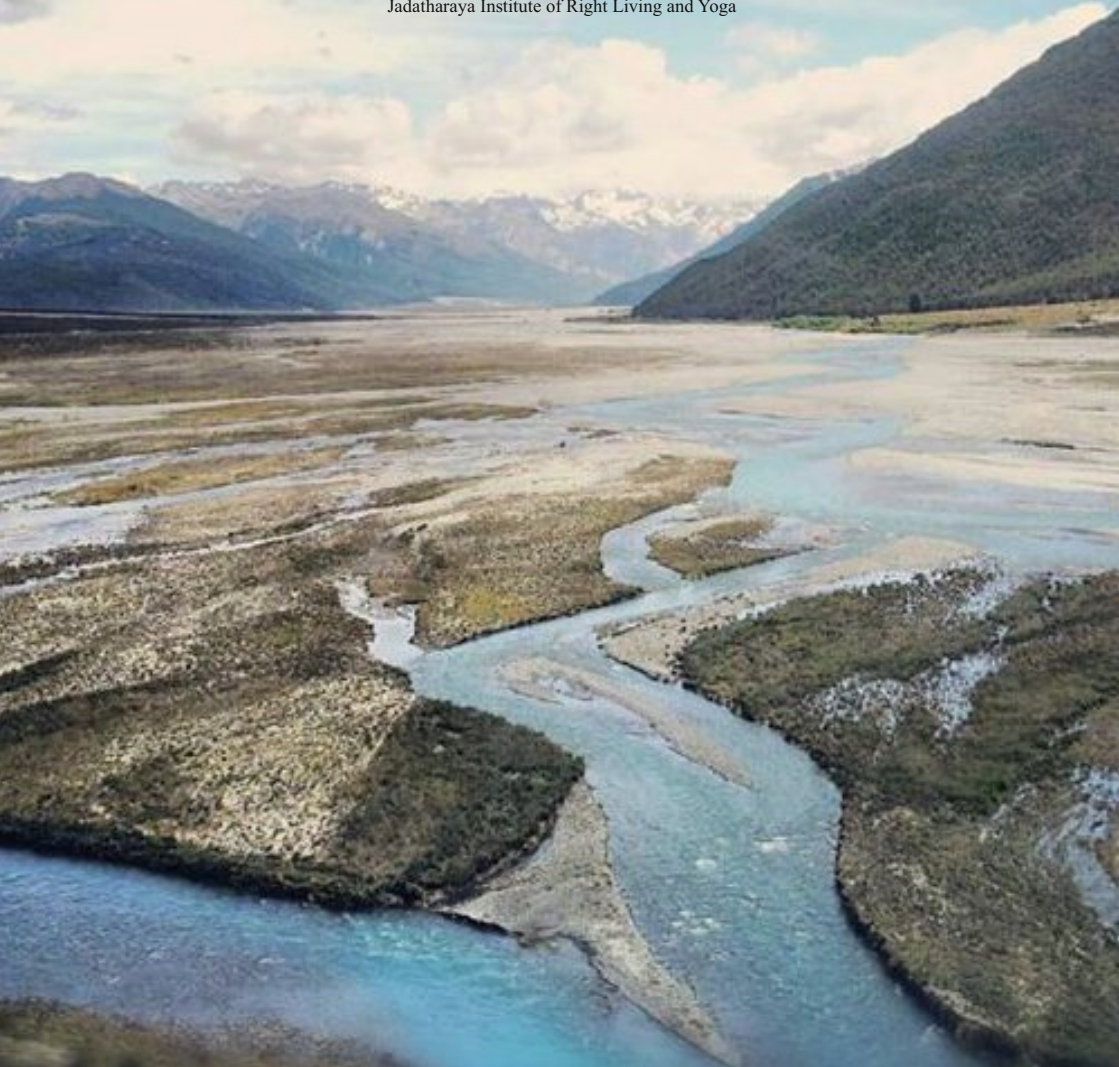


***If you look at any picture of Divine Mother,
with one hand she gives while she receives in the other
what you offer to her during prayer.
So, like that, whatever you do, you must give in abundance.***

SWAMI SHANKARANANDA MAHARAJJI

Jadatharaya Institute of Right Living and Yoga



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 42
21 August 2013



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 42

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This month's cover feature is of the Waimakariri River at Arthurs Pass, New Zealand by Victoria Rodda [facebook.com/VictoriaRodda.Art].

Welcome to the August 2013 issue of *Transcendence*.

The words by Alanis Morissette 'One day my mind will retreat; and I'll know God; and I'll be constantly one with her night, dusk and day...' in her song, *Incomplete*, echo, certainly, the sentiments of many women today who are trying to reconcile their careers, family and spiritual lives.

August is national women's month in South Africa, with the 9th of August being celebrated around the country as Women's Day. This month's issue of *Transcendence* is dedicated to women around the world, and to all those who remain faithful to the ongoing struggle for women's rights and equality.

Men and women are equal; different – but equal in dignity, intelligence, and spirituality, although some religious inclinations lean towards male superiority, bestowing God with masculinity, usually as a result of male dominance at the time certain scriptures were compiled.

Like men, women have excelled in science, medicine, the arts, literature, and religion. Statistically, though, the numbers of male achievers in most fields is higher, which has resulted in the fallacy that 'men are better' in these pursuits. But it is seldom explained why this is. Gender differences is a complex study but, in a nutshell, in most cultures women are responsible for the ongoing survival of the species, in raising young, teaching them proper morals, and taking care of many household duties – all of which constantly weigh on the female mind in ways that men often don't realise, and leaving little time for intellectual or spiritual pursuits. Because of this it is generally only in later life, if at all, that women with families are afforded the time or finances for these little 'luxuries'.

The simultaneous dedication and service of women to their careers, husbands and families, and the painful price they pay in some cultures just for being women, is often overlooked in male-dominated intellectual and spiritual fields. It is our earnest prayer this month that in time to come this will change for the benefit of the entire race, and that women the world over, will be awarded rightful recognition for their service, dedication and devotion.

In Love and Service, always,





Heavenletter # 4085 - Heartlight

GLORIA WENDROFF

God said:

Have a heart. Here. Here's Mine. It's yours. You already have it. It may be buried in your chest. Bring it to the forefront. Let your heart speak for you. Within your heart, lies Mine. Where did you think love came from?

All love is Mine, and all love has been secured in your heart. So your heart is Mine, and My heart is yours. Our hearts are made for each other. Even though as there is One of Me, there is One heart, and it is Ours, this one heart favored by all.

Sometimes My heart held by others is misused or not used at all. How can that be? Impossible, yet, seen from the outside, that is the case.

My heart would never be cruel. My heart would never be unthinking, shall We say. My heart bursts with love and nothing but love, yet less than love is known upon Earth, and so the Earth is ravaged.

Love gives. Less than love takes. At the same time, love is a give and take. Love has to be issued, and love yearns to be received. So, be a giver, and, when it comes to love, take it. Yet receiving isn't taking, yet nor is receiving passive. Receiving is a loving art, and so shall you receive.

To begin with, here is My love all laid out on a platter. You don't even have to ask for it, though you may. All you have to do is to reach out and bless My love with your acceptance. Be eager to accept My love, for I pour it out. I pour out the fullness of My heart rampantly. Catch it now, and catch it later again because My love is a continuum of pouring. There is no stopping it. Keep your receipt of My love just as constant. You are never without it. No matter how lonely you may feel, My love pours voluminously out to you. My love is never just a trickle. My love is a torrent of love. My love is Niagara Falls. My love. Beloveds, you are My love, and you act on My behalf.

What is your job on Earth? It is to deliver My love. On My behalf, you give love, and you give more, and you create more, and you receive more.

Let the issuing of love be a song that sticks in your mind. It simply won't go away. You are aware of this song of love that runs through you. Nothing deters this music. Is not love music? Is it not the music of the soul and the music of the Heart of God?

Let My music course through you. Let it light each cell of you. Let it brighten life for yourself and everyone who sees a star like you on Earth. Why not be a star of light on Earth as you are in Heaven?

What would hold you back from revealing the Bright Light you are? You are capable, not incapable. You have the wattage. You were born with it. All you have to do is turn it on. You are a light bulb from Heaven on Earth. You are a long-lasting light bulb that is never to go out. First you turn your light on and then never dim it. Let your light so shine before the whole world so that the whole world can recognize the light that it is. Light is beautiful, and you are beautiful. You are My beautiful heartlight on Earth. Beloveds, you are like a search light on Earth. You are a beacon light of Heaven shining for all to see.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/heartlight.html>





Inspirational Quotes



The furthest star is your neighbor. There is no one who is not your neighbor. And I am your nearest Neighbor of all. I am right with you. I am deep within your heart. We are deep deep friends. This is how I like it. This is how I love it. I love you, and you love Me, and how beautiful is love. What can be better than love? Nothing. What can be as good as love? Love alone. There is nothing else. Anything else amounts to a hill of beans.

Heavenletter #4093 Your Nearest Neighbour



You can send out love that is not personal. You can send out love from afar. You won't snuggle up to someone who may not want to snuggle up with you, yet there is far more to love than physical presence. Your love depends on you and not on anyone else.

Heavenletter #4094 Love and Release



Whatever you do, wherever you are and wherever you go, you want love to be at your basis. Of course, that is the truth. Love is your very foundation. Anything else is not. Therefore, you set your direction in the direction of love. You not only are love, but you set yourself in the direction of love.

Heavenletter #4095 Where Else Can Love Exist



The individual you that you believe you are is an illusion. I AM the Reality. You share My heart. I give you all My love. I do not give it to you for hoarding. I give it to you so you may give My heart to a world that too often has been impoverished.

Heavenletter #4096 The Petals of Your Heart



Enter that quiet stream within you. It sustains you no matter what the surface is up to. It is nice here. It always is. There is a Do Not Disturb sign here that keeps noise away. The underlying Silence of Heaven buoys you. It is as if you cannot hear the roaring of the waves. You are in a deeper place where your heart can rest.

Heavenletter #4098 This Is The Truth

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





The real purpose of our spiritual practices

ROY EUGENE DAVIS

Souls are individualized (not created) as units of the pure consciousness of ultimate Reality because of subtle interactions between the expressive aspect of ultimate Reality and its emanated field of primordial Nature. Their consciousness becomes blurred and conflicted when they identify with objective conditions because they are curious or are influenced by inertia. People who don't know how souls are produced and become involved with a universe may imagine a supreme being that creates souls and universes for purposes that must remain mysterious because they are not known. They might imagine a variety of ways that universes and souls come into being or promote their theories of salvation (permanent freedom from suffering and misfortune commonly experienced by incarnated souls and other forms of life in our world). The primordial (original) expression of Nature is composed of a unified field of Om vibrations, space, time, and fine cosmic forces. From it, causal, astral, and physical fields or realms are produced. Its energetic characteristics are kinetic (capable of movement), inertia, and equilibrium (balance or stillness).

The immediate way to have our consciousness restored to wholeness is to detach attention and awareness from objective (outer) and subjective (mental and emotional) conditions to the extent that emotions are calm, the mind is peaceful, and stillness prevails while we remain alert and attentive. This can be done during meditation or whenever we decide to do it. Spontaneous spiritual enlightenment is also possible. For optimum benefits, do these things:

- Holistically live a well-ordered, purposeful life, doing what is right or proper in all situations and relationships. This will contribute to your physical and psychological well-being and harmonious environmental circumstances.
- Meditate every day to the stage of superconsciousness, then gently aspire to rise above ordinary (modified) states of mind and consciousness.
- When engaged in normal activities, stay alert, attentive, and Self- and God-aware.
- Remember that, at any moment, your innate Self-knowledge may be revealed and partial or complete spiritual awakening may effortlessly occur.

Don't allow your aspiration to be fully spiritually enlightened to be weakened by doubts, pessimism, extreme mood changes, negative comments others might make, or neglect of metaphysical study and regular superconscious meditation. Regardless of the events and circumstances that emerge and linger on the screen of time and space, or fade away, faithfully go forward with firm resolve. Follow the guidance of your essence of being, your immortal, true nature in which flawless Self-knowledge and eternal joyousness of being permanently abide.

Affirm With Realization: At the innermost level of my essence of being, I have constant peace of mind and complete, joyous soul-satisfaction.

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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Light and enlightenment

LUCIS TRUST

It can be difficult today to realise that less than a few centuries ago city lighting was practically nonexistent. It is only within the last one hundred years that gas and electric lighting have come into being on a large scale, and today, the use of physical plane illumination has developed to such an extent that it now covers the entire globe.

Paralleling the development of physical plane lighting has been the raising of human consciousness. A high level of education has emerged in most countries – to such an extent that the light of knowledge now permeates the earth. Information is available on every imaginable subject, bringing with it varying degrees of enlightenment. Modern communication systems have practically annihilated time and brought the whole world together as a functioning unit.

The evolutionary process provides a pattern of progressive response to light and to its more sensitive and subtle aspects. We know, for example, that knowledge when acquired and applied (particularly when applied selfishly and unwisely) may well lead to much pain and suffering. As a result, any future activity is likely to be handled in the light of experience gained; in due course, knowledge and experience combine to reveal the light of wisdom. Eventually, we develop the ability to work and function in the light of the soul and in the light of loving understanding.

Humanity as a whole is in the process of entering into “light” and is learning similar lessons as new goals and objectives are gradually revealed. It has been said that enlightenment is the major goal of education, and in one sense, this can be seen in the great educational systems of the world with their capacity for improvement and development.

We are now living in what has been called a “global village”; we are living in a transition period in which humanity, once separative and exclusive, is beginning to identify with what is going on in practically every part of the world; help is given to those in need, even though on some occasions the motive may well be enlightened self-interest. Old attitudes are gradually changing; and whether it realises it or not, humanity is learning to work in the light of those higher principles which are of benefit to the whole and not to just one exclusive part.

When, therefore, we invoke the Mind of God and say: “Let light stream forth into the minds of men, let Light descend on Earth”, we are voicing one of the great needs of humanity and – if invocation and prayer mean anything at all – the answer is certain and sure.

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 to solve the mystery of life after death: part I

PARAMAHANSA YOGANANDA

The existence of life after death is the greatest mystery guarded by nature. No one is allowed, no matter how great a saint he might have been, to come back after death and tell the masses of people (or to tell anyone except perhaps a few devotees) of the life-eternal. Not one of the billions who have died since the world began has returned to life in the same body, and stood on a lecture platform and cried, "Behold, here I am, come back from the dead, and I now understand the mysteries of the hereafter."

God does not want to influence anyone through the testimony of his saints, or by the miracles they perform. God wants his human children to awaken to their immortal soul nature by their own free will. Everyone must individually solve the mystery of life and death.

The paradox of delusion is that every individual is a mixture of the changeless soul and the changeable body. The soul is individualized Spirit, operating through a physical body. It is God Himself who has descended into the bodies of all His human children. Individuals play many different parts through many incarnations, while remaining unchanged in their soul natures, but because they identify themselves with the limitations and changes of the body, they forget their true unchanging natures as souls.

The spiritual eye: pathway to soul consciousness

Solutions to the mystery of life and death must be received in direct contact with the Infinite in meditation. In meditation, by concentrating at the point between the eyebrows, you can behold the spiritual eye, the gateway to the infinite world of Spirit. The spiritual eye, when seen clearly, has three colors: a golden ring on the outside; inside of the golden ring, a dark blue globe; and inside of the blue globe, a white five-pointed star.

By concentrating deeply at the spiritual eye, you can induce the superconscious state. As you meditate more and more deeply, you will arrive at ever more profound levels of superconsciousness and your awareness of the body and its limitations will begin to fall away. In ecstatic communion with the Divine, you will experience the eternal life behind your mortal life. You will not only think but realize that you are formless, omnipresent, omniscient, and far above all bodily limitations and changes.

Any devotee who experiences the eternal life behind this mortal life lives forever; that is, he is conscious of his existence after his death, even if he has to experience several more incarnations on earth. Such a devotee has solved the mystery of life after death.

Why wait for death?

We came from the astral world and we shall return to it. We go to the astral world after death but why wait for death? It is important to spend more time in the astral world. If you can consciously go there now, you will certainly be able to go there consciously after death.

The life force is very strong in the eyes. By fixing your awareness at the point between the eyebrows with deep concentration, and by being able to hold the divine light, when it appears, for any length of time, you can gradually learn to send consciousness and life force through the spiritual eye into the Infinite.

Just as a baby chick breaks through its shell of limitation, by deep concentration at the spiritual eye and "intuition heat," your soul will break through the shell of finiteness. Your soul will then experience, not a region of chaos and dark sleep, but the astral world or "heaven" which souls visit after death, and where they enjoy temporary freedom from the sufferings of mortal life. ►



Your soul goes to the astral world now, when you are asleep, but you are not conscious of it. Live there now by deep concentration upon peace and calmness in meditation. By increasing the intensity of your concentration at the spiritual eye and the depth of your calmness, you can be in the astral world, free from the limitations of the cage of manifestation.

Communicating with departed loved ones

Communicating with departed loved ones, like the existence of life after death, is a closely guarded secret. Only selfless, patient, all-loving individuals are able to establish a link with departed loved ones after death.

To communicate with a departed loved one, concentrate deeply at the point between the eyebrows until you can see your spiritual eye with both closed and open eyes. You must be able to hold that concentrated state for as long as you desire. Then visualize the soul you want to meet and constantly broadcast to him to come into the light. Only good souls, who loved you and whom you love, should be invited.

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

The Expanding Light



Ananda's Spiritual Retreat for Meditation, Yoga and Health



We strive to create an ideal relaxing and supportive environment for people to explore their own spiritual growth. We share the nonsectarian meditation practices and yoga philosophy of Paramhansa Yogananda and his direct disciple, Ananda's founder, Swami Kriyananda. Yogananda called his path "Self-realization," and our goal is to help our guests tune in to *their own* higher Self. Guests at The Expanding Light can learn the four practices that comprise Yogananda's teachings of Kriya Yoga: the Energization Exercises, the Hong-Sau technique of concentration, the AUM technique, and Kriya Yoga. The first two techniques are available for all guests; the second two are available to those interested in pursuing this path more deeply.

visit www.expandinglight.org

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

ROD BRIGGS

I've just spent two days in the sharp end of an airliner, looking out over a large chunk of three continents. It is an education almost without equal.

The first day took me from the far west of Ireland due east over the UK, central Europe and the old Eastern bloc countries then banking south east over the wonderful majesty of the snow capped Ural Mountains and the Caspian Sea.

The next day involved another daylight flight over the Gulf of Hormuz, the Arabian Peninsula and almost the entire east coast of Africa as far as Durban. From an altitude of twelve kilometers the view was both unimpeded and spectacular – a gods eye view of our world! Focusing on it created a wonderful meditation on the richness, complexity and beauty of life. It also brought home, in graphic detail, the speed at which environs change.

The eight hour East to West flight had me crossing time zones and chasing the night; the similar length North South flight moved from a late winter in the northern climes, along with fifteen foot snow drifts, through the eternal sunshine of the equatorial regions, to a mild autumn in the South. It is, as my kids say, “how we roll” – literally. And this seems to be an insight lost to many in today's – only see the road immediately in front of you – world.

The ancients saw both day and night and the seasons as mirrors of each other only differing in scale. The summer was analogous to the day, full of energy and growth while the winter was the scaled up version of night, full of hibernation and a period of inactivity. Sunrise and sunset were the preludes, a gentle awakening and a slowing down, of spring and autumn respectively. These changes, both diurnal and seasonal, were seen as the basic rhythms of the cosmos – of which we were but an integral part. Change was not only accepted, it was actively welcomed as the natural order of things.

Change today is often seen as threatening the status quo; a way to disturb our much loved comfort zone. Herein lays much unhappiness and stress. Wherever you find yourself, in whatever circumstance, we can no more stop change than we can the turning of the year. This holds true from supernova explosions and the creation of worlds, through civilisations, nations, groups and individuals. It is the natural progression. To progress, therefore, we need to embrace change, always.

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





Self Hypnosis Part I

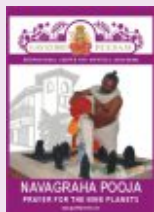
SWAMI MURUGESU MAHARISHI

Nowadays, all persons who have some interest in knowing about human life and a few miracles performed here and there by so-called supermen, would have certainly heard of hypnotism. Questions such as: What is hypnotism? Who is the founder of this great science? What benefits can be derived by hypnotism – are asked by many. Hundreds of books on hypnotism have been published in almost all languages of the modern world. But let us try to understand hypnotism from a new angle.

The word ‘man’ represents only the mind (from ‘manas’) as no man on this earth has control over his inner-self. What is referred to as ‘I’ represents only the mind. All the particulars about a person such as education, character, creativity, or authority, apply only to the mind, and if the mind is stilled in any way then all of these qualities vanish.

The inner-self (soul) actually has no connection with a person’s actions. From birth to death all that a person does belongs is a product of the mind only, and the inner-self has no connection at all with these actions. It is like this: we sit in a train; while the train travels, different scenes can be viewed through the windows on both sides of the train, as it passes from station to station. But is the passing of these scenes due to any action of a traveler on the train who does nothing? The traveler is not moving; only the train moves. Similarly, from birth to death, all that a person does, does not apply to the soul which is unaware of these actions. The soul lies in a slumber-like state.

This mind acting as a person has two sections: conscious and subconscious. The conscious mind receives stimuli from the external world through senses and, accordingly, controls body parts like hands, legs and organs. This section of the mind has only a present and momentary reception from the world. The subconscious mind (called *chitha* in yogic terms), keeps in it all actions performed by the conscious mind throughout life. What is usually referred to as ‘karmic influences’ are stored in this mind section. When any karmic influence matures, it causes the conscious mind to act accordingly so that either good or bad experiences takes place. For example, if a bad karmic influence matures, it makes the conscious mind think “let us go out”. When the conscious mind controls the body, makes it walk into the street and become involved in a motor accident, that particular influence is exhausted from *chitha* which is the controller of one’s fate or destiny, created by the actions of the conscious mind. This fate may be good or bad according to the action of the conscious mind. These impressions in *chitha* are called *vrithis* in yoga which teaches that yogis should always check the *vrithis* of *chitha* as part of the journey towards becoming self-conscious.



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.

Click here to download your FREE copy of *Navagraha Pooja*

Please visit our website at www.gayathripeedam.com for more information.



www.gayathripeedam.com

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





Principles of practice

SUREN PILLAY

As the dawn of a new age draws closer, humanity seeks to know itself even deeper. This is evident in the technological leaps made forward in the last decade. Information and, more importantly, wisdom has become of increasing importance to the human species. Information is raw data capable of producing positive and negative effects in the world. Wisdom, however, is something more subtle and intuitive.

Science is continually pushing the boundaries of discovery with regard to healthcare, mental focus, productivity and happiness. Scientific conclusions are affirming the wisdom of spirituality on almost a daily basis. The effectiveness of yoga in youthful rejuvenation, and meditation on calmness and disease prevention is being recognised by scientific data. However the sages of wisdom did not require science to affirm their faith in spiritual practice.

The impact of sadhana of any branch of yoga can be seen almost immediately. The disposition of one who practices sadhana is calmer, more focused and serene than the average person. Such an individual is bound to be guided by inner intuitive faculties rather than the outer opinions and beliefs of others, and to live a life of greater well being, health and mental focus: traits strengthen not only ones footprint on the spiritual path, but also on the material path.

The saints and sages of wisdom have always highlighted two important principles in spiritual practice. The first is regularity: without being regular in a sadhana, it will be impossible to reap the results of such spiritual practice. The practice of regular sadhana entrenches a behavioural pattern of inner reflection, contemplation and peace. The result of sadhana is always a more calm, balanced and focused perception of any given situation or circumstance.

The second principle of spiritual practice is that it must be sincere. There must be an authentic desire to attain a higher level of inner bliss and communion with God through sadhana. This desire cannot be faked, and those who lack sincerity end up performing sadhana robotically, without much intensity. This lack of intensity and burning desire to attain spirituality proves to be a road block on the spiritual journey. In extreme cases, a lack of sincerity on the path may result in a complete cessation of spiritual practice altogether.

Two questions to ask yourself today, are:

How regular am I in actually practising sadhana? and How sincere am I in reaching and desiring self realisation. Once your answers are established, resolve to increase both such that you can attain even higher levels of spirituality and attainment.

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 women's empowerment in creating a better world

FLORA TECKIE

As we celebrate National Women's Month in August, let us reflect on the role of women's empowerment in creating a better world.

The progress and empowerment of women and attaining her rightful and equal status with men, is fundamental to the future well-being of the earth and its people. The empowerment of women, in the Bahá'í view, requires profound changes in the minds and hearts of people and in the structures of society. It begins with the understanding that the equality of women and men is more than a desired condition to be achieved for the common good; it is a dimension of human reality. In those aspects that make human beings human, women and men are fundamentally equal.

In one of its recent messages, the Universal House of Justice, the governing council of the Bahá'í international community, states: "...the equality of men and women is... a universal spiritual truth about an aspect of the nature of human beings... It is, above all, a requirement of justice. This principle is consonant with the highest rectitude of conduct, its application strengthens family life, and it is essential to the regeneration and progress of any nation, the peace of the world, and the advancement of civilization".

In terms of their roles and functions, women and men compliment each other. The happiness and stability of humanity can only be assured when they are both perfected and treated as equals. According to the Bahá'í Writings: "The world of humanity has two wings – one is women and the other men. Not until both wings are equally developed can the bird fly. Should one wing remain weak, flight is impossible" and "the happiness of mankind will be realized when women and men coordinate and advance equally, for each is the complement and helpmeet of the other".

Gender equality is viewed by the Bahá'ís as an essential aspect of the oneness of humanity. In the context of the oneness of humanity, equality of the sexes is not only a requirement of justice but it is a pre-requisite for peace and prosperity. Only as women are welcomed into full partnership in all fields of human endeavor will the moral and psychological climate be created in which peace can emerge and a just and united world civilization develop and flourish.

According to the Bahá'í Scriptures: "...men and women are equal in the sight of God... The only difference between them now is due to lack of education and training. If woman is given equal opportunity of education, distinction and estimate of inferiority will disappear".

A deep commitment to the establishment of equality between men and women is essential for humanity's advancement and peace. "The creation of a peaceful and sustainable world civilization will be impossible without the full participation of women in every arena of human activity".

The change or transition required towards bringing about gender equality, requires education and patience with oneself and others, as well as an unshakable determination.

Through belief and commitment in the oneness of the human family, women and men together can create a peaceful, just and prosperous world in which to nurture the generations to come.

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 people's voice heralds the future

BY THE MASTER through Benjamin Creme

It is becoming more and more obvious to many that the present economic structure of the world is in tatters and must be changed. For example, the economies of the USA, Europe and Japan are in the doldrums; and China, so recently the powerhouse, is slowing down. Only India, where millions still live and die in poverty, and Brazil hold aloft the banner of 'success'.

Admittedly, this is a very partial view of the economies of the world but it is largely the case that the nations are languishing and know not how to prosper. The old tricks no longer work: university graduates feel lucky to serve in bars; the poor are poorer than ever and are thankful for food banks; the middle classes struggle to 'keep up'; the rich are richer than ever but believe they are over-taxed. Governments try, but their priorities are mistaken and their methods no longer are relevant to the problems which face the world.

The people, however, who suffer most from government inaction or wrong thinking, see clearly their own needs. They look for freedom, justice, the right to work and a world at peace in which their families can thrive. Their demands are more and more being given voice. For little longer will the mass of men restrain the anger and frustration which is their lot. They trust no longer the words or the actions of governments done in their name. For too long, and too often, they have been deceived and cheated of their birthright. They see this in simple terms but with clear eyes, trusting no longer the machinations of the powerful rich. The voice of the people is rising, nay, has risen, and is calling men to declare themselves.

The people, clear-eyed and unafraid, have looked into the future and have seen the possibility of the fulfilment of their aspirations for a just and peaceful world. They know that this will not happen by itself but that they must, together with their brothers and sisters, take the power of fulfilment into their own hands. They know too that the way may be hard and dangerous but that the prize is too precious for them to fail, for it is the prize of brotherhood, of justice and peace, and a better, simpler and truer life for all. They know that no sacrifice is too great for this achievement and are willing to die in its name.

Thus will the people of the world inherit the birthright of freedom and justice that is their due. Thus will the voice of the people rise louder and clearer in the months and years ahead.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2013/ma_2013-07.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 Virgin Mary

ILDIKÓ FERENC

My cordial inner desire urges You to render thanks to Me purely and honestly day after day, and your dedication is so elevating and sublime that I am almost unable to dictate these hard words to you. Could you experience love and peace down here in every emotion of your hearts? Are you really receptive to the infinite goodness of heavenly energy that you have participated in through us? What emotions does my Name evoke in you, and what emotions fill your hearts by thinking of Me? Love, peace, harmony, goodness and abundance is what you keep mentioning along my name, but do you really believe my existence and do you really believe that my son is going to be born who was named Jesus my our heavenly father? How real is your reality? Is it necessary in your reality to experience me day by day as if I did not exist, and pine for love cherishing dreams and illusions? My love is endless towards you but I must also tell you that my heart is sad because I do not feel the earthly love I used to experience down there, and I do not feel the inner desire in which I could create the divine energies down there in the earthly world. I do not think you work on the right lines and I do not think you should stop short before an obstacle by not seeing the light and glory in you that would take you forward on your way. I suffered a lot in your earthly world, and my son, in whom you had trust and believed that he left the earthly world by sacrificing his divine energies, suffered even more. I often feel that your faith is insufficient to be able to really, honestly and with pure heart believe our existence, and that not only the treasures hidden in your earthly world exist but love energies, in which you used to live up here, corresponding to heavenly truths. It is necessary to have strength, light, love and harmony in your lives, and it is necessary for me to help you along this difficult way that is ahead of you. I am not different from what I have so far been nor do I want to help your lives in another way, but as an earthly mother, whose child is hugging her neck; now I am hugging you to Me so that you would look up to Us and see the divine light and love with which we are surrounding you. You shall feel the presence of divine energies in your lives, and you shall see that you are able to change and make changes, and be able to experience yourselves as you used to up here. You are able to exist as you lived in another person, in another body and in another place, and you are able to create the faith and strength in you by which you will accept the whole reality of your existence. My faith is strengthened by Your faith, and getting strengthened in my faith means accepting Your love by which you surround me day after day. Creating an emotion in your faith in which you have not dared manifest yourselves, and strengthening the inner flames of love in your faith in which you have failed to see yourselves to date – this is my task among you because I am coming among you more and more often and make myself felt stronger and stronger in people and situations and visit your earthly world more and more often since you need my faith so that I can strengthen you to be able to experience the power of pure and true love in yourselves. I shall nourish the soil in you to enable it to receive the multitude of divine energies and to make you able to experience your inner beauties. Thanks and gratitude to you for everything that I had to see down here in the earthly world when I lived here and I am also grateful for being able to overcome the loss of my son and his death, and now I am able to love every person equally and show the way in difficult moments too. I ask you to believe the existence of the heavenly world as well as Mine, and believe that we are able to help You and You are able to receive our energies. You do not have to exist in any other way than the way you used to live in up here, walk the road of pure love, harmony and peace and accept the deepest reality of your existence. I have and am still doing the same and shall do it as long as the world exists. I love you and I love the motherly emotions in which I recognise myself, and every form of your pure and true childlike existence.

Thank you for listening to me, Virgin Mary

"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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Sharing, needs, and wants

SWAMI SHANKARANANDA MAHARAJI

The great saint, Maitreya, attributes all our problems to our non-sharing, our ability to not share. He says that we do not want to share. We talk about sharing at home. We talk about sharing at work and we talk about sharing in the world, in the country, in the universe. But we have become very selfish and as long as we are going to be selfish, no happiness is going to be upon us. So it is for you now to start sharing.

Maitreya is to the Buddhists what Krishna is to the Hindus, Muhammad to the Muslims, or Jesus to the Christians. He appeared in April 1986, out of nowhere, in the middle of a big crowd in Nairobi. He was also interviewed on two television channels, one in America and one in England on BBC by a person called Benjamin Creme. That's how Maitreya works.

There are many things that we don't want in life. There are many things we don't need in life, but we still have them at home. Think about it. There are many things we really don't have a need for, we're never going to use them again, they're never going to be used by us or our children but we'll still keep them. And yet there might be somebody who has a real need for those things, but they cannot afford them. That is the kind of sharing we're talking about. We're not saying, "Go to the bank now and if you have one million come and give the guru 500 000." We're not talking about that. We're talking about basic things that we really don't need – not that we don't want – that we don't need.

We don't have needs. Every one of us has wants. And those wants are based on greed. Need is never based on greed. Need is based on a lack of something. "I need to replace the bed." If you say, "I want to replace the bed," it means that there's nothing wrong with the bed at all, you just want to replace it because the neighbour said she has a '14-crown' bed, and yours is only 'one crown'. That's what we do. And that's the difference between needs and wants. We don't have needs, we have wants, and as long as we have wants we will not share because we want everything.

In the *Bhagavad Gita* Krishna says that no matter how much you have, you are never satisfied, you'll still want more (16. 11–16). The strange thing is that those who have the most money, or the most of anything, will usually be those who give the least. It's strange, but it's true. This is the law, the way the natural cosmic law works. And the one who has the least will give the most. This is also cosmic law. When you do *pooja* (prayer), as you give so you'll get. If you look at any picture of Divine Mother, with one hand she gives while she receives in the other what you offer to her during prayer. So, like that, whatever you do, you must give in abundance. Some of you went to India and you saw that even when they dish rice onto a banana leaf, it is done in abundance, and they are never short, I promise you. We always say we're short, because that's the energy we put out there, so that's the energy we'll get back.

EXCERPT FROM *AT YOUR SERVICE VOLUME II* – 2009



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





Choose to Live (excerpt from foreword)

BERNIE SIEGEL, MD

After reading Joyce's book and thinking about the title I was reminded of the Biblical message that when life and death are placed before us we are to choose life. By that I do not mean simply to try and avoid dying but to choose to live a meaningful life involving us in a demonstration of our love for our selves and others. When we live that way our body knows we love our life and does all it can to sustain us, heal our afflictions and wounds and keep us healthy. When we do not love our lives and bodies, our body interprets the messages it gets as our desire to end our lives and it then tries hard to please us, as Monday morning demonstrates, with its increased incidence of major diseases and suicides. Choose to Live demonstrates what its title says. It lives the message. It can show you how to turn a curse into a blessing and through life's difficulties, or what I call the labor pains of life, help you to be reborn to the life you desire and enjoy the emotional and physical benefits which come with the new life. Then your problem becomes a gift and wake up call because it provides you with a new beginning.

Life is not unfair but it is difficult. We all need help and coaching so that we are prepared for the difficulties we will all encounter. If we have not been taught at an early age, by the authority figures in our lives, we have to learn from others and reparent ourselves so we have self worth and the desire to heal our lives. We can learn to face the sun and not see the shadows, as Joyce shows us, and not let a doctor's words become swordwords which can kill instead of curing us. There is no secret to survival. We can learn from others who exceed expectations what survival behavior is and how to accomplish it. That is what this book is about. Yes, it is a story but stories are truer than the truth and we can learn from them. Yet doctors rarely ask patients why they are doing better than expected so they could pass the word on. They think you are lucky or have a spontaneous remission when it is really self induced healing. Just as hunger leads us to seek nourishment our physical and emotional problems can lead us to nourish our lives and derive the benefits that comes when we create our authentic lives and no longer live the one imposed upon us by others.

One must love one's self to accomplish this. Information does not solve the world's problems, nor the individual's, if it is not accomplished by inspiration. To derive the benefits inherent in the reading of this book you have to care about yourselves and not be fearful of guilt, shame and blame if you do not have the result you desire. The question is; are you willing to give it a try and participate in your life and health and take responsibility for your choices and actions. It is not about not dying, death is inevitable, it is about participating in and taking responsibility for your life. If you value yourself and do not fear failure you are what I call a respart, or responsible participant, then read on but if you are a good patient, or submissive sufferer, who fears empowerment then close up shop. What we are trying to communicate to you is related to your potential. You are not a statistic and survival mechanisms are built into you but you must give your genes a live message if they are to respond. If you are open to sharing the mystical aspects of life and not closing your mind and refusing to accept what you cannot understand then read on. Yes, there are practical experiences too like the advantages of humor and how to be empowered when interacting with health professionals.

Authority figures' words can kill or cure. When we listen to the side effects we are told will happen they can happen even when given a placebo. Our mind is very powerful and we need to know our thoughts and emotions create an internal environment which needs to be related to healing and not the complications of treatment. To quote Joyce, "Adriamycin, by the way, is known as the red death." If that's what your mind believes, it can be, but if Adriamycin were seen as a gift from God then the side effects would not be a problem. She also talks about receiving ACT, short for Adriamycin, Cytosan and Taxol. What if they called it CAT? I know of four chemotherapy drugs in a protocol which was called EPOH. One oncologist noted if you turned the letters around it became HOPE. He changed the name for his patients and more of them responded to therapy. So learn to visualize what you desire and not enter therapy in conflict. Your thoughts and feelings need to be in unison as Joyce demonstrates. The will to live is a real force which affects everyone's life and health. When you draw a picture of your therapy as the devil giving you poison you have a problem.

The message you live and transmit to your body is the issue. Survival behavior can be learned from the





behavior portrayed by Joyce and Kevin and their family. They worked at healing their lives and bodies and thus did not empower their enemy, or disease. When you fight a war you empower your enemy because that is what you focus on and the kill approach does not enhance your immune function or life and then death becomes a failure on your part and you are a loser. When your focus is related to healing your life and body you are a winner and have much to teach others about living rather than avoiding dying. I always say that the bitterest people in Heaven are the vegetarian, meditating, joggers who die anyway and wish they had done some things they enjoyed with their life's time.

Joyce shares some very meaningful wisdom, "This is my lesson to share: Be happy with what you have right now." "If you put your arms up and ask for what you need, you'll get it. Well, I was about to be hit with that brick I'd prayed for." Joseph Campbell writes that we need to love our fate and no matter what the hell happens accept that it is what we need. When we are capable of that it shifts our thinking and we learn from our wounds and the despair and darkness like charcoal under pressure becomes a diamond. It is no longer, why me? but try me. You realize your disease is not God punishing you but that it is a loss of your health and when you lose something you go searching for what you have lost, as Joyce and Kevin had the courage to do. They were not focused on not dying, but upon living, and the traditional and alternative choices that made sense to them. They decided which prescriptions to fill. Their motivation led them to travel to Switzerland and have the courage and energy to do so and the ability to reach out to family and friends for help and support, emotionally and financially. That is survival behavior. Others have the right to say no to what you ask for but you have to have the courage to ask for help and survivors do that. When they join a support group it is a group which truly supports them and their efforts and not a victim group which spends their time whining and complaining and if they do not do well blames them for doing things wrong.

Joyce shares the concept of getting people to pay attention to their feelings when choosing what path in life to follow. I ask people, "What would you do if you had fifteen minutes to live?" The answer that taught me the most came from one of our sons, "I'd buy a quart of chocolate ice cream and eat it." So no matter what your answer is ask yourself if it is your chocolate ice cream. If not then change your answer and your life and be born again. Women live longer than men with the same cancers and married men live longer than single men. Our lives are about our connections and relationships and meaning. Studies show even pets are therapeutic. However, it is important that we do not live a role. Joyce's life should be mean more than her being a mother and Kevin should not simply be the wage earner. Why? Because I know women whose cancers recurred and died when their kids left home and men when they can't work anymore. I want you all to live your authentic, meaningful life and relate to the world through your unlimited and unconditional love for yourself and others. What happens when you live that way? I have many stories I can share about people who did not deny the likelihood of their impending death but went home to live until they died and that is what has kept me counseling and coaching people for over thirty years. One letter I received ends with, "I didn't die and now I'm so busy I'm killing myself. Help, where do I go from here?" I told her to take a nap. Or my landscaper friend John, age seventy when I operated upon him, who just wanted to go home and make the world beautiful before he died. He refused treatment and died at age ninety-four with no sign of cancer.

There are no guarantees but if you have self worth and self esteem and were brought up with love you understand what I am saying. Do not fear participating and giving it your best shot. If you grew up with indifference, rejection and abuse let my words, and Joyce's book, convince you that you are loved and worth the effort. False hope is an oxymoron. There can be false expectations but hope is real, not about statistics and necessary for survival, just as is your motivated spirit filled with desire and intention. It is a spiritual journey and not just a physical one.



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 IV

WALLACE D. WATTLES

In following the Certain Way as described in the forgoing pages, you are getting continuous increase for yourself, and you are giving it to all with whom you deal.

You are a creative center, from which increase is given off to all.

Be sure of this, and convey assurance of the fact to every man, woman and child with whom you come in contact. No matter how small the transaction, even if it be only the selling of a stick of candy to a little child, put into it the thought of increase, and make sure that the customer is impressed with the thought.

Convey the impression of advancement with everything you do, so that all people shall receive the impression that you are an Advancing Man, and that you advance all who deal with you. Even to the people whom you meet in a social way, without any thought of business, and to whom you do not try to sell anything, give the thought of increase.

You can convey this impression by holding the unshakable faith that you are in the Way of Increase, and by letting this faith inspire, fill, and permeate every action.

Do everything that you do in the firm conviction that you are an advancing personality, and that you are giving advancement to everybody.

Feel that you are getting rich, and that in so doing you are making others rich, and conferring benefits on all.

Do not boast or brag of your success, or talk about it unnecessarily; true faith is never boastful.

Wherever you find a boastful person, you find one who is secretly doubtful and afraid. Simply feel the faith, and let it work out in every transaction; let every act and tone and look express the quiet assurance that you are getting rich, that you are already rich. Words will not be necessary to communicate this feeling to others; they will feel the sense of increase when in your presence, and will be attracted to you again.

You must so impress others that they will feel that in associating with you they will get increase for themselves. See that you give them a use value greater than the cash value you are taking from them.

Take an honest pride in doing this, and let everybody know it, and you will have no lack of customers. People will go where they are given the unexpected benefits which will come to you. You will be able from day to day make larger combinations, secure greater advantages, and to go on into a more congenial vocation if you desire to do so.

But in doing all this, you must never lose sight of your vision of what you want, or your faith and purpose to get what you want.

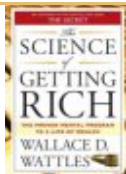
Let me here give you another word of caution in regard to motives.

Beware of the insidious temptation to seek for power over other men.



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





Learning the Spiritual Laws Part II

ECKANKAR

Of course, as our true, eternal Self – Soul – we exist beyond the human mind. From the lofty heights of Soul, we flash marching orders to our mind, which, in turn, passes them down the chain of command to our physical brain for execution. And so the will develops. We thus move and act. We grow.

With the passage of time, the infant comes to recognize Mommy and Daddy, vague forms that begin to register as real objects. It knows when the bottle's on the way, and so forth. A baby thus learns to put things into categories or files.

Its growing ability to place a thing into a familiar slot reduces the infant's fear, making the world a more comfortable place.

A mother observed the way her young child characterized things and put them into categories of his own making. Around the age of ten months, he began to mimic certain sounds. Sometime later, the mother noticed that every time they passed a body of water or a drinking fountain, he would say, "Mo."

One day she figured it out.

She had been teaching him to drink water from a glass. After each sip, she would ask, "More?" The child had taken the characteristics of this wet stuff in the glass and put it into the wrong file. He thought its name was "more." So anytime he saw water, he tried to call it by that name.

A child learns bit by bit. First on its agenda is the name of basic things – how to identify the concrete objects in the world around him.

Over time, children pick up the finer subtleties of getting along with others. If they have the good fortune of loving parents, they soon realize that as one gets love, he must also give it. Love is like water in that only so much of it fits into a glass. Before more can go in, some must be let out. So, if one doesn't keep giving out love, "mo" can't come in.

People often wonder, *How do I get God's love?* You get more of it by giving of your own to others.

All in all, earth is a spiritual school. Designed and set up by God, it lets each of us, each Soul in this world, learn more about becoming godlike – becoming more like God.

The whole purpose of you, me, and everyone else is to become more godlike. It is our mission, or purpose, here. It's the key to happiness.

People may believe they're here to mark time until the trumpets blow on the last day. At that point, having pursued a frivolous life, they expect the Lord to catch them up to some better world, to let them embark upon a useless and self-centered existence there too.

No. The true purpose of life here, there, or anywhere is to become a Co-worker with God.

Our past lives have brought experiences to polish us in a spiritual way. Like it or not, you are now the best and highest spiritual being you have ever been in any lifetime. Take a look at yourself. Like what you see? Fine. But if you don't like the face staring back at you in the mirror; keep in mind that this reflection is of your own creation. You are today the sum of all your thoughts, feelings, and actions in past lives.

I once said that sincere people who attend an ECK event – like an introductory talk on the Eckankar teachings – come because of some dissatisfaction with their belief or religion. Otherwise, why would they be there?



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

Cosmic Intelligence

What is life but mere thought in action?

A thousand moons come and go but consciousness remains.

What is it that binds us, connects us and releases us from all perception in the end?

Nothing but cosmic intelligence, that always was, always is and forever will be!

SUREN PILLAY



The light within

...we must remember that each of us is recognised by the brilliance of his light. This is an occult fact. The finer the grade of matter built into our bodies, the more brilliantly will shine forth the indwelling light. Light is vibration, and through the measurement of vibration is fixed the grading of the scholars. Hence nothing can prevent a man's progress forward if he but attends to the purification of his vehicles. The light within will shine forth with ever greater clarity, as the refining process goes on, until—when atomic matter predominates—great will be the glory of that inner man. We are all graded, therefore, if it may be so expressed, according to the magnitude of the light, according to the rate of vibration, according to the purity of the tone and the clarity of the colour. Who our Teacher is depends therefore upon our grading. Similarity of vibration holds the secret. We are frequently told that when the demand is forceful enough the Teacher will appear. When we build in the right vibrations and attune ourselves to the right key, nothing can prevent our finding the Master.

ALICE A. BAILEY, INITIATION HUMAN AND SOLAR



My Omnipresent Throne

I came down from my omnipresent throne of love in the bosom of space and in the hearts of twinkling lights to find a cozy place in the heart of man. I stayed there long, shut out from my large, large home. I was everywhere; then I hid myself away in the small places. Now I come out of my hiding places. I open the gates of the human limitations of family, caste, color, and creed.

I am racing everywhere to feel again my consciousness of omnipresence.

Through the transparency of my deepest meditation I shall receive the light of the omnipresent

Father passing through me. The moment I am restless or disturbed in mind,

I will retire to silence and meditation until calmness is restored.

I will begin each day with concentration and meditate on the Supreme Being.

PARAMAHANSA YOGANANDA



Mother

Mother is a word called Love; and all the world is mindful of

The love that's given and shown to others is different from the love of mothers

For Mothers play the leading roles in giving birth to little souls,

For though 'small souls' are heaven-sent, and we realise they're only lent,

It takes a Mother's loving hands and her gentle heart that understands

To mould and shape this little life and shelter it through storm and strife...

No other love than Mother Love could do the things required of

The one whom God gives the keeping of His wee lambs, awake or sleeping,

So Mothers are a 'special race' God sent to earth to take His place,

And Mother is a lovely name that even saints are proud to claim.

HELEN STEINER RICE



Index of Resources and Online References

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TSOGR (The Science of Getting Rich)

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



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