, bad, and indifferent, but never identify with any of them. Never huddle in the dark, moaning, “Oh, it’s my karma!” Even a little spark of deep meditation can ignite the dynamite of eternal goodness within you and explode the karma from many incarnations. When you reach the state of *jivan mukta*, and rise above the ego altogether, even the strongest karma will pass you by. Contentment is described in the Mahabharata as the supreme virtue. Contentment, by placing you in harmony with divine law, actually ensures that all your needs will be provided for. Even though your past karma is very bad, if in the midst of failure, loss, and disappointment you determine to remain contented, your needs will be fulfilled. Contentment, when rightly practiced, reflects under all circumstances, an energetic, bright attitude.

Devotees who make scant spiritual progress after years of regular but absent-minded meditation often become discouraged. Such souls fail to perceive the depths of their incarnations of accumulated ignorance, and thus cannot compare it with the indifferent spiritual efforts of a few years in a single lifetime. Only those who can delve deeply into the region of the superconscious can know whether their virtuous tendencies outweigh their evil tendencies. Even if you find yourself overpowered by evil tendencies, always remember that you can increase your virtuous tendencies by communing with God in meditation. If you die fighting restlessness and ignorance, you will have the inner satisfaction while in the astral world of not having succumbed to the onslaughts of delusion.

All evil tendencies, no matter how strong, are only mental grafts and can never destroy the mighty power of the soul. To see one’s weakness as greater than the power of the Self is sheer folly. If in all all circumstances you are able to conquer invading evil tendencies by ever-deeper meditation, you will gain eternal bliss in this life and forever. When a spiritual devotee, after a few years of deep meditation, first experiences divine joy, he should not become over-confident of the lasting quality of that experience. Many devotees become self-satisfied after experiencing the superconscious joy of the soul and beholding a few astral lights, and thereafter fail to make ongoing efforts to meditate deeply.

Do not become overly elated by your first deep superconscious experience of the joy of the soul. Always keep in mind that the soldiers of restlessness can still regain your newly conquered kingdom of peace. Concentrate instead on deepening your meditations and permanently identifying yourself with the soul’s ineffable joy. You have earned this soul joy by waging many wars with restlessness. Be eternally vigilant that you never to lose it by becoming careless during invasions of sense-temptations and other delusions.

As a devotee on the spiritual path, give little weight to the trials that beset you. No matter how many times the soldiers of restlessness or evil tendencies invade your castle of self-control, repeatedly launch battles of inner resistance. Walk with courage, and calm inner faith. Eventually, you will pass beyond every shadow of bad karma, beyond all tests and difficulties, and behold at last the dawn of divine fulfillment. In that highest of all states of consciousness you will find freedom from every last, trailing vapor of misfortune.



*Ananda Sangha is a movement
based on the teachings of
Paramhansa Yogananda that helps
you bring God into your life through
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The Body Beautiful

ROD BRIGGS

In today's "modern" slim, trim- get a discount on your health plan if you exercise – lifestyle much emphasis is placed on how we look, and while this is all well and good, I'm not averse to throwing the odd weight in the local gym around myself, I wonder if this reflects who we truly are. Our internal life, the quintessence of ourselves, seems to play poor relation to "image" and I wonder how many of us who happily spend an hour a day in physical exercise give equal attention to our internal world.

In the ancient wisdom of *Seidr*, the old Norse Shamanic practice, they understood four separate but interconnected bodies in human life. The first was our *Hamr*, literally our shell body. The second, which was seen as much more important was the *Hugr* or Essence; much time was spent getting to know and understand the core of ourselves, both individually and as a group.

One example from history will suffice; most everyone has heard of the legendary conqueror Attila the Hun. His praise name was Attila Ulfhugr (wolf essence) which came from the fact that although his outer form was that of a man his inner psyche was ravenous and single minded in a wolf like way. This understanding was replicated in the name giving in the First Nations of the Americas where children were only named after puberty and a daunting ritual to find their true selves; the name the Shaman then bestowed on them was meaningful both to themselves and everyone else in the tribe, hence *Sitting Bull*, *White Cloud* and *Running Horse*.

"To thine own self be true..." wrote the bard, and while we all know the quote, how many of us can say that we know our "own self" in even the flimsiest of ways. Take some quiet time, every day, to focus on the still small preference within, dump what the media urges you strive for, and you will be on the road to a true body beautiful. Two quotes from the First Nations will carry you far in the quest: from the Hopi "*Take the quiet of the new dawn and let it strengthen you through the day*"

From the Navaho "*In beauty may I walk, all the days of my life*".

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 III

SWAMI MURUGESU MAHARISHI

Regular practice of this method for a few days will result in visions of people, places or things of your previous birth. Sometimes you may also wonder whether there are any others like that you who have seen the same things. This technique will help you to discover such a person over time and they may even be a current relation or friend who was connected with you in a previous birth.

Do not think that these visions will appear to you as clear as pictures in the darkness behind your closed eyes. They will manifest within your calmed mind as ideal figures. This will be similar to those you see when you are deeply engaged in remembering a past incident of your present life and visualise persons and things connected with it in your mind.

By following this method, you can remember the persons, places and incidents connected with your previous birth.

Dear students, will not this be a joyful experience to you to know about your past life? There are easy methods of visualising one's previous births. But they is to be practised sincerely and regularly for a few months before you can expect any success. Unfortunately people who desire to practice the methods do not find sufficient time or conveniences for practicing in their residence. If anybody has eagerness and the facility they will certainly be capable of visualising their previous births as if they are witnessing them in the present.

Next month: Beneficial knowledge of the Vedas



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





Present moment awareness

SUREN PILLAY

It has been said that one's greatest obstacle is oneself. In the spiritual realm, the challenges that the mind can express remain formidable even to the most devout sadhaka. The real question is: how does one control one's mind? A mind of desire and wavering temperament is spiritual disadvantaged due to its inability to first attain calmness and then transcend calmness to reach the level self and God realisation. For many even the attainment calmness can be a very difficult challenge.

In the Vedic scriptures, some of the formidable obstacles to yoga include the fear as well as the inability to control the mind. The greatest fallacy of life is that it offers certainty at every moment. Certainty does not belong to the earth plane which exists in the 4 dimensions of matter, space, time and energy. All of these four dimensions are continually in a state of flux which allows for no certainty in the physical plane which we call reality. For most of us fear comes from not knowing what is going to happen next and, in particular, forecasting an unfavourable outcome.

This attachment to outcomes and assumption of certainty in life has resulted in fear for both the ordinary material individual and the spiritual sadhaka. For the spiritual sadhaka it is even more vital to get rid of fear as meditation will be difficult if one is continually living in either the past or the future. Present moment awareness or 'living in the now' demands that the sadhaka embrace the uncertainty which is inherent in all of the earthly life that and that is experienced on a day to day basis.

If one is able to live in the present moment and not in the past or future, it will be much easier for one to control his or her mind since focus on the object of meditation will greatly increased. In the eightfold path of Yoga, dharana is known as contemplation, and it involves concentration as preliminary attainment to meditation. Meditation, or oneness with the object of meditation, cannot be achieved without focus and dharana.

The easiest way of achieving present moment awareness is to surrender all thing to God or Ishwara and raise our self awareness to recognise that we are not the doer of actions but that all actions emanate from God. This act of raising self awareness alone can bring a great sense of peace and serenity. Control of the mind is also dependent on discipline and will force. There is no limit to the attainment of a person who is disciplined. Will force is God-given and if used in the right way can benefit both the sadhaka and society in general in a transformative way.

My message to you this month, dear readers, is to practice present moment awareness. Forget about the past and don't stress about the future for the whole world is the game of God and He is the sole doer, receiver and witness. Raise your self awareness constantly and affirm your intention to become one with the Eternal Spirit. Once you surrender to God, cosmic awareness will become part of your daily reality of existence.

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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A new world order

FLORA TECKIE

An unbiased glance at the current political and economic systems of the world largely indicates that they are inadequate to address the deepening global crisis facing humanity. It appears that such institutions, predominately based on national sovereignty, are unable to meet the needs of mankind as it moves towards a world civilization. There is obviously need for a new world order, especially with the current one lacking credibility. Genuine solutions, in the Bahá'í view, will require a globally accepted vision for the future based on unity and willing cooperation, commitment to a higher moral standard and the development of consultative skills for the effective functioning of groups at all levels of society. The world order, affirmed in the Bahá'í Writings, implies the establishment of a world commonwealth uniting all nations, races, creeds and classes. Such a commonwealth of nations, must be based on principles of economic justice, equality between the races, equal rights for men and women and provision of universal education.

Just over a century and half ago, Bahá'u'lláh, addressing the world leaders, spoke of humankind as entering on a period of history that would involve the radical restructuring of the life of the planet. Challenges never before contemplated would, He said, soon overwhelm the resources of even the most advanced nations. They could be addressed only by a world federal system whose central organ would be a representative world parliament empowered to create a code of universally agreed upon and enforceable international law. Presently there are many well-motivated and helpful proposals to solve the current problems. However, solution to complex and interrelated problems in the world will require a new level of commitment to solving major challenges such as de-militarization; extremes of wealth and poverty, religious prejudices, environmental degradation; racism; lack of access to education etc. A holistic approach, providing globally accepted standards and resolutions has become overdue.

“Long-term solutions” according to a Bahá'í International Community statement “will require a new and comprehensive vision of a global society, supported by a new system of values. Acceptance of the oneness of humanity is the first fundamental prerequisite for this reorganization and administration of the world as one country, the home of humankind. Recognition of this principle does not imply abandonment of legitimate loyalties, the suppression of cultural diversity, or the abolition of national autonomy. It calls for a wider loyalty, for a far higher aspiration than has so far animated human efforts. It clearly requires the subordination of national impulses and interests to the imperative claims of a unified world. It is inconsistent not only with any attempt to impose uniformity, but with any tendency towards excessive centralization. Its goal is well captured in the concept of ‘unity in diversity’”. The world federal system proposed by Bahá'u'lláh is one “in whose favour all the nations of the world will have willingly ceded every claim to make war, certain rights to impose taxation and all rights to maintain armaments, except for purposes of maintaining internal order within their respective dominions”.

In recognition of the challenges and resulting dangers presently facing humanity, we need to go beyond our current systems based on national sovereignty. A new world order is required, directed by a world commonwealth, capable of uniting all nations, races, creeds and classes. Long term solutions require acceptance and belief in the oneness of humanity and transformation in individual character and social institutions.

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.

Call to reason

BY THE MASTER through Benjamin Creme

The time is soon coming when men will realize that the most important problem facing this generation is the ecological imbalance which threatens vast areas of Earth. As you know, men are divided as to the extent of this problem but unless their attention is squarely fixed on this ecological dilemma, the future for many is under question.

Soon many groups will realize the full import of this danger and that, year by year, little separates them from disaster. The forces unleashed by global warming are now well beyond the control devices available to men.

Hearken, therefore, while there is still a little time. For the waters rise inexorably, and men gamble, blithely, with their future.

S.O.P. – Save Our Planet.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-12.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>





We cannot live without prana

SWAMI SHANKARANANDA MAHARAJI

Your whole lifetime is engineered by God, and God only engineers the destiny of lives by the number of breaths he gives us. We fix that by how we breathe those breaths. In comparison, it's like a cellphone. 2 people can top it up for the same amount of money but one might use it longer than the other person. That's the way we use this breath. Kriya Babaji is a perfect example of the usage of breath and all of us should catch ourselves breathing and change the way we breathe so we can enjoy for a longer period this journey given to us by God. Whatever we do in life – eating sleeping, breathing, walking – is all based on yoga. And the total concept of yoga is based on pranayama. Prana is the life force energy that enters the body and sustains the body through your existence in the time given to you determined by the number of breaths God has given you. It is the most important aspect of this body. The day your prana disappears is the day you disappear and become just a body, you'll no longer be a father a mother, or a son, anymore – but just a body. The identity of the father, son or mother is in the prana. When I call you I'm calling your prana because that is your existence. Once the prana is gone you're just a body.

We are all living in just the body. We are not living the prana, the most important aspect of this journey is breathing – not eating. You can live without food for a number of days but you cannot live without prana for an hour – you'll die. That is how important the life force energy is. And the beauty of this journey is that when both members of a household walk the journey together, a total state of bliss is easily attained. It is very important to understand that. This is not a single journey for a householder. It is a journey for both householders because the most important ingredients in any household are devotion, dedication and discipline. And the most important ingredient to attain states of bhakti is the same: devotion, dedication and discipline. And only these ingredients can spice up the spiritual journey. Only after attaining the spiritual journey will you realize what life is all about. It's not about running in the park or the bush, it's much bigger than that and as long as you don't understand this concept of life, and life itself you'll understand nothing on this plane or in this universe.

As Paramahansa Yogananda said, “You are a single unit of pure consciousness”. But we are not living by that. Instead we are living by the mind and letting it continually dictate to us how we should live this life. How should we live this life? Everything we do in this life whether playing music, singing, sitting and daydreaming – is all yoga. It is all based on your breath. When you sleep you breathe slower than in your waking state. We all need to transform by continuously reciting the name of the Lord. Subconsciously, at the back of your head you must have that name 24/7, and then you will receive great heights of liberation, of moksha, and attain nirvakalpa samadhi – but we need to first start by understanding prana. Once we understand that then everything else is easy.

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 experiences

BERNIE SIEGEL, MD

I just received a copy of Dr. Lissa Rankin's book *The Fear Cure*. The subtitle reads: Cultivating courage as medicine for the body, mind and spirit. My comment for her book was that just as hunger will lead you to find nourishment, fear can lead you to nourish your life too. We are all capable of doing this, but without guidance and someone who believes in us, it is hard to do.

Her book, of course, can make a difference in people's lives. We have to understand fear is built into us to help protect us. There are healthy fears which can save our life. I was out biking on a trail through a wooded area when I saw a coyote on the trail and immediately swung the bike around until I realized what I was seeing was a combination of shadows and objects which looked like a coyote. What impressed me was that I had reacted unconsciously to protect myself due to my fear of what I saw. When my conscious mind had time to focus on the object, it let me know everything was okay and safe.

I bring this up to point out how fear protects your life but it can also be self-destructive to. Think about taking a walk in the woods and seeing what you think is a poisonous snake right next to your foot. You immediately react and climb a tree and are amazed at what you were able to do to protect yourself. When you look back you realize it is just a tree branch and not a snake. Fear will change your body in a way that gives you strength and the ability to do things you would not normally be able to do. It alters blood flow to the brain, muscles and more to save you but what if every tree branch in your life is seen as a poisonous snake what does that do to you? It makes you more vulnerable to disease because your stress hormone levels are raised and your immune function is lowered. So in long term anyone living in fear will have more illnesses and health problems than someone who has peace of mind, love and laughter in their life.

On a simple level I have seen what humor and laughter can do for me and my patients. When you are laughing fear doesn't exist. Try laughing for no reason sometime, when feeling stressed by a snake in your life, and watch what it does for you. I always remember our 90+ year old cancer group member who resolved everyone's fear with her comment about what she feared. After thinking for several minutes after I asked her what she feared she said, "Oh, I know what it is. Driving on the parkway at night."

So remember fear can be appropriate and keep you from doing or being exposed to dangerous, unhealthy and life threatening situations but when you fear getting out of bed or going out in the rain what happens to you and your life. Fear can cure you too. A woman I know was agoraphobic. She feared everything from writing checks to going out of the house in nasty weather. Her husband gave up and divorced her. Her children didn't know what to do with her and then along came cancer. Now she really had something to fear. It could kill her and it wasn't her imagination creating the problem. I tried hard to help her but on a personal level had no effect on changing her fears.

Then one day I received a call from her children saying they were worried about their mother's behavior. I asked what was happening now was she hiding in the house and they said, "No, she is sky diving and white water rafting and we are worried about her risking her life and body." Now you can easily understand the fear cure. When you really have something to fear, like cancer and death, the other things aren't so scary or fearful anymore.

I don't wish any therapeutic problems on any of you but I do think that when you accept your mortality and limited life time you begin to use and enjoy the time you have with a lot less fear about what will happen if you take a chance or what other people will think of you. What you think of yourself is the key issue. It alone can heal and remove the wounds of your past which imbued you with



fear. These are due to the mottoes we heard from the authority figures in our lives who gave us mottoes to die by.

One of my patients came into the office smiling. I asked her what she was smiling about.

“Oh, when I got home from my vacation I found my apartment was robbed.”

“Why does that make you happy?”

“My mother always said to never be too happy because something good is always followed by something bad. So after having a vacation I was worrying about what bad thing was going to happen to me and so when I came home and found my apartment was robbed. I didn’t have to be fearful or worry anymore.”

Believe me parents words are hypnotic so help your kids to be free of fear by helping them to believe in themselves. And do the same with yourself. Give them a mantra to repeat that is life enhancing and reduces fear like: I am happy and healthy and love my life and when you realize nothing is lacking the whole world belongs to you. Or you can use the two quotes which follow this article and think about what they achieved.

-----**Today’s Prescription for the Soul – Prescription #223 – Love Blindness**-----

Love isn’t blind; it just only sees what matters.

- William Curry

What makes a lover blind? What is it a lover can’t see? Is blindness always a bad thing?

What do you see when you start the day and step into your living room? Is the first thing you see the mess from the night before and what has to be done, or the potential for the day ahead?

Wake up to life and start looking at what is before you. You can select what you are blind to. Loving life and being blind to its faults and problems does not mean you are not aware of them. It does not prohibit you from trying to change things for the better. But it does mean you are not controlled by them and made bitter and resentful by them.

When you are in the slowest line at the checkout counter and the clerk stops to page the manager after you have already emptied your cart onto the belt, and you are ready to scream, use your love blindness. See through loving eyes and watch what happens to your sight.

Soulution of the Day

Spread the affliction of love blindness
and hope that people don’t find a cure.

- Bernie



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 inner ascent

The awakening of the inner serpent is a curse to some,
and a blessing to the wise
Its ascension unparalleled and its expression magnificent
Its beauty is indescribable and experience overwhelming
May this force rise in all of humanity
such that eternity is experienced in the smallest of moments
SUREN PILLAY



Your pain is the breaking of the shell that encloses your understanding.

Even as the stone of the fruit must break, that its
heart may stand in the sun, so must you know pain.
And could you keep your heart in wonder at the daily miracles of your life,
your pain would not seem less wondrous than your joy;
And you would accept the seasons of your heart,
even as you have always accepted the seasons that pass over your fields.
And you would watch with serenity through the winters of your grief.
Much of your pain is self-chosen.
It is the bitter potion by which the physician within you heals your sick self.
Therefore trust the physician, and drink his remedy in silence and tranquillity:
For his hand, though heavy and hard, is guided by the tender hand of the Unseen,
And the cup he brings, though it burn your lips, has been fashioned of the clay
which the Potter has moistened with His own sacred tears.
KAHLIL GIBRAN



Creative Activity

I will use my creative thinking ability to gain success
in every worthwhile project that I undertake.
God will help me if I also try to help myself.
I have buried dead disappointments in the cemeteries of yesterday.
Today I will plow the garden of life with my new creative efforts.
Therein I will sow seeds of wisdom, health, prosperity, and happiness.
I will water them with self-confidence and faith,
and will wait for the Divine to give me the rightful harvest.
If I reap not the harvest, I will be thankful for the satisfaction of having tried my best.
I will thank God that I am able to try again and again,
until with His help I do succeeded in fulfilling
my heart's worthy desire.
PARAMAHANSA YOGANANDA



Index of Resources and Online References

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