

*...only sharing and justice
will give us the peace we all desire
and a world that prospers according to the Plan,
and so find our way back to the Truth and Beauty
we once knew and fostered.*

THE MASTER

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TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 40
23 June 2013



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 40

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This month's cover feature is of Lake Wanaka, New Zealand by Zelda Francis.

Welcome to the June 2013 issue of *Transcendence*.

The lotus opens its petals to the sun, above the surface of a pond, while its roots are invisibly steeped in the mud and mire of the pond floor. In this beautiful situation is a wonderful analogy we can use to mould our own lives.

Each of us comes from a different background, many have had a difficult, abusive, or troublesome past. In the same way that the lotus flower gains life-giving nourishment from the dark sandy depths of the pond bed, so should we consider allowing our past difficulties to act as positive growth catalysts to our transcendence.

As the stem of the lotus passes through the ever-moving tide of the pond, swayed by the water but remaining firmly rooted in its sandy bed, let us be swayed by the emotions of life, moving gently with the current, but holding steadfast to our source.

Rooted in mud, swayed by the murky current, the lotus flower turns its face to the sun and opens its petals, not to advertise its beauty, but just to absorb the warmth and light of earth's life-giver. Those observing the spectacular bloom are unaware that its roots are embedded in dirt while its stem sways uncontrollably in the tide. We see only its beauty.

Be like the lotus, radiating beauty and light to all in your path, opening yourself to God's transcendent glory, simply because you can, and not in expectation of anything from anyone. Do this knowing that your roots lie in darkness while your entire constitution is swayed uncontrollably by the currents of life, but that no one who crosses your path knows this.

In Love and Service, always,





Heavenletter # 4083 - Those Little Red Candy Hearts

GLORIA WENDROFF

God said:

You are in My heart right now. You incubate here. I speak metaphorically. I can only speak metaphorically, you understand. In My Great Love, you are housed. There is no greater than love, Mine, yours, anyone's.

If you want to know how to climb the Golden Ladder to Heaven, I will tell you how to do it. Love. Simply love. Every step of love is a rung up on the ladder. Of course, there is no distance when it comes to love. Love is immediate. It takes no time at all.

Any question you may ask Me, the answer is love and more love. Begin with love, and end with love. Love is all.

There is no accounting for love. It comes from unexpected places, does it not? Now anticipate seeing love. Watch it all around you. See love issuing from you. The less you feel loved, the more reason for you to love. You do not have to account for love. Do not think that love is not deserved or that someone, even yourself, has to earn it. Love is your birthright. It is coming to you.

The thing is not to pout when you don't see it or feel it. Love anyway. Love morning, noon, and night. Program an abundance of love. See those little red candy hearts spilling out from your heart. Love out, and love comes in. See those little red candy hearts flowing in. Nevertheless, it doesn't really matter so much how much love comes in. What really matters is how much love you extend.

You may think that it is not easy to love. The only reason why you might think that is because you allow yourself to be a victim of judgment. What do you think finding fault is but judgment? Beloveds, you are not too good to give love. It is not superior of you to withhold love. Certainly, you do not have to hug and kiss everyone. Just let your love be known quietly, subtly. Love is not a big hurrah. It is like breathing. You breathe in, and you breathe out. In terms of love, breathe out first. Keep breathing love out. There is always more. There is no limit to love. Let there be no hesitation. Let it be okay to feel love, think love, be love, receive love. There is no tally card for love. Love where you love. And where you don't love, let love emanate from you just the same. Love in all directions. No cap on love, please.

You have thought that your life is dependent upon many things, getting a job, getting married, having a child. These are important to you, yet you are not dependent upon them for love. You are a carrier of love, and it matters that you love. You get dressed every morning. You put make-up on. Remember that love accompanies you. Every opportunity is an opportunity to love. You can do it. You can love. You are love. Announce that to yourself.

Send love even to those you can't stand. You don't have to sit in their lap. You can love from afar. All you have to do is to love.

Wish everyone well, and mean it. That is love.

Sense your aura of love. Sense it filling the room you are in. Sense how far love issues from you. It fills your house. It fills the city or town you live in. It fills your province. It fills your country. It fills the oceans. It fills all the continents. It fills all the world. It fills the Universe. It fills Heaven. From your heart, love extends itself, and is happy to do so. This is an easy thing I ask of you when I ask you to love from your heart.

SOURCE LINK TO THIS ARTICLE: <http://www.heavenletters.org/those-little-red-candy-hearts.html>





Inspirational Quotes



In Truth, there is no time, and yet there is time for everything in Eternity. Time does not exist to do things in, and yet in Timelessness there is all the time in the world. You cannot master time because time has mastered you!

Heavenletter #4092 Time in the World



If you wish to teach others, then love them and don't teach them anything. Love will take over. It is the only teaching that amounts to anything. Do not hold yourself up as a teacher. Beloveds, I am the Teacher. I teach love. Love is the only teacher. Serve love, and you will inspire the world.

Heavenletter #4093 Your Nearest Neighbour



Oh, yes, the material world grants you some happiness. Happiness is good. The greatest happiness, however, is your giving love. Just give love without a prior agreement. Just give love, for love is what you are on Earth for.

Heavenletter #4096 The Petals of Your Heart



Heaven is real. It is where you are from. It is where I abide, and where you abide with Me. Heaven goes with you. You take it with you. Heaven is always here for you, right at your fingertips, as it were, right at your toes, right where your feet may be. No matter where you are in space and time, you are infinitely in Heaven with Me. Wherever I am is Heaven, and you are with Me.

Heavenletter #4098 This Is the Truth



Nations are equal under God. Think of what that means. I do not support war. I do not engage in it. Both parties have truth on their side, and both parties have falsehood on their side. There is a lot of kidding going on in the world. No one would do something mistaken willingly, so they fool themselves and find intelligent support for engaging in what is foolhardy.

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





Look Forward

ROY EUGENE DAVIS

*Every Person's Life Provides Many Worthwhile
Possibilities to Examine and Opportunities
to Thoughtfully Consider and Accept.*

In many cultures, during the final weeks of a year, old business is concluded, new resolutions are made, and decisive plans and projects are implemented. Thus the statement often heard as a new year begins: "Out with the old, and in with the new!"

Every new beginning is an opportunity to resolve conflicts, forgive mistakes, put failure behind us, and energetically go forward in the right ways with knowledge-based optimism and unwavering confidence in our own abilities to succeed and the invisible support that is unfailingly provided by our Source.

In the weeks and months ahead, constantly remember that, because at the core of your being you are eternally anchored in the Infinite, all knowledge of it and its processes is within you and you are continuously sustained by it.

While doing your very best to be responsible for your states of consciousness, thoughts, and actions, know that you have the full support of the processes of nature and of grace in all of your constructive endeavors. Sincerely endeavor to accomplish your purposes and have life-enhancing desires fulfilled with the knowledge and skills that you have while also being receptive to all of the unplanned good fortune that you can and will have.

Note: Writing your hopes, dreams, aims or goals, and what you will do to produce or attract them will enable you to think more clearly, be decisive, and be attentive to essential matters. Keep what you write in a private place where you will frequently see it. Keep a personal, written record of your progress.

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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Group Consciousness

LUCIS TRUST

Over millennia countless individuals have emerged to express spiritual truth to their communities and some, like Lao Tzu, Confucius, Plato, and Spinoza have founded schools of philosophical thought. Here and there, too, greatspiritual luminaries have acted as emissaries of the divine impulse emanating from the Heart of our planet, the spiritual Hierarchy. Their expressed truth has withstood the test of time, their influence has spanned aeons, their noble message has reached countless millions, and in some cases their radiation is as potent today as when they first appeared on Earth. During their period of work, and in their own way, these servers have helped to anchor spiritual principles, to raise the level of human thinking and to transmute desire into spiritual aspiration.

Up till the last century or so, enlightened individuals with a few followers, have carried the mantle and borne the responsibility of serving the common good. As we transit into the Aquarian Age, new rhythms, impulses, energies and qualities are coming to the fore requiring the human family to adapt to the higher energy patterns precipitating from above. One of the most striking and fundamental changes lies in the evolving focus on group consciousness and work. All around us we see people coming together in groups to 'serve' a common cause – such as a noble ideal, a scientific thesis, a philosophical theme, a political model or a business project. All these factors have an underlying rationale – people are learning to work together in group formation in which team work is seen as a necessary and highly valued virtue.

On a higher turn of the spiral, group spiritual work and the development of group consciousness are finding resonance in a small but growing number of service groups. One of the smallest units of group spiritual work is the triangle. Three like-minded people of goodwill come together in lighted consciousness each day to serve humanity. In this consecrated period of work we become attuned to the spiritual note of those in our triangles and in the worldwide Triangles group. In that sacred space we weave in the light building the “new heavens and the new earth”.

Group consciousness, today, is more than just a vision. It is demonstrated in the lives of thinking people of goodwill who come together in some collaborative project for the welfare of others, whose primary motivation is service, whose love of their fellow human beings is abiding, and who respond to the Call of Hierarchy.

Not many years ago, a profound Eastern teacher, commented: “The glory of the slowly emerging self-consciousness must be lost to sight in the wonder of the group consciousness of the race, and this the foremost thinkers and workers today most ardently desire”.

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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Kriya Yoga Changes Your Brain Cells

PARAMAHANSA YOGANANDA

(From Paramahansa Yogananda's talks and writings)

Your greatest enemies are your bad habits. They will follow you from one incarnation to another until you overcome them. In order to free yourself from fate, you must cure yourself of bad habits. How? Good company is one of the best medicines. If you have a tendency to drink, mix with people who do not. If you are suffering from ill health, be with people who have positive minds, who don't think about sickness. If you have the consciousness of failure, associate with those who have the consciousness of success. Then you will begin to change.

Each of your habits creates a specific 'groove', or pathway, in the brain. These patterns make you behave in a certain way, often against your wish. Your life follows those grooves that you yourself have created in the brain. In that sense you are not a free person; you are more or less a victim of the habits you have formed. Depending on how set those patterns are, to that degree you are a puppet. But you can neutralize the dictates of those bad habits. How? By creating brain patterns of opposite good habits. And you can completely erase the grooves of bad habits by meditation. There is no other way. However, you can't cultivate good habits without good company and good environment. And you can't free yourself from bad habits without good company and meditation.

Every time you meditate deeply on God, beneficial changes take place in the patterns of your brain. Suppose you are a financial failure or a moral failure or a spiritual failure. Through deep meditation, affirming, "I and my Father are one," you will know that you are the child of God. Hold on to that ideal. Meditate until you feel a great joy. When joy strikes your heart, God has answered your broadcast to Him; He is responding to your prayers and positive thinking. This is a distinct and definite method:

First, meditate upon the thought, "I and my Father are one," trying to feel a great peace, and then a great joy in your heart. When that joy comes, say, "Father, Thou art with me. I command Thy power within me to cauterize my brain cells of wrong habits and past seed tendencies." The power of God in meditation will do it. Rid yourself of the limiting consciousness that you are a man or a woman; know that you are the child of God. Then mentally affirm and pray to God: "I command my brain cells to change, to destroy the grooves of bad habits that have made a puppet out of me. Lord, burn them up in Thy divine light." And when you will practice the Self-Realization techniques of meditation, especially Kriya Yoga, you will actually see that light of God baptizing you.

I will tell you a true story of the effectiveness of this technique. In India, a man who had a bad temper came to me. He was a specialist in slapping his bosses when he lost his temper, so he also lost one job after another. He would become so uncontrollably irate that he would throw at whoever bothered him anything that was handy. He asked me for help. I told him, "The next time you get angry, count to one hundred before you act." He tried it, but came back to me and said, "I get more angry when I do that. While I am counting, I am blind with rage for having to wait so long." His case looked hopeless. ►



Then I told him to practice Kriya Yoga, with this further instruction: “After practicing your Kriya, think that the divine Light is going into your brain, soothing it, calming your nerves, calming your emotions, wiping away all anger. And one day your temper tantrums will be gone.” Not long after that, he came to me again, and this time he said, “I am free from the habit of anger. I am so thankful.”

I decided to test him. I arranged for some boys to pick a quarrel with him. I hid myself in the park along the route where he used to pass regularly, so that I could observe. The boys tried again and again to goad him into a fight, but he wouldn’t respond. He kept his calmness.

Kriya Yoga's History

The illumined sages of India discovered the spiritual science of Kriya Yoga in the long forgotten past. Lord Krishna extols it in the *Bhagavad Gita*. The sage Patanjali speaks of it in his *Yoga Sutras*. Paramahansa Yogananda has stated that this ancient meditation method was also known to Jesus Christ, as well as to disciples such as St. John, St. Paul, and others.

Kriya Yoga was lost for centuries in the dark ages, and reintroduced in modern times by Mahavatar Babaji, whose disciple Lahiri Mahasaya (1828–1895) was the first to teach it openly in our era. Later, Babaji asked Lahiri Mahasaya’s disciple, Swami Sri Yukteswar Giri (1855–1936), to train Paramahansa Yogananda and send him to the West to give this soul-revealing technique to the world. Paramahansa Yogananda was chosen by his venerable line of gurus to bring the ancient science of Kriya Yoga to the West, and it was for this purpose that he established Self-Realization Fellowship in 1920.

Formerly available only to a faithful few who renounced the world and lived solitary lives as ascetics, the great ones of India have now made the ancient Kriya science available to all sincere seekers worldwide through the instrumentality of Paramahansa Yogananda and the spiritual organization he established.

Yogananda wrote: “In bestowing his blessings on me before I came to America in 1920, Mahavatar Babaji told me that I had been chosen for this sacred mission: ‘You are the one I have chosen to spread the message of Kriya Yoga in the West. Long ago I met your guru Yukteswar at a Kumbha Mela; I told him then I would send you to him for training’. Babaji then predicted: ‘Kriya Yoga, the scientific technique of God-realization, will ultimately spread in all lands, and aid in harmonizing the nations through man’s personal, transcendental perception of the Infinite Father’.”

SOURCE LINK TO THIS ARTICLE: <http://www.yogananda-srf.org/>



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





On the Treadmill... and speeding up!

ROD BRIGGS

There is an interesting relationship between our psyche and change. Change is one of the great certainties of life, it is responsible for the vast majority of the stresses we undergo and, therefore, all the associated illnesses we experience. As a species we don't 'do' change very well. And yet, for all that, change is the catalyst for growth, the reason that we have evolved as we have. It should be lauded, not avoided.

Prior to our grandparents' time the pace of change was so slow as to be imperceptible. Any transformation in the lives of the majority was likely to be cataclysmic and once off, the result for example, of a natural disaster or war. This would bring with it acute stress which, although severe, was not something that was generally ongoing. Since the baby-boomers of the nineteen-fifties this has all changed. Changes gradually started to creep in, and the speed of those changes doubled every ten years. This increase, as has been discussed before, has been greeted by many with dread and trepidation.

As we so often do, we seem to have thrown out the baby with the bathwater. Of course change has the potential to bring stresses to our lives but this is because it feeds into our fears and insecurities which, if we let them, will paralyse us. Change, in itself is not the problem; it's just the spotlight showing us what hides in our dark places. If we can get beyond this we may see the other side of the coin.

Those of us better able to deal with change, often the younger generation, develop the potential for corresponding growth. The current age group, consequently, has greater opportunity for development, in all areas of their lives, than at any other time in history. It seems that to the age old balance between risk/reward and danger/opportunity should be added stress and growth.

Think how many growth areas in your life have been created by involuntary change; from prejudice and small mindedness, to new skill-sets in all areas. The quality of our lives has been enriched enormously since World War Two. This, to a large extent, has been brought about by those changes that we found stressful at the time.

Change has been exacerbated by the collapse of much of the first world financial system and, if that's not stressful enough, in South Africa we have a multiplying effect in the form of the change from pre to post apartheid mindset and the redistribution and turmoil that this brings in all areas of our national psyche.

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





Intuition Exercises

SWAMI MURUGESU MAHARISHI

Before you take up this exercise you should develop mastery over the previously supplied receptive state exercises.

Exercise 1

When you go to bed keep a piece of paper and pen at hand. Sit on the bed, relax your body and, if you know how to, do a few rounds of Pranayama, otherwise continue with this exercise.

Close your eyes and ask yourself what it is that will occupy you all day tomorrow. Do not merely imagine but keep your mind in a receptive state on each point and observe the images that automatically come to mind at specific times, for example, 07h00, 08h00, 09h00, 10h00 etc until 06h00. Remember, do not try to imagine what you will be doing but keep your mind in a receptive state and note down images that automatically flash into your mind. Keep your notes and refer to them the next day to see how many of your intuitions were correct. In the beginning, in all likelihood, only very few will be accurate, but with patient and sincere practice most will eventually be correct, depending upon the receptive state of your mind.

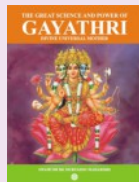
Exercise 2

When you go out for any purpose, for example, to meet a friend or colleague, the market or shopping mall – before you go, get your mind into a receptive state and ask yourself in ideational language whether your objective will be successful or not? If your answer in the receptive state was correct your intuitional idea will be correct.

Exercise 3

If you suddenly wake up in the night, try to ascertain the correct time by intuition before actually looking at the clock. If someone knocks at your door unexpectedly, before opening the door or asking who they are, try to obtain the answer by intuition. Develop your intuition by using it as much as possible, and in as many situations as possible, always noting afterwards if your intuition was correct.

With these exercises, keep in mind the aim of developing an ongoing receptive mind-state by which you can know your future.



The Great Science and Power of Gayathri, Divine Universal Mother

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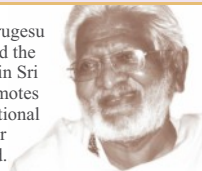
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Spirituality versus Ambition

SUREN PILLAY

A person may ask what the value of ambition is on the spiritual path. Many are of the opinion that ambition and spirituality are mutually contradictory, and that ambition must be an obstacle on the spiritual path. Of course, the critical question is: what ambition are we talking about? Are we referring to material or spiritual ambition? If a person doesn't have any spiritual ambition then keeping to a lifestyle of spirituality will be difficult. There must be a burning inner desire to obtain the absolute. This inner desire may also be referred to as ambition.

Our question then addresses materialistic ambition. If a person wishes to obtain a million dollars, is that always a bad thing or a spiritual obstacle? Many spiritual people are of the opinion that material ambition has no place in spirituality, and that material ambitions are an impediment to spiritual growth. A careful study of the spiritual scriptures reveal, however, that the answer may not be as simplistic as that.

In the *Yoga Sutras* of Patanjali, the concept of mental non-attachment is explained in some detail. Mental non-attachment arises when an aspiring yogi may intend and pursue a material goal but is even minded in his expectation of the result. Whether the intended outcome works to his favour or not, does not affect the mental state of the aspiring yogi. When a yogi has perfected mental non-attachment he is able to live happily and freely, in tune with natural law and in perfect harmony with the Creator's intention.

It is indeed difficult to reconcile the idea that a person may intend something and not expect anything in return, yet the depth of meditation is critical to a person's insight in the workings of natural law. Those born of spiritual perception are well aware that expectation often precedes experience, and that any kind of expectation ordinarily equates to attachment which usually precedes pain. The Buddha confirmed this in the *Four Noble Truths* which states that the cause of pain is attachment.

The key issue that arises then is how to attain greater non-attachment to allow a harmonious balance of material progress with spiritual illumination? The two primary methods are: intellectual and experiential. The intellectual approach is to consciously raise self-awareness every time you have a significant material goal at hand, and remain even-minded even before the goal is attempted, that whether the project is successful or not you will remain happy and content.

The experiential method is by meditation. In a meditative state of awareness all possibility is known to the seer who realises that this drama we call life is a play of consciousness, and material objectives should not be viewed too seriously. The perception is automatic and not learned or studied, and the yogi, due to his deep perception of spirit, often automatically adopts a position of being even-minded without consciously attempting to do so.

Of the two approaches, the experiential approach may be seen as superior as there is no conscious effort on the part of the individual to be even-minded. His absorption in spiritual awareness renders him intrinsically even-minded all the time.

My message to you this month, dear readers, is to note that material ambition is not averse to spiritual growth provided such ambition is based on non-attachment attained intellectually or experientially. Engage in both and reap the dual reward of spiritual perception and material accomplishment.

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>





Great potentialities of our youth

FLORA TECKIE

National Youth Day on 16 June is a reminder of the great potentialities of our youth, their energy, their strength and vigour; and that it is in our youth that we have to place our hope for a better and brighter future. In a world where youth are increasingly left without moral guidance, where the ability to distinguish between right and wrong is being lost, only the power of the Word of God can regenerate the spiritual senses; guide our youth to acquire an upright character and to contribute towards the construction of a progressive and peaceful society.

The Word of God, as the Bahá'í Writings say, illumines the realm of thought and morals: "Likewise in the spiritual realm of intelligence and idealism there must be a centre of illumination, and that centre is the everlasting, ever-shining Sun, the Word of God. Its lights are the lights of reality which have shone upon humanity, illumining the realm of thought and morals, conferring the bounties of the divine world upon man".

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

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

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

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

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



Bahá'í Topics

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

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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 aspiration of the young

BY THE MASTER through Benjamin Creme

It will not surprise any intelligent reader to learn that, in Our estimation, the present chaotic economic and resultant social conditions will not last for very much longer. Nor do We see a sudden transformation and return to the mythical 'status quo'. The peoples of the world, in millions, have begun to sense the aroma of freedom, and for little longer will be denied its boon.

Across the world, most especially among the young, the potent desire for change is being given expression. The young want a new kind of world, a new structure which includes them and their aspirations. These aspirations are for justice and sharing, for meaningful work and an opportunity to raise their families in sufficiency and peace. For too long have they languished in poverty and obscurity, denied a say in their life's endeavour.

From now on the governments of the world will have to consider seriously these aspirations of the hitherto silent majority, and change their plans accordingly. The 'landed rich' will find it difficult to maintain the dramatic gap between their way of life and that of the average 'peasant', as the cry for equality forces change. It will be understood that the present divisions in financial power are central to the instability of world finance.

The old order is collapsing and no government can halt this process. The new energies of Aquarius are waxing stronger, breaking asunder the old corrupt and decadent order. The young, and young at heart, are the first to register the appearance of this new aspiration for justice. The desire for right relationship wells up strongly in the hearts of the young.

Meanwhile Maitreya continues His progress among the nations, speaking freely of the need for justice, sharing and love. These ideas are finding many followers as the tension of today's conditions makes its impact throughout the world. In the USA and Mexico, in Brazil and now in Russia, Maitreya places before His audiences the alternatives facing humanity: to continue on the present senseless and greedy path to oblivion or to see the world as one, on a journey to perfection, as brothers and sisters; to see that only sharing and justice will give us the peace we all desire and a world that prospers according to the Plan, and so find our way back to the Truth and Beauty we once knew and fostered.

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The Master is a senior member of the Hierarchy of the Masters of Wisdom; His name, well-known in esoteric circles, is not yet being revealed for various reasons. The Master dictates messages to Benjamin Creme who is in constant telepathic contact with the Master. Share International is a worldwide network of individuals and groups whose purpose is to make known the fact that Maitreya, the World Teacher for the coming age and his group, the Masters of Wisdom, are now among us, emerging into the public arena gradually, so as not to infringe human free will.

British futurist Benjamin Creme, artist, long-time student of esoteric philosophy and foremost spokesperson for this message, has for more than 30 years been preparing the way for Maitreya's emergence. He is the author of numerous books, translated into many languages, and editor of Share International magazine.

SHARE
— International —
<http://share-international.org>





Message from Archangel Raphael

ILDIKÓ FERENC

You must see the light and energies that grant you inner satisfaction, and think about what strengths I am mustering day after day, and what energies I am passing on to my family, my loved ones, my brothers and the whole earthly world. How do I live my days and am I able to change in order to experience real and true earthly happiness and perfect myself by means of my superior love? Could you tell me what human lacks of energy has led to your piling lovelessness over lovelessness and that, in your incapacity, you are unable to experience yourselves in your fullness? Do you believe that you are able to live as you have not lived to date and to give even more love to others and most of all to yourself? Do you believe in us and the strength of the heavenly will, and do you believe that the emotions that do not serve this love shall be changed in you? Are you able to exist by yourself as you existed at the beginning of your life and do you believe that you can create all the love energies by yourself and by others that are so much needed by the world? Trust yourself and believe that as soon as love is started in you towards others, you shall get it back many times, and do not shrink back when it is too late and do not still try to exist down here in your earthly world as you have done, because the time of change is here. The period of renewal and purification, and the period of eliminating the lacks of energy down here. You shall also be part of this since you are able to experience all the emotions that you used to feel up here, and you are able to experience all the energies in which you 'bathed' up here. Believe that you are the starting point as well as the end point of the changes the initiators of which have so long been wishing to experience their own pure and honest emotions down here in the earthly world, and believe that you are the one by your partners to experience pure and true love, peace, and the emotions they have been longing for so long. Your strength and love shall dislodge them from the position in which they do not experience themselves or their own inner happiness, and they shall become more by you and start out along the path of pure and true love. You shall create the emotions in you that you are able to evoke by love, and you shall understand that your physical life is not governed by the energies surrounding you but by your faith and inner desires experienced in your spiritual lives. Your creative force shall become enormously vast and therefore you shall be able to create all the 'good' and 'bad' in you and be able to experience pure and true strength and love in everything only because you are able to let go of the lightless and dismal energies, and you shall be able to feed on pure and honest energies instead. It is up to your will which road you take and it is all up to you whether you are able to create the purity in your heart so that you would start out along the path of love. I, Archangel Raphael, am protecting and safeguarding you with my protective energies, and if I can see the desire and will in you and feel the aspiration and inclination in you, and you shall be able to change your life and be able to confront your own inner experienced reality. Nothing else is needed in your lives but love, since love creates everything around you and the opportunity for you to share in harmony, happiness, love, peace, success, health and affluence by leading a pure and honest life. Just believe that you can be loved and you shall be able to love as you used to be able to love once up here, and believe that you are able to create the opportunity in you to live and exist as you did up here. You shall feel happiness by being able to give, and by being able to experience a smile and an inner desire knowing that it happens because of You. Just open your heart to the other people and enjoy their love. Believe that they also long for love and, like You, they are also able to give you love by themselves. And you must receive their energies and experience your own love as you would love them. With faith and hope, *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 III

SWAMI SHANKARANANDA MAHARAJI

According to the principles of yoga, the body is the temple of spirit, the care of which is an important part of our spiritual growth. Through the practice of *asanas*, we can develop the habit of discipline, and the ability to concentrate, both of which are necessary for meditation.

4. Pranayama (breathing)

Riding on the breath, associated with the breath but not part of the breath, that universal energy is called Prana. *Prana* is the life force or energy that exists everywhere and flows through each of us. *Pranayama*, in the words of Sri Yogi Ramiah, is "the scientific art of mastering the breath". The four basic movements of *pranayama* are inhalation (*poorakam*), retention (*kumbhakam*), exhalation (*rechakam*), and retention (*antar-kumbhakam*) again. "A yogi's life is not measured by the number of days but by the number of his breaths," says Iyengar. "Therefore, he follows the proper rhythmic patterns of slow, deep breathing." The practice of *pranayama* purifies and eliminates distractions of the mind, making meditation and concentration easier. The first four stages of the eightfold process concentrate on refining behaviour, gaining mastery over the body, and developing an energetic awareness of ourselves, all in preparation for the second half of the journey which deals with the senses, the mind, and attaining a higher state of consciousness.

5. Pratyahara (Clearing)

Pratyahara is withdrawal of the senses, also referred to as sensory transcendence. *Pratyahara* starts during meditation, breathing exercises, or the practice of yoga postures – generally, at any time when you are directing your attention inward. The practice enables one to take a step back and reflect on oneself. Concentration can be very difficult with disruptions from the senses. When *pratyahara* is mastered, one should be able to focus without interruption. Sensory distractions like an itchy leg, the noise of traffic, or the aroma of food cooking on a neighbour's stove will no longer be disturbing to your meditation.

6. Dharana (Contemplation)

Concentration or *dharana* involves teaching the mind to focus on a singular point or image. "Concentration is binding thought in one place," says Patanjali. The goal is to quiet the mind by disregarding unnecessary thoughts and by fixing focus on an object such as a flame or the meaning of a mantra. When *dharana* is mastered, concentration should be effortless. You will know when the mind is focused properly, as all sense of time will be nullified. During the practice of concentration one learns how to slow down the thinking process. The focus continuously shifts as we fine-tune the many nuances of any particular posture or breathing technique.

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





I Can't Remember and I Don't Know Where I'm Going

BERNIE SIEGEL, MD

I would like to reveal to you the advantages of footsteps and amnesia. Let me begin with footsteps. I am sure most of you are aware of the story about the man who walked with God and there were, therefore, always two sets of footprints. At a time of great difficulty the man noticed only one set of footprints and complained to God that He was not there when he needed Him most, God replied, "I was carrying you during the difficult times and that is why there was only one set of footprints."

On a personal level I have learned much from footsteps. One of my stranger habits is to enjoy jogging through cemeteries. I like to read the wisdom of the words on some stones and also notice the egotistical craziness of some people's last words. What would you share with the world with your last breath and what words do you want on your headstone?

Well, to get back to the point. One day after a big snow storm I was jogging through the deep snow and really struggling to make my way. I realized how much of a struggle it was to have to make your own way with no plowed path or footsteps to follow. The next day it was much easier. The snow was still soft and my footprints were easy to follow. Five days later the snow had frozen and the rigid ice made it dangerous for me to try and fit into the old footprints. I had to create a new path or risk breaking my ankles. What I learned from all this is that at different times in my life I must make different choices. At times it is all right to be carried, at other times following in the footsteps of others is appropriate, at others to make your own way and at times it is proper to leave the old ways and start a fresh path. Your way is found by what feels right for you and not by looking for the easy way. As this country western song relates:

*There are times in life when you gotta crawl,
lose your grip and stumble and fall
when you can't lean on no one else
that's when you find yourself.
The going's easy when the road is flat
but them danged hills will get you every time
that's when you learn how to climb.*

You must remember that if you constantly follow in the steps of others you will lose your way and life. Remember their way can at times endanger you and be the wrong way. So find your way and let them go theirs. True natives can be your guide when they have shared the same experience but be wise in choosing your guides and do not follow those who are not true guides and teachers but dictate their way to you. Follow their way and you will be lost forever.

Now let me grow less philosophical and more practical as I tell you about my experience with amnesia. Several years ago after doing some work on our roof I stepped onto my ladder and the top rung broke. I fell onto the pavement and struck my head hard enough to give me a concussion. I awakened to a lovely woman bending over me asking, "Honey are you all right?"

"Why are you calling me Honey?"

"I'm your wife."

Well I felt quite fortunate to have such an attractive wife. She then introduced me to the five children who were standing nearby. It turns out they were ours and all quite nice. I learned I had amnesia and that was why everyone seemed so nice. I couldn't remember the problems they caused yesterday. My marriage was great. I got along with the kids fabulously and everything was going very well until my memory returned. Then I had to go into psychotherapy and marriage counseling. Fortunately I had a great therapist who



taught me that there was something better than amnesia for relationships. She said it would make me blind to some things as amnesia did but had many other assets. What do you think she taught me about? If you want a hint try reading I Corinthians 13 or *The practice of Love* by Ashley Montagu. Yes, she taught me that love had all the benefits of amnesia but also offered many more benefits to the giver and receiver of the love.

Please be sure the love you give is unconditional or “kill ‘em with kindness” is not simply a way of overpowering your enemies by loving them but can destroy the lives of others by your forcing your love and will upon them. This conditional love is no different from following the wrong footsteps imposed upon you by others. That is not love. Love clears the way but does not tell you which way to go.

The garden of Eden has no paths because you cannot make a mistake in direction when love is the only way to go. Here in the real world we must make choices so walk in the footsteps of the great lovers. Follow their path and create a path of love and leave some deep and wide footprints for us to follow with ease. Please do not wait to live a life and path of love. Too often we postpone our lives waiting for the right time and then learn we don’t have all the life time we needed and desired. So live your way now.

The phone just rang as I was typing this article. The man who called asked how I was feeling. I knew this was the beginning of a sales pitch so I said, “My therapist is here. I have just taken an overdose of sleeping pills and I’m headed for the emergency room.”

“Oh, Is this Bernie Siegel? I’ve attended two of your lectures. Can I read you a poem I’ve written?” I laughed and said to him to go ahead. What he read me was a poem about his ten year experience working with children with disabilities. Why do I tell you this? I have learned my definition of retarded from a young man with Down Syndrome. What is your definition of retarded? I’ll share mine with you and Obama here too.

The following quote was shared many years ago by John McGeogh, a young man with Down Syndrome, when he was asked his definition of retarded. It related to how people reacted to him when he was out in public in a new community his family moved to.

“If you cannot get your love flows going, cannot communicate and you are not aware who you are, I call that retarded. Some people are only a little bit retarded. Then I can help them, because they get curious about me. They get into communication with me and their love flows get going. Then it works for them if they like. They get more aware.”

After personally operating on a young man with Down Syndrome I came to visit him the evening following his surgery. He said, “If you want to see my operation you have to pay.” I explained according to hospital rules his surgeon didn’t have to pay and he allowed me a free view of the operative site. However, the nurses and house staff learned they had to pay or the sheet was held firmly over his abdomen. When he was discharged he had quite a few dollars on his bed side stand. No other patient ever thought that one up. You tell me who is retarded.



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 Part II

WALLACE D. WATTLES

Where there is no power, either developed or undeveloped, to do a thing, there is never any desire to do that thing; where there is strong desire to do a thing, it is certain proof that the power to do it is strong, and only requires to be developed and applied in the Right Way.

All things else being equal, it is best to select the business for which you have the best developed talent, but if you have a strong desire to engage in any particular line of work, you should select that work as the ultimate end at which you aim.

You can do what you want to do, and it is your right and privilege to follow the business or a vocation which will be most congenial and pleasant.

You are not obligated to do what you do not like to do, and should not do it except as a means to bring you to the doing of the thing you want to do.

If there are past mistakes whose consequences have placed you in an undesirable business or environment, you may be obliged for some time to do what you do not like to do, but you can make it pleasant by knowing that it is making it possible for you to come to the doing of what you want to do.

If you feel that you are not in the right vocation, do not act too hastily in trying to get into another one. The best way, generally, to change business or environment is by growth.

Do not be afraid to make a sudden and radical change if the opportunity is presented, and you feel after careful consideration that it is the right opportunity, but never take sudden or radical action when you are in doubt as to the wisdom of doing so.

There is never any hurry on the creative plane, and there is no lack of opportunity.

When you get out of the competitive mind you will understand that you never need to act hastily. No one else is going to beat you to the thing you want to do; there is enough for all. If one place is taken, another and a better one will be opened for you a little farther on; there is plenty of time. When you are in doubt, wait. Fall back on the contemplation of your vision, and increase your faith and purpose; by all means, in times of doubt and indecision, cultivate gratitude.

A day or two spent in contemplating the vision of what you want, and in earnest thanksgiving that you are getting it, will bring your mind into such close relationship with the Supreme that you will make no mistake when you do act.

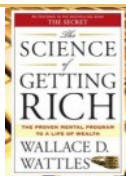
There is a mind which knows all there is to know, and you can come into close unity with this mind by faith and the purpose to advance in life, if you have deep gratitude.

Mistakes come from acting hastily, or from acting in fear or doubt, or in forgetfulness of the Right Motive, which is more life to all, and less to none.



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

During the mass destruction of Hurricane Andrew in August 1992, many people in southern Florida lost their homes and all belongings. Some ECKists also felt the bite of its destruction. One such ECK family accepted shelter with another family until money from the insurance company let them set up housing again.

Their hosts told a story about their four-year-old girl and a brand-new baby in the family. Soon after bringing the newborn home from the hospital, the hosts' little girl made a request. Could she please spend a few moments alone with the baby? At first the parents felt reluctance. Afraid of sibling rivalry, they wondered if she might harm the infant. But the four-year-old kept begging them to leave the nursery and let her stay with the newborn. The parents gave in, but only after turning up the volume on the nursery intercom. (Trust in God, but turn up the intercom.)

They listened from another room, prepared to rush back if needed. Instead of distressed cries, however, they heard their daughter's soft voice address the infant. Her words were like a prayer. "Baby," she said, "help me remember what God is like. I'm beginning to forget." Many children do, in fact, remember what God is like – at least until they enter school at age three, four, or five. Then the memory begins to cloud over. Good schooling teaches them to be responsible adults in society, of course. Yet at the same time a priceless gift I lost – a child's understanding of God.

Whatever your chosen religion or belief, that choice is necessary for you at this stage of your journey home to God. That's why you hold to it. Your religion or belief is a valuable and important part of you because it reflects all your experiences from past lives.

Our spiritual heritage is far richer than a single lifetime could ever produce, the real reason many enter this life with a special gift or talent without the apparent need for learning it. Some kids even reincarnate with the knowledge of a foreign language which their siblings lack. Parents who treat reincarnation as foolish may simply dismiss such a gift with an airy, "Oh, well, he sure didn't get it from us," and let it go at that. They have no inkling as to where or how the child picked up such an ability.



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

My Answer

In the dawn of light, spirit asks, "When shall thy return home?"
 "In the dusk of sunset," man answers in the affirmative, or in ignorance.

The ever-still Witness of life exists eternally,
 every day asking the prodigal child when he will return to divinity.
 Today I answer in the affirmative, "in wisdom and in light!"

SUREN PILLAY



To the Supreme

Distance has kept us away, for time has past and days have flown, bringing to each night and day a new memory of past, present. Until one day I discovered a spiritual quality from above. Hearing an echo has triggered a voice in my ear, "I know you". A divine feeling has shown me transcendent love that I once knew before. Did we part before? And now we are receiving each other once again.

The grasping and longing feeling to hold you was immense. My self-serving desire was overflowing with forces that I never knew I had. Impulses and desires ran through my body giving my ego nourishment. "I know you?"...but from where? I cannot place my mind, but seeing you was enough to open a whole new world; a world of love, tears, heartache, sadness, feelings, and stored memories that captivate the mind. An inspiration of self-control bringing the senses of a desired soul to feelings of eternal love. My soul is overflowing with love and gratitude from above. The higher power is immense in His supreme powers. A new day has awakened - not just a glimpse of you, but filling the day with greater love, thanking you for opportunities that I never would have had when on my own; receiving your blessing every time I see you; bringing a cheer to my presence, and making me smile is the greatest gift that one can receive. I honour you with love, respect and dignity. For you are and will always be my armour of strength and pillar of life. Our prayers to the above will certainly guide us, taking each stride of life to new heights and new beginnings.

To the Supreme Who I once knew ...

ZARINA MALICKSHA



Peace

Peace flows through my heart, and blows through me as a zephyr.
 Peace fills me like a fragrance. Peace runs through me like rays.
 Peace stabs the heart of noise and worries. Peace burns through my disquietude.
 Peace, like a globe of fire, expands and fills my omnipresence.
 Peace, like an ocean, rolls on in all space.
 Peace, like red blood, vitalizes the veins of my thoughts.
 Peace like a boundless aureole, encircles my body of infinity.
 Peace-flames blow through the pores of my flesh, and through all space.
 The perfume of peace flows over the gardens of blossoms.
 The wine of peace runs perpetually through the wine press of all hearts.
 Peace is the breath of stones, stars, and sages.
 Peace is the ambrosial wine of Spirit flowing from the cask of silence,
 Which I quaff with my countless mouths of atoms.

PARAMAHANSA YOGANANDA



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