

***No one is born hating another person because of  
the color of his skin, or his background, or his religion.  
People must learn to hate, and if they can learn to hate,  
they can be taught to love, for love comes  
more naturally to the human heart than its opposite.***

**NELSON MANDELA**

Former president of South Africa, Nobel Peace Prize winner



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 41**  
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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 41

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This month's cover feature is of the central Drakensberg foothills in Kamborg, KwaZulu-Natal, South Africa by Dean Petzer.

Welcome to the July 2013 issue of *Transcendence*.

As many of our readers may know, *Transcendence* is a South African initiative. This month we would like to take the opportunity to mention a special South African who has played an enormous role in building unity and promoting freedom in our country. Nelson Mandela turned 95 on the 18 of July and, at the time of writing, is ill in hospital with a lung infection but, according to media reports, is recovering.

Along with others who fought for the cause of racial equality, Madiba (as he is affectionately known), spent 27 years in prison, most of which he was treated like a common criminal for standing up for his lofty beliefs, for his dream that all South Africans be given equal rights. We have come a long way since then, with Mandela's dream of freedom being realised in 1994 when all South Africans were granted equal opportunity to vote for a new government.

As with any evolutionary process, there have been, and still are, many teething problems and lessons to be learned but it was Mandela who played a massive part in initiating that process. If we can emulate Madiba's characteristics of high morals, perseverance, love and respect for all, in our personal spiritual endeavours on our path to transcendence, we too may achieve freedom – the ultimate spiritual freedom from the binds which prevent us from attaining self-realisation.

Let us take a few moments to meditate on the words of Mandela: "No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

In Love and Service, always,





## Heavenletter # 4084 - All Are One, and All Are Worthy

GLORIA WENDROFF

God said:

Be a friend first. There is no need to wait for others to extend their hands to you first. When you greet another, you are greeting yourself. By all means, greet yourself. No ands, ifs, or buts.

For easy understanding, you have made yourself into an I and so have many others, and I give a lesson in grammar that you and I are a We. We like to be We. You like to be We. You like to be We with Me, and you like to be We with others.

You want to be a part of we with people as well. You like to say: We went to the movies. You like that better than to say: I went to the movies. You don't like to be by yourself.

The fact is that you are united with everyone. Whether you are biased against one creed or another, the fact is that you are One. When you are biased against any group, therefore making yourself believe that you are superior, you are One just the same. There is no getting away from Oneness, regardless of your stance. You can consider yourself King of the Mountain, and you are not singled out, for everyone partners with you. You do not stand alone. No one stands above another. All are equal. In Reality, all are equal. All are equal in Oneness. All are equal in My eyes. Whose other eyes would you go by?

You can be healthier, taller, shorter than your neighbor, yet none of these make any difference. You are One with everyone and everything. There is no superior. There is no inferior. We are talking about souls. We are talking about Inner Being. All are Mine in Oneness. There is no all. There is I. If you think you exist as an entity apart from Me, it doesn't matter. We are One, for Oneness alone is.

Put away those patterns that distinguish one individual as worthy and another as unworthy. I have the say on that, and I say that all are One and worthy, in My eyes, and My eyes count. I count One.

Everyone you meet is One with you. Everyone you don't meet is One with you. Everyone you meet is I. Be good to Me, beloveds, in whatever form I may appear to be in. And remember that I am within you the same. You are Love, and I am Love, and what else is there to say?

I will say to you to stay in love. Surely, you don't want to stay in anger, grief, resentment, disappointment and so forth. Make life simple. Stay with Me. Stay in Oneness in your perception. If you do desire Truth, then admit you are Oneness. Nothing else matters. What I mean is that nothing else makes a difference. Ten toes or none, everyone perceived out there is I.

The murderer is I. The victim is I. The judge in his robes is I. You do not have to be a judge in robes in order to judge. You have been rampant with judgment, and one common judgment is that you are better than someone else, or someone else is better than you. This is ignorance, beloveds. Better not to be a perpetrator. Better not to be a victim. Better not to be a judge who pronounces sentences on others.

You may have sentenced others to be beneath you or above you. You may have sentenced yourself to be a beggar in life, holding out your hand for a pittance of belief in yourself.

I more than believe in you. I believe in Me. I regard Myself and everyone else (all the imagined everyone elses) as Myself, which, in fact, you are, and so is everyone.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/all-are-one-and-all-are-worthy.html>





## Inspirational Quotes



*How can it be that time does not exist while the world runs on it? God forbid that you don't honor time. Time doesn't exist, and yet it has authority over you, such authority over you. Time is like a warden. Ease your foot from the pedal of time, from this concept of time that holds you in its grip, that holds you in servitude.*

Heavenletter #4092 Time in the World



*Come right up. Enter My heart here. Here is where I AM, and here is where you ARE. You belong in My heart. Indeed, you have never been anywhere else. Ask Me to mentor you. Ask Me anything you want. Tell Me anything you want. It is all music to My ears.*

Heavenletter #4093 Your Nearest Neighbour



*Sometimes when what you determine as a full share of love due you is not given to you, you become angry or even vengeful. Love does not make demands. You say you love, and yet you stamp your foot when your picture of personal love does not become true or stay true. Take your foot off the pedal, beloveds. Be easy with love. Let another's affection for you be or not be. What it is. You cannot whip into existence what is not.*

Heavenletter #4094 Love and Release



*When your intention is love, you are prevented from many things. You will not be able to enact spite, for example. Granted, you might think of it, and yet you won't enact it. You know better. Anger, hate, and fear will dwindle. So much the better, for you were made for love, and that is the target you go for.*

Heavenletter #4095 Where Else Can Love Exist



*Of course, it is known that might does not make right, and yet might gives battle a good try. Funny how might likes to feel superior. How did fighting get to be so popular on Earth, as if it were a good thing, a sporting thing, a necessary thing? How do things get so far that there seems to be no alternative to war?*

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.*

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## Look Forward

ROY EUGENE DAVIS

*actualize* – Manifest, demonstrate, or make real (actual) by actions.

*potential* – Capable of being but not yet existing. The inherent ability or capacity for growth, development, or coming into being.

Because we are spiritual beings, almost limitless capacities and powers to express are within us. If we are not yet skillfully using them, we can learn to “see” worthwhile possibilities that are presently available to explore. We can also imagine events, circumstances, and experiences that would be of real value to us and to others who might be influenced by our decisions and actions. Ideal circumstances may be produced by our effective actions or attracted with constructive thinking and enlarged mental and spiritual capacities to accommodate good fortune.

Learning to live effectively is necessary for everyone in this or any world. We can acquire helpful knowledge directly from skillful people or from their written or recorded information, by observation, and by having our own personal experiences.

Living effectively quickens our spiritual growth by:

- Providing opportunities to improve powers of concentration, think rationally, creatively use imagination, achieve goals, and accomplish meaningful purposes.
- Enlarging our capacities to understand and cooperate with physical and mental laws or principles of cause and effect.
- Enabling us to be wisely Self-directed, calmly appropriate, and emotionally stable rather than be emotionally disturbed when unwanted events occur, some people are unpleasant, or circumstances are not always harmonious or ideal.
- Expanding our consciousness, enabling us to become cosmic conscious: to apprehend the universe and all life to be one manifestation of ultimate Reality. When we successfully confront challenges, overcome obstacles, or solve problems, we become stronger and more competent; our self-confidence improves; we have more vitality; and our appreciation for living is greatly enhanced. Living freely while experiencing progressive spiritual growth is enjoyable. Feeling confined and restricted is frustrating. Endeavor to rise above or overcome difficulties, solve troublesome problems, and be permanently free from all limitations.

Always have worthwhile goals to achieve and purposes of value to accomplish. When you awaken from refreshing sleep each new day, you will be energetic, inspired, enthusiastic, and highly motivated, yet inwardly serene and poised. You will live without selfish motives or attachments because you will be inclined to creatively express. You will not need to be praised for what you do, nor will you be unhappy if you are misunderstood. You will always have peace of mind and be soul-satisfied.

Excerpt from *Truth Journal*, February / March 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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## Ideas – forward moving concepts

LUCIS TRUST

Our present humanity is characterised by immensely complex patterns of thought. These often seem to obscure truth rather than reveal it, and it is made more difficult to tease out the nuggets of truth that do lie hidden within because the prevalent thoughtforms can be darkened by conflicting interests and partisan points of view. In this mode the mind has been accurately described as the “slayer of the real”. As an example we can see with far greater clarity now than we could at the time how so much of the twentieth century was conditioned by the clash of ideologies. Much of this ideological conflict was in reality a battle between selfish personality interests and the altruistic love of the soul.

The various ideologies of the past – or “isms” as they are now rather disparagingly called – have given way to a more heartfelt and therefore truer perception of human need and human responsibility. Beautifully, former antagonisms are now beginning to resolve into realistic programmes for human uplift such as those embodied in the Millennium Development Goals.

The mind of humanity has seen a bit more of the light and the heart of humanity has heard the call to service and people the world over are giving evidence of this in practical and effective ways. Here, in a measure, the human mind has started to become the “revealer of the real”, and this is one of its main functions. Rather than shutting out the light it can act like a lens focussing the consciousness of humanity on those intuitions and ideas which will both release us from the ties that bind us to the outmoded and crystallised patterns of the past and at the same time lift us into new creative patterns of soul-inspired thought. These can enable us all to forge a way into the future that will gradually make the soul the motive and goal for the aspiration and daily life of humanity.

At the heart of this unfolding process is the inner, yet intensely practical, work of Triangles. Our service network is consciously focussed on re-forming the energy relationships of humanity, from the ‘square’ of conflict and ugliness to the triangular soul pattern of co-operation and beauty. In this way we are facilitating the flow of the spirit into outer manifestation and helping the soul to control the outer form and to “make all things new”.

*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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## How can we love everyone?

PARAMAHANSA YOGANANDA

Our soul's reality is infinite. Therefore we must learn to love everybody, and everything.

How can we do so? Many people are so distinctly unlovable! I was in an airport only the other day, watching hordes of airplane passengers as they walked by, filled with ego, hostile toward their own families, thinking only of themselves and their own desires and ambitions, clogged with the fat of an excess of desires and attachments.

And I said to a friend, "How easy it is to accept what Krishna says in the Bhagavad Gita: 'Out of a thousand, one seeks Me'!" If I had spoken about God to almost any one of them, he might have called for the police!

And yet, the germ of God-consciousness is in all of us, for God manifested us all from His Bliss. How can this be?

I had a revealing dream several years ago in Florence, Italy. In the dream I was standing on a busy street corner. Passing by was the usual motley crowd of humanity: businessmen bustling with ambition; Mafiosi types determined to "get theirs" at any cost whatever to others; housewives, engrossed completely in home and babies; and good people also, concerned for the well-being of others. And I realized that there was one thing that united every one of us: the desire for happiness.

Some hoped to find happiness by seizing it from others. Some hoped to find it by wresting it from life through hard work and the accumulation of a useless pile of possessions. Others thought to find it by gathering happiness comfortably around them. Others thought to find it, and indeed had found it to some degree, by sharing it with others. But all of them had, basically, the same goal in life: to be happy.

Indeed, how could things be otherwise? All of us are products of God's bliss. How could anyone not want—each according to his own understanding—to reclaim that bliss?

And this fact, I realized, gave me a reason to love everyone on earth. Often, when I have been feeling particularly blissful, I look around me at people, whether friends or strangers, and feel deep love for each and every one of them. I often smile at complete strangers. Better still, I often find that complete strangers smile at me, sometimes even before I smile at them!

We are united by the simple fact that all of us want the same thing. The sad thing only is that most people don't yet know that is what they want.

We should try to expand our egos, and not merely to obliterate them. This we can accomplish by trying to feel ourselves in others. We should identify with their griefs—not to the extent of grieving with them, however. We can help them best if we sympathetically share with them our happiness. The Master Key to the laws of the universe is love.

Swami Sri Yukteswar wrote in his book, *The Holy Science*, of the effect of love on the human body: "When love, the heavenly gift of Nature, appears in the heart, it removes all causes of excitation from the system and cools it down to a perfectly normal state; and, invigorating the vital powers, expels all foreign matters — the germs of diseases — by natural ways (perspiration and so forth). It thereby makes man perfectly healthy in body and mind, and enables him to understand properly the guidance of Nature."





Sri Yukteswar explained further the effects of love on human understanding: “When this love becomes developed in man, it makes him able to understand the real position of his own Self as well as of others surrounding him.”

Paramhansa Yogananda, Sri Yukteswar’s chief disciple, taught that the only way truly to understand others is by feeling deep compassion for them in one’s heart. Psychoanalysis is usually intellectual, and therefore provides only superficial insight into human nature. Deep insights are possible only with empathic love. That is why, when Paramhansa Yogananda was once asked, “What can take your place after you leave this world?” he replied with the sweetest smile, “When I am gone, only love can take my place.”

Love, that is to say, not only for God, but for God in others, in mankind, in all beings: this was his true meaning. As we contemplate the rays of Dwapara Yuga, it should be clear that love alone will help us fully to absorb their beneficial energies.

SOURCE LINK TO THIS ARTICLE: <http://www.anandaclaritymagazine.com/>

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## Book of Life

ROD BRIGGS

*“And I’m on my knees, looking for answers ... are we Human or are we dancers?”*

THE KILLERS

The Killers “Are We Human” may not be everyone’s cup of musical tea but the sentiment inherent in the lyrics raises great questions about our lives, or rather about how we live them. Many of us have never been exposed to the fact that our lives are ours to shape; consequently we just dance along to whatever tune the fates throw at us. To be fully human is to realise that free will allows us to choose our own destiny.

Our lives are like great stories, with all the experiences and passing interactions being subplots; our family and partners comprise the main characters and we are the narrator, or more accurately the author. As authors it is our responsibility to incorporate all the elements of the storyline into a cohesive creation that becomes a legacy for eternity.

At the end of our life our book is added to the infinite library of eternity. How do you want your story to read? We are all part hero, part villain, sinned against and sinning but the choices we make, the endeavours we undertake and the attention we bring to our life story is the deciding factor in creating a magnum opus full of adventure or a horror story.

While it's easy to blame fate, destiny or dumb bad luck for where we find ourselves at any stage of our lives, once we are able to see that what is presented to us is no more than a possible plot outline we become free to choose better outcomes.

Next time you are faced with a choice, or are in a situation you would like to end more advantageously, imagine yourself as the hero in your story and ask yourself how would he, or she, respond. If you repeatedly respond accordingly you will begin to awaken the hero within you and your story will become worthy of its place in the great library left by our ancestors.

Every thought you think adds to your book of life. Make them worthy.

*The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.*

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk

shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

[www.mindlinkfoundation.com](http://www.mindlinkfoundation.com)





## Dangers of premonition

SWAMI MURUGESU MAHARISHI

I used to advise my students that until and unless they practice *prathyahara* – emotional and feeling control – they should not attempt to practice premonition.

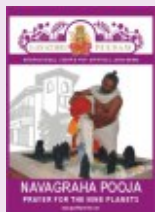
Suppose you read the future of your beloved wife; you come to know that after two years she will divert her love towards another person, what will happen to your loving family? It may lead even to divorce immediately. A marriage for you has been betrothed with a cultured lady of a good family, you begin to read her with premonition about her past, you come to know that she has already had connection with someone else, what will happen?

Suppose you read your own future, you come to know that within six months you will suffer by such-and-such a disease which will take years to cure, what will you do? From that time onwards you will not attend your duties and instead of getting that disease after six months, you will be inviting it now itself by your strong feeling.

Suppose you come to know that your only son will embrace higher studies but instead get caught up in bad habits, how will you feel, and how will your behaviour towards your son change? In this way there are many dangers in knowing the future by ordinary persons and that is why ancient seers kept this science secret, and taught them only to those who had controlled and overcome the effects of good and bad things in life. You may ask then: how are we to reveal the truth now?

I know fully well that no modern man can achieve a receptive state of mind as he has filled it with unnecessary feelings and emotions. Only one or two, who have surrendered themselves to the spiritual circle, can maintain receptive mental states, and even in their case, when they come to know the past and future of themselves or their relatives and friends they will not feel it necessary to do anything to control it, but instead prevent themselves from reacting.

On this presumption only will I reveal certain information.



### *Navagraha Pooja: Prayer for the Nine Planets*

This electronic booklet details the significance of the Navagraha Pooja and explains the benefits of performing this Pooja. Download it for free below and find out how this ancient ceremony is performed at the Gayathri Peedam.

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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.





## Choosing sadhana

SUREN PILLAY

In our daily lives choice is imminent at almost every second. How we make decisions, perform actions and express ourselves using words ultimately defines our character. In life people are ordinarily judged by their character. Such a judgement call usually requires an in-depth analysis of a person's weaknesses, strengths, achievements, and failures. Inevitably, one forms an instant opinion of a person based on their character.

There is no doubt that character is indeed important, but spirituality goes even beyond character. Spirituality deals with perception and understanding. Without perception understanding is not possible. From authentic knowledge comes a true understanding of the nature of life, human beings and spirit. This metaphysical understanding may be obtained from books but an even better source is intuition.

All knowledge, at some point or another, was either obtained via science (through experimentation, observation, and testing) or pure intuition. I say 'pure intuition' because most original work came not from books but from a source beyond books. Divine perception or intercession is looked at with some scepticism in the modern world. Many don't believe that such perception is possible. However, the basic premise for its experience and perception lies in one actually practicing techniques, and taking action to experience the truth.

These actions may be referred to *sadhana* or spiritual practices. The goal of such actions is to join the seen with the unseen. The unseen is the eternal spirit, vibrant with energy wisdom and love. It exists perpetually to nourish every human condition, no matter how deplorable it may appear. *Sadhana* allows one to connect the Infinite Spirit again, and our choice to engage in *sadhana* is crucial if we choose to connect with spirit.

But *sadhana* goes beyond actual spiritual practice as it is also about being aware and in control of one's senses in daily living. How we eat, talk, and treat each other is essentially an expression of our spirituality, and any negative action caused to another human being will prove to be an obstacle to effective *sadhana* due to the law of cause and effect. Excessive sense pleasure also forms memories in the subconscious mind which may be activated by any sense stimuli that initially gave rise to the sense pleasure.

My message to you this month, dear readers, is to make the choice of practicing *sadhana* always. This principle is not limited to secluded spiritual practice, but is inclusive in one's thoughts speech and actions in daily life. Always make the higher choice internally, the choice that benefits not only yourself but everyone around you. Live by your choice without regret and choose to be in union with the Infinite Father in heaven.

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>





## Role of spirituality in development

FLORA TECKIE

Development efforts have so far been too materialistic in their approach. The current concept of development, based mainly on a materialistic approach, has not been able to solve the problems for which it was intended. It has neither been capable of leading humanity to the tranquillity and prosperity which it seeks. The spiritual nature of humankind and the role of religion in influencing our attitudes and the spirit in which we carry out everything, including our development projects, have been forgotten or ignored. At one extreme, deprivation and despair afflict vast numbers of the world's peoples, whilst, at the other very few have access to abundant wealth.

While searching for alternative approaches, development practitioners are increasingly realizing that new efforts will only succeed when spiritual values and their enforcement are made an essential part in the development process "No matter how far the material world advances," the Baha'i Writings state, "it cannot establish the happiness of mankind. Only when material and spiritual civilization are linked and coordinated will happiness be assured". And also that, "successful development efforts require, above all, a spirit of cooperation and collaboration among the participants in the development process. The absence of such a spirit of common endeavour up to the present time -- within local communities and nations as well as between countries -- constitutes in our view the main reason for the limited success ... and the persistence of gross economic inequalities. ... The required higher level of cooperation can only be motivated by a sincere appreciation for the unity of all human beings. Only on such a basis can prejudices related to nation, race, religion, sex, and other prejudices that hinder determined and equitable development activities be eradicated". Besides the importance of cooperation at every level, it is essential that all members of a community have input into decisions that affect the entire group. Through dialogue at grassroots level the experiences and aspirations of the people can be incorporated in shaping action.

According to the Universal House of Justice (the governing council of the Bahá'í international community), in a 1985 statement entitled 'the Promise of World Peace': "The inordinate disparity between rich and poor, a source of acute suffering, keeps the world in a state of instability, virtually on the brink of war. Few societies have dealt effectively with this situation. The solution calls for the combined application of spiritual, moral and practical approaches. A fresh look at the problem is required, entailing consultation with experts from a wide spectrum of disciplines, ... and involving the people directly affected in the decisions that must urgently be made." The creation of a peaceful and just society, in which everyone is able to meet his/her basic human needs; the people of diverse background cooperate and live in harmony, will require a significant reorientation of individual and collective goals and transformation in attitudes and behaviours. We have to set aside trends based on past thinking and ask fundamental questions and reconsider the basis of development theory, both in terms of science and in terms of religion.

Religious and spiritual values should be viewed not as separate from "real world concerns," but as vital sources of knowledge and motivation, as source of values, insights, and energy without which social cohesion and collective action to overcome our current disparities are difficult, if not impossible, to achieve.

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.

## Whither now?

BY THE MASTER through Benjamin Creme

*See your brother as yourself.  
Create an International Storehouse from which all can take.  
Only thus, by Sharing, can the world be renewed ...  
Only by Sharing, will men find the happiness they seek.  
Sharing alone will bring Justice and Peace.*

MAITREYA

It is becoming more and more obvious that the economic systems of today no longer work. Too many, millions indeed, are excluded from the right to sufficient food to sustain life. The productive capacity of this planet is vast, but so inadequate and unequal are the means of distribution that millions suffer and die without cause. Men know this to be true yet little is done to remedy this crime.

Whither now? For how much longer must the poor suffer in this way? For how long can the nations support this iniquity before an immeasurable catastrophe engulfs the world?

Is it not strange that men have never sought to remedy this eternal, tragic situation where millions suffer and die from want in the midst of plenty? The simplest of solutions, it would seem, has never occurred to those who have abundant plenty. Why does not simple justice reveal the solution? That the rich must share the riches they control is not only sensible and just but essential for world peace and the benefit of all if the survival of all is to be assured.

Make no mistake, men must come to realise that sharing is not simply a good and just idea but is essential if mankind is to survive. Only wise and just sharing will bring the peace which all men desire. For without sharing trust would never arise.

Be assured that Maitreya Himself will tell men this simple truth and open their eyes to the benefits which will follow. Become one of His many workers who seek to establish the need for sharing and justice. Remember that no man is separate and alone, that all men, knowingly or not, are linked together with invisible ties in a long journey of succeeding revelation. Renounce the path of separation and aid your brothers and sisters on the way.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2013/ma\\_2013-06.htm](http://www.share-international.org/master/2013/ma_2013-06.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 Michael

ILDIKÓ FERENC

Now the Archangel of strength, faith and peace is addressing you because I would like to see that the love and peace professed in your earthly world will finally reach you in a multiplied way and that the energies in which your heavenly world plays such a big role will finally reach you and touch your hearts and souls. The heavenly world is calling you and asking you to live as you used to live up here, and is calling you to be able to see us as we see you and be able to receive the energies we have just started towards you with open hearts. Do not close your ears to us or to each other since in that case you will be unable to experience your own grief, and you will be unable to receive Jesus's energy that is nearing your earthly world. You will not be able to experience him and you will get lost in your own impurity. He will only be able to plant the seed of love in people's hearts that are prepared to accept him, and start a change in people's hearts towards a better and more perfect future that are able to face their own weaknesses. You must be strong to see faith and hope in him, and must be strong, having faced yourselves, to believe that what you have existed in so far is not the pure, honest and true reality, but there must be something that is not about the miseries of the earthly world but evokes such genuinely pure emotions in me and in others in which I can experience my own purity also down here on the Earth. So this is what we will need your help with so that others would also be able to see the beauties in themselves and in their environment in which they have lived so far but have failed to be able to value, and this is what we need help from other people who are able to hold their ground for the love of the heavenly world and thereby for their own love. Do not want to get lost in emotions that do not even stem from you, do not want to live in lacks of energy in which you do not find your own happiness. Make a change! In the way you read your life and its thought-provoking events. Why did I have to experience all these events and why do I have so much 'good' or 'bad' in my life? Am I able to experience who I am, and am I able to see the faith and strength in myself and others that I would have to represent? You shall see if you believe that you exist as you have not lived so far, and believe that there is scene beyond your earthly world, a spiritual world in which you experience the essence of your spiritual existence, and then you will know that you are able to experience yourself and be able to create in this earthly world by drawing on your own strength. Man lives with faith and creates his own reality with faith. And your faith tells you that you are not fit enough for what you would like to do, and you are unable to experience yourself because you depend on others. . . . your faith tells you that your task is more than what you do, still you are unable to act in order to make things better for you. Do not want to think like that! Your faith is strong and steadfast for you to experience yourself by experiencing your own consciousness and creating the opportunities and life situations for you so that you would no longer want to think like that, but be able to experience the power of your own energies down here in the earthly world. Create! Create with your heart, soul and emotions but do not forget the power is not of the thought but it is your conscious and pure emotions that carry you towards love. Create under the aegis of love! Create in the way you would like to live, but every part of your creation should be guided by love and by wanting to act for yourself and for others. Do not be selfish! What is owing to You is also owing to others since they have also walked their own way on this rugged 'slope' and have also undertaken to get born again so many times so that they would at last be able to love others purely and altruistically. They are also able to love what is and exists inside them, and they are also able to create love, peace, harmony and affluence for others. So do not deny it from Them either, since if You give them once, they will return it to You a hundred times, and believe that your life can get more perfect by them. So love with immense purity, without selfishness and indifference and love everyone as you would love yourself. See the strength and the faith in you because we need You! With strength and perseverance, Archangel Michael.

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

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

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## Understanding Yoga Part IV

SWAMI SHANKARANANDA MAHARAJI

During *pratyahara* we become self-observant, whereas in *dharana*, attention is focussed on a single point. Extended periods of concentration lead naturally to meditation.

### 7. **Dhyanam** (Concentration/ meditation)

Uninterrupted meditation is called *dhyanam*. Concentration (*dharana*) leads to the state of meditation. Where *dharana* is one-pointed attention, *dhyanam* is the state of being deeply aware without focus. The goal of meditation is heightened awareness and oneness with the universe. At this stage, the mind is calm, and in stillness produces little or no thoughts at all. How can we know the difference between concentration and meditation? If there is awareness of distraction, you are only concentrating and not meditating. The calm achieved in meditation affects all aspects of life —whether we're having a challenging day at work, stuck in traffic, or just shopping for groceries. The stamina required to reach this stage involves many years of disciplined practice. If it seems to be taking a long time to reach this stage, we should not be discouraged or give up. While this task may seem difficult or impossible, remember that yoga is a process. Even though we may not attain the ideal state of consciousness immediately, we will benefit by daily progress.

### 8. **Samadhi** (Blissful state)

The ultimate goal of the eightfold path of yoga is *samadhi*, or absolute bliss. This super consciousness is attained when we realise that we are one with the universe. Those who have attained *samadhi* are considered to be enlightened. Paramhansa Yogananda called *samadhi* the state of God-union. Patanjali describes this final stage as a state of ecstasy where the meditator merges with his or her point of focus and totally transcends the Self. The meditator realises a profound connection to the Divine, and interconnectedness with all living things. With this realization comes the "*peace that passeth all understanding*" (Holy Bible, Phil. 4:7), the experience of bliss and being 'at one' with the Universe. What Patanjali described as the completion of the yogic path is, deep down, that which every human being aspires to: peace. We should also consider the fact that the ultimate stage of yoga (that is, enlightenment) can neither be bought nor possessed. It is to be experienced, the price of which is the continual devotion of the spiritual seeker.

The eight steps are interconnected. The first five steps — *yama*, *niyama*, *asana*, *pranayama*, and *pratyahara* — are the preliminaries of yoga and build the foundation for spiritual life. They are concerned with the body and the brain. The last three steps (which are not possible to attain without first mastering the first five) are associated with reconditioning the mind and helping the yogi attain enlightenment — full realisation of oneness with the Divine.



Swami Shankarananda Maharaj is the founder of the Jadatharaya Institute of Right Living and Yoga. His teachings are scientific but practical. The Institute promotes universal spiritual principles and embraces students of every denomination. One does not have to follow an Eastern religious practice to be involved in the Kriya Yoga classes, though an understanding of universal spiritual philosophies is beneficial. Swami's weekly discourses are recorded on his blog which can be accessed at [www.fridaysatsang.blogspot.com](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)





## Creating a work of art

BERNIE SIEGEL, MD

*The meaning of existence was to preserve unspoiled, undisturbed and undistorted  
the image of eternity with which each person is born. Like a silver moon in a calm, still pond.*

ALEXANDER SOLZHENITSYN

Conceiving a child and raising it to feel loved is the most significant action parents can attain. A loved child becomes not only a creative, inspiring being but one who helps all living things to survive and thrive. Think of your child as a young artist who has come to you to learn how to paint or sculpt. As a teacher you would show patience and guide and instruct the child so they can create a work of art. You would not throw out their painting or pottery but show them how to rework it and create a true work of art. Well you have the clay, the paint and the blank canvas to work with; your child.

As a surgeon I listened to eighty five year old parents complain about their kid and I had to laugh remembering they were talking about a kid, who was in his sixties. We can constantly be critical of our children by using phrases like, "There's something wrong with you." Or we can let them know they are loved even when we don't like what they are doing.

I know from working with all age groups that when you ask eighty or ninety year olds whether their parents loved them close to ninety percent answer yes; but when you ask high school students the same question the figures are reversed. When for homework you ask students to write a note about why they should commit suicide and why they are loveable the suicide notes are three to five pages long and the love notes one page. I am not trying to depress all the parents reading this. I have lived the experience with our five children so I know wounds can be healed and that if we are truly educated about the parenting experience our children will be the beneficiaries. Licenses are needed for just about every significant activity or occupation except parenting. So when the birthing classes finish start parenting classes and learn from those who have preceded you and lived the experience.

Why is it your children's children are called grand and their children become great grand children? The answer is that as we grow and mature and learn what is truly important in life we see the children as grand and great. So if you do not have time to read this entire article all I ask of you is to act as if you are a loving grand parent towards your children. I was born an ugly duckling, who my parents hid in a covered carriage. I survived because I had a grandmother who, to quote my mother, "Poured oil over your body and pushed everything back where it belonged many times a day." I didn't have to find my own beauty, as the ugly duckling did, because I had a grandmother. Studies show the benefits of massage in newborns by their rapid weight gain. So touch and massage your children and watch them grow and develop in response to your loving touch. One teenager I know said she was staying at her grandmother's house and there were no full size mirrors for her to look in before she went off to high school. When she complained to her grandmother her grandmother said, "Come over here and look into my eyes and you'll see how beautiful you are." There are many ways to touch your child.

We must remember the opposite of love is indifference. So the child who feels unloved and drives you nuts gets your attention. While the angel often feels unloved because no one pays attention to him. As one of our children said, "I don't get twenty per cent of your time." I explained his brother drove us nuts and got forty per cent. I admire the fact that he felt comfortable confronting his father with those statistics. When siblings are born one or five years apart there is little rivalry. So apologize, as I have, to our kids and help them become a family. Our children learned that love and appropriate anger can exist together. Make magic and do things as a family every week. It can be eating out, going skating, visiting a museum,



whatever; just make it an activity that allows you to interact and not sit staring at a TV set or a movie screen. When you do the latter have a session in which you all discuss your reaction to what you saw and learn from each other.

Various states are currently debating passing laws to ban spanking until age four and not allowing smoking in cars with children under the age of six, while a religious cult in another state wants a law passed to allow whipping of children. I can see the fourth birthday becoming spanking day to make up for what parents weren't allowed to do until that day. It is absurd. What we need is a law which says you must love your children.. I know smokers who smoke outdoors to protect their pets but do not think about their children's lungs. Love is the answer. As Emmet Fox wrote, "There is no difficulty that enough love will not conquer; It makes no difference how deeply seated may be the trouble; A sufficient realization of love will dissolve it all." A young woman I know whose parents are alcoholics started saying to them every morning, "I love you." They never answered her. After doing this for three months she ran out of the house one morning late for school. Her parents were in the street yelling, "You forgot something." "What did I forget?" "You didn't say I love you." Their healing began.

Yes, love is a weapon and I prefer to kill with kindness and torment with tenderness.

When we do this our natural tendencies towards aggression are utilized in creative ways through work, sports, games and hobbies and not through destructive behavior. A child's brain wave pattern up to the age of six is like that of a hypnotized individual. So your messages can stay with them for a lifetime. If they are mottoes to die by, and the child does not make a conscious effort to eliminate and abandon them, it does lead to their illness and early death.

A study of Harvard students showed that of those who felt loved by their parents, while attending college, only one fourth had suffered an illness by midlife while almost one hundred percent of those who didn't feel loved had suffered a major illness by midlife. The addictions and self destructive behavior are not an accident. To quote a woman who said her mother always belittled her efforts and only dressed her in dark clothes, "My mother's words were eating away at me and maybe gave me cancer." The cancer motivated her to be born again and redirect her life; repent herself, find self love and buy a red dress. So curses can become blessings as castles can be built out of the mud.

Centuries ago Maimonides wrote, "If people would take as good care of themselves as they do their animals they would suffer fewer illnesses." So get some pets and treat your children as you do your beloved pets with love, affection, trust, respect, consistency, discipline, exercise and a reverence for life. Those bits of advice actually come from veterinarians. So when in doubt WWLD; just ask yourself What Would Lassie Do?

If your children have any questions just remember love is my answer. My Mom's answers were, "Do what will make you happy." "Troubles are God's redirections and something good will come of this." And my Dad's, "Material things are to make life easier and when you are happy you are a success."



Dr. Siegel, who prefers to be called Bernie, retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. As a physician, who has cared for and counseled innumerable people whose mortality have been threatened by illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love.

**Visit Bernie's web site at [www.BernieSiegelMD.com](http://www.BernieSiegelMD.com)**



## Getting into the right business Part III

WALLACE D. WATTLES

As you go on in the Certain Way, opportunities will come to you in increasing number; you will need to be very steady in your faith and purpose, and to keep close touch with the All Mind by reverent gratitude.

Do all that you can do in a perfect manner every day, but do it without haste, worry, or fear. Go as fast as you can, but never hurry.

Remember that in the moment you begin to hurry you cease to be a creator and become a competitor; you drop back upon the old plane again.

Whenever you find yourself hurrying, call a halt; fix your attention on the mental image of the thing you want, and begin to give thanks that you are getting it. The exercise of *gratitude* will never fail to strengthen your faith and renew your purpose.

Whether you change your vocation or not, your actions for the present must be those pertaining to the business in which you are now engaged.

You can get into the business you want by making constructive use of the business you are already established in, by doing your daily work in a Certain Way.

And insofar as your business consists in dealing with others, whether personally or by letter, the key thought of all your efforts must be to convey to their minds the impression of increase.

Increase is what all men and all women are seeking; it is the urge of the Formless Intelligence within them; seeking fuller expression.

The desire for increase is inherent in all nature; it is the fundamental impulse of the universe. All human activities are based on the desire for increase; people are seeking more food, more clothes, better shelter, more luxury, more beauty, more knowledge, more pleasure – increase in some thing, more life.

Every living thing is under this necessity for continuous advancement; where increase of life ceases, dissolution and death set in at once.

Man instinctively knows this, and hence he is forever seeking more. This law of perpetual increase is set forth by Jesus in the parable of the talents; only those who gain more retain more; from him who hath not shall be taken away even that which he hath.

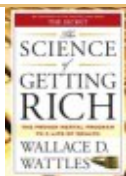
The normal desire for increased wealth is not an evil or a reprehensible thing; it is simply the desire for more abundant life; it is aspiration.

And because it is the deepest instinct of their natures, all men and women are attracted to him who can give them more of the means of life.



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

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





## Learning the Spiritual Laws

ECKANKAR

Whenever I look at a child, I see a little adult. Mighty oaks from acorns grow. There's no impulse to talk down to children once you realize they are Souls returned from an older time and place. They need today's leg of their spiritual journey, too, the same as you and me.

Sometimes they reincarnate to wield the sword of fear or power, while at other times they come to demonstrate the Law of Love.

A child of three, four or five will display a unique personality, perhaps an outgoing or adventurous one. But by age eight to ten, the child may suddenly turn shy and reserved. Upon reflection you'd say it isn't the same individual.

A young child often remembers the distant past and may well speak of it. A good question to ask a child of two to four is this: What did you do when you were big? You could be surprised if the child, in a nonchalant manner, sketches out a past life in broad details. Recognise it for that.

When people leave this physical life, they ascend to the next heaven, the Astral Plane. Some advance to a higher place, the second or third heaven. The second is the Causal Plane. St. Paul spoke of a third heaven. It is one of the regions in the upper worlds where Souls go to rest, to learn different facets of spiritual law – including the Law of Love.

The books of ECK present these planes and laws in some detail. After a short or lengthy rest in the higher worlds, we return to earth as a tiny babe. The body is a new prison of sorts.

This containment of Soul is the hardest part of reincarnation to deal with. In the last physical incarnation an individual was perhaps an adult in a well-trained, functioning body. Now, with baby fingers, he will try to pick up objects but fail in the attempt. Eyes struggle to focus and make sense of a blurry world, but for some time a scene remains a smear of black-and-white shadings. Months pass, and a perception of colour dawns. Little by little, the infant's mind develops in a heroic way to influence the brain to put it all together. In effect, the mind commands the brain, "OK, now sort out the light waves and make order from chaos."

Of course, as our true, eternal Self – Soul – we exist beyond the human mind.



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

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





## Readers' Inspirations

### The Presence

The fragrance of jasmine pervades my heart in your presence.

Awareness of the superconscious arises with your words;

And eruption of spiritual energy rises in your spiritual vibration.

This fire is for one and all, and may we all experience this indescribable power in our lives!

SUREN PILLAY



### Life's treasure

Estrange, entwining, geometrical, whatever turns and circles, always come back to the beginning. Our every life path has different directions, breaking its mark and enjoining other forceful energy. Making one choose ones direction, but giving no hesitation just to succumb to the avenue before leaping ahead. A breaking point is always present. It can be a past and a future. Our lives are like pieces in a puzzle, always being placed in a situation. Where there is no turning point, but to rejoin the pieces are already there. A present to future to embark on new beginnings and endings; to either make or break a piece of the puzzle that is you. A new day, a new beginning and a new life. You are precious. You inspire me. You are talented and important. Do not judge yourself.

Always forgive. Have a sense of humour. Smile and don't destroy. Situations arise. Deal with them. Seek blessings from above. Trust in yourself and be certain to broaden your view. You have emotions, feel; you are always learning. Try to understand what is unjust. You are unique. You have inner courage, increase your spirit, it is a sign of growth. Demand what is rightfully yours. Be moderate and controlled, and avoid extreme limits. Do not deny any sweetness in your life.

You can give yourself options, choices and patience. Do not attack yourself, when you have missed a step, retrace it. Mistakes are for learning perfection. Be who you are. Smile, love, feel, accept, help, allow, forgive. If u feel hurt, express it. If you want to love, show it. I you want to give, allow it. You create love. It never destroys. Beauty does not fall, but grows. Think about it, allow it, receive it. It is love. It is you. A person is a gift, a treasure, a soul. You decide that it is you who makes life. You are life's treasure, so claim it.

ZARINA MALICKSHA



### Meditations on the Christ

I will follow the shepherds of faith, devotion, and meditation.

Guided by the star of soul wisdom, the shepherds will lead me to the Christ.

I will behold the "only begotten," the sole reflection of transcendental God the Father,  
born in the womb of finite vibratory matter as the Christ Intelligence  
that shepherds all creation to an intelligent divine end.

I will break the chains of restlessness and will limitlessly expand the power of my meditation  
until the universal Christ Consciousness is able to manifest fully through me.

Bless me, Father, that the single eye of realisation lead me to behold  
through all the veils of matter the infinite presence of Christ.

PARAMAHANSA YOGANANDA





## Index of Resources and Online References

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### Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
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### Baha'i International Community

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### Centre for Spiritual Awareness

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### Gayathri Peedam South Africa

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### Heaven Letters (TM)

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**Mindlink Foundation**

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Email: [info@mindlinkfoundation.com](mailto:info@mindlinkfoundation.com)

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

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

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