

*If you have discovered your spiritual path, be true to it.
If it has not yet been found,
do your best to think rationally, live right,
and pray for guidance and revelation.*

ROY EUGENE DAVIS



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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Welcome to the May 2015 issue of *Transcendence*.

Every act of creation is first an act of destruction.

PABLO PICASSO

Our prayers and thoughts go out this month to all who have been affected not only by the Nepal earthquake, but also by the many volcanic eruptions and other natural forces of destruction which seem to have predominated during the month of April. It is heart wrenching to see so many innocents suffering and we must help where we can.

Many who are not physically effected by these natural disasters are often emotionally affected by watching the news on television, or seeing photographs or videos on social media sites. And they find it difficult coming to terms with the apparent senseless destruction happening everywhere. But it is self-destructive to turn a blind eye and pretend nothing is amiss just to preserve emotional stability as empathy is an important factor in evolution. Understanding will go further to helping more sensitive individuals deal with these global afflictions.

To help in understanding, perhaps contemplation of a larger picture is required. Everything in existence is cyclic, as is humanity and behaviour. We are part of the earth, and how we treat Nature will have repercussions. Destruction of natural resources, senseless killing of other creatures and each other, all have their price. Natural disasters are not a punishment but a normal cycle of cause and effect. The destruction of an unstable structure is necessary in order to rebuild a new, stronger one. And in her destruction Mother Earth is helping us evolve.

Wishing you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4106 – Motivating Power

GLORIA WENDROFF

God said:

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

To will is not meant to be something hard to do. In fact, will is not something you do. Will doesn't mean working hard at it. Determine what you will for, and then let it be. Let it come forward. Let it reveal itself.

If you want to write a book, of course, you have to desire to do this, will this, and write the book. Will is not meant to mean effortful, however. Effortless is the way to go.

When you truly desire, what will stop you? True desire is not an add-on. It is where you are. The days of strong will and individual effort are over. Desire is not a vague thought. You have noticed the direction you want to go in. You are self-directed. You are not swimming against the tide. You are going with the tide of your desire. Desire will lead you. It will lead you to will. From the setting of will, you fulfil your desires. Your desire sets something in motion, and you are part of that motion. It is not by some monumental effort that your desires are fulfilled. You are present. You are not absent. You don't pay someone else to write your book when it is your desire to write.

Your desire fuels you. If you want to write a book, it doesn't write itself - or does it? You don't have to chain yourself to the computer to write your book. You may set a time to write, and so you write. Daily application of yourself goes a long way.

When you are applying yourself to what is meaningful to you, strain is now over. Whatever you are desiring to do, you are the one who does it, and, yet, it also seems like a stroke of luck that the book is written. As soon as you start it, it is written. Do you understand Me? Of course, there are unfinished books. So be it. Maybe there is another one for you to write now.

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. In a sense, you are in thrall to your desire. The desire occurs to you. You didn't consciously choose it. You have noticed its awakening in you.

When you desire peace, for example, it comes from deeper than your mind. It comes from My heart, and you take it on. It becomes your desire. The process fills you. There is something you want, and you go to meet it.

There is more to this than meets the eye. There is a momentum that gets started, and you ride on that momentum.

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.

Sometimes when you look at your life, you realize that you were not the one doing. This will seem strange to you at first because you thought you were a hard worker. That you have never done anything doesn't mean you are a slacker. It means I am the motivating force behind you. We can say that desire comes from Me, and We can say that it is My desire you fulfil. And wouldn't you? And don't you? And aren't you?



SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/motivating-power.html>



Inspirational quotes



Sometimes when you look at your life, you realize that you were not the one doing. This will seem strange to you at first because you thought you were a hard worker. That you have never done anything doesn't mean you are a slacker. It means I am the motivating force behind you.

Heavenletter #4106 Motivating Power



You are expanding. The Universe is expanding. All is expanding. You are breaking through your skin, as it were. You are heart-centered. This is the Year of the Heart. Your heart has expanded..

Heavenletter #4107 The Year of the Heart



You are getting a new perspective on everything. Everything is the same, you understand. It is you who changes before your very eyes. You are seeing with new eyes. Now you have wide-angled vision. Now your eyes penetrate the surface and reach the nucleus of life.

Heavenletter #4108 And There Is God



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.

Heavenletter #4104 Imagine That



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.

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





Spiritual perceptions and experiences Part II

ROY EUGENE DAVIS

The importance of choosing the right spiritual path and being totally committed to it

Spiritual awakening and progressive spiritual growth are the result of Self-revelation: the unveiling and emergence of our innate capacities and flawless knowledge of our true nature and of ultimate Reality and its expressive processes. Spiritual growth is likely to be more satisfying and faster when we live holistically by harmoniously integrating our spiritual, mental, emotional, physical, social, and environmental circumstances.

It can be done by being privately dedicated to our chosen course of wholesome, productive actions without attracting the attention of people whose ideas and aims differ from ours or appearing to be odd or eccentric. If our habitual appearance, behaviors, style of dressing, and ways of speaking proclaim to others that we have a 'new age' lifestyle or think we are on a spiritual path, our understanding of spirituality is superficial and our actions are misguided.

A spiritual path that is 'right' for us is compatible with our psychological temperament, the practices are effective and satisfying, and the philosophical concepts can be verified by careful examination and personal experience. Effective means of nurturing progressive spiritual growth are of little or no value to us if our commitment to use them is not resolute.

If you have discovered your spiritual path, be true to it. If it has not yet been found, do your best to think rationally, live right, and pray for guidance and revelation. Knowledge that you need to have will be provided for you in ordinary ways or emerge from within you. Don't go from one teacher to another, attend "fast enlightenment" seminars, read hundreds of books in which various opinions are promoted, listen for several hours to recorded talks about impractical metaphysical ideas, or talk a lot about higher realities and spiritual practices with people whose understanding of such matters is limited or flawed.

If you sincerely want to be spiritually enlightened and are willing to examine trustworthy philosophical systems and test reliable spiritual practices, and at the innermost level of your being firmly believe that you will be fully enlightened in your current incarnation – you can be completely Self-realized. Brief realizations of our true nature and of ultimate Reality do not immediately purify the mind or enlarge our capacities to have exceptional powers of perception and functional abilities. They may provide useful insights and inspire us to be more highly motivated on our spiritual path.

Right living that enables us to be physically healthy, psychologically balanced, and constructively expressive provides a firm foundation for spiritual growth. Prayer, affirmation, meditation, self-examination, and other helpful practices, routines, or techniques that we use can improve our receptivity to having spontaneous (effortless) Self-revelations that illumine our mind and neutralize troublesome subconscious influences.

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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Three Spiritual Festivals

LUCIS TRUST

There are three major spiritual Festivals which form the high point in the annual cycle – the Festival of Easter, the Festival of Wesak, and the Festival of Goodwill. Through the steady, persistent meditation work of many individuals and groups in all parts of the world, these Festivals are now achieving a subjective anchorage in the consciousness of the human family.

In the future all people of spiritual inclination will keep the same holy days. This will bring about a pooling of spiritual resources and a united spiritual effort, plus a simultaneous invocation. The potency of this will be apparent. The three major Festivals each year are concentrated in three consecutive months and lead to a prolonged annual spiritual effort which affects the remainder of the year. These are:

The Festival of Easter

This is the Festival of the risen living Christ, the teacher of humanity and the head of the spiritual Hierarchy. He is the expression of the love of God. On this day the spiritual Hierarchy, which he guides and directs, is recognised and the nature of God's love is emphasised.

The Festival of Wesak

This is the Festival of the Buddha, the spiritual intermediary between the highest spiritual centre, Shamballa, and the Hierarchy. The Buddha is the expression of the wisdom of God, the embodiment of light and the indicator of divine purpose.

The Festival of Goodwill

This is the Festival of the spirit of humanity aspiring towards God, seeking conformity with the will of God and dedicated to the expression of right human relations. On this Festival for two thousand years the Christ has represented humanity and has stood before the Hierarchy and in the sight of Shamballa as the God-man, the leader of his people and “the eldest in a great family of brothers” (Romans VIII: 29). Each year at this time he has preached the last sermon of the Buddha before the assembled Hierarchy. This is, therefore, a Festival of deep invocation and appeal, of a basic aspiration towards fellowship, of human and spiritual unity; it represents the effect in human consciousness of the work of the Buddha and of the Christ. This Festival is also observed as World Invocation Day.

Although they are not yet sufficiently related to each other, these three Festivals are a part of the unified spiritual approach of humanity. The time is coming when all three Festivals will be kept throughout the world and by their means a great spiritual unity will be achieved and the effects of the Great Approach, so close to us at this time, will be stabilised by the united invocation of humanity throughout the planet.

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



Why Put God First?

SWAMI KRIYANANDA

The idea of putting God first is the very thought that both the new devotee and the worldly person find most difficult to accept. Having rooted their thinking in common sense, they assume that they've got to think first in practical terms, and then expand that into working spiritually with prayer and God's grace. But I've found in my life that if you really give what you're doing to God, somehow God will then supply the guidance that's needed, or bring the right people who can help you.

Paramhansa Yogananda demonstrated this principle in a story in *Autobiography of a Yogi*. He was a college student in Calcutta and had to take an exam for which he had not studied. He had attended only a few classes because he spent all of his free time with his Guru, Sri Yukteswar, in nearby Serampore. It seemed impossible for him to pass that exam because he knew practically nothing on the subject. But as he was walking across an empty lot on his way to the exam, he saw a piece of paper blowing along the ground. Hoping this was the divine assistance he needed to pass the exam, he picked up the paper and on it was just the information he needed.

Again and again at Ananda I've seen in my own life and in the lives of others that when you put God first, then somehow everything works out beautifully. I don't mean that you should be impractical, but if you do your best, then God will take care of the results. This principle also extends to being open to the assistance of others. One of the wonderful things about Ananda is that there's somebody who has expertise in just about any field you need. Even if you're in charge of something, it's ridiculous to keep up the pretense that you know everything about it. Always have the humility to be willing to say, "I don't know how to do this but here's somebody else who does." You'll be amazed at how many people there are in this world, not just in a spiritual community, who will come forward to help you. However, the most important thing of all is to keep in mind what your real priorities are. If you're a devotee, your real priority is finding God, not the work you're doing. I want to emphasize that point above all.

The story of Ananda has been a repeated coming back to our focus of who we really are. Repeatedly, there have been people coming in from the outside who were experts in their own fields who thought they were doing us a favor by advising us. Very often they've been right, but also they've been wrong. They were right from the standpoint of worldly success, but wrong in their definition of success.

As devotees, we want above all to serve God, and in our service we want to feel that even if we don't succeed in that service, we're growing closer to Him, that we're feeling Him more—His love, His joy. These are the important things. Then, secondarily, we want also to be practical. When you take worldly success as your first priority and come at loving God from there, then you're coming to the center of the circle from the outside. The trouble with that approach is that there are lots of corridors that you can get sucked off into, and you can miss the center altogether. If you start at the center of living for God and expand outward from there, then God comes through, and things flow easily.

Throughout my life, as I've tried to feel and act on God's guidance, there's been a question in the back of my mind: Did I act in a certain way because I felt His guidance, or did He come in and save the day because I was simply trying my best? I think it's a little of both. But I've seen repeatedly that if I really gave what I was doing to Him with faith and with no ulterior motives, He has always saved the day, often at the last moment. Faith is not just blind belief or groundless hope. It's something deep within, and you have to put all your energy into developing that faith. We have a song, *Many Hands Make a Miracle*, but to make the miracle those hands have to work hard together and also be practical.

What I find is that miracles, if we want to call them that, are simply manifestations of faith. By being practical I mean you should take only one step beyond your actual experience, not giant leaps. You'll find that by taking that first step, you'll gain enough understanding, energy, and insight to take the next step, and after that, the next step.

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Eventually you'll be able to do those kinds of things which we consider the miracles of saints. It's not as if the saints had a special pipeline to God. They simply have put more energy, faith, and love into their spiritual practices. Miracles are done through God's power, yes, but also by God's power working through dedicated souls.

Again and again at Ananda, although there have been people who wanted to do things in different ways — ways that weren't dependent on attunement with God — ultimately it has been seeking God that has made Ananda possible.

Toward the end of Paramhansa Yogananda's life, there were some people in the work who wanted to start getting organized. It wasn't that Yogananda was against organization, but he wanted whatever we did to be in tune. He didn't want to have an in-house rebellion saying, "Now we're going to get it organized in spite of him." One time I asked a senior disciple, who later left the path, "Why does Master keep taking things in different directions and not finishing them? Is he trying to teach us organization?" I was trying to understand. His answer was quite a shocker to me. He said, "Organization, hell! All he's ever done is disorganize."

Yogananda was teaching us organization, but he was first teaching us to do things in attunement with God. Knowing that he wouldn't be around forever, he was also trying to get out many ideas so we'd know what to do when he was no longer with us. If he'd remained fixed in a single direction, we wouldn't have known what his ideas were in other areas. His method of organizing was absolutely perfect, but that disgruntled disciple couldn't understand it.

Don't let reasonable voices take you away from why you came onto the spiritual path and why you've come to Ananda. We've all come to seek God. If we can also provide an ambience where other people are inspired to seek God, that's wonderful, but don't allow secondary things to become first priorities. Seek the kingdom of God first, and these things will be added unto you. Don't start thinking, "Well, Yogananda didn't talk about this directly, and we've got to do something about it," and not try to tune in. If you don't try to tune in, what you do may be a good thing. It may even have a lot of magnetism, but it can also be that first step that leads you away from attunement with the Guru and the spiritual path.

We have to keep our ideals very strong, because we're swimming against the stream of worldly consciousness. We have to be absolutely clear about these ideals because we're surrounded by an entire culture that is dedicated to totally different ideals. Even religious people, by and large, are not seeking our kind of inner communion with God. There are so many wrong insights and attitudes toward life that you don't know where to begin to show people the way out. But the way we've begun at Ananda was the way Yogananda wanted—bringing people together who are strong in their attunement to God and Guru, and in what they're doing. From that strong center, it will spread.

As soon as you lose the thought of putting God first and being in tune with Yogananda, and begin to think in terms of other priorities, you begin to follow a road down which you can never stop going. The more you take that step toward dilution, the more you end up with a watered-down version of the spiritual path. The more you dilute coffee, the more it ceases to be coffee at all. When you put God first, He'll find amazing ways of helping you. He may not spare you suffering. How would you grow if He did? But you'll find that His love and support will always be there for you. That's why Yogananda often said, "Devotees of this path will always be protected."



Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living. visit www.ananda.org





Mortality

ROD BRIGGS

“There would have been more ‘I love yous’ ... more ‘I’m sorrys’ ... more ‘I’m listenings’ ... but mostly, given another shot at life, I would seize every minute of it ... look at it and really see it ... try it on ... live it ... exhaust it ... and never give it back .” [ERMA BOMBECK, ON HER DEATH BED.]

Standard fare on many motivation courses is the “what would you do if you only had a short time to live?... now go and do it anyway” scenario. It is crass and over-simplistic but the point is to get people thinking about something which we are genetically programmed to ignore – our own mortality.

I am blessed to be able to work with those confronted with death and dying and, therefore, cannot ignore my own impermanence. This may seem somehow morbid but the truth, of course, is that we are all dying; our death has walked by our side ever since our birth. We think that it is always something that happens to other people yet none of us know what the fates have in store for us.

Being aware of our own demise is the first step in living a true life; you stop worrying about the small stuff – and it is all small stuff, and appreciate every nuance of everyday. Life seems more vivid, the breeze becomes a living thing, the urgency of life all around us is seen in magnificent clarity and we realise that we live in wonder on a daily, even hourly, basis. Living in gratitude ensues as your awareness increases.

Developing this awareness is something that needs time and practice; it is too late to try and take this on board once you have been diagnosed as terminal. The process of grieving is long and complex and leaves little mental space for philosophical musings. To engender this awareness simply notice that every moment of your life is unique, it will never be the same again.

Make your actions and thoughts count and ask yourself, on an ongoing basis, “How can I make sure that I leave the world better than I found it?”

We are all adding to the shared experience of life and what we do in life echoes in eternity.

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 births Part V

SWAMI MURUGESU MAHARISHI

Mantra 1

Let my mind, which runs away to distant places during the waking state and, similarly, runs away during sleep, fast running, light of lights and only one, think always beneficial thoughts.

Commentary

Running away to distant places during waking state: I sit in India and think about America. In my mind scenes pertaining to America arise one after the other; I recollect and remember the conversations that took place between one of my American friends and I ponder over what I had relished and enjoyed in America. Again, I see through clairvoyance things that are taking place in England; does not my mind actually function now in England? I impress my ideas to a person who resides in Germany. Does not my mind function now in Germany through thought waves? In effect, my mind runs after things and actions in distant places during my waking state.

Running away during sleep

It is well known today that sleep is not nullifying the mind or any other organ of the physical body. It is only retraction of consciousness from mind and body. We all know that during sleep all organs of our physical body continue to function. If we test the brain, we will be able to see that mind is also functioning, but as consciousness has no connection with it we are not aware of our mental function during sleep. Now the question arises: what does mind do when we sleep? It is known that in the dream state the mind wanders over many places and visualises many scenes.

During sleep also, the mind goes on functioning over many places. This can be understood if we focus our attention and try to remember our immediate past as soon as we wake up from sleep. We become aware that we had seen something and heard something, but we do not understand them clearly. This can be proved by certain incidents remembered during sleep. For example, we suddenly 'see' one of our affectionate relatives who resides in a far off country. How does this happen? It is due to the affection we have for him that our mind goes there and sees him. So, even in sleep, the mind runs far away.

Fast running: though it is considered that light is the fastest principle in the universe, it is well known that the mind is swifter than light. Light waves travel at a speed of 186 000 miles per second; but mental waves travel very much faster. This is symbolically narrated in a Hindu *Purana* as follows: An elephant whose leg a crocodile had snatched, had cried aloud to its Benefactor, Adimoola, "Oh! My Primordial cause". That very moment Lord Narayanan appeared before the elephant and assassinated the crocodile. The elephant's cry does not represent its vocal manifestation, but its mental function reached Lord Narayana at once. Thus, mind is considered as the fastest principle in the cosmos.



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





Inner calm

SUREN PILLAY

In the modern times we find a lot of people struggling to find some level of joy. Most people expect to find joy only in outer pleasures and sensory satisfaction. In most cases these forms of joy are limited and transitory in nature. The essence of joy is that it comes from within from a source more subtle and refined than the gross sensual pleasures available on the earth plane.

The human nervous system, even in modern times, is not properly understood. The potential of the human brain and nervous system is immense and the potential for growth both in terms of intellectual and intuitive abilities is tremendous. We should thus strive to explore the potential of our own mind in order to experience something different and deeper than what the earth plane has been offering us all our life.

The deeper aspect of mind comes from the practice of deep mindfulness or contemplation and meditation. These two practices combined can give a greater wisdom on the intricacies of life. By contemplation one will start to see that the physical plane can only offer a limited sense of love and joy. By meditation one can start to experience a great inner peace and love that is longer lasting than any other material joy and more intense in its nature.

In order to experience this great inner joy, however, requires a person to first attempt to still the mind. The mind with all its fluctuations and thoughts is bound to prevent a person from achieving a state of inner silence. One of the best ways to slow down the level of thought is to become more conscious of one's breath.

The scientific art of controlling the breath is known as *pranayama* and the ancient sages of the world observed that the slower we breathe the fewer the thoughts that infiltrate the mind. Practicing *pranayama* before meditation will help you to slip into silence quicker which, over time will result in a greater chance of achieving enlightenment. It should be noted that *pranayama* should be learned from a qualified teacher or guru.

My message to you this month, dear readers, is to engage in contemplation as well as *pranayama* and meditation. This will bring more calmness and peace into your life. And the possibility of achieving inner bliss in meditation is also greatly increased by contemplation and *pranayama*.

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

www.surenpillay.comwww.facebook.com/surenpillaySA



There is only one human race

FLORA TECKIE

Various types of discrimination due to differences in nationality, race, religion, gender or ethnic background are persisting in our societies. The struggle between classes and social groups, an adversarial spirit that dominates so much of our modern life; and accepting conflict as normal in human interaction: all these are the by-products of the materialistic approach to life that has taken root in our societies.

Narrow self-interest and feeling of superiority towards fellow human beings are by-products of materialism. According to a statement of the Bahá'í International Community: "at the root of all forms of discrimination and intolerance is the erroneous idea that humankind is somehow composed of separate and distinct races, peoples or castes, and that those sub-groups innately possess varying intellectual, moral, and/or physical capacities, which in turn justify different forms of treatment. The reality is that there is only the one human race. We are a single people, inhabiting the planet Earth, one human family bound together in a common destiny, a single entity created from one same substance".

Bahá'u'lláh compared the world to the human body, to which we can look as a model. Human society is composed of not only a mass of diverse people, but of associations of individuals, each one of whom is bestowed with intelligence and will. The main principle operating in the human body is that of unity in diversity. This diversity of form and function is necessary for the life of any complex, well-developed organic entity, such as a human being. No cell lives apart from the body, whether in contributing to functioning of the body or benefitting from the well-being of the whole.

The same way as the perfect functioning of the human body is due to the unity of diverse cells and organs, so the well-being and well functioning of body of mankind is dependent on the unity of its diverse elements – of all races, nationalities, religions and ethnic backgrounds. The coming together of the peoples of the world in a harmonious relationship is the most crucial need of today. Advances in human knowledge have brought about a greater interdependence between the nations. The central task now is to lay the foundations of a global society that can reflect the oneness of humanity. Creating a universal culture of collaboration and conciliation will require commitment to oneness of mankind and return to spiritual awareness and responsibility.

The oneness of mankind does not imply uniformity. It is diversity that enriches the human family. The Bahá'í Writings state: "Consider the flowers of a garden: though differing in kind, colour, form and shape, yet, inasmuch as they are refreshed by the waters of one spring, revived by the breath of one wind, invigorated by the rays of one sun, this diversity increaseth their charm, and addeth unto their beauty. Thus when that unifying force, the penetrating influence of the Word of God, taketh effect, the difference of customs, manners, habits, ideas, opinions and dispositions embellisheth the world of humanity".

With unity – a unity that embraces and honours the full diversity of humankind – our current problems, which face the humanity today, can be solved. Bahá'u'lláh says: "The wellbeing of mankind, its peace and security, are unattainable unless and until its unity is firmly established". He affirms that, "the unification of mankind, the last stage in the evolution of humanity towards maturity is inevitable ... and He regards the 'love of mankind' and service to its interests as the worthiest and most laudable objects of human endeavour". "So powerful is the light of unity," is His further testimony, "that it can illuminate the whole earth".

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.

Advent of the new

BY THE MASTER through Benjamin Creme

The time immediately ahead will puzzle many, so quick will be the changes, political, economic and social, which will manifest, and so frequently will these changes occur.

For many, anxiety and puzzlement will be the major response. Intrigued or alarmed by the nature and extent of these changes, many will see them as signs of a transforming society, while others will fear and resent the new manifestation. People everywhere will act warily, unsure of the right direction for them to take.

Not for long, however, will men act thus. They will find that it is a truly changing world in which they live, beset with greater challenges to their beliefs and values.

Thus will men begin to establish the new out of the old, and to demonstrate their growing ability to respond to the challenges of the time.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2015/ma_2015-03.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>





Spirituality and the masters

SWAMI SHANKARANANDA MAHARAJI

Everybody talks about spirituality and many talk about it as being ‘an experience’. They say spirituality is an experience. Actually spirituality is a way of life. As Hindus we should live that as a way of life, continuously. Spirituality doesn’t mean going to temple or sitting in meditation. Spirituality means more than that. It is a way of life, a way we live. *Namaste, vanakam, namaskar, good morning* – these greetings are all part of being spiritual. But many of us have a new way of greeting. I went to a school not so long ago not far from where I live. My children used to go to this school. When I went to the school I greeted the principal, “Good morning Mrs so-in-so”, and she shook her fist at me (fist-bump) – this is the new way of greeting. This in my eyes means violence but it is how everyone is greeting now. Palms together and handshake are over now. They say, “Howzit?” How’s what?

That is why we are having so many problems in our lives. As we sit here every one of you is having problems you never thought you would encounter but they are coming your way. You might have been a successful businessman for many years and all of a sudden you’re having financial problems and the first thing you blame is the dollar. We always blame something else for our failure. Once you start to live in God, every nadi, every molecule, every atom in your body resonates in God. Whatever you call God – Namashivaya, Jesus Christ, Allah – if you resonates in that then you’ll live a very successful life.

We need God in our lives every day. We don’t need God only when we’re sick or have financial or other problems. God is always there and answers you in very subtle ways. And the God that we want is accessed through our gurus. Our gurus are great masters and through them – Kriya Babaji, Sivabalayogi, Murugesu Swami, Yogi Ramaiah – these are our gurus and through them anything is possible. To resonate in God’s vibration you have to say His name, not just in times of difficulty – say it continuously. You don’t have to go outside and shout it to everyone, but say it mentally, say His name.

Spirituality is not an experience; it’s a way of life. Make it your way of life and, believe me, everything will happen for you. The masters have made everything possible. They can make anything possible. Whether you are writing your Masters, MBA or PhD, without God you are nothing and you won’t get anything. Only God and the masters make it possible. Who are the masters? They are those who give you God’s energy. So make spirituality your way of life.

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 criticism

BERNIE SIEGEL, MD

No human being is complete and that's why kindness and compassion coming from a fellow human being are meaningful. Animals are complete, except when you need to housebreak them, and so their compassion and gratitude are expected and though they make you feel better it isn't the same as human love. Anyway if you don't want to be criticized remember WWLD, or What Would Lassie Do?

When you get criticized accept the fact that no one is perfect. Those who obsess about it and seek to be normal and perfect are those who feel inadequate. Just be your authentic self and people will come to accept who you are and stop being so critical of you. Let the child in you come forth and life will get more enjoyable and less judgmental.

We can also shift what you label as criticism to life coaching. When you hear a critical comment directed at you think it over – is it true? Why does he perceive this? Take it one step further – ask him to elaborate and then thank the person for the criticism. If you are being the critic saying it in a constructive way, not about what is wrong but what would be right, is important and let your coaches know this too.

Let me share some examples that were therapeutic for me. I was very worried about the best treatment choices for a patient of mine and when I entered her room she said, "What's wrong?" I asked why she was asking her question. "You're face and forehead are all wrinkled and you look so serious."

"I'm thinking about how to help you."

"Think in the hallway and smile when you come in here."

One of our sons, at age seven, had a bone tumor which on X-Ray looked like a malignant tumor and would cost him his leg and possibly life. After seeing his X-Ray I shared this with the family. Acting like a doctor who knew the future I did not present a very happy picture. The next day I was sitting at my desk. He came over and said, "Dad, can I talk to you for a minute?"

"Sure what is it?"

"You are handling this poorly."

He became my therapist and taught me to enjoy the day and stop worrying about the future which I didn't know and ruining every day for our kids by wanting them to spend the day depressed in their bedroom when they wanted to go out and play and enjoy the day. His message has stayed with me and helped me enjoy life in the midst of various disasters of all sorts. Folks we are all only in control of what we think about criticism and life.

Appreciate the value of giving criticism, too. Someone who is suffering spiritually and emotionally needs help just as much as the one suffering physically. Why do we resist giving criticism? Because we want to be loved, and we think people will resent us for criticizing. If you remember we are all wounded and if you share your wounds as well as your criticism it will be accepted much more easily. As Thornton Wilder wrote: "In love's service only the wounded soldier can serve." So wear a bandage or share your affliction before giving criticism so people know where your wisdom is coming from. Remember your words should not be about what is wrong with the other person but how they can improve their behavior and life. Our son didn't say I was as terrible father he said I was handling it poorly.

When we clearly see the consequences of mistakes, if you really care, you'll find a way to help – even if he doesn't realize he needs it. If another person is feeling miserable or acting self-destructively, don't just stand by. Be concerned. Help.

When you're indifferent, the opposite of love, it's easy to be tolerant of other people's faults. But the more you love someone, the more it hurts to see them living a misguided life. That's why loving parents often give the most criticism. It's precisely because of their love that they can't simply turn their backs and say, "He's wasting his life but I don't care." meaningful criticism comes from a sense





of love and the desire to help. To help someone change, there needn't be any criticizing, throwing stones, or shouting. The goal is not just to get it off your chest unless it is about their treating you disrespectfully. Then anger can be righteous indignation.

Appreciate how difficult it is to take criticism, and before criticizing anyone, ask yourself: "How would I feel if I was on the receiving end? How would I want to be told this? If your criticism will create animosity or resentment, then it's better not to say anything at all. If a person feels you truly have their self-interest at heart, they'll listen to what you're saying. Give love before, during, and after criticism. Many parents make the mistake of thinking they can criticize their children without love and they destroy their self-esteem and lives. The goal of criticism is to get the person to accept and to grow.

If children don't appreciate the beauty and value of being honest, it is probably because their parents are not truthful enough with their own honesty. Otherwise the truth would be obvious to anyone. The best way to get someone to change, if their mind is open, is by obvious proof. The person must be willing to see for himself what he is doing wrong. No excuses.

If you're hungry to grow, you'll always be eager to hear people's advice – without getting defensive. When we pay for criticism, we listen to it carefully. Appreciate free criticism, too. The battle for life is the battle for sanity. Criticism gives us clarity about our mistakes.

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

Compassion

In the light of the masters, I engage in the wisdom of their teachings,
persisting in their wisdom-oriented actions and practicing the timeless sadhanas.

May I live in their glories and bliss always.

May I express their infinite compassion and wisdom
to all who come before me, always!

SUREN PILLAY



Quotes from the Rubaiyat

When you are so full of sorrow
that you can't walk, can't cry anymore,
think about the green foliage that sparkles after
the rain. When the daylight exhausts you, when
you hope a final night will cover the world,
think about the awakening of a young child.

Realise this: one day your soul
will depart from your body and you will
be drawn behind the curtain that floats between us
and the unknown. While you wait for that moment, be happy,
because you don't know where you came from and
you don't know where you will be going.

OMAR KHAYYAM



Friendship and Service

I will abide in receptive hearts – an unknown friend, ever rousing them to sacred feelings,
silently urging them through their own noble thoughts to forsake their slumber of earthliness.

In the light of wisdom I will dance with all their joys in the unseen bower of silence.

I will behold the person who now considers himself as my enemy to be in truth
my divine brother hiding behind a veil of misunderstanding.

I will tear aside this veil with a dagger of love so that, seeing my humble, forgiving
understanding, he will no longer spurn the offering of my goodwill.

The door of my friendliness will ever be open equally for those brothers
who hate me and for those who love me.

I will feel for others as I feel for myself.

I will work out my own salvation by serving my fellow man.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

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