

The mind that seeks for mastery over others is the competitive mind, and the competitive mind is not the creative one. In order to master your environment and your destiny, it is not at all necessary that you should rule over your fellow men...

WALLACE WATTLES

The Science of Getting Rich



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 43

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This month's cover feature is of the CSA Centre in Lakemont, Georgia, USA

Welcome to the September 2013 issue of *Transcendence*.

September is the official start of spring in the southern hemisphere. Here in Durban, South Africa, there are many unique signs that spring is approaching. In the average suburban garden, birdlife increases prolifically, warm 'berg' winds generate an energizing atmosphere, the first summer rains start, and joyful sounds of children shouting and splashing in swimming pools is a sure sign that summer is on the way.

We all know that spring is a time for renewal, new life and new energy. It is the best time of the year to make changes and start new habits. The days are longer, allowing the biorhythms of our bodies to adjust to less sleep, giving us more time for activity.

If you haven't yet embarked on a regular meditation routine, spring is a good time to start. Just for 10 or 20 minutes a day, in the mornings as the world is waking up, or in the early evenings as everything is winding down. As a beginner, your meditation needn't be prolonged and intense. All that is required is to sit still, in a place where you'll be undisturbed, and listen to the sounds around you, while trying not to think of anything else. Just allow your ears and mind to experience sound. If the sounds around you are disturbing, listen to calming music, and follow each note and instrument. The purpose of this is to disconnect from your conscious, frantic mind, and reconnect with your calmer, inner self. As you progress, you'll find the time you spend in this state lengthening naturally. There is only one warning: it can become addictive – but in a good way.

You'll find this simple practice invigorating in many ways, helping in management of daily stresses and confrontations, preparing you for the day ahead, and helping you to sleep better at night. Here's to spring!

In Love and Service, always,





Heavenletter # 4086 - Where the River Will Take You

GLORIA WENDROFF

God said:

You often ask Me to give you the conclusion to an episode in your life, as if I have in My pocket the answer to every single thing that will occur or not occur. In life in the world, you set something in motion. When you set something in motion, what you have set is like a big wave, and one wave leads to another. Will the wave you have set in motion reach shore? Will it reach this shore or that shore? Will it come back to knock you over, or will it carry you to the High Seas and where you want it to take you? Will what you have started turn out all right?

Well, of course, everything turns out all right. In terms of the world, eventually, it does. You are coming to Me rapidly whatever your decisions may be. Meanwhile, your decisions will take you somewhere.

You can't worry about finite conclusions to what you set in motion. The thing is you can't know. You can't know the finite destination of everything. You want to live life more than for results. When you look for certain assured results in life, you won't move, and life is meant to hop right along.

When you are pregnant, the pregnancy plays out. Pretty much, you have to wait and see. You do everything from your side, and you wait. In terms of pregnancy, you know about how long to wait. Yet in most of life, you do not know how long. You do not know when or where.

You cannot know all the answers. You want to know, but you can't know anything until it happens, and even then you don't always know. Who knows when something ends or how it ends? You may think something ended, and then, as in novels, a surprising event occurs.

Who even knows when something began let alone where it will end? Is there really such a thing as a beginning and an end? Maybe in books.

In life there are always surprises. Surprises are surprises! Some you love. Some you don't.

There is not a map to your life. You make a map as you go along. Life is set before you, yet it is not calculated for you. Life is not a sure thing. It is an adventure. Columbus intended to reach India. He reached the Americas. No one knows what tomorrow will bring let alone what will happen next year. No one can calculate. No matter what the past might indicate, no one can know what a bell will sound like until it peals.

What an economical thing it is to live in only this moment of Eternity where there is no future and no past, where there is living, and the living is easy. The only place to be is in the present, and you have heard that enough. You would live only in this moment if you knew how. Meanwhile, you attack yourself with the past, and you stab your heart with fear of the future. Beloveds, your life depends on right now. Your life is right now. Let go of the rope that holds you to the past and the same rope that holds you to the future.

The future is an unknown quantity. It is not predictable. Life is not a proven activity. It is not locked in. Anything is possible. You are more than the returns you get in life. If you only fear making mistakes, you are not living life. Live life. You do not know where the river may take you, but you do know that you are rowing your boat in the river.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/where-the-river-will-take-you.html>





Inspirational Quotes



You are far greater than time, and yet you bind yourself to follow it. Take your time, beloveds. It is yours. Be on time without being beholden to it. Take a break from time every now and then. Give yourself a break from the intensity of time. You may set an alarm clock, yet when you sleep, and when you dream, you are out of time, and you rest.

Heavenletter #4092 Time in the World



I have given you everything I have to give, and this is love I have given to you. Inquire within. Go to your heart and find the house of love. Here is where everyone has love. Love is captured in your heart, and Love is freed in your heart as well. Where Love is, Love is welcomed. Hip hip hurray for Love! Three cheers for Love

Heavenletter #4093 Your Nearest Neighbor



Let your hold on love go. You do not grab love by the ankles and try to keep it to you no matter what. Love is given. It cannot be owed to you. What you have to do is to give love out. Another's love is not a heifer you rope in.

Heavenletter #4094 Love and Release



You have wanted to make a statement in the world. Everyone wants that, yet you may have desired a statement that says: "No one gets the better of me." And, so, in this way, everyone gets the better of you because, on their command, you make them the ruler of you and you dance to their tune. You are not meant to be a puppet. You are meant to be a real-live giver of love, or, at least, not a reactor.

Heavenletter #4095 Where Else Can Love Exist



You are a learner of love. Call Earth a School for Love. Earth life has not always made it easy to give your love. Earth life may have told you to sequester your love, to hide it in order to keep your heart safe.

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





Understanding illusional perception of self-identity

ROY EUGENE DAVIS

A mistaken perception of self-identity is called the ego—not to be confused with egotism: an unrealistic or inflated sense of self importance. A mistaken, false, perception of self or essence results from excessive identification with it, mental and emotional states, and personality characteristics. Believing that we are our mistaken sense of self confines awareness and contributes to thoughts and feelings of limitation. Egocentric people may also be inclined to have strong opinions and rigid habits of thinking and behavior.

Think of your ego as what you express through to relate to objective circumstances while inwardly being aware of your essence or true self which is superior to it. For as long as you are relating to objective circumstances, even when spiritually enlightened, you will have to express through a purified sense of ego or personal self-sense. Avoid being egotistical. When meditating, withdraw attention and awareness from the mistaken sense of self-identity to the extent that you are only conscious of pure being.

How can we have permanent peace of mind and constant soul satisfaction amid rapid social changes, economic uncertainty, and highly publicized behaviors and comments of confused or self-serving people? Also, some people who teach spiritual practices present different opinions about how to live and how to nurture spiritual growth.

Peace of mind and soul-satisfaction (perfect contentment) can prevail when we choose to be peaceful and Self-aware regardless of what occurs around us. What may seem to be different opinions regarding spiritual practice may be helpful for individuals whose needs are different. Also, not all “spiritual teachers” are fully enlightened. I remember some occasions in my life when I wasted time and resources or didn’t behave as well as I should have. How can I always think and live constructively? Don’t waste more time and energy feeling remorseful or blame your actions on karma, circumstances, or other people.

Have clearly defined purposes and concentrate your thoughts and actions on accomplishing them while also nurturing your spiritual growth. Be self-confident and self-reliant while being aware of the infinite Reality within and around you. When I start to meditate, I am usually inspired and have good intentions. After a while, I become passive and inattentive or my mind is flooded with thoughts and I can’t concentrate. How can I overcome those conditions?

When you meditate, sit upright, relaxed and poised, with attention and awareness in the front and higher region of your brain. When you notice that you are passive or inattentive, use will power to concentrate. With practice, as you learn to ignore thoughts, they will eventually settle down. Your mind will then be calm and your awareness will be clear.

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 in the World Today

LUCIS TRUST

Throughout the ages light has been a central image in the language of the inner worlds. The wise ones of all cultures – the mystics, the poets and artists – all have immersed themselves in the experience of light, and used it as a metaphor to communicate their experience to others. Thus the ancient Chandogya Upanishad refers to the “light that shines in your heart” as “a light that shines beyond all things on earth, beyond the highest, the very highest heavens”.

Like so many of her fellow artists the prominent modern sculptor, Dame Barbara Hepworth, was fascinated by light: “There is an inside and an outside to every form. When they are in special accord, as for instance a nut in its shell or a child in the womb, or in the structure of shells or crystals, or when one senses the architecture of bones in the human figure, then I am most drawn to the effect of light. Every shadow cast by the sun from an ever-varying angle reveals the harmony of the inside and the outside. Light gives full play to our tactile perceptions through the experience of our eyes, and the vitality of forms is revealed by the interplay between space and volume”.

It is surely of significance in the evolution of humanity that, in recent decades, science and technology is beginning to share the preoccupation with light. In fibre-optics, computer engineering, communications technology, medicine, solar energy and other fields we are establishing the fundamentals for what looks destined to become a civilisation of light. Perhaps at its core this new technology of light owes its greatest debt to the physicists. Einstein's investigations into the speed of light became all absorbing. “For the rest of my life”, he wrote, “I want to reflect on what light is.”

The pioneering, and controversial quantum physicist, David Bohm, was an inspiration to holistic thinkers everywhere. In part this was because of his ability to bring together and communicate his understanding of the science of physical light and of the inner numinous lighted realms of consciousness. Light for him was the undivided whole – the essence of reality. In a conversation with René Weber, he stated that: “Mass is a phenomenon of connecting light rays which go back and forth, sort of freezing them into a pattern. So matter, as it were, is condensed or frozen light ... You could say that when we come to light we are coming to the fundamental activity in which existence has its ground....”

One writer who has done much to popularise modern physics and promote reflection on the spiritual implications of quantum mechanics is Gary Zukav. His book *The Dancing Wu Li Masters* introduced the public to the essential roles played by light and thought in subatomic worlds of energy. In his later book, *The Seat of the Soul*, he develops these ideas by exploring the non-physical dimensions of reality. He writes: “You are a system of Light, as are all beings. The frequency of your Light depends upon your consciousness.” And elsewhere: “Just as visible light is one portion, like an octave, in a continuum of energy of graduated frequencies that extends below and above what the eye can see, the continuum of non-physical Light extends below and above, so to speak, the frequency range in which the human exists.”

These reflections will surely strike a chord with members of the Triangles network for we work in and with light in a conscious fashion. Together, as a planetary network, we form a structure of light in the mind of humanity as a service to all life on earth.

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.

london@lucistrust.org

www.lucistrust.org



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Transcending astrological influences

PARAMAHANSA YOGANANDA

Astrology is a very deep subject, but most people consider it a kind of superstitious guide to material progress. If you use astrology only for guidance in material matters, you will be doing its teachings an injustice. Astrology is too vast, both mathematically and philosophically, to be rightly grasped except by people of profound understanding. In ancient times, astrology was seen primarily as a guide to spiritual development. To use astrology for material purposes was considered a lower application of what is essentially a divine science.

Astrology is the study of man's response to planetary stimuli. All parts of creation are linked together and interchange their influences. No matter what your environment, the surrounding rays of the earth and universe will have an impact upon you. Astrology was intended to assist you on your inner journey, by helping you become more aware of the interrelationships between the objective universe and the inner aspects of yourself.

The relation of the stars to the human body and mind is very subtle. There is a correlation between the six centers (chakras) in the spine, which become twelve by polarity, and the twelve signs of the zodiac. Millions of volts of electrical current are lodged in these spinal centers. If your body and your mind are very strong, you will be impervious to the evil vibrations from the stars when they begin to shed their rays upon you. But if your body and mind are weak through transgressions of wrong eating, wrong thinking, bad character, and bad company, then the stellar rays will have the power to affect you.

The stars influence your life only in accordance with patterns that you yourself established in the past. A child is born on that day and at that hour when the celestial rays are in mathematical harmony with his individual karma (past actions). The astrological configurations serve only as symbols of karmic influences, which you have set into motion in the past. The stars and planets themselves can no more choose how they will affect you than you can select your own karmic destiny.

The message boldly blazoned across the heavens at the moment of birth was not meant to emphasize fate, the result of past good and evil, but to arouse your will to escape from this universal bondage. What you have done, you can undo. You can overcome whatever effects are now prevalent in your life because you created them by your own actions in the first place, and because you have inner spiritual resources which are not subject to planetary pressure. The best way, therefore, to improve your lot is deliberately to act in such a way as to counteract the evil effects of past deeds. Especially if this course of action springs from inner attunement with God, or is adopted under the wise guidance of one who knows God, it will serve as an antidote to all baneful actions of the past.

Superstition means to seek guidance from effects, in ignorance of their causes. Many people look to the heavens for signs instead of choosing the wiser path of seeking guidance in their souls, from God. Some people refuse to do anything for themselves until the planetary positions are favorable. While it is not unwise to initiate worthwhile undertakings at astrologically auspicious times, it merely affirms your passive dependence on fate to wait for a shift in the planets' positions before making important changes in your life. Anything you do with deep faith in God will blossom under better influences than you could hope to find by consulting the heavens for favorable aspects.

Do not wait for changes in astrological influences to change your destiny. Look, rather, to Him who made the heavens and the earth and who alone can grant you eternal freedom. The lawful effects of your karma may seem irrevocable, but the effects of past actions can be changed by seeking God. Unless you remember that, you can not spiritualize astrology. While studying astrology in a reasonable way, you must always remember that God's influence is the supreme influence. All human ills arise from some transgression of universal law. The scriptures point out that man must satisfy the laws of nature, while not discrediting the divine omnipotence. You should always say, "Lord, I trust in Thee, and know Thou canst help me, but I too will do my best to undo any wrong I have done."

You have been given the free choice and intelligence, as a child of God, to surmount the





difficulties of life. You are made in the image of God, not in the image of the stars. Strive unceasingly, from a center of inner calmness, to surmount every material, mental, and spiritual difficulty. Cooperate with His will by offering up to Him all the strength of your human will.

If you can hold onto your happiness during all the difficulties in your life, then you will begin to rise above the influence of the stars. If you can retain your smile in spite of repeated challenges, that is a sign of the awakening of the consciousness of divinity within you. Through all such actions, you are changing your body and mind and how they are affecting the twelve centers in your spine. As a result of these changes, the stars will begin to smile upon you. By communing with God, you will reinforce the power of the twelve spinal centers, which will then act in cooperation with the twelve signs of the zodiac. The deeper your communion with God, the more you will automatically harmonize the influences of all planetary forces and transcend the evil effects of the powerful, but distant, planets. In these ways, you can spiritualize astrology.

Seek help, therefore, not from the stars and planets, but from Almighty God. God is harmony; and if you attune yourself to Him, you will never perform any action amiss. Your activities will be correctly and naturally timed to accord with astrological law. After deep prayer and meditation you are in touch with His divine consciousness; there is no greater power than that inward protection. By plunging deeply into your own divine nature, you will discover those deeper levels within yourself that enable you to rise above all karmic realities.

Some people study astrology to ascertain the influence of their karma through the medium of planets, thus trying to counteract evil influences by astrological foreknowledge. But the great masters go beyond astrology. The man of realization does not choose any auspicious hour to perform noble deeds or initiate new wholesome ventures. He acts, moves, and sleeps under the one influence of God. He consults God instead of the stars for guidance.

Although there is a certain vibratory influence of stars upon all human lives, a man of infinite will power tuned in with God, uses his free will to change his circumstances. He marches on, influenced only by the Sun of all Suns, the Almighty Spirit. To him, from the depths of his determination and faith, all things are possible. He burns the seeds of difficulties in the fire of wisdom, consults only God for guidance, and performs all of his actions according to divine guidance.

Superstitious awe of astrology makes one an automaton, slavishly dependent on mechanical guidance. The wise man defeats his planets – which is to say, his past – by transferring his allegiance from the creation to the Creator. The more he realizes his unity with Spirit, the less he can be dominated by matter. The soul is ever-free; it is deathless because birthless. It cannot be regimented by stars. If you live by astrology or anything else you will be bound by it. Depend wholly and solely on God. Live by God alone. Then nothing can hurt you.

In karma's realm, karma rules supreme. Yet all human beings have the power to withdraw to another realm altogether. You cannot change the outer astrological influences, but you can do a great deal to change the way you receive them, inwardly. Instead of accepting fatalistically the decrees of karma, follow the inner way to freedom. Meditate daily. Commune deeply with God. Learn from Him, through the silent voice of intuition, the way out of soul-degrading serfdom to bad habits. Ultimately, by ever deeper meditation, you will reach a point where you receive your influences from God alone.

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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 life. visit www.ananda.org





Love is, quite literally, in the air...

ROD BRIGGS

I have just returned from officiating at an ocean side wedding in Blythedale Beach. During the service we touched on one of the most profound and enduring mysteries of life, namely Love. Not the “I love Toblerone, weekends, my cat and the national rugby team” variety but the upper case, big letter kind.

The stuff we are told in Corinthians, and by the Bard, is eternal and constant. For many this force remains an elusive chimera; often because we look for it in the wrong places, and in the wrong way.

The basic error is to assume that Love (with a capital L) is an emotion. It is not, it is far beyond that; just stop and ask yourself if you have ever had an emotion that is constant? Of course you haven't. The emotions we feel are sometimes very powerful indeed but, and this is central to the point, they are never constant and, therefore, cannot be the Universal Energy spoken about in so many sacred texts as the constant in the Universe.

Rather than equating Love with a particular set of internal emotions it may be helpful to think of it rather as a particular, external, frequency, which we can only “tune into” when our hearts are open. It is there all the time and is expressed in all matter constantly.

We all have particular triggers which allow us to make a heart connection to life and when we do, as soon as we do, we experience this amazing force of interconnectedness; music that gives us goose-pimples, pre-dawn stillness, the smile of an infant, the silhouette of an ancient tree, the twinkle in the eye of your life partner, sunrise over the bush or the call of a lion on a moonlit night – all things great and small offer us a continual and ongoing opportunity to experience the Divine in our lives.

It seems that John Lennon, bad boy of the sixties and prescient social commentator, was right all along...

Love is all you need. All I can add to that is WOW.... And Amen.

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 II

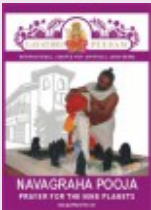
SWAMI MURUGESU MAHARISHI

After knowing that *vrithis* are created in *chitha* by the actions of the conscious mind which acts according to ignorant knowledge of intellect (*buddhi*), ancient rishis have discovered methods by which harmful impressions from *chitha* can be deactivated or removed from *chitha* itself; and how beneficial impressions can be activated in *chitha* so that it may produce only positive results through the conscious mind. This art of *vidhya* was called *sammohana* in the past, which means ‘changing of *chitha*’s unwanted and harmful impressions to beneficial ones’.

Now you may have understood that this is nothing but hypnotism. Hypnotism is an art by which bad impressions in the subconscious mind can be replaced by good impressions. What are the benefits of this? When bad impressions mature and cause danger, worry and calamity, they can be removed and replaced by good impressions which, when they mature, produce happy and successful actions. This is the greatest benefit of hypnotism. Usually hypnotism is used to control others’ subconscious minds and impress them with selected suggestions so that they act without knowing why.

By impressing healing suggestions, diseases can be cured; by impressing good behavioural patterns a bad person’s bad behaviour can be controlled. If you impress in an obedient person’s subconscious mind the suggestion to murder their father, they will certainly do it without knowing what they are doing. In this way, many harmful and inimical suggestions can also be impressed on the subconscious mind of an innocent person, causing them to act unlawfully. Knowing this, some countries have banned hypnotism, and only a few hypnotists who are lawful and devoted to practicing the art for reasonable purposes, are allowed to do so. We will not be discussing the particulars on performing hypnotism as there are many ways to induce hypnotic sleep.

Our purpose of this article is to learn how to practise self-hypnosis to plant impressions prompting us to use our unknown psychic power for self-realisation. Before the method is described, we should understand what can be achieved by self-hypnosis. It is not an easy task to establish the correct suggestions to embed in our *chitha*. In our urgency we may select an improper suggestion without knowing that the reaction could be harmful and sometimes dangerous. Hence it is imperative that an appropriate suggestion be used. Only one suggestion should be made at a time, usually for the most urgent problem at hand. Suggestions should not be immoral, against the law, or cause harm to anyone. They should only be made for a positive outcome, such as healing, breaking negative habits, or to improving behaviour. (to be continued)



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.



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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.





Past life impressions

SUREN PILLAY

The spiritual knowledge that is attained in one life is carried into the next life. If one witnesses their actions and thoughts carefully (this is known as mindfulness in Buddhism), one will be able to clearly retrace their past tendencies and actions from a past life. These impressions from previous lives act as seeds for potential actions, both good and bad. An example of this is of a gambler in a past life who is reborn; he may have had no contact with a casino for the first 40 years of his life, but as soon as he enters one he is instantly addicted and cannot overcome his addiction by ordinary will power.

God has deliberately blocked knowledge of our past lives so that we may not be influenced by the actions of the past in order to start afresh in our current life. Past life regression and hypnosis to determine past life incidents have come under criticism by various saints for good reason: that it serves no purpose to dwell in the past. The important point to note is that all past tendencies can be eradicated during the current journey and it is critical that one overcome dormant impressions of the mind that may later activate deeper and deadlier habits.

One of the best ways to overcome the negative seeds of past impressions is to engage in the practice of meditation and better still super-conscious meditation. Meditation by spiritual definition is when one become one with the object of meditation. Meditation, also referred to as *dhyanam*, is not easily attained as the fluctuations of the mind keep it in a wandering state, unable to settle on a singular point. It is thus essential to practice a proper meditation technique in order to still the mind and become one with the object of meditation.

When oneness with an object is achieved, the mind may become so still that it is able to transcend the ordinary frequencies of thought, and experience higher dimensions of reality that are not ordinarily perceptible in ordinary awareness. These dimensions may be experienced as visions, dreams, or bliss states in meditation. The important fact to note is that past memories are ordinarily eliminated when one reaches new dimension and bliss. A single experience of *samadhi* or bliss is enough to eradicate a significant number of negative impressions from many past lives.

The key is to have the requisite discipline to practice meditation on a regular basis, a sincere desire to evolve spiritually, as well as the regular practice of a correct technique of meditation. The combination of these three are a requisite for success in meditation. One should be open to all possibility at all times, and not try to force meditation or experiences to happen. Being able to let go and give everything to God and just rest in a state of tranquillity is a critical ability in meditation.

My advice to you this month, dear readers, is to engage in meditation sincerely, as you never know what seeds of past impression are stored in your subconscious mind. By the grace of God and Guru all is possible and attainable in this life. Continue, persevere, and strive until the desired result is achieved, and experience the state of bliss consciousness which is your divine birthright!

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

<http://www.surenpillay.com>





Family's role in promoting peace

FLORA TECKIE

As we celebrate the International Day of Peace on 21 September let us reflect on the role of family in promoting peace. The family unit is where praiseworthy morals and attitudes towards peaceful co-existence must be developed. The family lays the foundation for both, the individual's development and happiness, as well as society's cohesion and advancement. Education required for promoting peace must begin in the family, where children from the earliest age learn about the fundamental oneness of humanity and overcoming prejudices that divide us -- whether based on race, religion, gender, class, or nationality.

The current moral decay in our social fabric and all over the world is manifesting itself in the weakening of the spiritual ties that bind the family. This is reflected in the way family members often treat one another, their lack of respect for the rights of each member and in gender inequality within the family unit. As a result, the family environment, where one should learn to live in harmony and peace, consult on issues and make collective decisions, becomes a place where one learns to oppress and undermine one other, which inevitably lead to aggression and violence.

According to a message from the Universal House of Justice, the governing council of the Bahá'í international community, "The family unit, the nucleus of human society, constitutes a space within which praiseworthy morals and essential capacities must be developed, for the habits and patterns of conduct nurtured in the home are carried into the workplace, into the social and political life of the country, and finally into the arena of international relations."

The Universal House of Justice further states that "It is the duty of all parents to exert their utmost to ensure the spiritual education of their children and to provide them with the training needed to live a fruitful life of service to their country and, indeed, to all of humanity. Success in this crucial matter requires fostering a loving and constructive environment at home, based on the love of God and adherence to His laws. This entails abandoning all forms of prejudice, rejecting entirely the odious habit of backbiting, stressing the vital importance of the oneness of mankind, and inculcating the spirit of selfless service."

The spiritual and social values that our children and youth learn at home will apply not only in the context of the family, but outside in the local and national community, as well as in the world community itself. However, we have to be mindful that excessive attention to family interests would not lead to a narrow social outlook, which could be harmful to the broader community. Today many stable and united families, because of intolerance towards one or another segment of society, instill in their children prejudices that stifle their love for humanity and hamper their sense of justice. Through such upbringing our children can become indifferent to the suffering of others or to regard violence and oppression as justified, even to contribute towards it.

According to the governing council of the Bahá'í international community: "Children must be so raised as to regard every soul, irrespective of religion, ethnicity, or any other affiliation, as a fellow human being and to hold dear the words that capture the spirit of the age: "The tabernacle of unity hath been raised; regard ye not one another as strangers. Ye are the fruits of one tree, and the leaves of one branch".

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

Tel: +27(11) 801-3100 Email: nsa.sec@bahai.org.za Website: <http://info.bahai.org>



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

Turn the tide of hate

BY THE MASTER through Benjamin Creme

A period of crisis has descended on the world, one that will bring many nations together in a new way. Mutual fear of terrorism has accomplished what otherwise would have taken years of patient effort to achieve. Even more strikingly, the reasons for terrorism - the hurt, the resentment, the baffled despair of millions in the East - are beginning to dawn on many Americans, enabling them to take a broader view of recent events, and call for caution in response. Above all, a new spirit of co-operation makes itself felt, a new sense of responsibility is dawning in the minds of many, East and West. Thus this terrible attack, which killed and maimed so many at a stroke, has kindled the fires of change sorely needed in this world, and forced the hands which held it back. Out of this brutal crime may come, therefore, a greater understanding of the needs of men and women everywhere for justice and freedom and the rule of law.

By the standards applied by men, this tragedy has forced the major powers to assemble their military might and strike back in self-defence. Greater, by far, would be the wisdom of opening wide the granaries and the banks, to show an understanding of the problem, and the desire to make amends. Appeasement is not the answer but neither is war. Only through fair and open trial before the world can the guilt or innocence of men be known. Only by acceptance of some responsibility for the conditions which drive men to these barbarous acts can they be overcome. Men who have nothing to lose put little value on the lives of others or their own.

The advice, therefore, which We, your Elder Brothers, extend to men is thus: call together all parties to the problems which lie behind the acts. Abstain from desperate vengeance and open the door to dialogue. Make sincere effort to understand the grievances of countless millions and help transform their lives and minds. No longer can the rich impose their will by wealth and weapons alone; sharing of resources is inevitable as the only way to justice and peace. Take, now, this opportunity to right the wrongs of the past, and remove for ever the canker of terror and outrage.

Maitreya watches from the wings awaiting the moment to emerge. His great heart releases the love which comforts and protects all who can respond; His uplifted hand blesses all who come near. Take this, His love, and turn the tide of hate.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2001/ma_nov01.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 Jesus

ILDIKÓ FERENC

Have faith and hope. This is today's message to you, because I consider you able to feel the energies in which we surround you, and I feel that I am able to believe that you want other ways to purify yourselves of the inner disharmonies of life than serious illnesses. Living in love means experiencing pure and true feelings in others and myself that arise from within me. Giving love means experiencing others' energies in me, and also doing good to the others by mapping these energies. Therefore I shall give you strength for this and you shall live with it. I shall give you endurance and harmony, and you shall create the opportunity to give to others as I did once. When the time comes, I shall share my love with you and people's hearts are going to shine in this love that are able to overcome their earthly vicissitudinous lives and be able to experience purity, happiness, joy and harmony in themselves, and be able to create the pure and true words also in themselves, and strength for what they used to believe in up here. I would not want to write a liturgy or dictate one, I would just like to ask for a lot of strength for what is awaiting you, and would like to ask for a lot of love for you to experience everything you are going to experience. You are at the beginning of your purification and a whole world is being purified through you. In your purification there is dust and ash and there is the lifeless and every spiritual being that are waiting for getting born and experiencing the last purification process and themselves so that at last they could pass into another dimension with pure and honest hearts. You are going to possess other types of energies and, starting along the path, you shall see how important beauty and harmony is also for you and how important it is that you do not live your days sunk into your own stifled lacks of energy but in perfection, shining and permeated with happiness here in your earthly world. In your lovelessness you were unable to see what you really are and were unable to feel for what you had been born. It is not part of the task you have undertaken, it is only a reality created by such a physical world in which you have got slightly lost and now the time has come for you to experience your pure and true emotions by entering the path of love, and be able to create the strength in you and others for them to start along the way to purification too. You are going to face difficult situations and you shall have faced many of these situations be the time these lines reach you, but let me ask You to preserve the hope in your hearts and believe that all these have happened and are happening to you so that you would not get lost in your own purification process but feel that this is the only way for you to become stronger, more beautiful, determined and balanced. You must see the good in difficult situations in life and you shall see the light and glory in you so that you would experience all these in you and others. And the time shall come when the Earth and the Heaven unite, and there shall be no difference between spirit and spirit, and you shall not get lost in the multitude of energies since the light of purity shall shine in everyone and you shall exist next to each other through purity. You shall need nothing else but faith, hope and inner hope for purification and the heavenly support that we are providing for you. We are by your side in every situation in life and we are able to experience the strength in every situation in life that You should be experiencing through us and shall in fact be able to experience soon. Do not worry so much about the earthly emotions, and do not worry so much about the energies granted by the 'material world' since the change has been started and whoever experience themselves with faith, hope and love in this change are awaited by happiness, harmony, a balanced life and a purity void of illnesses. I shall help every person in the earthly world to enable them to experience love and harmony in themselves, and be able to plant its seed in others because it is necessary for us to experience all the inner emotions that are in the deep, and all the energies in which we have found happiness, love, peace and harmony so many times. So fight for what you are and believe that it is worthwhile! Dear beautiful earthly world, my love permeates all your struggles and absorbs all your lacks of energy so that you can get purified. I shall live so that I would be followed by thousands and thousands, and would see everything in me that they failed to see once. I shall exist to create the flame in you and plant the faith and hope in your hearts that I planted in you once but has got dispersed through the millennia. With eternal love, Jesus.

"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

www.lelkitisztitas.hu





Transcending obstacles

SWAMI SHANKARANANDA MAHARAJI

We go through this life, and on our journey through life we are confronted with many obstacles. Some of us live all our lives just by listening to negative things which become our obstacles. Obstacles are there so we can become better people, better businessmen or teachers, but if we do not transcend the obstacles then we cannot become better people, mothers, fathers, or teachers. God sometimes tells us ‘no’ and we, in our own wisdom, think God does not know what we want. God always knows what you want. Therefore, sometimes when you think you have got what you want and it doesn’t work out, the first thing you want to do is blame God for not directing you. Yet God gave you the answer of ‘no’ but you were too blind to accept the answer.

And we all sometimes get caught in these situations, but these situations can be overcome. I was just listening to TD Jakes on TV just now. He said that instead of just stretching our hands out in front of us, we must stretch them out to the heavens. And I think that’s what we lack. In the *Bhagavad Gita*, Krishna says, “Surrender to me totally,” but we are not prepared to make that surrender, and as soon as there is an obstacle, we either want to blame God or ask God to help. But most of the time these requests are too late. You become entangled in those obstacles and you cannot find a way out.

As I sit here I, myself, am victim to many obstacles on my life’s journey, but at no moment, at no time, did I ever blame God, my guru, or my masters, for the obstacles that were placed in front of me. I always ask them to help me transcend the obstacles so that I can become a different, better person. And every time that’s exactly what happens. They help me transcend and I became a different, better person. Life is a challenge. And the only result of the challenge is your awareness of what’s in front of you. Your awareness of God, your awareness of your being. Only that. And once you have that awareness, the result will be what you wanted. But if you are not listening to what instructions are given to you by your guru, by your teacher, your mother, or father, then you will get hurt.

Every obstacle is a lesson to be learned, and in learning those lessons we remember them throughout our lives, and know how to handle them when they appear again. This is the only reason God gives us these obstacles, or puts them in front of us. Daily, we should read the pages of the *Bhagavad Gita*, without expectation. Do not set a goal and then read. Just read the *Bhagavad Gita*, Bible, Koran, whatever your book is, honestly – and you will attain. Whatever it takes you will attain. You cannot sit in your office if you’re selling insurance, and write ‘insurance’. In the same way you cannot expect God to help you without you taking a few steps towards Him. You have to meet that challenge of getting up and walking towards God. And then you’ll realise that you were the only obstacle – your physical body and mind. Transcend those and your obstacles will be gone.



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





Letter to God

BERNIE SIEGEL, MD

Dear God,

First I want to thank You for answering my previous letters. When as a doctor I couldn't understand why You made a world filled with disease, war, cruelty and all kinds of difficulties You pointed out to me that a perfect world is not creation. That there would be no need for doctors or anyone else and we would all become totally bored by life and find it meaningless. I remember You saying it would be far worse than a spending a lifetime in Hawaii. But what really made the point for me was your letting me visit the Garden of Eden.

When I saw all the traffic backed up at street corners because everyone was saying, "I love you. You go first." "No you go first. I love you." Everybody was loving everyone else and no one was going anywhere. I saw what a problem a supposed perfect world would be and got the point.

Then when I wondered why children died and animals didn't live as long as people and all living things didn't get the chance to live to a ripe old age you explained again. It was easy to understand from my experience with our pets that they do not need as much time as people do to learn about love, compassion, kindness, faith and hope.

Understanding that every life is like a candle and the length of the candle isn't about one's age but about how much time we would spend on this planet. And our job was to illuminate the path for ourselves and others and not worry about how much time we had but to get the job done and burn up and not out before our time.

You also agreed with me and explained how disappointed You were with what religions were doing in your name. Instead of living the message they were fighting wars and each one was claiming you belonged exclusively to them. So here is my next question. What is the best way for me to accomplish what You have put us here to accomplish? I know I am here to serve and offer my body for the benefit of others but how do I know I am doing it right? Please be my coach and give me some guidance. You know what that word means to me God U & I Dance. So how do I dance to your music?

I love hearing your voice when I am quiet inside. Thanks, now I see I am to imitate God and use You for a role model and you said if that is a little tough there are two other examples. One is WWLD and the other is WWWD. You know I'm not good at parables please explain.

Oh, I'm to act like a Satellite dish, remote control and TV screen. I get it. I am to choose the channel I tune into and use my mind like a remote to select the proper channel, which is broadcasting your message, and use my body to demonstrate it like a TV screen reveals the program. So what's with the WW stuff?

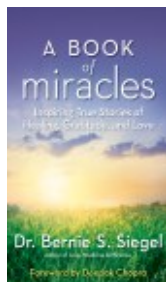
Oh those are my role models to help me become the person I want to be. I see What Would Lassie Do and What Would Water Do? I get the first one that's easy to understand because animals are complete and man is not. So when I feel aggressive I am to use the energy to play or get some work done and not hurt anyone, but what's with the water thing?

Oh, I am like water and again and again will be born on the wheel of rebirth. Just as streams of water find their way over and around obstacles to rejoin the sea of life I will find my path in life and flow with it and when I become vapor or mist I will come to understand that I will return to earth as rain does and be born again. And if I learn what I am here to learn when I am born again I will help to teach others how to become co-creators of a world filled with faith, hope and love for all things. Thanks again for being my coach.



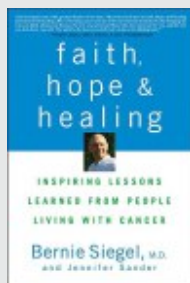


PS And thanks for teaching me about life being a series of beginnings. To say the beginning instead of the end when I finished my report to you and the board of directors was a unique experience but as you say graduations are called commencements, not terminations and the Bible ends with a Revelation and not a conclusion. So I shall see life as a series of beginnings. Thanks again.



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

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



Faith, Hope and Healing

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



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 V

WALLACE D. WATTLES

Nothing is so pleasant to the unformed or partially developed mind as the exercise of power or dominion over others. The desire to rule for selfish gratification has been the curse of the world. For countless ages kings and lords have drenched the earth with blood in their battles to extend their dominions; this not to seek more life for all, but to get more power for themselves.

Today, the main motive in the business and industrial world is the same; men marshal their armies of dollars, and lay waste the lives and hearts of millions in the same mad scramble for power over others. Commercial kings, like political kings, are inspired by the lust for power.

Jesus saw in this desire for mastery the moving impulse of that evil world he sought to overthrow. Read the twenty third chapter of Matthew, and see how he pictures the lust of the Pharisees to be called “master” to sit in the high places, to domineer over others, and to lay burdens on the backs of the less fortunate; note how he compared this lust for dominion with the brotherly seeking for the Common Good to which he calls his disciples.

Look out for the temptation to seek for authority, to become a “master,” to be considered as one who is above the common herd, to impress others by lavish display, and so on.

The mind that seeks for mastery over others is the competitive mind, and the competitive mind is not the creative one. In order to master your environment and your destiny, it is not at all necessary that you should rule over your fellow men; indeed, when you fall into the world’s struggle for the high places, you begin to be conquered by fate and environment, and your getting rich becomes a matter of chance and speculation.

Beware of the competitive mind! No better statement of the principle of creative action can be formulated than the favorite declaration of the late “Golden Rule” Jones of Toledo: “What I want for myself, I want for everybody.”

What I have said in the last chapter applies as well to the professional man and the wage earner as to the man who is engaged in mercantile business.

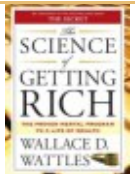
No matter whether you are a physician, a teacher, or clergyman, if you can give increase of life to others and make them sensible of the fact, they will be attracted to you, and you will get rich. The physician who holds the vision of himself as a great and successful healer, and who works toward the complete realization of that vision with faith and purpose, as described in former chapters, will come into such close touch with the Source of Life that he will be phenomenally successful; patients will come to him in throngs.

No one has a greater opportunity to carry into effect the teachings of this book than the practitioner of medicine; it does not matter to which of the various schools he may belong, for the principle of healing is common to all of them, and may be reached by all alike. The Advancing Man in medicine, who holds to a clear mental image of himself as successful, and who obeys the law of faith, purpose, and gratitude, will cure every curable case he undertakes, no matter what remedies he may use.



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 III

ECKANKAR

Yet they may be aware only in part of the pressing nature of their search. But Soul, True Self, has heard and is yearning to go home. It's simply a matter of time before a seeker's search begins in earnest – perhaps a week, a month, a year, fifty years, the next lifetime, or later – it matters not. Yet this may be the lifetime that a seeker admits, “I sense having lived many times in the past. I may be the best I've ever been, but I want more. Much more.”

“I Want to Go Home”

A child we'll call Debra, for the sake of privacy, was born with a valve defect in her stomach. Doctors were at a loss whether she would outgrow the condition. All during Debra's childhood, her parents had introduced her to strangers: “Our daughter was born with a stomach defect. She doesn't keep food down very well.”

Negative comments like that added an extra burden to this poor child's youth. One day the problem reached a crisis. Debra's parents found her turning blue and rushed her to a hospital. By luck and divine grace, she pulled through. The doctors who treated her predicted that the stomach valve, which they fixed, would cause no future problems.

Now, Debra's older sister took a fiendish delight in making fun of her. Soon after Debra returned from the hospital, her sister picked a fight. Family rules kept the older girl from giving the younger one a physical beating, yet verbal abuse and name-calling did the job. They left no visible scars. On that particular day the younger girl simply got tired of the hazing and turned on her sister. She beat up her tormentor. Outraged, the elder ran and told their father. The wisdom of Solomon he had not, so he sent Debra to her room.

Debra was recovering from a serious condition, her sister had started the fight, but she's the one banished to her room. She lay weeping on the bed, crushed by the injustice of it.

“I want to go home,” she cried. “I just want to go home.” In a spiritual sense her heart was saying, “I want to go home to God because of my unhappiness.”

Each of us is Soul. Once we laughed and sang in high heavens of God's pure Light and Sound – at play in the park. But without the discipline or need to serve others, we (Soul) served ourselves. So God sent us to earth for the rich experience of living in a world of duality, to suffer and enjoy extremes like heat and cold, wealth and poverty, or love and hate. It was all to learn the true nature of love.

That's our mission. The first big lesson is to learn to love ourselves. So when young Debra cried, “I want to go home,” her plea was in a spiritual sense. In her abject misery the faint, but not extinguished, memory of Soul's onetime home flooded in upon her. She remembered that her true home wasn't on earth. She was but passing through.



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

Ascension

The hunger for truth is engine of the vehicle;
 A strong body is the sheath of protection for the vehicle;
 The intellect is the driver of life force in the journey;
 And the mind the operator of activities and experiences in the journey
 Let us embark on the sure road to heavenly ascension
 By remaining spiritually hungry, but strong and with a pure intellect !
 SUREN PILLAY



Suffering should be welcomed

Just as fire burns away all dross and rubbish, so the three fold suffering purges man's heart from all impurity and results in a growing single mindedness in his search after Truth. When he becomes deeply conscious of his weakness and tormented by the thoughts of his undesirable impulses and distressing characteristics, when afflictions like poverty, bereavement or humiliation make him feel his life is futile, then and then only does he develop real faith and religious fervor, and becomes anxious to surrender himself at the feet of the Supreme Being. Suffering should therefore be welcomed. Never does the soft moonlight appear more soothing than after the scorching heat of a summer day.

ANANDAMAYI MA



Divine Prosperity

The king of the universe is my Father.
 I am the prince-successor to all His kingdom of power, wealth, and wisdom.
 Falling into a forgetful state of mortal beggary, I have failed to claim my divine birthright.
 O Father, I want prosperity, health, and wisdom without measure, not from earthly sources
 but from Thine all-possessing, all-powerful, all-bountiful hands.
 I will not be a beggar, asking limited mortal prosperity, health, and knowledge.
 I am Thy child, and as such I demand, without limitations,
 a divine son's share of Thine illimitable riches.
 Father let me feel that I am Thy child. Save me from beggary!
 Let all good things, including health, prosperity, and wisdom,
 seek me instead of my pursuing them.
 Lord, teach me to remember and be grateful for the years of health I have enjoyed.
 I will spend less and less, not like a miser, but as a man of self-control.
 I will spend less that I may save more, and with those savings
 bring material security to myself and my family.
 I will also liberally help my needy human brothers.
 The kingdom of the planets and all the riches of the earth belong to Thee, my Divine Father.
 I am Thy child; therefore I am the owner of all things even as Thou art.
 Father, teach me to include the prosperity of others in the pursuit of my own prosperity.
 PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>
14618 Tyler Foote Rd., Nevada City, CA 95959 USA
Email: sanghainfo@ananda.org

Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.
Tel: 011 462 0100
Email: nsa.sec@bahai.org.za

Bernie Siegel

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

Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA
Email: csainc@csa-davis.org

Eckankar

PO Box 2000, Chanhassen, MN 55317-2000 USA
Main: (952) 380-2200
Web: <http://www.eckankar.org>

Gayathri Peedam South Africa

Web: <http://www.gayathripeedam.com>
Dean Petzer - 082 825 3202
Email: sivabalayogi@mweb.co.za

Heaven Letters (TM)

Web: <http://www.heavenletters.org>
Gloria Wendroff - Email: gloria@heavenletters.org / santhan@heavenletters.org

Jadatharaya Institute of Right Living and Yoga

Web: <http://www.jadatharayayoga.com>
Karl Ziesing - 083 533 9001
Email: karlziesing@gmail.com

Ildikó Ferenc

Web: <http://www.lelkitisztitas.hu>
Facebook: ildiko.ferenc@facebook.com / egivilagunkuzenetei.ferencildiko@facebook.com
Email: email.egivilagunk@gmail.com

Lucis Trust

Web: <http://www.lucistrust.org>
Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
Email: london@lucistrust.org



Mindlink Foundation

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

Rod Briggs - 032 946 2710

Email: info@mindlinkfoundation.com

Self-Realization Fellowship

Web: <http://www.yogananda-srf.org>

3880 San Rafael Avenue, Los Angeles, CA 90065-3219 USA

Email: PublicAffairs@yogananda-srf.org

Phone: (323) 225-2471 (9:00 am — 5:00 pm Pacific time)

Share International

Web: <http://share-international.org>

PO Box 3677, London NW5 1RU, UK

Phone: +44-207 482 1113 / Fax: +44-207 267 2881

Suren Pillay

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

Email: surendranpillay@webmail.co.za

Phone: 084 828 3880

Swami Shankarananda Maharajji

Web: <http://www.swamishankarananda.blogspot.com>

Email: sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web: <http://www.swamimurugesu.blogspot.com>

Email: sivabalayogi@mweb.co.za

The Expanding Light

Web: <http://www.expandinglight.org>

Phone: 800-346-5350 or 530-478-7518

Email: info@expandinglight.org

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Editor: Jo Petzer
jo.petzer@mweb.co.za
International Tel. 0027 31 701 9356

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