

*When a person's mind is internalized,  
he perceives God's presence everywhere, and in everything.  
Householders can indeed be God-seeking devotees,  
once they understand that to worship God truly is,  
simply and basically, to love Him, and not necessarily  
to participate in specific outward forms of service to Him.*

SWAMI KRIYANANDA



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 62**  
**4 April 2015**



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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 62

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Welcome to the April 2015 issue of *Transcendence*.

*Of what can we be certain except this — that we are fertilized by mysterious circumstances? Where is man's truth to be found? Truth is not that which can be demonstrated by the air of logic. If orange trees are hardy and rich in fruit in this bit of soil and not that, then this bit of soil is what is truth for orange trees.*

ANTOINE DE SAINT-EXUPERY

As editor of *Transcendence*, it is part of my job description to follow a diverse variety of spiritual and religious online social media groups. What I've noticed is that on all of the groups representing a specific religion, there is always bickering, arrogance and judgment towards others in the group who are not of the same religious inclination. This is both ironic and contradictory as all religions teach us to be tolerant and understanding of each other no matter our spiritual path.

Buddhism teaches us '1000 men, 1000 religions'. Christianity teaches us to 'love your neighbour as you love yourself', Hinduism teaches that God is everywhere and in all things. Even within a single religion each individual has their own concept and experience of the Infinite. No two people can ever have the exact same belief and opinion of God.

In the spirit of unity in spiritual diversity, let's make it part of our life's mission to ensure we practice tolerance towards others even if we don't agree with or understand what they believe.

Wishing you a blessed month ahead.

In Love and Service, always,





## Heavenletter # 4105 – Growing Closer to God

GLORIA WENDROFF

God said:

Infinite is My love. Infinite are the ways to express My love. Heavenletters are one way. Life is another. The ways are long-standing, and they are new, the same way that each day is new, and the same way that, each day, you are new. You are always new. Today you have grown since yesterday. You are a testament to growth. Your growth may seem infinitesimal to you, you are so eager for more. You are too close to see your own growth. From Heaven, it is easy to see. It is My delight to see your growth.

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

That you have consciously started growing toward Me is a great step. Your intention is powerful, as is Mine. And what do I desire more than your reaching Me? By whatever path, you come. Regardless of whatever detours, you come. There is no withstanding your reaching Me. 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.

I will tell you that not a day of yours is wasted. Seeming plateaus also serve their purpose. Once on the path to Me, try as you may, you can't get off the path to Me. Anyway, it is all rigged. You are coming to Me in any case. I decided this long ago. You can't swim against the tide, not forever, can you.

Our hearts are going to entwine. They already are, and, yet, you may be the last to know! Never mind. It doesn't matter. Our Oneness and your awareness of Our Oneness are both assured. You can teeter, you can totter, yet you are being swept up by love, and love will have its say, and love, wherever it seems to come from, is yours. Your love and My love are strong magnets. Love is mightier than steel. There is no force like that of love. You cannot resist it. Love is the tide of life, and it makes itself known.

All love leads to Me, and all love is from Me. I love Myself. You are learning to love yourself. You are lifting your eyes up. The closer you come to Me, the closer you come to yourself. It is amazing that you haven't known this. You have been walking on the path of love without realization of where you are, who you are, what you amount to. You have had an incredible disregard of yourself. An amazing disregard. And now you are opening your eyes to take another look at what I created when I created you. Take another look. Peer into My eyes, and see yourself.

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. You can't lose, beloveds. No way you can lose. Surrender your old thoughts. Surrender anything and surrender everything that may hold you back. Give up. Concede. We are One another.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/growing-closer-to-god.html>



## Inspirational quotes



*There is something that propels you forward, and that is desire. Desire takes no effort. Desire appears. Once it appears, a direction has been set. The Universe will support you. Your desire gives the Universe the opportunity.*

Heavenletter #4106 Motivating Power



*Love is ascending. Love has ascended. No longer does temporariness rule. Love rules. Love's rule is heart-opening. Love's rule is freedom-giving. Hearts are freed from the rule of the past and the rule of the mind. The mind takes an oath. The mind takes a breath of relief and reclines on the heart, glad to follow the heart, glad to be mindful of the heart.*

Heavenletter #4107 The Year of the Heart



*Whatever you embrace, it is yourself you embrace. You have projected yourself out there. You are everyone you meet, and everyone you meet is you. And now you meet yourself on new ground. You are the trees and the rustling of leaves. And you are the apples on the trees. You are the still waters I lead you to. You are the depths, and you are the waves.*

Heavenletter #4108 And There Is God



*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.*

Heavenletter #4104 Imagine That



*That you have consciously started growing toward Me is a great step. Your intention is powerful, as is Mine. And what do I desire more than your reaching Me? By whatever path, you come. Regardless of whatever detours, you come. There is no withstanding your reaching Me.*

Heavenletter #4105 Growing Closer to God

Ten years ago, after a spiritual awakening, I started writing letters to my inner self and got answers. After a while, I thought: "Hmm, if I can address myself and get answers, why not with God?" I had always heard to go to the top, so I started asking questions to God, first for myself and later for others, and God answered with a common sense and vision far beyond anything I could ever have thought of. And then questions were no longer necessary because God just started coming in with what He wanted us to hear. One thing about God, He wants His words shared, and so Heaven Letters is emailed out every day.

GLORIA WENDROFF



*Everything God says is meant for you, and each day's Heaven Letter contains a new message God wants you to hear that day. For people of all faiths, or of none, Heaven Letters are like a walk you take with God. With each step, you come closer until you find there is no distance between you and God.*

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## Spiritual perceptions and experiences Part I

ROY EUGENE DAVIS

**spiritual** Of or relating to ultimate Reality (God), souls, and/or the real, enduring essence of things.

**perceptions** Apprehension acquired through the senses or by intellectual discernment, reasoning, or intuition.

**experiences** 1. Perceptions of things, thoughts, emotions, or events. 2. Knowledge or skills acquired by learning or participation.

**authentic** Real, actual, conforming with facts, thus worthy of trust or belief.

We may presume that at least some of our spiritual perceptions and experiences are authentic when we are constantly happy and optimistic, living is purposeful and enjoyable, and knowing that we will eventually depart from this world does not disturb our mind or emotions. In this article I will encourage you to learn to know what is authentic rather than to presume, guess, hope, or be inclined to fantasize. Truth seekers should aspire to be fully spiritually enlightened rather than partially conscious with their mind blurred and modified by erroneous ideas.

### The Importance of Being Accurately Informed About the Facts of Life

Whether you are just starting to explore higher Realities or have been doing it for several years, examine the information, beliefs, and ideas that you now have. Decide what is true and what should be discarded because it is not true. Your mind will not be blurred with false information and you will be more conscious and freely functional. Being informed can be useful.

Having accurate knowledge that is intellectually discerned and intuitively known to be authentic is more useful. When you are more receptive to the emergence of your innate Self- and God-knowledge, it will arise from within you and be experienced as expanding throughout your being, mind, and body.

Many people who have gradually acquired a large amount of metaphysical information can skillfully talk about it and impress their friends. A close examination of their circumstances may reveal that very little of what they learned has improved their lives, enabled them to have permanent peace of mind, or illumined their consciousness.

Some facts to know:

There is a nameless, formless ultimate Reality (commonly referred to as God) which has a pure essence without attributes and an expressive nature with attributes and qualities that can emanate and nurture universes.

Souls are units of the pure aspect of ultimate Reality. It is only at the surface of their awareness that blurring, faulty perceptions, and confusion might occur. The consciousness of all souls will eventually be restored to its original wholeness. Ultimate (the farthest possible extent of) realization occurs gradually or fast according to our capacity to be conscious, the quality of our aspiration (whether mild or fervent) to be spiritually enlightened, and the intensiveness (concentrated right endeavor) of our spiritual practice.

Excerpt from *Truth Journal*, April/May 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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## Reflections on Light

LUCIS TRUST

*At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.* [ALBERT SCHWEITZER]

*I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, and stand with him while he is right, and part with him when he goes wrong.* [ABRAHAM LINCOLN]

*The fact of the soul will eventually be proved through the study of light and of radiation and through a coming evolution in particles of light.* [ALICE BAILEY]

*Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.* [MARTIN LUTHER KING, JR.]

*Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.* [BUDDHA]

*In order for the light to shine so brightly, the darkness must be present.* [FRANCIS BACON]

*Come forth into the light of things, let nature be your teacher.* [WILLIAM WORDSWORTH]

*As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.* [CARL JUNG]

*Truly, it is in darkness that one finds the light, so when we are in sorrow, then this light is nearest of all to us.* [MEISTER ECKHART]

*Both the Winter and the Summer Solstices are expressions of love. They show us the opposition of light and dark, expansion and contraction, that characterize our experiences in the Earth school so that we can recognize our options as we move through our lives.* [GARY ZUKAV]

*Music is the arithmetic of sounds as optics is the geometry of light.* [CLAUDE DEBUSSY]

*If there be light, then there is darkness; if cold, heat; if height, depth; if solid, fluid; if hard, soft; if rough, smooth; if calm, tempest; if prosperity, adversity; if life, death.* [PYTHAGORAS]

*How far that little candle throws his beams! So shines a good deed in a weary world.* [WILLIAM SHAKESPEARE]

*Ideas are to literature what light is to painting.* [PAUL BOURGET]

*Light is the best bridge between the visible and the Invisible.* [AGNIYOGA]

*The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.*

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# LUCIS TRUST



## Marriage as a path to spiritual victory

SWAMI KRIYANANDA

In the early editions of *Autobiography of a Yogi* Paramhansa Yogananda drew a comparison between the householder path and that of monastic renunciation. “To fulfill one’s earthly responsibilities,” he wrote, “is indeed the higher path, provided the yogi, maintaining a mental uninvolvedness with egotistical desires, plays his part as a willing instrument of God.” He did not mean, of course, that marriage is in itself “the higher path.” The sincere seeker, if contemplating marriage as a path to God, must be prepared resolutely to leave the beaten track of ego-gratification. St. Paul tells us in I Corinthians, “He that is unmarried careth for the things that belong to the Lord, how he may please the Lord, but he that is married careth for the things of the world, how he may please his wife.”

Paramhansa Yogananda, quoting this passage, also went on to say, “I had analyzed the lives of many of my friends who, after undergoing certain spiritual disciplines, had then married. Launched on the sea of worldly responsibilities, they had forgotten their resolutions to meditate deeply. To allot God a secondary place in life was, to me, inconceivable.”

For many householders, the greatest obstacle to living more spiritually lies in the simple thought, “But what can I do that is all that spiritual?” The difficulty lies in the thought that spirituality demands doing things that are commonly labeled “spiritual.” The challenge for renunciates and householders is essentially the same: to develop “an inner sanctuary in the mind.” Brother Lawrence, in his famous book, *The Practice of the Presence of God*, stated that he had reached a point in his spiritual life where he felt as much devotion when picking up a straw as while at worship in the chapel.

What was so particularly meaningful to him about picking up straws? Nothing, obviously. It was his attitude of devotion that gave the act meaning. When a person’s mind is internalized, he perceives God’s presence everywhere, and in everything. Householders can indeed be God-seeking devotees, once they understand that to worship God truly is, simply and basically, to love Him, and not necessarily to participate in specific outward forms of service to Him.

In relation to one another, husbands and wives need to strive to perfect the divine aspect of their own masculinity and femininity, and for this, they need role models. The ideal couple for all time was depicted in *The Ramayana*, a great Indian epic written thousands of years ago. Rama epitomized the ideal husband; Sita, the ideal wife. Their examples are still valid today.

Rama displayed the masculine nature developed to perfection. He was high-minded, magnanimous, unhesitatingly truthful, strong in himself, committed at all times to what was right and true, ever ready to protect and defend the weak, forgiving of weakness in others, generous in victory, firmly committed to virtue, demanding of no one, fair-minded, reasonable, and wise.

Sita was divine perfection manifested as femininity: loving, compassionate, utterly loyal, supportive, motherly sacrificing; the counterpart of Rama in every virtue, but with softness and all-inclusive understanding rather than with outward strength. Each saw in the other, not the human personality merely, but a manifestation of the Divine, and each delighted in that manifestation in the other. Never did they observe one another for deficiencies in themselves.

One facet of the relationship between Rama and Sita will hold little appeal for modern men and women. Sita served her husband, and was obedient to him. Rama, for his part, accepted her service as ennobling both to himself and to her. For him, her obedience was a reminder to himself to live always in the truth. For it was to his expression of the truth that she gave her obedience, not to his human personality. (Indeed, when Rama told her to remain in the palace, instead of following him in his exile in the forest, Sita reminded him lovingly but firmly that her place was by his side. Rama had no choice but to acquiesce.)

There is a natural balance that ensues from a healthy relationship between husband and wife: the harmonizing of reason and feeling. The offering up of feeling to the judgment of reason is, in most matters, a natural directional flow for right action. Feeling, if not “kept in a state of reason”—which is when its flow is upward—can easily become caught up in emotional likes and dislikes, and focused more on its subjective reactions than on objective reality.

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The heart's energy, representing the feminine principle, needs to be directed upward to the center of will and spiritual vision in the forehead, which represents the masculine principle. When the feeling flows upward from the heart toward the brain, and through the brain to the "spiritual eye" in the forehead, perfect mental and emotional equilibrium is achieved.

Only thus can the heart's energy achieve its own fulfillment. When, instead, it flows outward to the world in the restlessness of likes and dislikes, the feelings become enmeshed in emotions, and, consequently, in delusion. In the end, these complementary aspects of human consciousness achieve perfection as though in the closing of a circle, at which point it is no longer possible to speak of either quality as having a beginning or an end. The circle is complete in itself.

Marriage, to become a path to spiritual enlightenment, must be focused on the attainment, ultimately, of impersonal awareness. This, for many people, is not an easy concept to grasp, particularly as an ideal in the relationship between husband and wife. Yet it is not such an alien concept as may first appear. For true impersonality is not coldness or indifference to another's needs. Many monks and nuns, even, confuse impersonality with an aloofness that borders on pride.

Impersonality, when rightly understood, is seen as the essence of kindness and selfless love. Impersonality means not to be selfishly attached to others, but to love them for their good rather than for one's own. It means thinking, not, "What can I get out of others?" but, "What can I give to them?" The great danger in the married state lies in the thought, "He (or she) owes me something." This perception is both selfish and self-deluding. To depend on anyone else for the happiness we can find only within ourselves is to blind ourselves to the deepest truth of our own being. To make excessive demands of one's mate is also to trample underfoot the tender petals of true love. One way of developing impersonality in your love is to try always to behold in your partner, as if hidden by the veil of human personality, the Divine Presence. Work at becoming 'other-minded'. See your partner as a manifestation of God's love, or as God's special gift to you – a gift meant not only for your comfort, but sometimes, also, for your spiritual training and discipline. An attitude of 'other-mindedness' is more difficult to maintain in marriage than in less intimate relationships. Ideally, your mate will be spiritually refined enough to appreciate and reciprocate in kind. Unfortunately, however, many couples are not so evenly matched, especially if the quest for God comes late in marriage or to one partner alone. What are you to do, if your partner simply doesn't share your spiritual zeal?

Where understanding in these matters is not mutual, it is important never to attempt to 'convert' your mate. Offer selfless love, instead. If a change is ever to come, it will be more likely to come as a result of your quiet example than of your admonishments, nagging or otherwise. Not every marriage is made in heaven, theological claims to the contrary notwithstanding. When a duty conflicts with a higher duty, it ceases to be a duty. Mankind's highest duty is to seek God, and truth. A marriage that gives this ideal a secondary place, in the name of a merely human compromise, is destined for failure on both levels, human and divine.

Life is always a compromise between our subjective expectations and objective realities. Any compromise we make, however, should be adjusted to our principles, not our principles to the compromise. It is more difficult, in some ways, to live a life of spiritual dedication within the home than living alone, or within the walls of a monastery. It is also easier to see one's work as spiritual when it is given the outward clothing of some spiritual cause. However, since the ultimate goal of spiritual striving is to rise above egoic involvement in the realization of union with God, the goal of the householder devotee cannot be radically different in any respect from that of the monk or nun. Which path is better: that of the householder or the renunciate? The choice must be left to the individual. Human nature is too varied to admit of absolute rules.

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## Control

ROD BRIGGS

I am in the wildest part of the wilderness in northern Zululand; surrounded by the big five, in a private lodge with a group of foreign retreatees from all walks of life. The common link in their backgrounds is control, and the exercise of it.

In everyday life all of them, from a busy medical doctor to an entrepreneur, have lives that are governed, organised and structured according to the dictates of the local social norms in their particular environment. Holding onto control all day everyday leads to them all being stressed without them even knowing that they are. Out here they have no control over anything; from before first light and the pre-dawn meditation to late night silent vigils, they are dancing to the music of another drum. Driven by the basic diurnal rhythm of nature the response, at first, is panic. They rush off to the river bank to find none existent cell phone reception and find it almost impossible to simply sit in silence. They have developed the habit of 'busyness' into a sort of armour to keep them from introspection. The early morning walk is completed much like a route march – something to be endured, ticked off on the to do list.

Over the course of the week however, things change; imperceptibly at first and then like a dam burst once some unseen internal critical mass is reached. By the last day no one wants to break the silence, although it is no longer mandatory, the walks become moving meditations and long ingrained worry lines on faces fade away. The calmness is tangible and everyone leaves a piece of their heart behind in the bush which is as it should be, as an exchange for the renewed soul they take away with them.

*The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.*

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk

shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

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





## Proof of previous births Part IV

SWAMI MURUGESU MAHARISHI

From time immemorial the Vedas have been considered a revelation. Many persons are of the opinion that the Vedas teach only about God and nothing else. But a Vedic scholar knows that the Vedas also contain enlightening knowledge on all subjects that are useful to humanity. Many Vedic scholars have interpreted a few of the Vedic mantras which explain scientific theories propounded in recent years.

Vedic scholars consider each Vedic mantra as having been compiled on the basis of the science of sound vibration so that each mantra may produce a unique effect. Many have benefitted by chanting Vedic mantras. Not only single mantras but also *suktas*, or mantras which deal with one particular subject, can produce special beneficial effects.

The Mantras which I propose to comment upon in these pages are called *Siva sankalpa mantras* (beneficial thought creating mantras). These occur in the 34th chapter of *Yajur Veda*. It is believed that these mantras are intended to purify and strengthen the mind.

Nowadays, psychology has been developed to a very high degree. Even so, some of the higher principles of mind dealt with in these mantras have not been touched upon in any modern psychology.

I have come across cases in which by merely reciting the mantras for a few days continuously certain mental disorders have been set right. Also there has been a change in the attitude of persons who have always had negative thoughts and it has been found that their malevolent thoughts have changed to completely positive ones by reciting these mantras.

Although each mantra can be commented upon exhaustively, I do not intend to go to that extent but propose only to impress upon my readers that Veda mantras contain subtler scientific aspects on many subjects which are not understood well by modern science. When a Vedic scholar begins to explain the underlying scientific principles in the Vedas, Scientists are wonderstruck to know how such deep scientific truths are impregnated in the ancient Vedas.

A short scientific commentary of mine on a 'Solar' mantra (Sun God) was published in the *Siva Siddhantha Magazine* and was appreciated by many scientists of America and Germany.

I hope that my present work on *Siva Sankalpa* mantras also will receive such appreciation from scholars and others.

In the next part of this article will be shared the first of 6 mantras and their commentary, followed consecutively by the others to be practised for the benefit of developing positive thoughts and control of the mind.



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





## Natural law living

SUREN PILLAY

In the world today we find people of different temperaments, attitudes and perceptions. Each person may or may not be aware of the effect of such attitude on his or her own material and spiritual success, to the extent that such person is aware of the impact of such behaviour on their spiritual journey. This will inevitably result in refinement and evolution of such attitudes and behaviour.

The real question is: which attitudes and behaviour are congruent with spiritual progress, and which are not congruent with progress? Various scriptures throughout time have laid down the age old wisdom of spirituality which is eternal in nature. Eastern traditions emphasise values such as truth, non-violence, austerity, cleanliness, and celibacy. These have been regarded as values that should direct human behavior in line with spiritual progress.

The Bhagavad Gita confirms that the three doorways to hell are lust, anger and greed. Indeed, the lustful and greedy person who has not satisfied their insatiable desires is bound to be angry due to his or her attachment to a desired result.

A further question to ask is whether or not it is possible to progress automatically in spirituality without reading any of the wisdom teachings contained in the ancient scriptures? The answer is a resounding yes! By contact with a self-realized master or guru the ancient wisdom contained within the scriptures can be simplified and accurately transmitted to a sincere disciple. The Guru's intuitive knowledge of the spiritual world can be transmitted even more rapidly if the sadhaka practices sadhana or spiritual actions which have been prescribed by a Guru.

An alternative method of inculcating behaviour that will allow for rapid spiritual growth is to start living in tune with natural law. This is especially true for individuals without a spiritual master. Living in tune with natural law means eating the right food according to one's constitution, getting plenty of fresh air and sunlight, as well as meditating regularly to live in total harmony with the cosmic vibration that is omnipresent in the universe. By living in tune with the universe one is able to develop intuitive capabilities such that one's actions and behaviour are orientated toward greater spiritual awareness and experience.

My message to you this month, dear readers, is to start living in tune with natural law. Start listening to your body regarding the food you eat as well as your exercise and sleep patterns. Always get plenty of fresh air and sunlight and keep trying to commune with Infinite Presence. You will be sure to start developing your intuitive faculties and start progressing on the spiritual journey!

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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## Unity is essential to solve environmental crisis

FLORA TECKIE

Climate change – a change directly or indirectly related to human activity that alters the composition of the global atmosphere – has become a serious matter of concern. The search for solutions to climate change has revealed the limits of traditional technological and policy approaches and has raised questions about justice, equity, responsibility and obligation. It is important that such search for solutions to the world's serious environmental problems go beyond technical proposals and address the underlying causes of the crisis.

In the Bahá'í view, genuine solutions will require a globally accepted vision for the future, based on unity and willing cooperation among the nations, races, creeds, and classes of the human family. Wise care of environment will depend on our unity as humanity. Besides, commitment to a higher moral standard and the development of consultative skills for the effective functioning of society at all levels will be essential. More than 100 years ago Bahá'u'lláh wrote: "Nature in its essence is the embodiment of (God's) Name, the Maker, the Creator ... Nature is God's Will and is its expression in and through the contingent world." Human beings are custodians of the earth and have the obligation to ensure that nature is respected and protected as part of a divine trust for which humanity is answerable.

In one of its statements The Bahá'í International Community makes the following observation: "The rapid progress in science and technology that has united the world physically has also greatly accelerated destruction of the biological diversity and rich natural heritage with which the planet has been endowed. Material civilization, driven by the dogmas of consumerism and aggressive individualism and disoriented by the weakening of moral standards and spiritual values, has been carried to excess. Only a comprehensive vision of a global society, supported by universal values and principles, can inspire individuals to take responsibility for the long-term care and protection of the natural environment".

In addition, resources must be directed away from those activities and programs that are damaging to both the social and natural environment and efforts bent towards the creation of systems that foster cooperation. Justice must be observed in utilizing the earth's resources. Observing justice implies moving from the self-interest that dominates our world today to a mode of sharing and caring for our natural resources. It also implies the need to address the extremes of wealth and poverty, with its clearly adverse impact on the world's natural resources.

According to a statement of the Bahá'í International Community, "a fundamental component of resolving the climate change challenge will be the cultivation of values, attitudes and skills that give rise to just and sustainable patterns of human interaction with the environment. The engagement of children and youth will be particularly important as this population will be called upon to exercise leadership and address the dramatic and complex challenges of climate change in the decades to come. It is at a young age that new mindsets and habits can be most effectively cultivated".

Focusing mainly on the material aspects of the environmental crisis, while ignoring its moral and ethical dimensions, will be counterproductive to humanity's long term well-being. A global action for environmental conservation will require commitment to higher moral standards and a vision for the future, based on unity, justice and willing cooperation among the people of all nations in addition to technical and economic considerations.

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



## 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.

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## The year ahead

BY THE MASTER through Benjamin Creme

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Somewhere toward the end of this year people should see the beginning of a change in various areas of the world. What has been seen as harmful will in the end be seen as beneficial.

Hunger and hate together might well begin to cease to dominate the pages of our newspapers.

A quieter mood will at least begin to replace the anger and tribal ferocity of the present. Be not mistaken – this is not the end of hardship. For some there lies ahead unwelcome hardship but so it must be, for they themselves have created the situations that bring it about.

However, this will not be for long. Beneficial energies of Aquarius are hastening the process of renewal and this should be seen as the keynote of the future.

People everywhere are waiting for change and change they will have, whether welcome or otherwise.

Have no fear for all is for the best.

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SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2015/ma\\_2015-01.htm](http://www.share-international.org/master/2015/ma_2015-01.htm)

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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>





## In His image

SWAMI SHANKARANANDA MAHARAJI

In the Vedas and the Bible it said that God created man in His image and likeness, and we understand that as in form – this form is God's creation. So if somebody is born with one leg missing, is that the likeness of God? How can we say, 'in His image ...'? That means we must look exactly like God. Actually, what it means is 'in His energy' because we are a single unit of pure consciousness, and that consciousness is God. If we understand it like that then we don't have to worry about disability, inability, and debility. You should not worry about these things because they won't affect you if you are in His image. So that means when God sent us down here He sent us for 2 things: to experience this life again; and to work out the karmic consequences of your other lifetimes. And what are the karmic consequences of your other lifetimes? What are my karmic consequence of my other lifetimes? You. All of you are my karmic consequences from other lifetimes, be it good or bad. Because I am your karmic consequence from another lifetime too, whether you want to accept it or not. And because of that we are here. When you are born again in another lifetime (which all of you will from all of the karma you've accumulated in this life) you're not going to escape the cycle of birth and death for a long time, in many cases it'll be 33 000 years before you lose it all. You'll come back here in another lifetime with the karmic consequences of this lifetime becoming the agama karma.

In His image we were created to be a beautiful being in which He resides, not anybody else. He says, 'I am a single unit of pure consciousness, in you I am fire, in you I am water, in you I am the wall, the body, everything. In you I can't be destroyed'. When they say 'ashes to ashes', it's not 'me' at all, it is the physical body referred to because you never die. That is how you're living your karmic consequences of your other lifetimes because you won't die. Your body will die but you won't die. When you die the atma within you, in the body, is no more there. It is only a useless body worth nothing, to be thrown in the ocean (the fishes will die), to be cremated. If you're a drug addict it can be planted and six months later we'll get plants. The body is absolutely nothing. It is just here to function, to work out your karmic consequences.

All of us should strive on this journey to live in the anandamaya kosha. The vijñanamaya kosha is the intellectual state; manomaya kosha is the breath state; the annamaya kosha is the body. We should not satisfy it. We should satisfy all the others. We should transcend the annamaya kosha through the others, to anandamaya kosha (state of bliss). If you transcend to that state you'll become a living Caitanya Mahāprabhu – nothing else. You will have everything you want in life, spiritually and materially.

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com>



Swami Shankarananda Maharaj is the founder of the Jadatharaya Institute of Right Living and Yoga. His teachings are scientific but practical. The Institute promotes universal spiritual principles and embraces students of every denomination. One does not have to follow an Eastern religious practice to be involved in the Kriya Yoga classes, though an understanding of universal spiritual philosophies is beneficial. Swami's weekly discourses are recorded on his blog which can be accessed at [www.fridaysatsang.blogspot.com](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

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





## Mind and heart matters: death with dignity

BERNIE SIEGEL, MD

With all the political craziness over the right to die I have to write about my experience and the truth. Death and dying with dignity are not problems when you have a loving family and compassionate medical care. Everyone reading this could be dead in a few weeks if they just stopped eating and drinking. So what's the problem? The problem is seeing death as a failure or a lost battle and the guilt related to hurting others by dying. Suicide involves the desire to die, the willingness to kill oneself and having no problem with hurting those close to you. That is not what the desire to leave one's disabled body is about. It is about ending the dying process when people are no longer truly living.

Most people in the hospital die in the middle of the night. Why? Because their family isn't there and be hurt emotionally and the doctors aren't there to stop you or feel they have failed. One doctor wrote an article entitled Not On My Shift. They were on three eight hour shifts in the ICU caring for a patient who was close to death. Each shift the doctor going off duty would say to the next on call resident physician, "Not on my shift." They were showing off how they had kept him alive for another eight hours. Of course they never considered what they were putting the patient through until one awakened to what they were doing by challenging each other. He could let him go and not feel he had failed. Death is not a failure and don't be afraid to use the word versus failed, passed, moved on. At Yale I was told a friend "Bradied" when I saw his empty bed. Guess what? The morgue is in the Brady Building.

When the Connecticut Hospice first opened in Branford it meant a place you went to die and the first admissions all died within a week. The opposite extreme today is Hospices which have drop outs and graduations. Why? You go to Hospice to die but before you die they extend compassionate care, help you to resolve issues with your family, abandon wounds of the past and when you do you feel so much better you say, "Do you mind if I go home for a while. I feel so much better now." As one woman said before she died, surrounded by family and loving caregivers, "We should have had more meetings like this during my lifetime." I know a lot of people who didn't die when they were supposed to and they all have a story to tell about what they did thinking they were going to die. One letter I received ends with, "I didn't die and now I'm so busy I'm killing myself. Help where do I go from here?"

A patient of mine drew a picture of her husband holding the string of a purple kite in the area of the drawing which represents the far future or death concept. There were six colorful trees in the drawing too. I told her what I saw was that she was ready to go but her husband couldn't let go. We had him come in and he said, "You're right. My wife is a nurse. She takes care of everything. If she dies I'm dead. I don't even know how to make a meal or pay a bill." She responded, "I won't die. I'll train you." Six months later he said, "Honey I cut the string. You can go now." "Okay, I'll die Thursday when the kids get here from California." And she did.

Four year old Amber drew a purple balloon surrounded by colorful dots going up into the sky with her name in it. Below it was the face of a tearful child drawn with healthy colors which confused me. Amber said, "That's not me. That's the kid in the next room crying." I told her Mom that Amber was ready to go and to take her home as she had been through enough with her cancer. I told her I didn't know what the dots meant. A few days later Patty called me. "Bernie, it's my birthday. Amber woke up today and said, "Mom, I am dying today as a gift to you to free you from the trouble." When I counted the dots in the drawing they were the number of days left in her life.

My father in law was quadriplegic, due to a fall, and his advice for seniors was to fall on something soft. Then he told me one day that what he told me didn't work because he fell on his wife in therapy and broke her leg, "So tell them to just fall up." One evening he said to his wife, daughter and me, "No dinner, no pills. I am tired." We all knew what he was telling us and that night he just fell up, dying peacefully in his sleep. On his headstone it says: He Just Fell Up. I may add that I frequently



ate lunch at noon with my mother in law at her nursing home. One morning I had the feeling to go there early. I walked in a little after 11 a.m. and they said, “Oh you heard.” “No I didn’t hear but I knew.” She had died at 11 a.m. I think she chose that hour to avoid lunch with her crazy son-in-law who was always embarrassing her. They were both well into their nineties and I had wanted them to live to be 100 and get on TV. Family can be a problem.

My folks had no trouble dying either. My Dad told my Mom, “I need to get out of here.” meaning his body. I didn’t ever consider assisted suicide. He died laughing with a room full of family and looking wonderful because of stories my Mom told after I asked her how they met. She said he lost a coin toss and had to take her out. I knew my Mom would not die with her children in the room just as many children wait for their parents to go home for a shower, or to get something to eat and then die. They feel they are doing them a favor. So I felt no guilt stepping out and leaving my mother with friends and family and her dying with her son outside the room. Five doctors sent me cards after she died. She lived the sermon and touched their hearts.

We all need to enjoy life and avoid trying to not die. When you love life your body keeps you going. The only thing of permanence is love so if you want to live forever love someone. We need to understand that we all have the ability to turn off the switch when we are ready to die. So empower people to live until it is no longer their desire, as my Dad verbalized. The medical profession doesn’t need to kill or assist in suicide in order to not feel like failures they just need to help people let go of life. Had Kevorkian received guidance or therapy while in training he might have run a Hospice instead of ending up in jail. A doctor’s words words words become sword words words which can kill or cure.

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



## Readers' Inspirations

### The fantasy of reality

Every moment is a pearl on a thread that could disassemble instantaneously.  
 Every experience is an eternal memory waiting for physical expression once more.  
 Every breath a step closer to greater illumination and awareness of life.  
 Every perception is mental construct based on previous experiences stored as memories.  
 Forget not your moments, experiences, breaths and perceptions  
 for they will all evaporate when one attains complete union with the source.

SUREN PILLAY



### Quotes from the Bhagavad Gita

Delivered from selfish attachment, fear, and anger, filled with me, surrendering themselves to me,  
 purified in the fire of my being, many have reached the state of unity in me.

Actions do not cling to me because I am not attached to their results.  
 Those who understand this and practice it live in freedom.

The wise see that there is action in the midst of inaction and inaction in the midst of action.  
 Their consciousness is unified, and every act is done with complete awareness.

The process of offering is Brahman; that which is offered is Brahman. Brahman offers the  
 sacrifice in the fire of Brahman. Brahman is attained by those who see Brahman in every action.

The offering of wisdom is better than any material offering, Arjuna;  
 for the goal of all work is spiritual wisdom.

Approach those who have realized the purpose of life  
 and question them with reverence and devotion; they will instruct you in this wisdom.



### To Broadcast to Others

Fix the gaze of your restless eyes on the spot between the eyebrows.  
 Dive into the sacred star of meditation.  
 Keep broadcasting love thoughts to your dear ones of this world  
 and to those who have gone ahead of you in robes of light.  
 There is no space between minds and souls,  
 though their physical vehicles may be far apart.  
 In thought our loved ones are really near.  
 Keep broadcasting, "I am happy in the happiness of my dear ones  
 who are on earth or in the great beyond."

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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### **Ananda Sangha**

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
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### **Baha'i International Community**

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### **Centre for Spiritual Awareness**

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