

*People need to become God-centered from within,  
and from that center to see God everywhere,  
in everything.”*

SWAMI KRIYANANDA

Cities of Light



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 38**  
**25 Apr 2013**



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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 38

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This month's cover feature is of the Crystal Hermitage Gardens at Ananda Village. Photo by Barbara Bingham, inspired by Swami Kriyananda

Welcome to the April 2013 issue of *Transcendence*, and a blessed full moon to all our readers.

We would like to dedicate this month's issue of to one of our contributors who passed away peacefully on the 21st April: Swami Kriyananda (J Donald Walters), the founder of Ananda (in 1968), a global movement based on the teachings of his guru, Paramhansa Yogananda, which embrace the truths that underlie all the great religions, and showed how everyone can realize God in their daily lives as a tangible, loving reality. People from all faiths and backgrounds are welcome at Ananda, and many have found a home at Ananda Village, a spiritual community of more than 300 people in California.

Swami Kriyananda was widely recognised as one of the leading spiritual teachers in the world today, and one of the foremost proponents of yogic teachings in the modern world. In 1948, at the age of 22, he became a disciple of the Indian yoga master, Paramhansa Yogananda, and until his passing, was one of a few remaining direct disciples of Yogananda still active. A patient and sensitive teacher, Swami Kriyananda uplifted and encouraged people through personal example, spiritual counseling, writing, lecturing, music, and prayer, allowing others to learn by experience, and never placing institutional needs ahead of the needs of an individual.

Swami Kriyananda has been a regular contributor to *Transcendence* and many have enjoyed his meaningful articles. We will, nevertheless continue to publish articles by him, drawn from the massive body of writings he has left us. Coincidentally, Swami's message to this month's readers on page 9 is entitled 'Learn to flow with life'. To find out more about Swami Kriyananda, please visit the ananda website at [www.ananda.org](http://www.ananda.org).

May he rest in peace, forever blissful in the arms of Divine Mother.

In Love and Service, always,





## Heavenletter # 4081 - God Is Here

GLORIA WENDROFF

God said:

Call on Me a lot. Whatever you are doing, enlist Me in your actions, your thoughts, your creativity. This is not prayer I am talking about. This is simply keeping Me in mind as your companion which I most certainly am. Even an intention to think of Me works wonders.

Say: "God, I would like to keep company with You more often. God, sometimes I get so involved in what I'm doing, I forget about You. How could I forget about You, yet I do. It is like I take a rowboat out into the middle of a lake, and I leave you on the shore."

Yet when you think of Me when you are in a rowboat in the middle of a lake, your awareness of Me seats Me right beside you in the rowboat far from shore. Of course, the fact is, you know by now that I am always with you. There is not a millisecond that I am not. However, your awareness plays a part for you in this drama of life on Earth, so it's a good idea to keep Me in your awareness.

When I am always in your awareness, you know your solidarity with Me. Solid am I even though I am unseen. I am unseen, yet you can feel My Presence.

Many times when you are by yourself, I hear you speak to yourself. You may say something like: "What did I come into this room for? What am I looking for? Oh, yes, now I remember."

You could try talking to Me instead of yourself! That would help your awareness. Say something like: "God, what was I looking for here? Oh, there it is."

When you talk to Me, there I am. It would be better for Me to say, when you talk to Me, I am already here. It would be better for Me to say, "Here I am! I am here! I was always right with you wherever you are. In spring and summer, I am with you. In fall and winter, I am with you. I am with you. There is nowhere I would rather be than right with you."

Whom would you rather be with? And what would you rather your thoughts were on?

Yes, better that you keep coming back to thoughts of Me. How many times a day can you say God under your breath? 100 times? More? Even your thinking God once a day gives you a head start.

This doesn't mean you are asking anything of Me. You don't have to be asking anything of Me. It is enough that you simply greet Me and make yourself comfortable with Me.

Perhaps you have thought it is a big deal to have Me beside you. Not at all. It is an ordinary thing. I am never ever away from you. I am your constant Companion with or without your attention. Of course, I do like it when you look at Me straight in the eye, so to speak.

This does not mean that you leave everything up to Me. You don't throw off your responsibilities, yet, with Me around you, around you in your consciousness, your responsibilities no longer appear as shackles. Responsibilities become easier for you. You are responsible for breathing, and you breathe without thinking. I am in every breath you take. You can rely on Me, and you can rely on yourself. Relying is quite a different cry from worrying. What is there to worry about when you have Me with you?

Little by little, just your thinking of Me will remove worry from your thoughts and weight from your shoulders, and life will be easy, and you will feel ease and, odds are, you will be healthier and stronger. Yet even health is not a requirement for joy to take a hold of you. All you need is Me.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/god-is-here.html>





## Inspirational Quotes



*Okay, adhere to time. Get to work on time. Catch your flight, and know that time is nothing. You don't controvert time, and yet you can keep time in its place. You don't betray it. You don't have to start a rebellion. And, yet, you don't have to be so time-serving.*

Heavenletter #4092 Time in the World



*And now multiply Love. That's it. You are multiplier of Love, My Love. You don't count it up, yet you multiply it. Love in, love out. Love, love, love. All love is Mine, and all love is yours. There is naught else but love. Love in the air. Love on the road. Love in the sky. Love in the stars. Love in the day. Love in the night.*

Heavenletter #4093 Your Nearest Neighbour



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

Heavenletter #4103 In the Consciousness of Heaven



*In the world, there are matters you have to let go of. Right yourself, if you must, yet let go about righting others. Of course, you're right. From your point of view, you are right. As right as you may be, what is yours to decide and what isn't?*

Heavenletter #4102 The Rules of the Game



*Let Us forgive others their mistakes, and let Us forgive ourselves for our own mistakes. Let Us even forgive ourselves for judging others. Let Us let go of the past. How many times have I said that? And how many have listened and followed that? Certainly, everyone has tried.*

Heavenletter #4101 To Stay Afloat in the Ocean

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](http://www.heavenletters.org)





## Emotional Stability and Maturity

ROY EUGENE DAVIS

Emotional stability, an indication of psychological health, can be actualized by cultivating Self- (soul) contentment in all circumstances and viewing subjective conditions and objective events and circumstances with dispassion (without being prejudiced or having detrimental emotional reactions). Subjective conditions can include memories which may be pleasant, unpleasant, or viewed as information without arousing emotions or unduly influencing reasoning ability. Although memories which elicit pleasurable moods and thoughts can be enjoyable, they should not be frequently indulged in as a substitute for having fully conscious present-time awareness and meaningful insights, goals, and spiritual growth experiences.

If mental problems or emotional instability are caused by a neurological problem, chemical or hormone imbalance or deficiency, or addiction to harmful substances or habits, competent professional help should be obtained when it is necessary. A characteristic of emotional maturity is our willingness to be responsible for our mental and emotional states, states of consciousness, behaviors, and their results.

Wanting, or hoping, to have a relationship with ultimate Reality as a cosmic human-like person is an obvious indication of arrested emotional growth. Many adults, even among those who consider themselves to be truth seekers, cling to erroneous concepts of God that were taught to them when they were very young or which they independently imagined. They want God to care about, love, and provide for them, forgive their mistakes and weaknesses, answer their prayers, heal them and their relatives or friends, solve their problems, and give them salvation. They may not know that many of their ideas about God are false or that, as units of one ultimate Reality, all of its qualities and knowledge that is within them can be known.

Some emotionally immature devotees want their guru to do for them what they think they are not able to do or are not willing to try to do. Others pray to God as they imagine God to be, to their guru, or to other embodied or disembodied people whom they believe to be holy, with few positive results. The beneficial or satisfying experiences they may occasionally have are selfproduced rather than provided by external influences. Some people remain emotionally immature because they are satisfied with ordinary circumstances and being like others with whom they habitually associate. When the desire to be emotionally mature is sincere, they can be self-motivated and empowered to have it quickly actualized.

Excerpt from *Truth Journal*, December 2012 /January 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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## Festival week of the New Group of World Servers

LUCIS TRUST

Once every seven years a special focus is placed on the planetary network known as the new group of world servers, in the form of a Festival Week held from 21 to 28 December. This year is another such observance.

The commencement of this Festival Week on 21 December is noteworthy for that is the winter solstice, the moment when the sun begins its northern journey. That this marks a special point in the annual solar cycle is verified by the place it holds in the many religious traditions which mark it with festivals that are joyous, light filled, and deeply sacred all at once.

So will be the observance of this year's Festival Week of the new group of world servers. This will be an occasion for celebrating the worldwide network of servers dedicated to the upliftment of humanity and, because of humanity's role as planetary mediator in the great Chain of Being, all the lower kingdoms in humanity's care: animal, vegetable and mineral. Thus the planet itself is held within the radiant distribution of energy that marks the Festival Week every seven years. In addition to the service of the lower kingdoms, another great spiritual objective lies before humanity at this time: the manifestation of a still higher kingdom, the kingdom of souls. This kingdom is already in process of appearing in the world, as seen in the intelligent, selfless, courageous dedication of countless men and women working in all fields of human endeavour, from politics and government to religion, education, culture and the arts, science, psychology, and economics and finance.

Within this vast diversity, the new group of world servers can be recognised by the quality of their lives, for they represent, essentially, an attitude of mind: responsive to the great spiritual Law we call synthesis, manifesting in right human relations and dedicated to world unity. Because of their responsiveness to synthesis, this group is able to serve as an intermediary, a bridge, between the inner spiritual Hierarchy and the intelligent men and women of goodwill.

The network of Triangles exemplifies this mediating role in its subtle, persistent radiation of spiritual energies into human consciousness. Through the constant radiation of light and goodwill, human minds and hearts are being transformed, liberated from age-old thought forms of separateness, hatred, fear and selfishness. The new age demands this transformation of human consciousness, for it will be an age based on right human relations, goodwill and sharing. What we see in the world today, in this transitional era between two ages, is the clearing away of the debris of the old age: hatred, separateness, violence and materialism. As the Festival Week nears, let all Triangles workers strive to clarify their understanding of the pervasiveness of the planetary network which binds all souls as one.

*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



## Learn to Flow with Life

SWAMI KRIYANANDA

To flow with life means being able to adapt to everything that happens. When you live at your center, you can flow with life. I once read a very interesting article about a man who worked in the French Underground at the time of the Nazi occupation. Somehow, the Nazis heard about him and came to arrest him. He was up on a top floor and the Nazis were in the lobby, in full force. There seemed to be no way to escape and his first thought was one of despair. "I don't know what to do. It's hopeless." As soon as there's any thought of despair, there's a sudden lowering of energy, a sudden paralysis of the mind.

### **"I'm getting better and better."**

But this man followed a teaching in which you affirm, "Every day in every way I am getting better and better." This positive, cheerful outlook was a very important part of his life. He suddenly remembered this affirmation and started saying it. Things certainly didn't seem "better and better" —with the Nazis ready to swarm up the stairs. But basically he was saying, "Okay, this has happened. Now what can I do about it? At least I can be joyful."

Joy is an expression of your soul reality, of that inner center from which positive attitudes radiate. From that center, this man was able to generate the magnetism to draw the inspiration he needed. He said, "Oh, I saw that fellow. He's up there on the top floor." And while the Nazis went storming upstairs, he walked calmly out the door.

### **The test of intuition: does it work?**

When you can keep a cheerful, buoyant outlook—and that necessitates affirming that whatever comes is the right thing—you can change situations. For instance, this man did not affirm, "Oh, my God, the Nazis shouldn't be here." He said, "They're here. Good. Now things are getting better." A ridiculous thought from a reasonable standpoint but it worked. That's the point.

A common characteristic of the flow of intuition is that it often defies the reasonable way of doing things. Not that it's irrational, but it's a different kind of reasoning which is difficult to explain to people. The only proof of whether a feeling is intuitive or not is whether it works. Absorb the obstacles as they come. To shift with the flow of circumstances, you need to be flexible and not always think, "I'm going to do this and I'm going to that."

It's like going down a ski slope. You don't stand at the top of the slope and say, "Well, at this point I'm going to turn left, and at that point I'm going to turn right." It's only when you reach the little hillocks, or moguls as they're called, that you can decide whether you'll turn left or right to go around them.

The expert skier sees the ski slope as a continuity. He absorbs the obstacles as they come, into a graceful, flowing movement. Similarly, when you begin to see life as it really is—a divine flow—you understand that life's obstacles are simply a part of that flow.

### **How do you "break"?**

Without an ability to flow with life, spiritual growth is difficult. There is a story about Saint Francis when he was living in a leaky, fragile hut with his brother monks. It was wintertime and a peasant with a donkey entered the hut and said, "This place is just perfect for me and my nag. Get out you bums."

The monks were outraged. They said, "How can we give this place up? We've given up everything else for God." But Saint Francis said, "No, we must leave." And they left. God was testing St. Francis to see whether he had absolute faith in Him or whether he would say, 'All right. I've given up this much, but not that.' To flow with life one must trust God. It's important never to say, "No God. I'm willing to have any test, but not this one." That's probably the first thing God's going to work on. And that test will be the very door through which He wants to bless you.

### **Be content in yourself**

One of the most important lessons in life is to learn to "break" the right way when pushed to the



breaking point. The right way is always to remain centered and at peace in yourself. I read a beautiful story years ago about a man who had great serenity and peace of mind. A young man who became his student asked him one day, “What is the secret of your calmness?” The older man replied, “Come with me, and I’ll show you.” He opened a little drawer in his desk, took out a fragile shell and said, “This is my secret.”

The older man explained, “Many years ago I was a very wealthy person, but in the stock market crash of 1929, I lost everything overnight. I decided I would commit suicide, so I sent my family away, and went to our little cabin by the beach on Long Island. I wrote them a farewell note, and then set out to walk into the ocean—to just let the waves take me and drown. I tried to walk out into the ocean, but the waves kept throwing me back so hard against the beach that I couldn’t even stand. Each time I’d get up and try again but to no avail. Finally I tried with all my strength but was thrown down.”

### Go where the wave takes you

“As I lay on the wet sand, right in front of me was this fragile shell. It amazed me that although the waves were so powerful that I couldn’t stand up in them, this shell had not even been cracked. I realized its secret was that it went wherever the waves took it, without any resistance.

“That moment on the beach was the turning point in my life, because from then on I tried to adapt to whatever circumstances existed in my life, to wherever God placed me. Although I never became a millionaire again, I really didn’t mind because I found peace of mind.”

You can’t control your environment, but you can control yourself by learning to live at your center. And having that control, you will be able to accept whatever is, and to be happy in yourself no matter what happens.

SOURCE LINK TO THIS ARTICLE: <http://www.crystalclarity.com/content.php?page=skarticle32>

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## Mental Universe

ROD BRIGGS

*"We live in a torture chamber of our own design..." Gautama. The Buddha*

I live in a sub tropical paradise; I work with no rush hour, no commute and no boss. As I write, either late at night or in the early mornings, my surroundings are gorgeous, with sounds of primordial forest and surf from a crystal blue ocean. For the last thirty years, on and off, my friends have told me how lucky I am. Not so. Blessed? Absolutely, but lucky? Not a bit. I live, as we all do, according to the choices I made many years ago; and will continue to live following the path my decisions map out for me.

This does not mean, however, that I am blind to the turmoil and strife that many people around the world experience on a daily basis. I am made continually aware of it by the plethora of news services, social media and daily community interaction that I continually experience. I make a point of this not to judge the events but rather to enable me to take on board the lessons I can glean from the news.

This wonderful schoolroom we call life is rich beyond the imagining or telling of it. All experiences are valid, and all are part of the curriculum. We are all exactly where we need to be to gain the wisdom inherent in life. This may take a while to get your head around as we all have experienced the "unfairness" of life; until you stop to think where your growth and maturity comes from. It is created by overcoming the vagaries of existence.

Once we realise this and stop "kicking against the traces" we are free to develop the empathy so necessary to our continued growth. By fully empathising (not sympathising but really "feeling into") with those in less fortunate situations we are able to continually stretch our awareness of life.

All of life's riches, as well as all its tragedies, belong to us all; if my brother or sister is hurting I must feel it but so must I take on their joy. We live in a Universe created by our mental capacity to explore it. It is an ever expanding cosmos – and it is our escalating awareness that keeps it growing.

*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)





## The Science of Premonition

SWAMI MURUGESU MAHARISHI

It is said that a person's life is destined according to their karma, fate, or subconscious impressions. All that we did in a previous birth is recorded in our *chitha* (karmic impressions) which control the quality of the life we will live - negative or positive. We know that if a person goes on eating chillies they will soon suffer from colic or stomach ache.

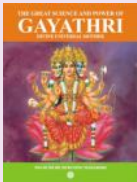
We know that chain-smokers will sooner or later suffer from lung complaints. A thief may take away ornaments from one's house, and for a few days may feel happy, but somehow or the other the vigilant police department will find out the truth, arrest him and sentence him. Today's ordeal in jail is due to his previous act of theft.

Similarly, sufferings in a current lifetime are due to actions from a previous lifetime which are recorded in one's *chitha*. When a particular strong and powerful impression matures, it causes either a positive or negative reaction. This means that one's present 'good' or 'bad' experiences are due to the positive or negative karma of their previous lifetimes.

Hence sufferings are predestined according to one's karma. From this we can understand that if we are able to study the karmic impressions within one's *chitha*, we can correctly predict their future. In hypnotism, we can study one's karma in *chitha* and gain understanding on what will happen in their future.

It has also been established that after discovering negative karma is in one's *chitha* on account of which he will suffer in some way, some parapsychological techniques can be applied to alter those negative karmic influences, and control the suffering that is likely to occur in years to come. In this way, one can completely clear or change all ill karmic influences and thus lead a happier life.

Our subject in this course is not to discover or alter any impressions from *chitha* but to understand how one can know of future happenings by studying *chitha samskara* impressions.



### *The Great Science and Power of Gayathri, Divine Universal Mother*

by Dr RK Swami Murugesu Maharishi has just been republished in English.

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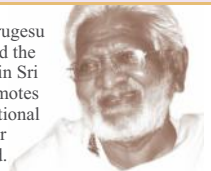
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## The wisdom of Vedanta

SUREN PILLAY

Many ponder over the wisdom of *Vedanta*. Is it really relevant to modern day? how can it be applied successfully in our daily lives? Are the principles of *Vedanta* the same as that of other religions, and will they result in me compromising my material success? The first problem when looking at all these questions is that there seems to be very little knowledge in *Vedanta* to start off with. Vedic wisdom is ancient and vast. Many have purported to understand different parts of *Vedanta*, and are labelled as *Vedantist* and Vedic experts.

However there are few who have understood all of *Vedanta*. The reason for this is that the Vedic scriptures are vast in comparison to the scriptures of many other traditions including the Upanishads, the *Ramayana*, the *Puranas*, and the *Mahabharata*. The central message in most of the scriptures is to emphasise the divine nature of man, and which exists beyond the physical body. The existence and nature of spirit is explained in detail in many Vedic scriptures. This compels one to engage in spiritual practices known as *sadhanas* in order to attain great bliss through the soul, rather than through the senses.

Due the vastness of wisdom contained in *Vedanta*, many have dismissed its practical implications in daily life, and have argued that the Vedic scriptures were written during a time when society behaved and acted differently from today. Thus the practices promoted by *Vedanta* cannot be practically implemented in modern society. This argument has two flaws in it. The first flaw is that the principles of *Vedanta* are eternal, and are not confined by time and space. The knowledge in *Vedanta* is essentially wisdom to receive spiritual experience that will always be relevant to a human being, irrespective of circumstance or time. The second flaw is that some of the teachings of *Vedanta* are, in fact practical, positive, and effective on both the material and spiritual planes. A clear example of this is to be found in Patanjali's *Yoga Sutra* which highlights certain moral and ethical principles known as *yama* and *niyama*, in order to attain the state of yoga. The principles include non-violence, cleanliness, and *tapas* (austerity). These values enhances ones material and spiritual life, promoting an outlook that is more peaceful, calm, and conducive to greater spiritual learning.

Another important point that has been mentioned by various saints of many traditions, is that *Vedanta* can be understood intuitively. The reasoning is that in meditation one can easily understand the scriptures and, even if one does not read the scriptures, one will be inclined to follow the principles of the scriptures intuitively, through divine perception. This is an extremely valid point, as many assume Vedic intellectual knowledge to be independent of meditation and spiritual practice.

My message to you this month, dear readers, is to begin the process of meditation and live intuitively with the scriptures. If you have access to the scriptures, attempt to read them in addition to meditation. The knowledge of all *Vedanta* is within, and may be attained and realised by experiencing the wisdom of the soul.

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.com](http://www.surenpillay.com)[www.facebook.com/SurenPillaySA](http://www.facebook.com/SurenPillaySA)



## Material and spiritual civilization

FLORA TECKIE

A fundamental purpose of our life, in the Bahá'í view, is to contribute to the progress of the world civilization - as Bahá'u'lláh says "All men have been created to carry forward an ever-advancing civilization". This implies progressing materially and spiritually, together and simultaneously, since the two are complementary.

Looking at the contemporary situation, it is obvious that material civilization has progressed significantly: our science and technology, our commerce and arts, our communication systems and access to information, have all advanced considerably. But spiritual civilization has been left behind.

According to the Bahá'í Writings: "Material civilization is like unto the lamp, while spiritual civilization is the light in that lamp. If the material and spiritual civilization become united, then we will have the light and the lamp together, and the outcome will be perfect".

Creating an ever-advancing civilization implies that the processes of individual progress and social advancement, of promoting universal standards and fostering cultural diversity, be harmonized.

As individuals, we need to develop the powers and capacities latent within us, so that we may contribute our share to an ever-advancing civilization. We need moral empowerment as well as intellectual development, to advance individually and also to contribute to advancement of civilization.

In our families and through our educational systems, we need to cultivate tolerance, love, brotherhood, equality, compassion, understanding, humility, and an active commitment to justice. We need to nurture an appreciation for the richness and importance of the world's diverse cultural, religious and social systems and encourage unity in diversity.

Bahá'u'lláh's statement that all people "have been created to carry forward an ever-advancing civilization," implies that every person has both the right and the responsibility to contribute to this important enterprise whose goal is nothing less than the peace, prosperity and unity of humanity.

Social and spiritual developments are both essential elements of a more mature civilization. In order to create a better and peaceful world civilization based on principles of justice, prosperity, and continuing advancement, individuals need to be empowered to express their God-given talents and capacities in service to humanity. Through service, the essential principles of social integration -- including compassion, understanding, sacrifice, humility, and commitment to justice -- are manifested in society.

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



## Bahá'í Topics

*Religion bestoweth upon man  
the most precious of all gifts.*  
-BAHÁ'U'LLÁH-

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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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## Humanity's historic choice

BY THE MASTER through Benjamin Creme

The time for men to make their historic choice has arrived. Soon, men will come to realize that they must make a momentous decision, one which will determine the future for every man, woman and child, indeed the future for every living creature on Earth: a choice between continuous and ever expanding creativity on planet Earth, or a devastating ending of all life, human and sub-human, on our planetary home.

Man, unfortunately, has discovered the secret of the awful power which lies hidden in the nucleus of the atom and has harnessed it for war. While humanity is so separated by competition, greed and lust for power, the danger of extinction, by accident or design, is ever present. Men must therefore find a safer way to live.

So potent today is the individuality of men and nations, so divided have they become in their struggle for life, that they have lost their way and must quickly find it to survive.

Thus the Great Ones, your Elder Brothers, have sought to show the only way to peace. Only sharing and justice, We say, will bring the peace which, in their hearts, all men desire. Simple indeed is Our recommendation but, so far, difficult for humanity to grasp. Men have divine free will and are the masters of their fate. Take, We advise, the path of sharing and justice which are the garments of Brotherhood, without which a man is not fully a man.

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SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2013/ma\\_2013-03.htm](http://www.share-international.org/master/2013/ma_2013-03.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>







## Message from Archangel Gabriel

ILDIKÓ FERENC

Would you like to have happiness in your life? Would you like to hear the birds chirping, enjoy the warmth of sunlight, and touch your friends who carry happiness and joy in their hearts? I shall open your heart to make you see how important you are for us and I shall open your heart to make you feel how important these words are for your soul. I am opening the gates to your inner reality by these words as it is necessary for you to see the brilliance of your hearts in the sunrise, and sunset should not be about passing for you but rather a new opportunity for an even brighter day to come in your lives.

Have faith in yourself and the power of divine energies, and believe that we shall come to you day after day only to make you able to experience the light and glory in you, and understand that sunset, in your inner isolation, can be even bleaker and gloomier than if it is faced with others. Look around you to notice that everything is reviving and planting the hope of a new life in you, but do you believe that the setting sun may carry more strength than the rising one? Because hope and expectation lives in it about what is coming next, and the experience of inner beauty lives in it, that is only about you. Open your heart to your divine teachers and perceive all this brilliance in you. Believe that, although you have suffered many woes in your earthly life, you are still able to see the expectation and hope in yourself and in others and you can also see them in waiting for another day. Do not want to 'set' as the Sun does, and do not want to experience anything else but the love energies you have lived in so far without noticing them. You must be able to renew yourself and you must be able to create this renewal in other people's lives too because the harmony of sunrise and sunset lives in you, and the aspiration lives in you, and the hope of perfection. You must be able to find the energies in your faith that will help You experience your inner purity, and to find new emotions in you in the hope of renewal.

We are giving You faith, love, peace and harmony day after day as Jesus once did for you. We are evoking faith, love, peace, and hope in your hearts after a hard day and hold your hands even if you do not perceive or see us. We are holding your hands even when you think that no one is standing next to you, and we are holding your hands when you feel so lonely and alone. But it is not us who shall create the hope of a new day for you. You must see the hope and love in yourself and in others so that you can again experience all the joys of which you have partaken so many times in your life. Let it be a tiny bit of desire or emotion, or let it be a nicer thought. If it makes you happy, the emotion has already got started for you to keep and cling to since you need it. You must see the strength of endurance and love so that you can lead a life that is pure and true to yourself and revival - again and again.

Have faith, because you are indeed able to create your love. And have faith in that you are also able to create the peace and harmony in others you used to experience up there. We can see your hearts and the desire in them and how strongly you want revival, and we can also see that as the inviting sound of spring extends hope towards you your hearts, also desire values laden with hope. I bless the power of heavenly and earthly energies and everything for which I was once among you with all the force of my love, because I know what it is like to live as a human being, and I know how wonderful it will be to see the aspiration for hope in your hearts too, and to experience love towards yourselves and others with you.

With love, Archangel Gabriel

*"The emotion living in our hearts possesses an enormous gift of pure love. Learn, see and experience in your earthly world, to be able to experience your own beauty and divine light."*

Ildikó Ferenc is a soul therapist, psy-surgeon, and divine mediator. She lives in Zalaegerszeg, Hungary. email her at [ildiko.ferenc@facebook.com](mailto:ildiko.ferenc@facebook.com), [egvilagunkuzenetei.ferencildiko@facebook.com](mailto:egvilagunkuzenetei.ferencildiko@facebook.com), or to [egvilagunk@gmail.com](mailto:egvilagunk@gmail.com)

[www.lelkitisztitas.hu](http://www.lelkitisztitas.hu)





## Understanding Yoga Part 1

SWAMI SHANKARANANDA MAHARAJI

Yoga is not for anyone who eats too much or sleeps too much. It is not for those who eat too little or sleep too little. Yoga is for those who have the mind controlled and focussed like a lamp in a windless place. It is the name given to the state where all sorrow arising from mind-contact dissolves.

According to sage Patanjali, yoga is an eightfold process. These eight steps constitute a course of action on how to live a meaningful and purposeful life. They serve as recommendations for moral and ethical conduct and self-discipline. They direct attention toward health, and help us acknowledge the spiritual aspects of our nature.

*The Yoga Sutra* of sage Patanjali is considered the fundamental text on the system of yoga, but actual descriptions of yoga *asana* are not found anywhere in the text. Patanjali explains that many won't practice asanas and meditation in yoga class, but will go to work, shout at their employees, and cheat on their taxes. There is more to yoga than just postures. Yoga benefits the body and mind, and cultivates spiritual awareness.

An explanation of each of the eight steps follows:

### Step 1: Yama

*Yama* is social behaviour. It is about how we treat others and the world around us. These are moral principles. Sometimes they are called the *don'ts* of yoga practice. There are five yamas:

Nonviolence (*ahimsa*).

Do not harm any creature in thought or deed. In his book *Autobiography of a Yogi*, Paramhansa Yogananda asks Mahatma Gandhi the definition of ahimsa. Gandhi said, "The avoidance of harm to any living creature in thought or deed". Yogananda then asked if one could kill a cobra to protect a child. Gandhi upheld that he would hold to his vow of ahimsa, but added, "I must confess that I could not serenely carry on this conversation were I faced by a cobra".

Truth and honesty (*satya*).

One should not lie, especially to one's guru or teacher. Cheating on income tax also falls into this category.

Non-stealing (*asteya*). Stealing of any sort is considered theft, including material objects, like a radio, or intangibles, such as the desire to be in the limelight, or a child's chance to learn responsibility or independence by doing something on their own.

TO BE CONTINUED



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)





## Genes, Psyche and Soma

BERNIE SIEGEL, MD

The things that I find exciting about the human body are not what we can touch directly. We take our cars to body shops for repairs and perform maintenance every so many miles but what keeps a body going? Why do some go on for 100 years and others half that time? You can answer it's genetic but why are the genes doing what they are doing? Who is giving the orders and who or what is taking orders? Why is a touch significant? Why do we need to sleep and what is consciousness? Let me try and answer some of these questions.

You can see my problem isn't about ego. Most people would base a book on the above and I'm trying to answer in a page or so. When you think of the communication going on in the body it all boils down to the cell membrane and what communicates with it. How we are touched by others and how we reach out to touch others creates an internal chemistry that speaks directly to every cell. There is memory and intelligence in every cell. It has a job to do and has been equipped to do it but it is still following orders that integrate it into the needs of the body as a whole. Who or what is in charge and makes the decisions is beyond understanding as far as I am concerned.

We know from the stories of transplant recipients that organs carry memory. A painful life has its adverse effects when it leads one to not want to live. The will to live is not just about desire but about the chemistry and internal messages which is being communicated to the cell. I know how I feel on my difficult days and I pay attention to those feelings and internal messages and respond to them.

Bacteria are capable of making intelligent genetic changes and becoming resistant to antibiotics and this upsets us but why not be pleased instead by the ability that exists within us also to do that and survive. I know it is more difficult for us than the bacteria because of how simple their lives are compared to ours.

However, everyone with a gene for a disease doesn't get it. I know of identical twins who have the same disease but I know of more who don't. I believe their lifestyle, both physical and emotional, makes the difference. Again this is not about blame but about internal wisdom and messages.

Think of the great undifferentiated potential from which we all come. Now think of yourself as a circle within that circle with no circumference. You are touching it, separate from it and a part of it, all at the same time. You are aware and conscious of yourself and more. Our bodies may be present locally but consciousness goes beyond any physical limitations. I have had personal experiences with intuitives and mediums that have convinced me of our potential to communicate and see in ways that most of us are not taught even exist. The CIA uses these non local abilities to spy on people.

I think it a part of our brain requires rest so that it can communicate in symbols while we sleep. Think about it. Why do we sleep when sleep is dangerous? Predators can pounce upon sleeping animals. So why do what is dangerous? I believe that sleep is necessary to restore and maintain the system upon which consciousness depends. It is true that we hear while we sleep so there is some safeguard from noisy threats but a good predator is quiet.

As a surgeon I am fascinated by sleep and anesthesia. We don't know how anesthesia works but we use it every day. My sense is that it works through the pathways that lead to sleep. We can lose





consciousness but still maintain all the other body functions and even respond physiologically to verbal commands and touch while anesthetized. So consciousness exists during sleep and communicates what we need to know via symbols.

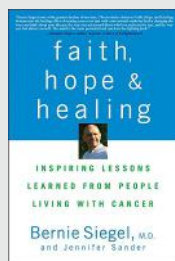
What happens to consciousness when the body dies? Again my opinion is from my experience that it continues to exist without the body. That great undifferentiated potential from which we are derived is conscious without form. We give it form so it can act and touch other living things. The touch that cannot be felt is a mystical or spiritual event that most people never experience.

My hope is that someday we will all experience both touches. That of other living things be they our pets, family or therapists and also the touch of creation so that we feel a part of something greater than we appear to be. I think when people feel this connection their membranes get a very powerful live message and feel integrated into the process of creation and so we sing, 'Touch me and know what happiness is.'

Remember you are the one who sets the limits as to how far you can reach and what you can touch in your lifetime. So make the sky your nonexistent limit.

Why am I sharing this? Why do I want you to have a sense of awe? So that each day will be a gift of wonder and not a burden. As a surgeon I need to be practical, just as you do, but to experience life and healing one needs to reach beyond the practical, palpable things that fill our lives and live with a sense of wonder and awe.

I want you to achieve your potential. As Ernest Holmes said, "What if Jesus was the only normal person who ever lived?" Hmmmm, think about that for a minute.



### Faith, Hope and Healing

Bernie Siegel broke new ground with his monumental book *Love, Medicine, and Miracles*, in which he explored the powerful role the mind can play in fighting illness. Sharing stories of seriously ill patients who survived against the odds and those who seemed to give in to their own deaths, the book inspired countless readers to consider the possibilities of thinking themselves well. Siegel believed—and still does—that the power to heal comes from the human mind through will, determination, and love. Over the last 20 years, his philosophy and advice have led many physicians and other healthcare professionals to help patients participate in and influence their own recovery. Visit Bernie's website to buy a copy online.



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)



## Efficient Action - Part III

WALLACE D. WATTLES

It is at this point that the people fail who separate mental power from personal action. They use the power of mind in one place and at one time, and they act in another place and at another time. So their acts are not successful in themselves; too many of them are inefficient. But if All Power goes into every act, no matter how commonplace, every act will be a success in itself; and as in the nature of things every success opens the way to other successes, your progress toward what you want, and the progress of what you want toward you, will become increasingly rapid.

Remember that successful action is cumulative in its results. Since the desire for more life is inherent in all things, when a man begins to move toward larger life more things attach themselves to him, and the influence of his desire is multiplied.

Do, every day, all that you can do that day, and do each act in an efficient manner.

In saying that you must hold your vision while you are doing each act, however trivial or commonplace, I do not mean to say that it is necessary at all times to see the vision distinctly to its smallest details. It should be the work of your leisure hours to use your imagination on the details of your vision, and to contemplate them until they are firmly fixed upon your memory.

If you wish speedy results, spend practically all your spare time in this practice.

By continuous contemplation you will get the picture of what you want, even to the smallest details, so firmly fixed upon your mind, and so completely transferred to the mind of Formless Substance, that in your working hours you need only to mentally refer to the picture to stimulate your faith and purpose, and cause your best effort to be put forth. Contemplate your picture in your leisure hours until your consciousness is so full of it that you can grasp it instantly. You will become so enthused with its bright promises that the mere thought of it will call forth the strongest energies of your whole being.

Let us again repeat our syllabus, and by slightly changing the closing statements bring it to the point we have now reached.

*There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.*

*A thought, in this substance, produces the thing that is imaged by the thought.*

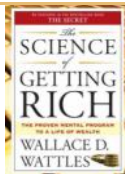
*Man can form things in his thought and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created.*

*In order to do this, man must pass from the competitive to the creative mind; he must form a clear mental picture of the things he wants, and do, with faith and purpose, all that can be done each day, doing each separate thing in an efficient manner.*



Wallace D. Wattles (1860 – 1911) was an author and New Thought leader whose influence has flourished recently. His book, *The Science of Getting Rich* is still helping uncountable numbers of individuals achieve spiritual and material wealth. Since we know so little of his life, we have the gift of being able to relate to him purely through the vehicle of his writing which is kept alive by an anonymous organisation who call themselves the TSOGR Team.

Visit [www.thescienceofgettingrich.com](http://www.thescienceofgettingrich.com)







## The Play of Soul Part II

ECKANKAR

### Become Liberated from Being the Victim

It is a key to spiritual freedom. You are the creator of your life; and by taking responsibility for your actions and learning from your experiences, you earn wisdom and spiritual maturity.

As your relationship with the Inner Master matures, you also become more aware of the God Worlds. You explore other planes, even other planets. You visit Temples of Golden Wisdom. You meet ECK Masters, and the universe opens up for you. The process of God-Realization begins. You let God enter more fully into your life.

### Life Become Miraculous

When you let God into your life, divine love also enters. Experiences and coincidences you would have discounted as trivial before now, become miraculous. Life itself is rich, and you discover the joy of service and charity. God's love awakens your heart. You find this love in the eyes of the Living ECK Master and in the eyes of friends and family.

You'll be given the keys to the future and the past. Events and experiences will speak to you in a way you've never known before. You can begin to see cycles and connections between your life and timeless wisdom. The waking dream and Golden-tongued Wisdom open your inner eyes and ears to the Voice of God.

### There Are Many Techniques, and Always the Inner Master, to Act as Your Light through the Darkness.

Problem solving will one day cease to be as frustrating or traumatic. You come to understand that you are never given a problem beyond your abilities. You learn to hone your existing talents and develop new ones. Although growth seldom seems comfortable, the self-mastery you gain gives you a far deeper level of self-assurance and sense of comfort.

You are never alone. There are many techniques, and always the Inner Master, to act as your light through the darkness.



Harold Klemp is the spiritual leader of Eckankar today. In 1981, after years of spiritual training, he became the Mahanta, the Mahanta, or Living ECK Master and gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring and practical approach to spirituality helps thousands of people find greater freedom, wisdom, and love. His teachings uplift and help them recognize their own experiences in the Light and Sound of God.

Visit [www.eckankar.org](http://www.eckankar.org)





## Readers' Inspirations

### Joy of the Divine

In the music of joy, I receive glimpses of the eternal.  
 In the dance of ecstasy let thy bliss permeate  
 In the effulgence of the divine they experience, permeate thy entire body  
 May I remain in the joy, ecstasy and effulgence of the divine always!

SUREN PILLAY



### My Son

My being, my love, my world. He is my generation to come. His smile, his walk, his talk is potent. Nothing to complain about. Every hug and kiss is treasured. The warmth in his hands is pure with love. When his eyes are shut, his innocence wants to make me drown in him. His dreams will grow, his thoughts will awaken, his questions will go on forever, but my love for him will grow till eternity. Sweet love is hard to find, rare but precious. My son, a man for the future, strong handsome, a lover, a friend, a dad, but he will be my son. His love is true. A charmer, a man, seductive, but a king. A prince to others, but my king. He awaits my love, my affection together we unite. Our bond is love. My son, a king and a charmer.

ZARINA MALICKSHA



### I Will Serve All

O Bestower of unceasing bliss!  
 I will seek to make others truly happy,  
 in gratitude for the divine joy Thou hast given me.  
 Through my spiritual happiness I will serve all.  
 Today I forgive all those who have ever offended me.  
 I give my love to all thirsty hearts, both to those who love me  
 and to those who do not love me.  
 I will be a fisher of souls.  
 I will catch the ignorance of others in a net of my wisdom  
 and offer it for transmutation to the God of all gods.  
 I will radiate love and goodwill to others,  
 that I may open a channel for God's love to come to all.  
 I know I am one with the light of Thy goodness.  
 May I be a lighthouse for those who are tossed on the sea of sorrow.  
 I am the servant ready to serve all needy minds with my simple advice,  
 with my gifts of healing truth, and with my humble wisdom  
 gathered in the shrine of silence.  
 My highest ambition is to establish a temple of soul silence  
 in every person I meet.

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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### Ananda Sangha

Web: [www.ananda.org](http://www.ananda.org) Online classes: [www.anandaonlineclasses.org/](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.: [info.bahai.org](mailto:info.bahai.org) World news Stories. [www.news.bahai.org](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: [www.csa-davis.org](http://www.csa-davis.org) Truth Journal: [www.facebook.com/#!/group.php?gid=82457520453](https://www.facebook.com/#!/group.php?gid=82457520453)  
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA  
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### Gayathri Peedam South Africa

Web: [www.gayathripeedam.com](http://www.gayathripeedam.com)  
Dean Petzer - 082 825 3202  
Email: [correspondence@gayathripeedam.com](mailto:correspondence@gayathripeedam.com)

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### Heaven Letters (TM)

Web. [www.heavenletters.org](http://www.heavenletters.org)  
Gloria Wendroff - Email. [gloria@heavenletters.org](mailto:gloria@heavenletters.org) / [santhan@heavenletters.org](mailto:santhan@heavenletters.org)

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### Jadatharaya Institute of Right Living and Yoga

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### Lucis Trust

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**Mindlink Foundation**

Web: [www.mindlinkfoundation.com](http://www.mindlinkfoundation.com)  
Rod Briggs - 032 946 2710  
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**Self-Realization Fellowship**

Web: [www.yogananda-srf.org](http://www.yogananda-srf.org)  
3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA  
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Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

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Facebook: [www.facebook.com/SwamiShankaranandaMaharajji](https://www.facebook.com/SwamiShankaranandaMaharajji)

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**The Expanding Light**

Web: [www.expandinglight.org](http://www.expandinglight.org)  
Phone: 800-346-5350 or 530-478-7518  
Email: [info@expandinglight.org](mailto:info@expandinglight.org)

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**TSOGR (The Science of Getting Rich)**

Web: [www.tsogr.com](http://www.tsogr.com)

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# TRANSCENDENCE

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