

*Something beautiful is happening.  
Love is happening.  
Life is happening.  
Energy is being recharged on the Earth.  
Earth is rising faster to Heaven.*

GLORIA WENDROFF, HEAVEN LETTERS



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 64

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Welcome to the June 2015 issue of *Transcendence*.

*The quieter you become, the more you can hear.*

RAM DASS

For most serious aspirants it's no easy task maintaining a spiritual lifestyle in modern times. The world around us can be noisy, busy, violent, and infinitely distracting. Contrary to what many think, the solution is not to run away to a quieter place. The universe has placed you where you are for a reason and running away from it may prevent you from fulfilling your purpose of this life time.

Instead, we need to create a place where we can be at peace, in stillness, without distraction. A place where we won't be interrupted or disturbed by others – ideally, a separate room or area in your home where you can 'escape' so that family members know that when you go there you want to be left undisturbed. During your time in your 'quiet place' slowly grow your own inner peace so that you can experience it quickly and at will. Everyone is different. Some will be able to experience inner peace quickly and easily; others might take years to build up to it. However long it takes you to develop that peace, it will be worth it in the end. Once you have your own inner haven of peace, you can escape to it any time, anywhere – in the busiest, most bustling places, during times of hopelessness and pain.

Often, with the desire to lead a spiritual life, comes spiritual arrogance when a person uses their spirituality to portray themselves as being superior to others. This is a great obstacle to enlightenment, and one which trips up many a sincere spiritual student. Stay humble at all times. Keep it real. Keep your spiritual opinions to yourself unless asked for them. Share only the love and peace that your path gives you.

Wishing you a blessed month ahead.

In Love and Service, always,





## Heavenletter # 4107 – The Year of the Heart

GLORIA WENDROFF

God said:

You have picked up that glorious peace is on its way, full-steam ahead. A union of hearts is on the march. Hearts are on the rise. Hearts are surpassing the mind. Thoughts are following hearts. Hearts are leading. You exemplify My heart and My thoughts. You have picked up the beat. You are drum majorettes of love. Hear My heart. You hear the rumble of My thoughts. You are listening for it. Hearts bow down in love as hearts rise up in love.

Something beautiful is happening. Love is happening. Life is happening. Energy is being recharged on the Earth. Earth is rising faster to Heaven. Earth is rising fast. The whole planet is coming closer to Heaven. The content of Earth is shifting. The balance is shifting. The ballast of Earth is less. Earth is getting lighter and brighter, brighter light and lighter weight. The world will not be so grave now. It will lighten up. There will be laughter overtaking tears. Tears of joy will be shed. Laughter of love will be sung. The day of reckoning is at hand, and the reckoning is joy. I speak an ode of joy to the world. The world has gained its fulcrum. Extremes are less. Hearts are more. Hearts entwine. Hearts speak their heart. Love is not hidden. Love is revealed, and love is revered. Love loves love.

All My love is reigning on Earth. This has always been so. And now it is seen. Eyes and hearts have opened. The thunderstorm is over, and now there is that specialness of air after the rain.

Get ready for new everything. New you. New you in that you stand taller. You ring the bells of freedom. You are in accord. You are My beautiful stewards of the Earth. The past is erased. The past is fleeing itself, and newness arises. Your heart is new. Your life is new. This is the new world, and you are its cornerstones. The wondrousness of the Universe has arisen. You are sensing the wondrousness.

What has happened? Nothing has happened. Everything has happened. The Earth has spun on its axis, and you are spinning. You are ever-spinning. Truth appears. Falsehood flees. Love is calling the tunes. Love is making a name for itself. And I am happy. I am very happy. We are walking together. There is no place to walk. You walk in My hands and heart of love.

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. Hearts are dancing in the streets now. Hearts are on parade. There is a marching band of happiness. No longer can anything withstand the love that is making itself known on Earth.

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. The mind has been freed of responsibility and now rests in the heart. The mind is at rest, and so peace takes the ascendant.

Congratulate yourselves on a job well done. Pat yourself on the back. You have recovered yourselves and restored the Earth. You have brought Paradise back. Ego has retreated. Love has taken the fore. What is love but Paradise? Earth can now be called Paradise. In Paradise, peace reigns. Peace is the by-product of love. Peace and love are inseparable. Speak peace. Speak love. Be.

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



## Inspirational quotes



*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.*

Heavenletter #4106 Motivating Power



*Something beautiful is happening. Love is happening. Life is happening. Energy is being recharged on the Earth. Earth is rising faster to Heaven. Earth is rising fast. The whole planet is coming closer to Heaven. The content of Earth is shifting. The balance is shifting.*

Heavenletter #4107 The Year of the Heart



*You have entered atoms. You swim into the makings of the Universe. You are everything you see. Everything is contained in you, and you are contained in everything. Oneness is comfortable, very comfortable, yet you need to get used to it.*

Heavenletter #4108 And There Is God



*No wonder I am called God, and you are not called God. I live in peace. I live without upset while you have scimmages all over the place. That is precisely because you live in the world. That is, you are aware of living in the world and not so aware of your sojourn in Heaven.*

Heavenletter #4104 Imagine That

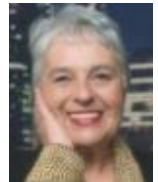


*You are always new. Today you have grown since yesterday. You are a testament to growth. Your growth may seem infinitesimal to you, you are so eager for more. You are too close to see your own growth. From Heaven, it is easy to see. It is My delight to see your growth.*

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 III

ROY EUGENE DAVIS

### How to Know When Spiritual Perceptions and Experiences Are of Enduring Value?

All meditative perceptions and experiences, other than pure consciousness, are impermanent. While they might occasionally be helpful if they inspire us to stay alert and attentive, they cannot illumine our mind or liberate our consciousness.

Here are some common meditative perceptions and experiences:

#### *Visual perceptions*

When attention is turned inward and external conditions no longer influence the mind or brain, the mind and brain may produce “pictures” of geometric designs, space, clouds, nature scenes, things, people, and places to compensate for the lack of sensory input. Similar visual perceptions may be had as we begin to go to sleep and are still partially conscious. Meditative perceptions of light that may attract our attention inward are produced by the region of the brain associated with vision and are not supernatural events or a sign of spiritual growth. Changing visual perceptions should be ignored because they will distract attention from the primary purpose of meditation practice, which is to be Self-knowing. If a clear light is seen—perhaps blue, gold, or brilliant white—looking at it for a while can focus attention and calm the mind.

#### *Sounds.*

As attention is turned inward, subtle sounds may be discerned. Some may be echoes of sounds in the environment that are usually not heard. By listening to the subtle sounds, it is possible to eventually hear a single, constant or unchanging sound that can be used as a mantra to focus attention. It can be imagined as representing the omnipresent Om vibration. Alertly listen to it. Blend or merge attention and awareness with it. Then be inclined to “go beyond” it to experience pure-existence-being. Trying hard to transcend subjective perceptions, thoughts, or feelings is self-defeating. Instead of trying to make something happen, surrender your mind-supported, personality-oriented sense of self-identity. Let go of a small sense of self to realize your true Self. Every few months, review the following aspects of your life and make constructive changes when it is necessary.

#### *Lifestyle.*

Is it holistic, well-ordered, satisfying, and ideal for your purposes?

#### *Habitual mental attitudes.*

Are you cheerful, optimistic, self-confident, thankful for the good fortune that you now have, and enthusiastic about near and future possibilities to experience and express excellence in all aspects of your life?

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 the Soul

LUCIS TRUST

The effect of all that is now transpiring upon earth is to bring to the surface that which is hidden within the human heart, and to unveil to our eyes the new vision. Then we can pass through the gateway of the New Age into a world which will be characterised by newer awareness, a deeper understanding of the vital realities, and a truer and higher standard of values.

[ALICE BAILEY]

Whatever satisfies the soul is truth. [WALT WHITMAN]

Music is an outburst of the soul. [FREDERICK DELIUS]

Just as in the body, eye and ear develop as organs of perception, as senses for bodily processes, so does a man develop in himself soul and spiritual organs of perception through which the soul and spiritual worlds are opened to him. For those who do not have such higher senses, these worlds are dark and silent, just as the bodily world is dark and silent for a being without eyes and ears.

[RUDOLF STEINER]

Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion.

Before the soul can hear, the image (Man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to the silvery buzzing of the golden fire-fly.

Before the soul can comprehend and may remember, she must unto the silent speaker be united, just as the form to which the clay is modelled is first united with the potter's mind.

For then the soul will hear, and will remember.

And then to the inner ear will speak the voice of the silence.

[H. P. BLAVATSKY]

Though inland far we be,  
Our souls have sight of that immortal sea  
Which brought us hither.  
WILLIAM WORDSWORTH]

To get at the core of God at his greatest, one must first get into the core of himself at the least, for no one can know God who has not first known himself. Go to the depths of the soul, the secret place of the Most High, to the roots, to the heights; for all that God can do is focused there.

[MEISTER ECKHART]

Every man's soul has by the law of his birth been a spectator of eternal truth, or it would never have passed into this our mortal frame.

[PLATO]

*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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## Three stages in the awakening of intuition

PARAMHANSA YOGANANDA

You may have had the experience of feeling that a friend was coming to see you even though you had received no information about his visit, and when evening came, your friend arrived. Similarly, you may have sometimes felt that something good or bad was going to happen, and then it happened. These are two examples of the sudden workings of the all-knowing power of intuition buried within you. Intuition is the directly-perceiving faculty of the soul that at once knows the truth about everything, requiring no medium of sense experience or reason.

A real intuition can never be wrong. It does not consist in believing a thing firmly or doggedly, but in knowing it directly and unmistakably. An intuition does not contradict, but is always supported by logic and reason. All things known by intuition are invariably true. Everyone possesses this faculty, but it remains undeveloped in the average person; without exercise, no faculty can be developed. Many books and courses of study are prescribed for students in school, but nothing is taught about developing the sixth sense, the all-knowing faculty of intuition. The three stages in the awakening of intuition are: 1) crude intuition; 2) semi-developed intuition; and 3) consciously developed intuition. Crude intuition is often experienced as a calm haunting feeling, and expresses itself as the occasional hunch that turns out to be true. Depending on an undeveloped intuitional faculty can be dangerous, however. There are many psychological upstarts that pose as intuition and delude people. Errors are made by people who fail to distinguish between a real intuition and their convictions born of intellectual knowledge, overblown self-confidence, or the superstition that “because it happened before, it will happen always.”

Thousands of people make wrong investments in part because of greed but also because their minds are not scientifically guided by true intuition. Intuition is developed by: 1) the exercise of common sense; 2) daily introspection and analysis; 3) depth of thought and ongoing focused activity in one direction; 4) calmness; and 5) best of all, by meditation and holding on to its calm after-effects. Semi-developed intuition comes through the frequent but untrained exercise of intuition. Men of keen understanding and women of pure, undisturbed feeling usually have semi-developed intuition as a result of their untrained but proper development of reason and feeling. Pure reason and calm feeling lead to intuition. Distorted reasoning and emotional feeling obscure intuition. Semi-intuition is often seen in the great scientists whose calm, focused dedication to their work leads to intuitive insights and breakthrough discoveries in their areas of specialization. Often, however, their intuitive ability does not extend to other areas of their lives. Semi-intuition can also be a karmic ability brought over from the past but not developed further in this lifetime. Only when wrong psychological states are mistaken for true intuition do they bring trouble, as illustrated by the following true story.

Once I went to a farmhouse and met a man who had semi-developed intuition. He bothered everybody with the display of his intuition. He tried it on me several times, until I had an overdose of his semi-intuitional practices and decided to wake him up. One day, while we were sitting in the farm parlor and the door was closed, we heard footsteps and I asked my semi-intuitive friend, “Will you please tell me who is at the door?” He forthwith replied, “It is my uncle coming home after many years though he never wrote to tell me he was coming.” The door was opened and the uncle appeared. When questioned he verified my friend’s statement, saying that he came suddenly without notification. My friend triumphantly exclaimed, “See, I have fully-developed intuition and not semi-developed intuition as you often say.” Then I remonstrated. “My friend, beware. You will make a horrible blunder some time. You have had a little intuition all your life, but you have not practiced the technique of developing it to the extent that you can really depend upon it.” He laughed at me, but soon I had the occasion to laugh at him. My mischievous prayer was answered.

One dismal, rainy day, we sat in the farm parlor again, when suddenly there was a loud knock on the closed door. I said to my friend, “Now use your semi-intuition and tell me who is knocking.” He

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concentrated for a moment and then said, “My brother has unexpectedly arrived. Open the door.” I laughed at him and replied, “No, not I. I wouldn’t go near the door. My intuition tells me not to. You had better open the door yourself.” Saying this, I ran to the other side of the room. He opened the door, and in rushed the farm bull with menacing horns, angrily seeking shelter from the rain. My friend jumped aside frantically and the bull ran after me. Of course, I was prepared for it and just stepped aside, loudly exclaiming, “My friend, your semi-intuition indeed foretold about your brother arriving!”

Intuition is developed through meditation. The more you meditate and reason in a calm state, the more intuition you will have. Calm reason and calm feeling lead to true intuition. Spiritually advanced souls use their intuition in everything they do, and thus accomplish the seemingly impossible. I was once at the hermitage of my Guru, Swami Sri Yukteswar, when he was away for a few days. He wrote me a letter saying that he was arriving by train at nine o’clock, and that I should meet him. A friend of mine, a new devotee, was also waiting with me. As nine o’clock approached, he said, “Let us go and meet your Master now.” When I said, “Not yet,” he was astonished. I said that because I had intuitively received Master’s message that he wasn’t coming on the nine o’clock train. My friend, however, went to the station and waited and waited, but Master did not come. Finally he came back. Shortly afterwards I said, “Let us both go now.” My friend replied, “Your Master writes you to meet him at nine o’clock and you would not go, but now you want to take me to meet him?” I said, “Never mind. You will see. The train will be arriving just as we get there. It will be filled with light and my Master will be on that train. When he approaches us, a little boy with a silver jug will be walking in front of him. Master’s first words to me will be, ‘Did you get my message?’” I went to the station with my friend and sure enough, just as we got there, the train pulled in and Master appeared. There was a little boy with a silver jug just ahead of him. As soon as Master saw me, he said, “Did you get my message?” Then he turned and said to the new disciple, “Your mind is too restless and that is why you didn’t get my message.”

To develop true intuition, meditate regularly every morning and before going to bed at night. Then sit quietly after meditation, feeling a calm peace. Intuition is the feeling that causes you to enjoy the peace felt during and after meditation. After meditation, sit still for a long time, enjoying the inner peace. Just as you don’t cook your food and then run off without eating it, but sit down and enjoy it, so also with meditation. The meditation techniques help to prepare the mind, but afterwards sit quietly, enjoying the “meal” you’ve prepared. Many people meditate until they feel a touch of peace, but then jump up and leave their meditation for their activities. That is all right, if you have important work waiting for you — it is always better to meditate before any activity so that you feel at least some peace as you work. Whenever possible, however, sit for a long time after your practice of the techniques. The deepest enjoyment will come at that time. Intuition is developed by continuously deepening that enjoyment and holding on to its calm after-effects.

The more you exercise the power of intuition, the stronger it will become. Sometimes, during the day, your intuition will seize you, even when you are not thinking about it, and will foretell future events. Whenever you want to solve a problem intuitively, meditate first and enter a state of perfect calmness. Do not think of your problem during meditation, but meditate until your breath becomes calm and a sense of calmness fills the inner recesses of your body. Then concentrate simultaneously at the point between the eyebrows and the heart, and ask God to direct your intuition so that you know what you should do. When your intuition is fully developed, you will stand firm in your knowledge and convictions no matter who opposes you.

Ananda



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## Magick

ROD BRIGGS

*As a man thinketh, so is he...*

PROVERBS 23:7

We live in a world composed of impossibilities; no logic could account for the wonder, diversity or power of life in both its seen and unseen forms. There is more going on, it seems, than meets the eye. The power to create and expand this amazing adventure we call life is ours, it is quite literally our birthright. Our thoughts allow us entry into a world of creation which can only be accurately described as Magick – in the full arcane meaning of the word, that is: “the science and art of causing change to occur in conformity with will.” Over the last twentyish years I have been teaching this as part of a larger curriculum of work dealing with all aspects of the mind sciences and have had amazing results with a broad cross section of humanity, on four different continents and all walks of life; I have taught Olympians and world champions, business leaders, special forces operators and school groups. Everyone can achieve peak performance and live the life of their dreams. The common denominator is their brains – we all have a reality creating machine of the first magnitude, all it needs is a user manual.

All belief systems incorporate an understanding of these principles to some degree, as illustrated by the opening quote from Proverbs; to the religious it is Prayer, the ancient systems call it Spell casting and to the Metaphysician it is the use of Thoughtforms. The simple bottom line of this is that what we continually think about is what our lives become. It sounds very simple and yet, as much as new age gurus would have you believe it, it is anything but simple. The thoughts that are involved in this process are not the ones you carefully groom in a kind of “What you can dream you can achieve” way but embrace all of our thought including our subconscious programming.

Many of us repeat negative or damaging patterns from our early years, without ever being aware of them; feelings of insecurity, unworthiness or low self-esteem erode our ability to achieve our true potential. We all carry negative baggage to some degree and the unbundling of this is the first step to growth, so ask yourself, completely honestly, what are you worth - not just materially but in all areas of your life – and in what areas do you settle for less than you want? Once this life audit is in hand set your sights on your dreams and keep them in mind with a laser like intensity. After that sit back and watch the Magick unfold.

*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 VI

SWAMI MURUGESU MAHARISHI

### Mantra 1 commentary continued

#### *Light of lights*

Of what material is the mind made? It is well known that a strong mind emits a type of light ray around the head of a person. This is their mental 'aura'. During concentration on the brow centre, which is the site of mental consciousness, we see various coloured lights. The development of this light is the principle of clairvoyance. God, prana, and mind and also all material objects and are nothing but the transmutation of one and the same divine light. God is light, Thus is will be seen that mind is made up of light material and that is a part and parcel of other subtler lights.

#### *Only one*

Although our mind functions so swiftly that within a trice it modifies into many forms of stimuli arrived through the senses, it is not pluralistic. Furthermore, nowadays, it is well known that conscious, sub-conscious, unconscious, and super-conscious mind are not actually separate but are all parts and functions of one and the same mind. So, mind is one and not pluralistic.

#### *Think always beneficial thoughts*

This acts like an auto-suggestion, not only by the desire of the student saying the mantra but by impression of this idea in his mind through prayer. In one who recites this mantra often, the suggestion is automatically impressed in the mind and beneficial thoughts only follow thereafter. The gains of beneficial and positive thinking are well known today. This mantra explains the nature of the mind.

### Mantra 2

*Let my mind, through which the Jnanis and Truth seekers perform righteous Karmas and which resides inside of every soul as the conscious entity, think always beneficial thoughts.*

### Commentary

Soul has no direct connection with the body. But, through the body only soul derives knowledge of the physical world and performs karma in order to fulfill its desires. Even so, it has no direct connection with the body. To perform actions or to receive cognition, it depends upon the mind. Mind is the medium or link between body and soul. Fools and idiots perform cruel and harmful deeds through the mind only. Truth seekers and jnanis perform righteous karmic acts through the same mind only. Thus the mind, which is the cause of illusions and maya, is also the cause of liberation and true knowledge.

There is dispute among Vedantic theorists as to whether the mind is a conscious entity or whether only its conscious cognition is derived from the soul. Among psychological researchers also there is this dispute. Tests and experiments on mind support both the two hypotheses. Let us find out the correct answer from this Veda mantra. The mantra clearly says that mind is a conscious entity. This does not mean that it is the only conscious being in living organisms.



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





## Mental non-attachment

SUREN PILLAY

In modern days many sincere sadhakas may be of the opinion that it is necessary to abandon one's material life and escape to the mountains or forests for solitude in order to make real progress in spirituality. The idea of living in solitude with no disturbances and troubles of the material world, although attractive, may contain some hidden pain. The idea of physically retreating to an isolated part of the world is not uncommon amongst yogis and many saints, however physical detachment may not guarantee spiritual growth.

In a jungle or forest you may stress over food as much as you stress about finances in the working world. Other disturbances in the form of wild animals and adverse weather conditions may also affect one's state of mind. Being physically separate from one's working or material life does not guarantee the mental attachment to material objects will automatically disappear. The key to spiritual growth thus seems to be more heavily skewed toward evolution in mind rather than physical circumstances and situations.

There also seems to be added advantages of remaining a householder in the material world. Due to the interaction of many different people in the material world, one's temperament is bound to be tested. Those who are married can bear testament to the fact that patience and tolerance is greatly developed in the process of marriage. Similarly, in work situations people often have to adapt and remain calm in times of distress and crisis. These mental dispositions and qualities are strong advantages on the spiritual path as well. A sadhaka in the mountains is not tested for his temperament or susceptibility to anger like the householder is.

It is only when the sadhaka is able to successfully overcome all obstacles thrown at him or her by the material world that he or she can be successful in spiritual practices. In many instances the material obstacles are faced on a daily basis by householders who may adapt, evolve and become spiritually stronger as a result of that adaptation. Spiritual practices, wherever they are undertaken, remain the key in developing mental non-attachment to material objects.

Harmful mental impressions from past lives can also destroy a sadhakas spiritual journey if allowed to grow. It is through disciplined spiritual practice that one will be able to keep such mental impressions at bay and develop mental non-attachment which is the key to spiritual enlightenment.

My message to you this month, dear readers, is to make your prayer room the Himalayas, forest or jungle that you wish to visit. Stay firm in your practice of spiritual sadhana to attain dispassion and non-attachment which will lead to even greater spiritual enlightenment.

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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## Empowering youth to become agents for change

FLORA TECKIE

As we celebrate another National Youth Day on 16 June, let us recommit ourselves to empowering the next generation to become agents of change for building a better world. In a world where youth are increasingly left without moral guidance, where the ability to distinguish between right and wrong is being lost, only the power of the Word of God can regenerate the spiritual senses; guide our youth to acquire an upright character and to contribute towards the construction of a progressive and peaceful society. The Word of God, as the Bahá'í Writings state, illumines the realm of thought and morals: "Likewise in the spiritual realm of intelligence and idealism there must be a centre of illumination, and that centre is the everlasting, ever-shining Sun, the Word of God. Its lights are the lights of reality which have shone upon humanity, illumining the realm of thought and morals, conferring the bounties of the divine world upon man".

The most effective way to prepare the youth for the world they will inherit and help shape, is by starting early, at the adolescence stage. It has now become increasingly obvious that without proper education and guidance during adolescence, our children could easily go astray, even if throughout childhood they have received spiritual guidance. It is during the few years before children reach the age of 15 that fundamental concepts about individual and collective life are formulated in their minds. It is during adolescence that they opt either to align themselves with positive or negative forces in the society.

Many parents and teachers believe that this is a very difficult age, one of rebelliousness, irrationality and frivolity, without looking to see whether the causes of such behaviour are inherent to the stage of growth of the individual or are imposed by social environments and upbringing. According to the Bahá'í Writings, "... while global trends project an image of this group as problematic, lost in throes of tumultuous physical and emotional change, unresponsive and self-consumed, the Bahá'í community – in the language it employs and the approach it adopts – is moving decidedly in the opposite direction, seeing in junior youth instead altruism, an acute sense of justice, eagerness to learn about the universe and a desire to contribute to the construction of a better world".

Teenagers in this age group, often referred to as junior youth, have special needs. By developing their inherent intellectual and spiritual potential, they will not only become agents of change for their own generation, but will contribute greatly to the transformation of society. It is important that they acquire professions and trades which are necessary to the further progress of mankind, and spiritual virtues that help foster justice, unity and peace in our societies.

Based on the understanding of the great potential of the junior youth and their needs, the Bahá'í communities organize regular programmes for this age group. Such programmes are intended to provide them with spiritual guidance in order to lay the foundations of a noble and upright character, to enable them to live in harmony and peace, and with understanding and respect for others, and to instil in them a commitment to serve the best interests of the community. The programmes help junior youth analyse the constructive and destructive forces operating in society and recognize the influence these forces have on their thoughts and actions. In addition to sharpening their spiritual perceptions and enhancing their lives, they also help channel their energy and talents towards the transformation of society, advancement of civilization and the construction of a better world.

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

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



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

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## The justice of the Law

BY THE MASTER through Benjamin Creme

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Men live in a changing world and must accept it as the norm. For some, these changes will seem threatening and unwelcome while for others, especially the young, they will be welcomed with open arms. Be assured that they are for the best, whatever your stance, for they reflect the needs of the time, and are inevitable and just.

Men should realize that they themselves are creating the conditions whereby these changes impact their lives. When this realism bears fruit, a smoother transition into the new time will become the norm.

Our advice to men is this: hold not to blaming unseen forces but realize your own part in creating the transformations of our time. Be assured that out of these transformations will come an ecstatic joy.

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SOURCE LINK TO THIS ARTICLE: [www.share-international.org/master/2015/ma\\_2015-04.htm](http://www.share-international.org/master/2015/ma_2015-04.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>





## Parents and children

SWAMI SHANKARANANDA MAHARAJI

In our lives many things are important and essential. But there's one aspect of our lives that the present youngsters fail to acknowledge and that is the role and duty of their parents. The most important factor in each one of our lives – and the fact that we are who we are – is due to the effort and ethics of our parents.

The children of today have a strange idea that parents are still living in *their* days. So when a parent tells them something they say, “That was in your days, Ma. This is in modern days”. In these modern days we have more drought and more load shedding. In the olden days we didn't have all that. The reason we have all these things is that in modern times youngsters are careless. But in some cases parents are delinquents too. The parents give their child everything. And in that the child gets spoiled.

We must be able to nurture, grow and develop our children to the best of our ability and the children need to know that there's nobody out there closer than their parents. Not your boyfriend, girlfriend, husband or wife – they are not closer to you than your parents.

Do you know why children can't think any more? Why do we have to tell them the same thing 10 times before they understand what we said? It's because their fingers and eyes do the thinking on their cell phones. They cannot live without the cell phone.

We have failed miserably in our duty. You go to a restaurant: mother, father and 2 children, each of them is on their cell phone doing their own business. They're supposed to be a family. Why is this? Because we have failed as parents. You don't know what the cellphone is going to do to you and your child. As soon as the child cries for a cellphone we give it to them because we don't know any other way to quieten the child. When we were young there were methods to quieten us – things that really worked.

First and foremost, before anything else in your life, are your parents. Parents know when their child is being hurt somewhere in America or when the child is sick somewhere in India – they know and will make that call at the most appropriate time because they are the most connected to you. If you have parents, nurture them like they are your life. That's all. You must look after your parents, that is your duty. You must listen to your parents, that is your duty.

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: simple wisdom

BERNIE SIEGEL, MD

I am often impressed by the simple wisdom which comes from those who truly experience life and keep an open mind. It is hard to discover any wisdom when your life is governed by what others tell you you must believe because that is the way. I keep an open mind because I don't profess to know the way of my journey when my experience tells me there are many ways and I can learn from them all. I have seen this with my patients and the sages I know or read about. The following is from two of them.

"A human being is part of the whole, called by us "universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest – a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." Albert Einstein

None of us see life as it is, the world as it is. We all see life as we are. We look at others through our own likes and dislikes, desires and interests. It is this separatist outlook that fragments life for us – man against woman, community against community, country against country. Yet the mystics of all religions assure us on the strength of their own experience, if only we throw away this fragmenting instrument of observation, we shall see all life as an indivisible whole. From Eknath Easwaran's Words to Live By

The following wisdom comes from our son Jeff. We chat every evening and he comes up with amazing stuff. His thoughts and wisdom he said, "Comes to him and not from him." Yes. I agree with him and that he connects with the greater consciousness and so it is all in the moment and there is no time associated with it because when you leave your body time no longer exists and consciousness does not require a body to exist and function.

What got me started thinking was his comment to us to think of our body the way we think of the universe. The following are his words, which I will not attempt to interpret, to help you to understand what he is saying. I will comment at the conclusion.

"In reference to evolution of the species, it is not only natural selection, but selection of the infection. The human genome and all other life forms are constantly being changed on the DNA level through infection by an infinite number of alien microbes in turn changing our DNA and destiny. They are the true creators. The instance of living things we cannot see far outnumber those we can, but the way we have colonized our world is no different than the way they colonize theirs which includes living inside beings larger than themselves.

Just as there are things so small we cannot see them, so it goes there must be things so large we cannot see them either. We may be living inside a giant living being just as bacteria and parasites live inside us. They can only see the world around them, but not the perimeter, or external boundary. Planets and stars are not unlike our organs. Planetary organs producing raw materials like oxygen and other gases that provide the food to the ATP producing mitochondria, electrically based life forms which power the invisible electromagnetic field creating the energy that holds the galaxy, the guts of a giant life form, together.

The sun regulates our earth organ's temperature and metabolism in a healthy range, but can also clear the earth of life with fever if life becomes cancerous to the greater life form within which we live. A black hole can eat a diseased planetary organ and spew out new life as it gives birth recycling all matter that moves through it creating new healthy organs in whatever manner need be."

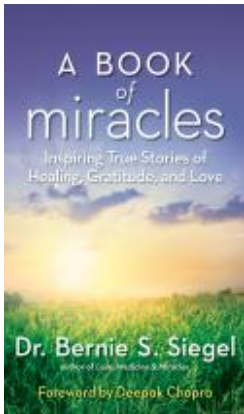
My thought is that whatever threatens our planet's health and disturbs the creative force can lead to our elimination. The black holes, sun and more are like our immune system and can eliminate or eat





up what is within us and what exists in the body of the universe. Wars, pollution and more can lead to a disease which eliminates the life our Creator desired. Think about global warming and how an elevated temperature is associated with your body's or our planet's infection and how we follow potential Ebola cases? We can be eliminated by the diseases we create but as Jeff notes, "What remains is recycled instantly by the nature of creation to create new life so nothing is wasted." It all becomes a part of a new body or universe, which I hope as we become wiser, will create a higher level of consciousness and a healthier universe than ours and then we can then give thanks for the gift of life.

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## A Book of Miracles

Introducing *A Book of Miracles* by Bernie Siegel, inspiring true stories of healing, gratitude and love. Compiled during his more than thirty years of practice, speaking, and teaching, the stories here are riveting, warm, and belief-expanding.

Bernie, as he prefers to be called, first wrote about miracles when he was a practicing surgeon and pioneered Exceptional Cancer Patients, a groundbreaking synthesis of group, individual, dream, and art therapy that provided patients with a "carefrontation." His safe and loving approach facilitated patients' awareness of their own physical, spiritual, and psychological healing potential. Compiled during his more than thirty years of practice, speaking, and teaching, the stories here are riveting, warm, and belief-expanding. Their subjects include a girl whose baby brother helped her overcome anorexia, a woman whose cancer helped her heal by teaching her to stand up for herself, and even a family who were saved from a burning house by bats. Without diminishing the reality of pain and hardship, they show real people turning crisis into blessing by responding to adversity in ways that empower and heal. Their stories offer readers the same opportunity. *A Book of Miracles* is divided into fifteen sections, each consisting of stories of miracles, pertinent quotes, anecdotes, and my reflections. Every aspect of miracles is explored, from miracles of daily life to amazing stories of healing, like Laura's. I encourage you to look for and help create miracles every day. My hope is that this book will uplift, strengthen, and guide you on the miraculous journey called life.

Visit Bernie's website to get your copy.



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 Presence

Just as a root absorbs water, so let my mind surrender to thee.  
 The Infinite is all around me, showering me, protecting me and nurturing me.  
 Omnipresent, omniscient and omnipotent, there is nowhere I cannot find Thee.  
 Eternal and blissful there is nowhere I can avoid Thee.  
 Remain in my consciousness for evermore.

SUREN PILLAY



### God will tie you up

When God has a plan for your life,  
 I don't care how much you murmur and complain and kick and fuss and scream and yell.  
 When you know that God has a plan for your life, He got you tied up...  
 I serve a God who will tie you up when you're acting crazy,  
 tie you up, while you're trying to do your own thing,  
 tie you up while your temper is raging,  
 tie you up, when your ambition is out of control.  
 Sometimes, God will tie you up 'til the time is right.  
 Nothing will work, your money won't work, your career won't work,  
 the boyfriend will leave, the house will sell,  
 cause when God has you tied up, He's not gonna let you get away.  
 He'll say, Be still and see the salvation of the Lord.

TD Jakes



### Love in return for hatred

I know that if I offer my friendship to all, as Christ did,  
 I shall begin to feel the cosmic love, which is God.  
 Human friendship is the echo of God's friendship.  
 The greatest thing that Jesus Christ demonstrated was giving love in return for hatred.  
 To give hatred for hatred is easy, but to give love for hatred is more difficult and far greater.  
 Therefore I will consume hatred in the roaring conflagration of my spreading love.  
 I will take the best from every people.  
 I will admire the good qualities of all nationalities and will not put my attention on their errors.  
 This day I will break the boundaries of self-love and of family loves  
 and make my heart big enough for all God's children.  
 I will kindle a fire of universal love, beholding my Heavenly Father  
 dwelling in the temple of all natural ties.  
 All desire for affection I will purify and satisfy in attaining the sacred love of God.

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/>  
14618 Tyler Foote Rd., Nevada City, CA 95959 USA  
Email: [sanghainfo@ananda.org](mailto:sanghainfo@ananda.org)

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### Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.  
Tel: 011 462 0100  
Email: [nsa.sec@bahai.org.za](mailto:nsa.sec@bahai.org.za)

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### Bernie Siegel

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

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### Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>  
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA  
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### Heaven Letters (TM)

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