

*There is nothing you have to know
except that you are loved by your Creator.*

GLORIA WENDROFF

Heavenletters



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 39
25 May 2013



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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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This month's cover feature is entitled 'Ancient Stones Of The Island Of Sardinia' (Italy) (by Gabriele C. Balardi)

Welcome to the May 2013 issue of *Transcendence*.

The thinkers of the world have had much to say about love: "Love your neighbour as yourself" (attributed to Jesus, Matt 12.30), "Love conquers all" (Virgil), "Love means never having to say you're sorry," (Ali McGraw in *Love Story*), and many others.

In a perfect world, we are conceived in love, born into a loving family, nurtured by loving parents, pass that love onto our children, and die surrounded by our loved ones. But how often is life like this?

If we experience love in every facet of our lives from birth to death, we should in theory be conditioned into the habit of love, and continue the attitude of love towards everyone within our field of influence. But, all too often, somewhere in the lives of many, love becomes absent, causing a void and resulting in loneliness, bitterness, and anger. And we forget that we are the source of love.

We have become so conditioned to receiving love from others and giving love to others in return that we have not learned how to love unconditionally. Unconditional love is something that can only be learned when we are abandoned by the love of others and forced to love ourselves, with all our faults, errors, and weird ways, and then project this love to others because we empathise with them in their own insecurities, and not because we want their love returned.

Consider taking time in the month ahead to contemplate on the kind of love you've experienced, how you express it, and how it affects your daily life.

In Love and Service, always,





Heavenletter # 4082 - All You Have to Know

GLORIA WENDROFF

God said:

If I am God, what are you? Are you a Godling? I think We can call you a Godling. Do you like that? I like that. The Reality is far greater than that, and yet you can do well to think of yourself as a Godling. A Godling is a child of God, and you are certainly that. You are more than that, yet Godling will suffice.

You are My Godling. God loves His Godling. If you will carry that one thought through the day, you will have a different day. Think, "God loves me." That is a good thought. That is a great thought. Watch your posture change. You are loved by God. That is enough to know.

Forget about doubts. Forget about asking: "God, what about that? What about this? How did You let this happen or that happen? How could You?"

Do you really want to remonstrate with Me? Do you really want to point out the error of My ways? Plead ignorance, beloveds, and let it go at that. You don't know what you don't know.

There is nothing you have to know except that you are loved by your Creator. This otherness that you conceive as your Creator loves you. This is how you will come to love yourself. You will stop contradicting My love for you. You will not object to it any longer. You will not look for reasons why I can't possibly love you. You will no longer resist My love. You will take My love for you as your due. This does not make you prideful. This makes you humble. Glad, yes. Happy, yes. God loves YOU.

Of course, there is no you. There is only I, and yet We play this game of tag.

I love you as naturally as you breathe. I don't have to think about it, for I love. You do have to think about My love because you have too often scorned yourself. You did not come up to some standard assigned to you in the world.

Know this: You do come up to My standard. Are you a human being? Well, then, it is inevitable that I love you. I plucked you from the fruit of My vine, and I love you true. I love you. I love you. I love you. I love you as you are with or without freckles. It is My joy to love you when you are happy and when you are sad. It is My joy to love you when you are naughty or nice. It is My Will to love you, yet I do not need to will My love for you. My love for you is natural. It is natural for Me to love you. It is easy for Me. We can't even say it is easy, for I have never known anything that was hard. It just so happens that I love you. It just so happens that I am Love, and I love, and that's all there is to it.

How could I not love when love is all, and I am Love? How could I not love the beauty I see before Me? Never mind any longer what you see. See with My eyes of love. See beyond the nose on your face. See beyond any foolishness. See beyond any inattentiveness. See beyond error. Error is washed away in love. Wash away anything that is not love. Conceive of this. This is what is coming up for you and for the world. Love. Love in all corners. Love beyond love you have known. Love beyond your failings. Love beyond your successes. Love beyond any limits. Love beyond any cut-offs. Love all. Love bigger than life.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/all-you-have-to-know.html>





Inspirational Quotes



You are bound and determined to fill up time, and, often from your point of view, the more you fill it up, the better. The more you get done in little time, the more you feel you are up to the mark. The less you get done in a lot of time, the less worthwhile you feel.

Heavenletter #4092 Time in the World



You love to hear from those you love. So do I. Tell me anything. Say hello. It doesn't have to be newsworthy what you say to Me. Say, "God, God, God," and I am happy. I love to hear you say My Name. I love to hear your voice. I love to hear you talk to Me.

Heavenletter #4093 Your Nearest Neighbour



Don't reserve that diamond by keeping it in a vault. Absolutely not in a cold-storage vault. You can't keep My heart by sequestering it. The only way to keep My heart big and flourishing is to give it away. You can give it silently, and yet My heart will be heard. Just give it.

Heavenletter #4096 The Petals of Your Heart



If you are seeking love, I am It. Heaven is the gas station where you fill up on love. You are never disconnected from the pump. You are always in My heart. If you think otherwise, it is because you have been too busy running off here and there, so busy skipping across the surface of life.

Heavenletter #4098 This Is the Truth



Too often, in the world, feelings are not counted for much. Feelings are a dime a dozen. There are so many feelings and so many who have them, yet feelings are gold. They are diamonds. Feelings have been discounted, as if they were of no import. They are valuable. They are like thermometers that tell you when there is a fever.

Heavenletter #4100 Feelings and Logic

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





Unwavering Aspiration

ROY EUGENE DAVIS

Unwavering Aspiration Supported by Right Endeavors to Be Spiritually Enlightened

During more than sixty years of ministry-service, hundreds of people have told me of their desire to be Self-realized and to know the reality of God. Many of them also said that, although their life was more satisfying because of their metaphysical studies and spiritual practices, spiritual enlightenment seemed to be more of an ideal than a soon-possible experience.

Unwavering aspiration to be spiritually enlightened should be more than a hope or desire—an experience we would like to have, when and if it happens. We should constantly believe that we can, and will, experience it, and be constantly alert to notice revealing insights that emerge and life-enhancing changes in our mental outlook and states of consciousness that occur.

Of the constructive things we do, daily superconscious meditation should be first on our list. When we daily sit in superconscious silence, thoughts, emotions, and behaviors are more easily regulated when we are engaged in daily activities and we are inclined to be constantly inspired and motivated to be completely dedicated to our chosen path of spiritual discipleship.

Some obvious results of concentrated right endeavors are:

- We have frequent insights into our intellectual and mental processes and emotions and are inclined to more frequently examine what we do and why we do it.
- Thinking becomes focused, actions become decisive, living becomes more enjoyable and meaningful.
- We become more cosmic conscious: aware of the processes of life and the universe as a whole.
- Awareness with knowledge of higher realities effortlessly emerges from within us. Beneficial changes and revealing insights that spontaneously occur are natural and familiar, as though we are rediscovering them.

Until our thoughts, moods, and behaviors are always in accord with how we know we should live, we can choose to control impulsive inclinations, thoughts, emotions, and behaviors. With each successful right endeavor, we become stronger, wiser, and more freely functional.

Affirm With Confidence

My total dedication to spiritual discipleship is
fully supported by my constructive thoughts,
personal behaviors, and intentional actions.

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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God Geometrises

LUCIS TRUST

In earlier cultures, the science of geometry was considered to be so important in spiritual philosophy that it was held to be the closest to the divine Mind. Not without good reason therefore that over the door of Plato's Academy in Athens was the inscription:

“Let no one who is not a geometer enter.”

These convictions were predicated on the belief that God created the universe according to a geometric plan; that its study and understanding would lead to a deepened awareness of the divine; and, that earthly representations of the measurements of ratios and proportions in architecture were deemed to be in tune with the harmony of the heavens. The Hermetic aphorism “As above, so below” is fundamental to an understanding and appreciation of sacred geometry.

The concept of sacred geometry is woven into many of the world's spiritual traditions. The fusion of Hebrew and Greek cultures in early Christianity led to the philosophy of Christian Platonism. Four themes, relating to numbers, formed a significant part of this new wave of thought: arithmetic as pure number; music, or harmonics, as number in time; geometry as number in space; and astronomy/astrology as number in space-time. In Islam, and in particular during the golden period of Islamic life in Moorish Spain, the science of sacred geometry, and for that matter, the sciences of philosophy, architecture, astronomy and astrology were studied assiduously.

Nonetheless, the concept of God as a geometrician antedates Greek, Judeo-Christian and Islamic cultures and leads us into a far distant period of human history that is not readily documented, except possibly only by the Ageless Wisdom teachings. In Masonic traditions, for example, God as a Trinity is known as the 'Most High', the 'Grand Geometrician' and the 'Great Architect of the Universe'. Furthermore, Masonry posits that the 'Temple in the Heavens' – 'eternal, not made with hands', under the majesty of the Triune God provides the archetypal pattern for that which will eventually exist on earth. Even though we may not realise it, sacred geometry is intrinsically related to Triangles.

Through the work we are changing the geometric pattern of the planetary etheric vehicle from one of squares to triangles. Squares represent the quaternary, the lower self, or the personality. Countless millennia have passed in which the pattern of the planetary etheric has attracted, absorbed and distributed those specific energies that have helped to shape the human personality and to develop the lower mind. We are now moving into an era in which a culture of the soul is to be nurtured in the life of humanity and consequently the etheric pattern is slowly changing to a network of interconnected triangles. The symbol of the triangle has long been held to represent the nature of Deity. It is humanity's noble and profound destiny to become a centre of divine consciousness upon the planet.

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

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LUCIS TRUST



Be a Channel for Inspiration and Inner Strength

SWAMI KRIYANANDA

In one sense, living with a great master like Paramhansa Yogananda was a normal experience. He was human like you or me. In another sense, though, it was not at all normal. I was always amazed in his presence, because he made us believe that we each had the potential to become like Jesus Christ. Even Jesus said, "That which I have done, you must do, and also greater things, as I must return to my Father!" All the masters have come, not to impress us with their greatness, but to give us faith in what we ourselves can become. It is the sounding board of a violin that allows its music to fill a concert hall. The strings alone barely make a sound. In the same way we all are part of a much greater reality which gives us strength. If you are swimming in the ocean, a large wave may approach you and threaten you. From the deck of a ship, however, you see many waves and they don't seem so high. From an airplane, you do not even see the waves, just the ocean, which can resemble a calm mirror. In our lives we are preoccupied with the little things that affect the ego.

It seems so important when someone says an unkind word to you, or when you lose a coveted opportunity. When you think not only of your little self, but of your greater Self - that reality of which we are all a part - you cannot imagine how much strength can come to you. I have read philosophy and theology books which tried to explain the miracles of Jesus, saying that they were not possible. Living with a master, I have seen with my own eyes that miracles are but little things to a master. Yogananda performed many miracles without even letting them be known. They were normal for him for the simple fact that we are all part of a cosmic energy. With this energy you can put yourself in tune with any ray of truth you wish and understand many things. For example, when I wrote a song for the Psalm of David, a Jewish friend told me, "I know that you've never been in a synagogue, but this is just the kind of music that a cantor sings in a synagogue." How can we know these things? We are all part of the same reality. By meditation, and by the techniques that put you in tune with this vast truth, you begin to understand how others think, and how to succeed in whatever you feel guided to do, in any field.

Channeling does not mean calling with an empty mind and demanding, "Please give me something!" That which you wish to channel comes from within you, not from others or from information you have gathered. At university I took a course in Greek, but almost never went to class. The professor said, "For some students here, it may not be worth their trouble to come to the exam." Everyone turned to me and laughed. The night before the exam I still hadn't studied, and in my desperation I made a very important discovery: Instead of thinking, "But this Greek is too difficult," I said to myself, "I am a Greek!" With this thought it then became only a question of recognition. In this way I absorbed as much as my mind was able to absorb that evening. As it turned out, only two students passed that exam and I was one of them - not for any special talent, but for this principle. Saint Teresa of Avila said, "I don't want to hear any of my nuns say, 'I am not a saint,' because you have come here to become saints." It's true that you haven't yet arrived at this goal, but that isn't the important thing. Don't hypnotize yourself with the mistakes you have made. You are as much a child of God as any master who has ever lived. You have the capacity for infinite love.

I saw that Yogananda was always very serious about this. He saw in each of us the ability to become what he was. We're hypnotized by the thought that we are weak, we are too human, we are full of jealousy, full of pettiness - but this is not the truth. As a youth I had the desire to become a poet and playwright. I sat down and wrote, "Page One, Chapter One..." and then...nothing. Finally I said to myself, "Why flood the world with my ignorance?" and I left this ambition and decided to seek God and truth. When I meditated a little I saw that inspirations come so quickly that it is difficult even to hold onto them all, because they do not come from me but from another source.

Yogananda taught us that we live surrounded by an ocean of energy. How do we attune ourselves with this energy, and how do we attract this energy? The great composers understand that they receive inspiration from a much greater source, while the not-so-great think that they create music with the mind. You can be original in creativity if you act from your center, from your heart. When a lover says, "I love you," it is ever new, because it comes from the heart. Whatever you speak from your point of origin is original, even if the words have been used thousands of times before. Seek inside yourself the fountain of inspiration, and you will see that God expresses Himself in a new way through each person,





each flower, each cloud. There are two steps to follow: First, be aware of this fountain of inspiration, and then use will power to put it into action. Yogananda taught us exercises for recharging the body with energy, using willpower. I have seen many times that this energy is always available to be drawn upon. Once, I was building a house at Ananda's first retreat. I needed to do a very difficult job with my hand. After 500 times I could not close my hand one more time. Then I thought that the snows of winter were about to arrive and it was necessary to finish the job. With this thought, and using Yogananda's technique, I continued to work. After the tenth time, the work suddenly became easier, and I was able to continue another 500 times without difficulty. There is potential energy in each of us and, by use of the will, you will never get tired. This energy gives you great power. True strength is not merely physical, but is a strength that is moral and spiritual.

Once, three men with guns approached Yogananda and told him to give them all his money. He responded, "Okay, I am not attached to money. But I have wealth you cannot take from me: You can have it only if I give it to you." Yogananda then gazed at them with love and they started to tremble, saying, "We can no longer live the way we have been living. What have you done to us?" He changed their lives. More important than mere strength is an energy of love and joy. If you can go among people and share a little joy, this is the greatest gift you can give. Yogananda gave us the possibility to understand that we can accomplish whatever we put our mind to. What we do is not important, but the spirit in which we do it is very important. You can give a sermon just walking down the street with a beautiful smile, saying nothing; or in the office writing a business letter. There is no need to say, 'this is spiritual,' or 'that is not spiritual.' Spirituality depends on your attitude. You can be a lawyer, businessman, secretary, cook, nurse, waitress if you do it with the consciousness, "I offer my life to Him." The moment has come to sanctify the world, and the responsibility is yours. You need to change. Don't think that you can leave religion to the priests: You are potentially a saint. Even if you were in hell, you would be a saint in hell. The essence of your soul is always pure.

The Indian saint Anandamoyi Ma was illiterate. However, she was so wise that whatever scholar came to ask her questions on the scriptures left amazed, because what she said was so correct and deep. The more you go into your center, the more people will look at you and understand, "He has found something that I also want." Share that which you feel inside, but don't pride yourself on it, because it comes from God. The path of life is narrow. There is room for either the ego or for God to walk it; there is not room for both. Why not let God act through you? Afterward you will feel a great joy and freedom. The thought will come, "How beautiful - I didn't do it, God did it!" When you pray with sincerity to be a channel for God, He will give you many inspirations and will help you when someone comes to you with a problem.

In my life, I have had to give personal advice for the last fifty years. Sometimes I will be asked a question to which I don't know the answer. I then let the question go and respond, "I don't know." But in very act of saying I don't know, I do know, as my mind is then relaxed and the inspiration comes to me. Likewise, I never prepare a public talk, because I have seen that God knows better than I what to say. This has never failed: The inspiration has always come to me. When you launch yourself with faith and trust, He gives you wings. Gradually trying to fly, you will fly; and the more you do so, the more inspiration will come to you. What you do should be rewarding; you should feel, "This is what I want to do with my life." You will see that there is joy even in the little things. God is found in every grain of sand. God is shining in you, and God can shine even more, the more you try to attune yourself to Him in inner silence.

SOURCE LINK TO THIS ARTICLE: <http://www.crystalclarity.com/content.php?page=skarticle9>



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





Lies!

ROD BRIGGS

*This above all: to thine own self be true, and it must follow,
as the night the day, Thou canst not then be false to any man.*

HAMLET

How many of us like to be lied to? There must be a lot of people who like it... we do it so often! In our day to day life telling lies is so common, so ingrained in the societal meme pool, that we hardly notice it anymore. Before you accuse me of lying about this consider how many ways we have found to make untruths more palatable: we tell 'fibs' and 'porky pies', we are 'uneconomical with the truth' or have a 'Pinocchio syndrome'. We say "what they don't know won't hurt them," or lie by omission. We keep the truth from people so as to 'not hurt their feelings' when it's our own feelings that we are actually concerned about. And then of course there is the ubiquitous 'white lie' – the most insidious of them all.

White lies are seen as somehow not important and yet they are the thin end of a very fine wedge; the line between a 'white lie' and an outright untruth is fuzzy at best. Think this through and you will come to the inescapable conclusion that white lies are just a social construct, giving us an excuse for massive hypocrisy. To find a good example of these double standards we need look no further than politicians, whose shenanigans worldwide have created a mythos which is symbolized by the old joke – "how do you know when politicians are lying? - when their lips move!" We get the politicians we deserve, so when we are completely truthful we have the right to 'cast the first stone' as it were... but not before!

This is not just a crisis of ethics but the cause of significant, if hidden turmoil in respect of our self esteem, our intimate relationships and our ability to trust. As if that were not bad enough recent tests done at Harvard prove that our cells respond to our telling lies by going into 'protection mode' in which they stop growing thus allowing toxins within the cell walls to become concentrated causing decay and disease (literally dis-ease).

We can only change our world by becoming the change we want to see. Stop telling lies – all of them. Move from being 'basically honest' – don't you love how people so often describe themselves this way; it means that they are selectively honest and therefore liars – and start being unreservedly honest!

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





Exercises in mind receptivity

SWAMI MURUGESU MAHARISHI

The first and foremost quality that one should develop in receptivity of the mind, is that instead of thinking and imagining anything of one's own accord, one should control one's thoughts and read only those ideas that come into the mind. For example you can think and imagine that your friend will come tomorrow to meet you, but he would not have come. Instead of imagining this, keep the idea in mind of whether your friend will come tomorrow or not, and wait for to see which answer automatically flashes into your mind. If you have practiced this correctly, certainly the correct answer will dawn in your mind. To develop this quality follow the instructions below:

Exercise 1

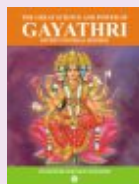
Sit in a silent place; try to be without any thought which is not possible at all, as many confused thoughts will arise and will be flowing in the mind. Do not become alarmed or influenced by any thought. Thoughts about your past bad deeds and experiences may also arise; but you should not lose your balance of mind. Simply discard any thought whether connected with your life or not, whether benevolent or evil.

Whatever the nature of your thoughts, let them pass on of their own accord; you should simply be watching them. If you follow this for at least half an hour, the mind will slowly lose its provoking tendency, that means the wavering of the mind will become slow.

Exercise 2

Sit as before, close your eyes now as if you were in a great situation. Try to think about any one subject, its pros and cons, ways and means etc. slowly. Continue pondering over and in time a stage will come when you cannot think of any more points about that subject, as you have already exhausted all ideas about that subject, and there is nothing more to think on it. At this stage the mind will be in a receptive state; that means it will be watching for new ideas.

If you take up any problem of yours during this exercise, when you have exhausted all known ways of solving them, and the mind comes to the receptive state, suddenly a new idea about which you have no previous knowledge will flash into your mind, and if you can carry that idea through, your problem will be solved satisfactorily.



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





The Illusion of Life

SUREN PILLAY

In today's world, life seem so busy with so many different obligations to meet. Spirituality is often a second preference for many people whose value of material and intellectual accomplishments supercede the value of spiritual practice. The history of those who have accomplished and reached great material heights show that if spirituality and love was not present in their life, they regretted the way they lived most of their lives.

Intellectual and material accomplishments allow one to become more functional in the material world, and have great value in accumulating wealth which is important from a spiritual angle and from a sustenance perspective. If one is in abject poverty it will be difficult to practice *sadhana* as one's mind will be preoccupied on how to obtain the next meal, as opposed to focusing on the inner self.

The divine nature of man is inherent, from the poorest individual to the richest individual, and from the simplest man to the genius. In the end we are all buried and cannot take our wealth to the next realm, but the greatest illusion of material life or *maya* is that many inherently believe we will live forever, or they don't want to acknowledge that death is a certainty of material existence.

A sage once met a very rich man on his deathbed, the man had accomplished a lot materially, and accumulated a vast fortune in his life time. However on his deathbed, he was practically crying with regret that he did not spend some of his time differently instead of only focusing on material wealth. The story emphasises that human beings are dynamic in nature, the needs of a human being are not singular but multiple in nature, and a central need of any human being is the desire to be loved and to give love.

This central concept of love is also the foundation of spirituality which inculcates the value of love in one's daily life. To be harmonious and compassionate to all living beings in the world is the unwritten credo of the sages and saints of the world. Compassion opens ones heart to cosmic love and inner wisdom. This heartfelt intuition is the source of creation for it is by God's love that we exist in the material world, and this love may be experienced by the practice of spiritual *sadhana*.

The inner routines of *sadhana* open up channels of thought and feeling that were previously dormant in an individual and, ultimately, they alter the actions of an individual so that he is completely harmonious and blissful in life.

My message to you this month, dear readers is to practice *sadhana* and express love and devotion in whatever you do. Let your actions be undertaken with single-pointed concentration, and know that the infinite power is working through you all the time.

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.

<http://www.surenpillay.com>





Family and the World Community

FLORA TECKIE

Once more the world has just celebrated the International Day of Families on 15 May. As the basic unit of our societies we need to pay special attention to the family. The family provides an environment in which the noble qualities in its members can be nurtured. A loving, unified and joyful family can provide the ideal conditions for the well-being of its members in all aspects of life -- physical, mental, emotional, and spiritual. A healthy and progressive family is outward-looking -- not just focused on its own well-being -- since each nuclear family is a unit of the whole human family.

The family forms the basis of both the individual's material and spiritual development and happiness, and society's cohesion and advancement. Healthy family relationships are of primary importance to the well-being of the entire human race. The attitudes and behaviors learned in the home have a direct bearing on the order, prosperity, and peace of our communities and the world at large.

The following Baha'i Writings describe the impact of unity in a family: "If love and agreement are manifest in a single family, that family will advance, become illumined and spiritual; but if enmity and hatred exist within it destruction and dispersion are inevitable." and "... where unity existeth in a given family, the affairs of that family are conducted; what progress the members of that family make, how they prosper in the world, their concerns are in order, they enjoy comfort and tranquillity, they are secure, their position is assured, they come to be envied by all."

Harmony and cooperation in the family, as in the world, are maintained in the balance of rights and responsibilities. All family members "have duties and responsibilities towards one another and to the family as a whole," which "vary from member to member because of their natural relationships." If their rights and prerogatives are not maintained, it is not possible to sustain the unity in the family.

The family provides the first environment for empowerment of our children in their spiritual and intellectual development. Although the child receives formal education at school, it is at home that character is developed and moral and spiritual attitudes are formed. The family provides a fertile ground to nurture children to love the Creator, to become spiritually minded, to "conform to the rules of good conduct" and to acquire "all the graces and praiseworthy qualities of humankind". Bahá'ís view the belief and practice of the equality of men and women as an important factor which transforms relationships within a family.

In conclusion, unity in a family can be achieved when practices of control, competition, and excessive individualism give way to those of equality, cooperation and interdependence. Creating a united and happy family requires new skills and commitment to equality, which encourage communication and mutual trust, respect and affection between husbands and wives, parents and children. As we gradually put into practice such requirements, families are being created which are able to play a part in building a unified world society.

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



Bahá'í Topics

*Religion bestoweth upon man
the most precious of all gifts.*
-BAHA'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

The Masters' role

BY THE MASTER through Benjamin Creme

For many years, We, the Masters, have been preparing Ourselves for the time of Emergence, the time, now near, when We will, in group formation, live openly in the everyday world. For Some it will be an experience altogether new. Many, as Masters, have spent all Their time within the Hierarchy and must now learn to work in entirely new ways. Even the use of speech has to be learned and practised, since telepathy has long been the mode used by Us. At first, and for some considerable time, Our contact will have to be restricted to senior disciples in the various fields of work and to trained personnel involved in the practical fields of administration, especially in food distribution. Many Masters are specialists in administration, while Others engage more readily in teaching. The aim is to work as closely as possible in every field, and as soon as possible with the general public. It is important to emphasise that the Masters' aim is to stimulate and guide humanity as needed, but to safeguard the essential freewill of men.

Gradually the location of the various Mystery Schools, preparatory and advanced, will become known and many thousands of striving disciples will gravitate to them. There they will receive the training for the first two initiations, and enter the Sanctuary of Hierarchy. In the beginning We must expect some opposition to the Masters' presence and ideas, but eventually, even the most diehard fundamentalist of any religion or creed will find it difficult to fault the harmlessness of man's Elder Brothers. In due course, the cities of the world will be beautified and transformed. The new Science of Light will transform industry and travel, and the movement of people will bring Unity to the world. People of all nations will work in teams together in service to all. The advice of the Masters will be available, guiding men wisely with a gentle hand.

The presence of even a few Masters among them will have an electrifying effect on thousands of people anxious to serve the needs of the world, and the idea of service will become a new life aim for many. In this way it can be seen that an enormous transformation can be accomplished in a relatively very short period of time. A mass programme of aid to the poor will achieve miracles in countries in Africa and South America, for example. An altogether new sense of the need for haste to rectify the wrongs of the past will ensure an intensity of help unknown today. Inspired by Maitreya and His group, hundreds of thousands of men and women will find their vocation in this way.

We, the Masters, aim only to teach and guide, to show the way for men and protect them from harm. War in all its forms must become a thing of the past but the decision to make it so must be man's alone. I repeat, Our task is to show the way, to outline the plans, but men alone must embrace each step of the way. Have no fear; all will be achieved. The life ahead for men could not be more bright.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2013/ma_2013-04.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 Raphael

ILDIKÓ FERENC

As we once lived among you as the emissaries of the heavenly world, you also spent a large part of your life quantities here. Experiencing yourselves and your inner harmony without a body, freely and without inner fears was natural for you. It was natural for you that the love living in your hearts is led by the sound of your souls, and the mind that restrains you in the earthly world does not exist. Every person must learn to live trusting their own capacities by leaving the plane close to the Earth behind, and experience all the situations in life complete with divine energies in yourselves down there in your earthly world also in the way you used to experience them when looking from above. Could you see the good in you? Could you feel the beauty in you without being reminded by anyone to do so? You must become able to experience your own pure emotions teeming with inner harmony and you must also give the chance to others to learn to experience their own energies derived from their true and pure inner love. You must see the beauty in you and release your inner desires that control your natural, honest and true emotions. You must reach perfection also down here in the earthly world in the way you have so far done up here, and perceive the beauties of the earthly world without being reminded by anyone. You must experience the flame of love in you, the light, the harmonic partnerships built on love and your own purity as you used to do up here. Your lovelessness may not be carried on since the heart shall break, the soul shall get distorted and your lack of desire for love shall get perfected in which you shall not experience you own pure and true love but shall try to live up to others' expectations. These are honest and true words and I would like you to find authenticity and the opportunity for you to live the rest of your life purely, in love and honestly. Love yourself and accept what you have done so far, even if you have enlisted energies against yourself and others You do not like. Believe that you have learnt from this situation and let the emotion you felt then free. Relive the situation and feel as you are letting go of the experienced situation in life with a heart filled with forgiveness, so that your heart would be filled with true, pure and honest love and light. The harmony and glory you believed and experienced up here. There is not anyone among you without pains in their hearts, and no emotions exist in which you could not get lost so many times, but I believe that you are still able to find all the emotions in you and your partners after all that shall carry you on in difficult situations, and you shall be able to experience all your inner energies for which you have been born. You keep promoting the verity of love in your world, but do you experience it? This is what I, Archangel Raphael, am asking you. I often see that you are disappointed, and you are unable to see the good in your verity, since you lose faith in yourself and in the situations in life that have been 'allotted' to you by Faith. But I ask you, 'Was it not You who selected this path up here? Was it not You who wanted to get rid of as much lack of energy that you have piled up for centuries as possible? And is it not You who has started all this lack of energy in which you should find your own joy or at least experience the feeling that would pull you out of it, and believe that, yes, I am experiencing my own masterpiece down here in the earthly world, and I am the protagonist in the scenario prepared according to my taste in which all the players must also be present that surround me in my life'. You must see the good in your life and start think differently, and strengthen your faith that these all happen to you so that, having rid yourself of your inner disharmony, sooner or later you could experience the light of your pure love. So do not worry, since I and the light of heavenly love accompanies you along your way and we are at your help at any time, just call out for me or any energy created by any emotion of the heavenly world so that they would touch a part of your life and start change. You must recognise the people that will help you also in the difficult periods, and you must see the people who have been carrying so much love ever since the moment of your birth as is the flame of the love living in you.

Thank you, Archangel Raphael

"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, egvilagunkuzenetei.ferencildiko@facebook.com, or to egvilagunk@gmail.com

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Understanding Yoga Part II

SWAMI SHANKARANANDA MAHARAJI

Non-lust (*brahmacharya*). A person who practices *brahmacharya* avoids meaningless sexual encounters. This path also promotes the ability to see the Brahma (God, soul) in all those around them. **Non-possessiveness** (*aparigraha*). Develop freedom from greed, hoarding, and collecting. Is it really necessary to have a bigger house or another watch? We should think before monopolising a conversation with friends, and we should strive to live as simply as possible.

2. Niyama

Niyama is inner discipline and responsibility. It is about how we treat ourselves. These are sometimes called observances or the *dos* of yoga practice. There are five *niyamas*:

Purity (*saucha*). Purity is accomplished through the practice of the five *yamas*, which help clear away negative physical and mental states of being. We should strive to keep ourselves, our clothing and our surroundings clean, and eat fresh and healthy food daily.

Contentment (*santosha*). Contentment and tranquillity should be cultivated by finding happiness with what we have and who we are, striving for happiness, living in the now, and taking responsibility for where we are in life, and choosing to grow from there.

Austerity (*tapas*). We should endeavour to practice discipline in body, speech, and mind. The purpose of developing self-discipline is not to become an ascetic, but to control and direct the mind and body for a higher spiritual purpose.

Self-study (*svadhyaya*). We should undertake to study sacred texts as books are both inspirational and instructional. Education changes a person's attitude toward life. Spending time in solitude, and adhering to a disciplined study routine, will help us discover who we are as divine beings.

Living with an awareness of the Divine (*ishvara-pranidhana*). Practice devotion to God, Buddha, Christ, or any other chosen manifestation of the Divine, striving ultimately for complete surrender.

3. Asana

"The posture of yoga is steady and easy," Patanjali says. He compares this to resting like the cosmic serpent on the waters of infinity. The Western world often regards the practice of asana or postures as an exercise routine, or a means to stay fit. But Patanjali and other ancient yogis used asana to prepare the body for meditation. Sitting in contemplation for an extended time requires a supple and co-operative body. If one is free of physical distractions (such as a rear-end itch), and can control the body, they can also control the mind. Patanjali said, "Posture is mastered by freeing the body and mind from tension and restlessness, and meditating on the infinite".

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. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





He who laughs lasts

BERNIE SIEGEL, MD

Love and laughter are required to build and hold our lives together. For me love makes up the bricks which we build out of. Ask yourself what you are capable of loving and you will know what your life is about. But what holds that life and the bricks together? We need mortar and the mortar of life is humor. For me this represents childlike humor that isn't offensive and doesn't hurt or upset anyone. Humor of this type heals lives.

One of the things that convinced me of the value of humor occurred one evening when my wife and I were out lecturing. My wife Bobbie does stand up one-liner comedy as part of our presentation so people can feel the benefit of laughter and not just hear a lecture about how it alters our physiology. On this particular evening I did not take her seat in the audience, as I usually do, because of the set up of the stage. I sat behind her and watched the audience. The change in their physical appearance after laughing for 15-20 minutes was striking and made me a firm believer in the benefits of humor. Two of her straight lines are, "He who laughs lasts" and "Laughter is contagious be a carrier." I agree.

On a personal level what I mean by childlike humor is about seeing the world through a child's eyes. If you see a sign, Wet Floor, go ahead and do it. On airline flights I would come out of the lavatory looking worried and say, "I may have damaged the plane." Attendants would hurry over and I'd say, "I dropped something from Italy in the toilet and then I saw the sign, Don't throw foreign objects in the toilet." Now all the planes have signs that say, Don't throw solid objects in the toilet because of crazy people like me.

Many years ago I fell off our roof when a ladder I was climbing broke. I announced to the audience I was telling the story to that I must have an angel because I landed on my feet which seemed physically impossible considering the angle of the ladder etc. A man came up at the end of my talk and said, "You do have an angel and I know his name."

"I said how do you know?"

"What did you say when the ladder broke?"

"Oh Shit!"

"That's your angel's name."

I laughed but didn't realize what a gift he gave me. Now whenever I get into difficult situations and blurt out, "Oh Shit" I start laughing because I know help is on the way. Feel free to make use of my angel when you are in need.

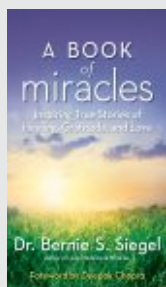
One other example of childlike behavior and humor is in the instructions you either read or hear from people. When it says, sign in upon entering, write, in upon entering. When it says, print your name, print, YOUR NAME. When the sign says, nobody allowed here, go on in and when they shout at you tell them you're a nobody. Most of the time they let you go knowing if you're that stupid you are no danger. One guard stepped in front of me and said, "I'm making you somebody and you have to leave now." Another child appears and I gave him a hug.





The last point I would make is that the world is filled with pain. Why add to it? Why not help heal it? The majority of people feel the world is unfair. It isn't. It is just difficult. So make it easier for yourself and others. When people ask me, "How are you feeling today?" I say, "Depressed. Out of my antidepressant and my doctor is away so I can't renew my prescription." Three quarters say, "I know how you feel and tell me their troubles and offer me some of their antidepressant." I am not kidding when I tell you this. The others embrace me and help heal me because they have been loved and have joy in their lives.

Be a healer and spread joy through humor and laughter. The world is a human comedy if we but see it that way. Yes, it is a tragic comedy at times but he who laughs lasts. Remember it is not healthy to be serious and normal. Trying to be normal is only for those who feel inadequate. So be a carrier and spread joy and healing. If you embarrass your children regularly they will thank you later in their life. Our children come home and say, "Thanks Dad." When I ask why they are thanking me they say they either did something crazy at work or school and instead of their being criticized they heard people say, "Well you know who his father is."



New from Bernie Siegel – A Book of Miracles *Inspiring true stories of healing, gratitude and love.*

As one contributor wrote in A Book of Miracles, one has to be living in a cave if they haven't heard of Dr. Bernie S. Siegel. Well, this reviewer must admit that it is her first experience with his teachings, but it will definitely not be the last. What makes this book special is not only the stories submitted by "A Motley Crew of Angels" (as one story is entitled), but also the personal reflections that Bernie (as the author prefers to be called) makes throughout the 15 chapters. We learn that chance occurrences, and what we may see as disappointments or disasters, often lead our lives in the direction we should have been heading in the first place. If we are open and receptive, having found "a sense of harmony and inner peace," there is no reason not to expect miracles. There is a cat named Harry, not unlike Dewey the famous library cat, but his tail is different. He was devoted to Frances, a little girl prone to dressing him up like a paper doll. Read about their miracle in "The Child Whisperer." In "Not a Sparrow Falls," Cindy Hurn shows that even the most fragile creatures of God, such as an "hours-old incubator chick" can have a hunger for life even bigger than the circumference of its wide-open beak. Then there is "All in God's Time: Rich Eldredge's Story" – a love story, that is. But the most heartfelt miracle comes from the mama of a little four-year-old girl named Amber. Patti DiMiceli poignantly shares in "The Miracle of Change" how, through their struggles with her daughter's cancer, children truly can be God's messengers. If for only this story, and this story alone, read this book.

(Review by Kathleen Godwin)



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



GETTING INTO THE RIGHT BUSINESS

WALLACE D. WATTLES

Success, in any particular business, depends for one thing upon your possessing in a well-developed state faculties required in that business.

Without good musical faculty no one can succeed as a teacher of music; without well-developed mechanical faculties no one can achieve great success in any of the mechanical trades; without tact and the commercial faculties no one can succeed in mercantile pursuits. But to possess in a well-developed state the faculties required in your particular vocation does not insure getting rich. There are musicians who have remarkable talent, and who yet remain poor; there are blacksmiths, carpenters, and so on who have excellent mechanical ability but who do not get rich, and there are merchants with good faculties for dealing with men who nevertheless fail.

The different faculties are tools; it is essential to have good tools, but it is also essential that the tools should be used in the Right Way. One man can take a sharp saw, a square, a good plane, and so on, and build a handsome article of furniture; another man can take the same tools and set to work to duplicate the article, but his production will be a botch. He does not know how to use good tools in a successful way.

The various faculties of your mind are the tools with which you must do the work which is to make you rich; it will be easier for you to succeed if you get into a business for which you are well equipped with mental tools.

Generally speaking, you will do best in that business which will use your strongest faculties, the one for which you are naturally "best fitted." But there are limitations to this statement, also. No man should regard his vocation as being irrevocably fixed by the tendencies with which he was born.

You can get rich in ANY business, for if have not the right talent for it you can develop that talent; it merely means that you will have to make your tools as you go along, instead of confining yourself to the use of those with which you were born. It will be EASIER for you to succeed in a vocation for which you already have the talents in a well-developed state, but you CAN succeed in any vocation, for you can develop and rudimentary talent, and there is no talent of which you have not at least the rudiment.

You will get rich most easily in point of effort, if you do that for which you are best fitted; but you will get rich most satisfactorily if you do that which you WANT to do.

Doing what you want to do is life; there is no real satisfaction in living if we are compelled to be forever doing something which we do not like to do, and can never do what we want to do. And it is certain that you can do what you want to do; the desire to do it is proof that you have within you the power which can do it.

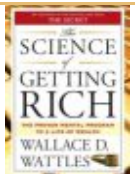
Desire is a manifestation of power.

The desire to play music is the power which can play music seeking expression and development; the desire to invent mechanical devices is the mechanical talent seeking expression and development.



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





Is Life a Random Walk?

ECKANKAR

Is life just a random walk? Some analysts think so about the stock markets. Perhaps this bias is a spillover from their take on life. Who knows? Others, myself among them, say life follows a natural order. It is predictable. While history may not repeat in an exact pattern as to place or time, the present often is a rhyme to past events.

What do you think?

If you have a strong desire to find a better, more direct way to God, red on. The truth you seek may be at your fingertips.

I was in the post office when a father entered with his young daughter. The toddler started to run back and forth in the lobby, clutching a key. When I went to my box for the mail, the little girl followed and watched with an intent gaze as I put a key into the lock and unlocked it. She seemed fascinated by the process. It was apparent she had tried her key in several boxes without success.

She stood and stared as I relocked my mailbox. By then her dad had finished his business and was ready to leave. Scooping up his little girl he made for the door, then turned back and said, “When you’re that age and you’ve got a key, the whole world is a lock.”

I thought about it, trying to learn the spiritual message. It is this: The whole world is a grand opportunity, a mystery for a child, something to unlock with a key, to discover what’s there. Do you have such a key? How does it work?

Who am I? What am I? Why am I here? Where am I going? When? And how? Questions, questions – but good ones. In search of answers to these questions, you come face-to-face with the very secrets of life and death. You unearth the true knowledge that has eluded the most learned scholars of mainline religions.

Even now you stand at the foot of a new ladder of discovery. What are the ancient teachings of ECK? What do they involve? Can they improve your life? Make you a better person? These are all the questions you may well ask yourself someday. Maybe today.



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





Readers' Inspirations

Stairway to Heaven

On the way to heaven I met a man who had already been there,
He told me to follow him and that he would show me the way.
I followed sincerely, and realised that he was no ordinary man.
He took my hand and guided me through the forest of delusion,
To lead me to light of wisdom and compassion.
Soon after that I realised I was already in heaven
and that the world was just a dream

SUREN PILLAY



Solitude

So many profound spaces between. A hole of darkness which, when falling into it, cannot be regained. A feeling of hurt, loneliness and sadness... they are like particles filling the hole from the bottom to the brim. Where does it stop? When will it end? Only time can fill the space or empty an illusion that was created by the mind. The heart beats waiting for love... A time of essence between the emptiness and darkness. Solitude is a boundary of restructuring. Many years of emptiness can bring one to feel hurt quicker than a heartbeat. Dropping on ones knees to the ground of dust. That is where everything will start and finish. Only time prevails, the unknowing.

ZARINA MALICKSHA



My Well of Silence

His laughter caught my heart.
His joy invaded my sorrowful heart as I swung in a hammock beneath the pines under the blue.
I felt the sky astir and His presence moving through me. My body became still;
My power of silence dug into my bosom until a bottomless well sprang up.
The bubbling waters of my well clamored and called all thirsty things around me
to come and drink of my inspirations. Suddenly the vast blue pouted and plunged its blue lips
into the well of my heart. The pines, the sailing clouds, the mountains, earth and the planets
put their mouths into my well of bliss. All things in creation drank of me.
Then, satisfied, they plunged into the waters of my immortality.
Their gross bodies touched the transmuting pool of my soul and became purified and luminous.
Just as grains of sugar dissolve in a pot of sparkling water,
so the cloudlets, tall hills, scenic beauties, stars, lakes, worlds, brooklets of laughing minds,
long winding rivers of ambitions of all creatures traveling along many trails of incarnations
– all melted in the ocean of my all-dissolving silence.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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