



*A spiritual mind can be developed by continuous spiritual practice,  
as well association with saints of spiritual mind.*

*It is a mind that differs from an ordinary state of mind  
as it has no attachments and is bent on pleasing God and  
experiencing even deeper states of consciousness perpetually.*

SUREN PILLAY



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

**ISSUE 44**  
**18 October 2013**



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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 44

18 October 2013

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This month's cover feature is Trees by Santhan of Heaven Letters.

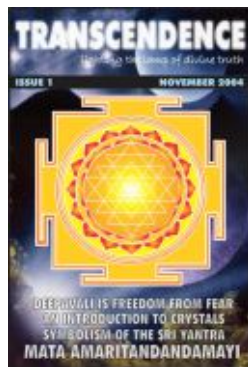
Welcome to the October 2013 issue of *Transcendence*.

To date *Transcendence* has been running since November 2004 – a whole nine years (the past three-and-a-half of those years in digital format). That would make this month's issue officially No. 105, but we started counting from issue one again when we converted to the digital version.

We have had many readers and contributors come and go over the years, but some contributors have been with us since our earliest issues, and we'd like to give them some acknowledgment. As founder of *Transcendence*, Swami Shankarananda Maharajji has been with us since the very first issue in 2004, along with spiritual colleague Roy Eugene Davis, both of whom are still regular contributors. Gloria Wendroff of Heaven Letters has been another long-time contributor – since July 2005. We would like to say a very big 'thank you' for your ongoing loyalty and consistency.

For the sake of posterity, we thought we'd share with you the cover of the very first *Transcendence* issue printed. There it is on the right. As you can see, we've come a long way. Watch our Facebook Page for a blast from the past where we'll be sharing the evolution of our cover and also excerpts from some of our first issues.

On a slightly different note, please remember that we're still collecting inspirational photos from our readers and contributors to feature on our upcoming covers so please email yours to us at [transcendence.mag@mweb.co.za](mailto:transcendence.mag@mweb.co.za), with a description of the photo, and your name. Photos submitted must be your originals and not copied from the internet. We look forward to sharing them.



In Love and Service, always,





## Heavenletter # 7 – The Answer

GLORIA WENDROFF

God said:

You are an expert on the seeking of love. Indeed, you may have been a beggar of love. You have paid a lot of attention to your need of love, yet love is not something to be begged for. You don't want to be good at begging for love.

The thing to do with love is to give it. There is no other recourse but for you to give love.

If you have been a beggar for love, holding your heart out for even a tiny squeeze of love, stop that now. Giving love is always the answer. If you are hungry for love, the cure is to give your love away. Spend your love. It does not belong to you anyway. Love is for you to give.

If you feel you are needing love, that is a sure sign to give love. When you put your finger on a hot stove, you know to take your finger off the hot stove. When you are yearning for love, take your love out and give it. You are the maker of love. You are the fulfiller of it.

The concept of tithing is that when you are in need of wealth, you give a percent of the wealth you have. If you have little wealth, still you give a percent. In the old days, the poorest of the poor were to give away a greater percent than the wealthy. That is how giving works.

The hungrier you are for love, the more you are to give. This is how to see love. Pour it out, and your love will be plentiful. You will see love everywhere, and you will be love everywhere. This is how you become wealthy in love. Love will fall on you like a spring rain.

When you are generous, life will copy you. When you are stingy, life will copy you. It is yourself you stint.

When you long for love, your longing will multiply. The more you give out love, the more your love will multiply. Take joy in giving love, you will have more joy in receiving love.

This is how you direct your life.

Of course, it is better for you to let go of thinking of getting love back. It is not quite love when you give love with a motive in mind. Give love because it is yours to give. Give love because the world needs your love. Give love because you have love to give. Give love because this is what you are to do. Give love so that you become good at giving it.

The less love you have, the more you give. And the more love you have, the more love you will still give.

Whatever your situation is, give more. This is how you fill yourself.

When you are lonely, make someone else less lonely.

All this is another way for Me to say to let go of putting so much attention on yourself. Too much attention on yourself separates you from life. It separates others from you, and it separates you from yourself.

When you feel a need for more attention, that is a signal to give others more attention. Self-serving does not serve you. It doesn't serve anyone.

Serve Me, beloveds. Serve Me well, beloveds. You serve Me by serving others. The more you serve others, the more you serve Me. The more you serve Me, the more you serve yourself.

This is your true need, beloveds, to serve.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/the-answer.html>







## Inspirational Quotes



*Love knows not of time. Love is a healing balm. It is instant. It is eternal. Love is an instant cure to whatever is on your mind. Love yourself, and time will not throttle you.*

Heavenletter #4092 Time in the World



*You have been foraging for love, and now you let love go out everywhere. You are a dispenser of love. Love is what you are made of, and love is what you have been made for. Love is your inheritance, and love is your privilege, and love is what you give, and love only.*

Heavenletter #4093 Your Nearest Neighbor



*I am not suggesting that you carry a torch for someone who doesn't want your torch of love. I am suggesting that you not turn the object of your once-held love into resentment or disagreeableness. Love alights where it alights and, sometimes, even in the sunlight of your love, another's love has flown. Still, stay in love, not in a stranglehold of love, but love like a nice star in the sky.*

Heavenletter #4094 Love and Release



*You will grow toward giving love more than you think about getting what you want. You become greater before you know it, more in the direction of giving rather than getting. You know that getting is short-lived. As you get the hang of it, of itself, your giving fosters the love in your heart, and so you have more love in your heart. Where else can love exist but in the heart?*

Heavenletter #4095 Where Else Can Love Exist



*You may have tightened your heart and tightened it. You forgot that your heart was for giving. You probably thought that your heart was for getting. You may even have concluded that your heart was for being hurt, and, therefore, you did everything to keep your heart buried and safe.*

Heavenletter #4096 The Petals of Your Heart

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](http://www.heavenletters.org)





## Understanding illusional perception of self-identity II

ROY EUGENE DAVIS

*I recently began to meditate on a daily schedule and enjoy doing it. For best results, should I practice for twenty to thirty minutes or one hour or more?* It is better to meditate for a shorter time and be attentive than to sit longer and be passive. Use a thirty minute schedule for a few weeks or months, sit a little longer if it is easy and enjoyable to do so. Do what provides the best or most satisfying results.

*From time to time, some of my friends invite me to a church service or a meditation group. I prefer to do my spiritual practices at home. What do you recommend?* Attend church or meditation group sessions if doing it is of spiritual benefit for you rather than for social purposes or to please others whose aspirations or interests differ from yours.

*A quote by Paramahansa Yogananda: "By deep meditation and right living, calm mental waves that cause distorted perceptions of reality. Then superconscious, you will see everything as it is." Explain what he meant.* Fluctuations (wavelike movements) in our mind and awareness may interfere with how we view objective conditions and ourselves. When our mind is calm and our awareness is clear, accurate knowing of what we observe is easier. Superconscious meditation practice detaches attention from mental states and weakens and quiets impulses from deep levels of consciousness that activate thoughts and emotions (Patanjali's *Yoga Sutras* 1:2). Moral, constructive, holistic living also helps to calm our mind and emotions.

*Some spiritual teachers recommended almost complete isolation from secular life in order to focus on spiritual practices, which is not possible for me or for most people that I know. Can't we be spiritually enlightened without being secluded?* Complete detachment is not necessary. What is most helpful is to avoid non-useful situations and activities so that living is uncomplicated and time is available for metaphysical studies and deep meditation. Many people are so involved with unimportant events, activities, and relationships that they seldom schedule a period of time for meditative contemplation. By right living and adhering to a regular, daily routine of meditation—not just peacefully sitting, but aspiring to be Selfrealized—progressive spiritual awakening that culminates in spiritual enlightenment can definitely occur.

*Which is the best approach to Self-realization: devotion, selfless service, acquiring higher knowledge, or meditation? Or should all of those "ways" be integrated?* Spiritual aspirants usually do what is in accord with their psychological temperament and capacity to practice. If one way is emphasized, the others should be integrated or blended with it. Devotion shouldn't result in naive or emotional thinking or behaviors. Knowledge of our true nature and of higher realities can be acquired while still having feelings of reverent devotion to God, people, and all forms of life, and living in ways that are appropriate and constructive.

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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## Reorganising the Structures of World Thought

LUCIS TRUST

The most difficult challenge facing humanity today is how to properly channel the volatile energy of the mind into new ways of thinking that reflect the refined, loving qualities of the soul: selfless love, sharing, goodwill, co-operation. As the human mind awakens—as is happening now worldwide—it becomes more sensitive to spiritual values; values that condition and transform the way a person thinks. Human thought is now turning outward. This outward turning of thought is slowly building the foundation for group consciousness—the conscious structure of the soul. As group consciousness becomes more universal it will inevitably demand a change in the structure of world thought.

It is important to distinguish the difference between the outer structures of thought and the inner purpose of the structure. Structures of thought can be likened to the structure of a building. A house is built for the purpose of family living, with a living room, bedrooms, a kitchen and a bathroom. Factory structures have a different purpose, as does a concert hall or a cinema or movie theatre. But these outer structures can undergo changes and be redesigned for a different purpose: an old factory building can be turned into a space for multiple condominium units; the same for an older office building. The outer design of the structure may stay pretty much the same, but inside it is reorganized to reflect a different purpose.

In a similar manner, older structures of thought can also be reorganized to reflect a new way of thinking. For example, over the past 250 years the ideal of democracy has become firmly anchored in world thought; it is a structure designed for the express purpose for individual freedom—a true divine motivating impulse. In the past two centuries it has given an increasingly educated public a strong voice in how they wish to be governed. However, as this ideal of freedom is filtered through a strongly individualized consciousness, it has been shaped and molded to favor and reflect strong individual desires. This was inevitable because as the mind awakens in its initial stages, it tends to produce the more negative expressions like self-centeredness, selfishness, separateness and greed. But as the mind grows in sensitivity to higher soul values, good qualities like sharing, co-operation, and selfless love for the greater whole are reflected. And what is now significant, these soul qualities are rapidly reshaping the inner purpose of the outer ideal of democracy. The magnetic strength of these core values has given rise to the formation of the United Nations Organisation, the demand for human rights, the rights of the child, for the ending of slavery and a long list of political and economic reforms that most nations of the world adhere to. The divine impulse of freedom that drives human beings forward in consciousness—as seen today working out in the Middle East—is now filtered through a much more awakened and universal mind. It is this force, this new sense of purpose that is reorganizing the older structures of world thought. Self-centered, autocratic rule is giving way to the voice of the people.

It should be mentioned here that the Triangles service work is playing a unique role in this transformation of the structures of thought. One significant purpose of the Triangles work is in helping to transform the current etheric network of squares—symbolic of the individual personality life—into a pattern of triangles—symbolic of the three-fold energies of the soul. This is necessary if there is ever to be a merging of the human kingdom with the Kingdom of Souls or Kingdom of God. This is the future objective of the divine Plan of God and therefore the objective of this great service to the work of the spiritual Hierarchy today. It is our group way of helping to reorganize the inner structures of thought.

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

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LUCIS TRUST



## Strategies for Overcoming Fear Part I

PARAMAHANSA YOGANANDA

The instinct of self-preservation is the fundamental reason for fear. The soul that is identified with the body is aware of the body's fragility and, consequently, experiences the fear of sickness, death, poverty, and old age. Most people harbor fears of this type because of the experiences of past lives. A mental indulgence in fear creates a subconscious fear habit. When something upsetting occurs, the subconscious fear habit asserts itself, magnifying the object of one's fears.

Fear aggravates all of your miseries. Not only does it have a deleterious effect on the heart, nervous system, and brain, it is destructive to mental initiative, courage, judgment, and common sense. Fear throws a veil over your intuition and robs you of your confidence to master your difficulties. Worst of all, it inhibits the almighty power of the soul.

Having been made in the image of God, you have all the powers and potentialities of God. It is wrong for you to think that your trials are greater than your divinity. Your spiritual self is calling every day. If you will make a determined effort, you can free yourself from all fears of past incarnations and gain the unchangeable consciousness of everlasting freedom. No longer will you walk nervously in fear and uncertainty on the path of life.

### 1. Quiet the heart and relax the body.

When fear comes and you feel overwhelmed, inhale and exhale several times, deeply and slowly. This helps to quiet the heart.

To relax the body, inhale, hold the breath and gently tense the entire body. Hold the tension counting 1 to 20 with deep attention upon the entire body. Then exhale and release the tension.. This simple exercise will relax and draw into the body a flood of life force and vitality. Repeat these two exercises whenever you feel weak or nervous.

### 2. Harness the power of your will.

A person must be strong-willed to drive away the mind-paralyzing fears that would sack and destroy his inner peace. If you have the tendency to be fearful, use fear as a stimulus to muster all the power of your will. Then harness the power of your will to the cogwheels of caution and good judgment. Continuously revolve these to produce practical ideas for how to meet your specific difficulty or challenge.

At the same time, never lose touch with your intuitive faith in God. Always remember: God will never let you down, if you firmly hold His hand. Try especially to attune yourself to His will for you in your current situation. This practice will strengthen your will power and also make you more receptive to the slenderest ray of light showing the way out of your current predicament. If you resolve firmly to "try and try again," God Himself and His angels will come to your aid.

### 3. Hold aloft the banner of courage.

In the face of difficulties, never allow your courage to become paralyzed. Uproot fear from within by forceful concentration on courage. Find an affirmation for courage and repeat it throughout the day and whenever fear threatens to enter your heart. At any given moment you have all the courage necessary to overcome any seeming difficulty. Meditate on courage, and in due time you will be freed





from the bondage of fear.

If unexpected problems suddenly threaten to overwhelm you, always retreat to the divine safety within. Meditate, hold aloft the banner of courage, and keep on struggling determinedly until you win through to victory. Given sufficient time and courage on your part, you will succeed in all your life's undertakings, both material and spiritual.

#### **4. The mind must manifest calmness.**

The cure for fear is to remain ever calm, giving little weight to the trials that beset you while striving always to do your best. The mind must manifest calmness. Calmness is more dynamic and powerful than peace. Calmness gives the devotee power to overcome all the obstacles in his life. Even in human affairs, the person who can remain calm under all circumstances is invincible.

Calmness will give you a sense of correct proportion and inspire you to behave with unflinching good sense, without concern for the possible reactions of others. When you act in this way, you will find there is a law of God that will protect you.

#### **5. Go on “worry fasts.”**

Worry thoughts are a habit. They act like a poisonous drug on the mind. Learn to remove the causes of your worries without permitting them to worry you. Where the worries and trials of everyday life are concerned, the mind must be like water, which does not retain any impression of the waves that play on its surface.

Shake off your worries by going on “worry fasts.” Go on short worry fasts three times a day to begin with. Take an hour in the morning, an hour at noon, and three hours in the evening. Absolutely refuse to allow a single worry thought to enter your mind during these periods. Then extend the period to a whole day; a week, and then a month. Soon you will have broken the insidious hold of worry thoughts, and you will be free of them forever.

Once you are free of worry thoughts, you must provide good mental food for the convalescing mind. First you must have laughter and joy. Associate with joyous persons, for joy and laughter are contagious. There are some people the joy of whose laughter nothing can still. Seek them out, and feast with them on this most vitalizing food of joy. Steadfastly continue your laughter diet, and at the end of a month or two you will see a change — your mind will be filled with sunshine.

#### **6. Temporarily divert your mind.**

Fear is nourished by thinking constantly of dire possibilities, until these take root in the subconscious. These fear seeds germinate and fill the mind with fear plants bearing poisonous, fear fruits.

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



*Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living. visit [www.ananda.org](http://www.ananda.org)*







## The Lords of Life

ROD BRIGGS

Many years ago a long suffering English teacher tried, with varying degrees of success, to get across to me the value of immersion in the classics. While much early romantic poetry does not motivate most teenage boys, those pieces that do inspire tend to stick for the rest of your life. They come back, oft-times unbidden, bringing ripples of joy and trailing unsought gifts. A recent incident in my garden had just such an affect.

I saw a francolin. A simple enough thing, you might think, but what made the sighting so wonderful was the scarcity value of the bird in question; not in the “endangered list” meaning of the word but in the “I didn’t know there were francolins in Ballito” kind of away. My avian visitor became a regular sight, always engendering a sense of delight – a moment in which I was able to “see” differently for a while. I tried to analyse what it was about a visit from a simple bird that caused such a visceral response. To my rescue, from the depths of public school English, came D. H. Lawrence:

*A snake came to my water-trough  
On a hot, hot day, and I in pyjamas for the heat,  
To drink there...*

The poem deals with an unexpected encounter in Sicily between Lawrence and a thirsty snake. It describes his wonderment, and its antithesis, his urge to kill it. The memory of the poem flashed into my consciousness in perfect clarity, yet if I had been asked to recite it at school, some forty five years ago, I’m sure I would have failed. As the poem progresses, Lawrence’s internal tussle leads him to throw a log at the snake, for which he is immediately sorry as the last stanza beautifully highlights:

*And so, I missed my chance with one of the lords  
Of Life.  
And I have something to expatiate:  
A pettiness.*

My francolin is one of the lords of life, as are the myriad unnoticed, seemingly insignificant, beings we share the mudball with. They give us pause for thought; the unexpectedness of the encounters we occasionally have with them allow us to slip the noose of stress for a moment, to get away from the everyday and to realise the heart-stoppingly beautiful diversity of creation.

They should never have tried cramming romantic poetry into teenage boys’ heads, but I am forever grateful that they did.

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

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

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

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





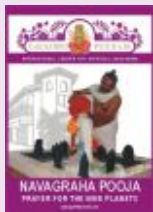
## Self Hypnosis Part III

SWAMI MURUGESU MAHARISHI

After selecting a correct and urgent problem that can be solved through self-hypnosis, a suggestion should be framed in sentences. Here it is very important to frame correct sentences which will stimulate *chitha* in the correct procedure to solve the problem. The first and foremost specification in framing sentences is that no negative word should be used in the sentence. All should be in the affirmative. The second important thing is that any kind of suffering should not be expressed in the sentence. Instead, the opposite beneficial matter should be expressed. For example if you are suffering from asthma, you should not form a sentence such as, 'my asthma should become alright'. Instead you should say 'I am breathing well and my lungs are functioning efficiently'. If you are addicted to drinking you should not say, 'my drinking habit should go away', but rather 'I possess good and beneficial habits'. In this way the sentences should not carry any negative words or express any suffering that is to be overcome.

You can easily understand that to practice self-hypnosis an absolutely silent place is needed. Because of this it is preferable to practice in the evenings until the technique is mastered and one is able to pass into an hypnotic state at any time. Self-hypnosis should be undertaken at first only in a reclining posture, and later once mastery is gained, it can be practiced when retiring in an easy chair. You should not take any stimulating drink before you begin a self-hypnosis session, as it will oppose your passing into a hypnotic sleep. The stomach should be empty; the head raised slightly higher than the body. Your bed should be soft, and your clothing loose and comfortable. Lie on your back, keeping your hands at your sides. If you know how, practice a few rounds of *suddhi* (relaxing) pranayama. If you do not know how to, then leave it out. Then proceed to the technique. It is very important that during practice you do not have any worry or anxiety in your mind. Calm the mind so that you can easily subdue it and in its place awaken your sub-conscious mind.

There are many simple methods discovered by modern hypnotists. But many do not know that in ancient India hypnotism was practiced by many sadhus and sanyasis, along with medical authorities. They were using some ingredients which, when inhaled, introduced a hypnotic state in which they impressed suggestions which were carried out by persons without knowing that they were doing such acts. This is like modern hypnotism. Apart from this, sadhus and sanyasis introduced hypnotic states by simply waving their hands across a person's face. By regular pranayama and meditation they acquired magnetic power which introduced a hypnotic state by simply waving their hands or sometimes simply staring at a person's brow centre through which magnetic rays enter. (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.

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





## The spiritual mind

SUREN PILLAY

A common question amongst spiritual aspirants is: what is it that makes a person a master as oppose to an aspirant who has failed to reach that state of spiritual attainment? What are the differences in mind-set that govern the successful aspirant and allow him to attain greater focus both on the material and spiritual planes of reality?

The 'spiritual mind' of a saint is vastly different to the ordinary mind of an aspirant or novice.

A spiritual mind can be developed by continuous spiritual practice, as well association with saints of spiritual mind. It is a mind that differs from an ordinary state of mind as it has no attachments and is bent on pleasing God and experiencing even deeper states of consciousness perpetually.

This mind has a blueprint that is often different to ordinary people in that the memories of the past that are seeds of negative or non-spiritually progressive actions are largely eliminated. Free of these conditioning memories, the saint with a spiritual mind becomes a master of his own destiny, not governed by limiting memories and experiences from the past.

In short, a persons state of mind and consciousness can be seen easily by just observing their behavior and speech over a very short time.

The level of conditioning to which he mind is subject, often determines how much work a spiritual aspirant has to do in order to reach the state of samadhi or bliss within.

A saint is able to see the level of development in a person almost instantaneously as their spiritual energy levels are usually expressive of their level of development.

The key question is: how can aspirants develop a 'spiritual mind' such that they will find a secure route to enlightenment?

A spiritual mind may take days, months or even years to develop, depending on the existing level of spiritual development of a sadahaka.

A very important practice to engage in, however, is to start intense purification of the mind by japa, for example, and also continuous reading and contemplation on the words of the sages. These practices refine the mind.

Karma yoga is also essential as it opens the heart of a human being to selflessness and compassion.

A most important practice is meditation as this will allow one to clear the mind of negative subconscious impressions which can have a disastrous impact on one's spiritual journey if allowed to remain dormant behind the scenes.

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.

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## Observing moral principles necessary for eradicating poverty FLORA TECKIE

As the world observes the 'International Day for the Eradication of Poverty' on the 17 October, it is opportune to look at the challenges and prospects of addressing this global problem.

Global poverty, at long last, is being recognized as priority on the international agenda. This is a commendable progress. However, to make a significant contribution towards elimination of poverty, there is still need for concerted effort and convincing programmes.

The poverty eradication is currently being approached primarily in material terms. Such approach has not been able to solve the problems for which it was intended, neither has it been capable of leading humanity to the tranquillity and prosperity which it seeks. This is, to a great extent, because the spiritual nature of humankind and the role of religion in influencing our attitudes and the spirit in which we carry out everything, including our development projects, have been forgotten or ignored.

The same way as the physical principles govern the material world, the social world is governed by moral and spiritual principles, which inspire the functioning of an ordered society. Principles such as trustworthiness, justice, unity, access to education and human rights are requirements for socio-economic well-being and stability.

One of the greatest challenges today is how to release the enormous financial, technical, human and moral resources required for sustainable development (resources that are often tied up for wars and wasteful projects). In the Bahá'í view, *These resources will be freed up only as the peoples of the world develop a profound sense of responsibility for the fate of the planet and for the well-being of the entire human family*" and *"This sense of responsibility can only emerge from the acceptance of the oneness of humanity and will only be sustained by a unifying vision of a peaceful, prosperous world society. Without such a global ethic, people will be unable to become active, constructive participants in the world-wide process of sustainable development.*

It is through a clear realization that *The earth is but one country and mankind its citizens* (as stated by Bahá'u'lláh) will we feel the urge and responsibility to work for the well-being of humanity, rather than merely for those of ourselves, our ethnic, religious or racial background.

Accepting oneness of human family implies that social and economic justice should be observed both within and between nations. It implies recognition of equality of the sexes; racial, ethnic, national and religious harmony; and the willingness to sacrifice for the common good.

*So long as disunity, antagonism and provincialism characterize the social, political and economic relations within and among nations, in the Bahá'í view a global, sustainable pattern of development can not be established.* Over a century ago Bahá'u'lláh warned, *The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established.* Only on a foundation of genuine unity, harmony and understanding among the diverse peoples and nations of the world, a sustainable global society can be erected.

The creation of a peaceful and just society, in which every individual is able to meet his/ her basic human needs; the people of diverse background cooperate and live in harmony, will require a significant reorientation of individual and collective goals and a profound transformation in attitudes and behaviours. We have to set aside trends based on past thinking and ask fundamental questions and reconsider the basis of development theory, both in terms of science and in terms of religion.

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



## Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

## The twin pillars of the future

BY THE MASTER through Benjamin Creme

From now on, the 'makers and shakers' of this world, the men of wealth and power, will find a growing resistance to their stratagems and plans.

In response to the growing influence of the beneficent energies of Aquarius, there is emerging the awareness of a different form of living in which all can benefit and grow, and manifest their talents and ideas for the greater good of all.

There is, too, a growing sense that money is not, after all, a god and demands no devotion or obeisance; that money is but a tool, to use or not, a convenience which has become a tyrant that enslaves its masters.

From now on, too, it will become increasingly evident that the old forms and methods no longer work, certainly not for the benefit of more than a few. Thus a great divide has opened up between the rich and poor of every nation, sharper and clearer than ever before.

For little longer will the poor of this world accept this unsacred division. And so the threat of revolution stirs once more in many countries. In Our view, while understandable, such a consequence would not bode well for humanity and would but strengthen their despair.

Our way is the way of peaceful evolution, and we recommend it to those who would endanger further the world. Our way is simple and attainable; the principle of sharing is the blessed answer to men's ills. At a stroke Just Sharing will transform this world.

Many other ways have been tried and have failed. Is it not a wonder that sharing has never found a place in the plans of men?

Maitreya, even now, speaks daily of the need for Sharing and Justice, the twin pillars of the new society of Peace and Reconciliation. Hold firmly therefore to this simple path and bring joy to the hearts of all.

SOURCE LINK TO THIS ARTICLE: [http://www.share-international.org/master/2013/ma\\_2013-09.htm](http://www.share-international.org/master/2013/ma_2013-09.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

Every human being that lives and exists around you is a dream and you are unable to notice yourselves in your dreams. Every human emotion that arises from you either builds or demolishes this dream, and the limitations you have set up or laid down have put up barriers. You must find the emotions in you that you have so far did not want to experience, and clearly see the desires in you that you wish to face in your earthly world. You must feel all the energies in which you experience yourselves, and find the best way to happiness. Happiness equals perfection. Happiness equals ridding yourselves of the barriers you have carried in you for centuries and in which you have got lost for so many lives. The energy in your happiness may resolve the incapacities that you have so many times been unable to experience, and thereby you shall be able to purify yourselves of your own incapacities that embody the prison of the past for you. You shall be able to experience light and love in you, and again be able to stand before God and the heavenly world with an open heart before you would experience lovelessness. Your lovelessness can only be overcome by love, and you shall only be able to start the flame of love, the light and glory in you by starting out from yourselves. Love is needed in your hearts, and love is needed in your lives, but not in the way you have provided it so far. You must feel the light and inner strength beneath your heartfelt sorrows that will make you able to experience your own purity, and by seeing others' purity be able to love and accept all the energies in which you have so far got lost. You have been dreaming about nice white fleeces in the sky so far but now I am bringing these fleeces into your hearts to open all the windows in that tiny 'shed' by covering away all the darkness so that you can experience all the love of your inner strength. The window of love must open in every person's heart, and they shall see the values in themselves and thereby in others that they have so far been unable to see. You must separate earthly happiness from heavenly happiness, and experience the light in you in which you are able to experience the heavenly happiness also down here. The energy and the love in yourselves must be created, in which you shall be able to experience the light and love of earthly happiness also in your everyday lives; and which is not going to be about realising desires that seem absurd, but is rather going to verify harmonic love bringing inner satisfaction and bearing infinite acceptance. You must see the strength that is represented by this type of love, and you must feel the light and glory in you through which you shall be able to realise all these. Having absorbed the light and glory of the kingdom of God, You must be able to experience everything in you that you have regarded as happiness so far, and be able to experience harmony, peace and light in you through all the flames of your love, and be able to accept all these. I must change the picture of love that has been created in you in which you tried to save everything you have created so far even through sacrifice. Let me ask you though whether I really have to experience all these in true happiness, and be able to perfect myself by experiencing my and others' happiness without sacrifice. I am afraid that you are unable to understand the essence of true happiness and you are unable to experience yourselves as purely and honestly as you should. But I also believe that you have the desire to experience, and the sound of your hearts touch you and you shall be able to realise everything I used to represent among you and that lives so deeply in Your hearts too. I believe that you have the strength and endurance for experiencing your own pure and true love and accepting all that the heavenly world is giving You.

With divine 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](mailto:ildiko.ferenc@facebook.com), [egivilagunkuzenetei.ferencildiko@facebook.com](mailto:egivilagunkuzenetei.ferencildiko@facebook.com), or to [egivilagunk@gmail.com](mailto:egivilagunk@gmail.com)

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## We're on God's property

SWAMI SHANKARANANDA MAHARAJI

The energy we create remains. When it is an ancient temple, ancient energy is much more powerful than what we know now. What we have now is computer energy. The ancients didn't know about that. They had pure energy. That could be the reason we had such disaster in the Haridwar, Rishikesh, Badrinath and Kedarnath areas.

We need to believe, even if we cannot see it, that God exists, that everything we have, and we touch is His, not ours. As long as we believe that then we won't have a problem. But we don't believe that. We believe that if we can't see or feel something that it's non-existent.

We can't see oxygen, but we believe it is there for our breathing. In the same way God exists in that oxygen. The nucleus of the atom of the oxygen is God, just as your nucleus, which is your soul, is God. So, God exists.

Nothing is possible, not even a blade of grass or a drop of dew, without God. And once we start believing that, we will become better people and understand what's happening around us. I'm doing a trip in September, to the same place where those disasters happened, but with one thought in my mind: if God decides, I can't choose the place.

If God decides that I'm going to collapse while talking to you, I can't say, "Wait, wait, let me first go lie on the bed". I can't. He decides.

Everything we do in our life, whether we become millionaires or paupers – He's teaching you a lesson. When He makes you a millionaire it's to see if you forget the times of your difficulties. And when He makes you a pauper, He's teaching you that this is what life is all about.

That is the uniqueness of God. And He is not a single unit, but a multiple unit of pure consciousness. Therefore it is believed that He can be everywhere at the same time.

God is there. We are on His property. He can decide to do what he wants on his property. If He decides tomorrow that the whole world must be under water, we can't do anything.

We only want Him when we have difficulties, problems, and troubles. We have no respect. When we are okay in life, we don't think of God at all.

When does the student think of Saraswathi? When writing exams. When does the businessman think of Lakshmi? Only when he has financial problems.

EXCERPT FROM <http://www.fridaysatsang.blogspot.com/2013/06/where-is-god.html>



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

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





## Where healing is the question...

BERNIE SIEGEL, MD

We all need to be in touch with our female and male sides that reside in the unconscious mind—the anima and the animus. They are within us whether we acknowledge them or not. So, this post focuses on how important it is to healing and survival for:

- women to tap into the power of being confidently assertive, and
- men to tap into the power of being vulnerable enough to express feelings.

On the whole, men do not handle emotional problems well. Too often they desert their wives, mothers, daughters, and girlfriends in times of crisis, whether they themselves are at risk or one of the women in their life whom they love is at risk. Many times, fathers, sons, and brothers are collateral damage if a man is facing the fear of dealing with emotional upheaval and the threat of having to express his feelings in a vulnerable rather than a controlling way.

For example, I know some husbands who drive their wives to our cancer support groups and then sit in the car waiting for them until it's over. They act as chauffeurs instead of soul mates. It isn't because they don't love their wives—it is because even the thought of an environment like a "support group" where feelings are expected to be expressed is a big threat.

In general, men have a great deal of difficulty sharing feelings one-to-one, much less joining a team, which are things women do as a reflex in times of stress. Men are more likely to take a fight-or-flight approach. If they can't fight it or fix it, they take off. If you are a woman in the life of such a man, be prepared. You are not the problem. The problem is their discomfort, or their dis-ease with disease.

Is this survival behavior? No. Do women live longer than men with the same cancers? Yes, but much of that can be attributed to not only to our biology, but also to our patterns of thinking and behaving. Men need to be given something to do. It can be as simple as a hug, mowing the lawn, or getting out of the way by going to play golf. But, if you are a man who is uncomfortable with disease, you can also do something outside of your comfort zone simply by showing that you know it is your presence that is needed. It is your willingness to listen without trying to "solve" the problem that is helpful. No one expects you to fix and cure everything.

To be fair, there are men who are not afraid of their feminine side and are willing to, for instance, join a healing team. In the same way, some women are not afraid to use their masculine side, and speak up for themselves about their needs when they are a patient in the hospital. If you want to heal, it is important that you be a complete human being and be comfortable with behaviors that are both masculine and feminine.

To be either a fully empowered patient, or an effective member of the healing team, you need to be able to step outside gender-defined ways of behaving. Fortunately, this is somewhat easier in the 21st Century than it was in the 1950s. Today people do not find it particularly strange when a man admits to being scared or a woman makes John Wayne look like a wimp when she is unhappy with the care she is receiving.

Men and women are generally allowed a wider range of emotions and behaviors now, so people may not find it odd that you can be feisty when that behavior is needed, and yet open, receptive, and expressive when circumstances call for that kind of response. To be a survivor, try very hard to see yourself as a fully rounded person, not as someone limited to scripted behaviors society has dictated for your gender.







Moving beyond the traditional masculine and feminine roles can be a matter of life and death. In today's environment we need to embrace both conscious and unconscious gender features, because they all make a difference to our ability to heal and survive. For a man to join a group where he must develop relationships and ask for help may be very difficult, but it is survival behavior. For a woman to stop the good girl behavior and express her needs more assertively may be a big change from her "expected" behavior pattern, but it is survival behavior.

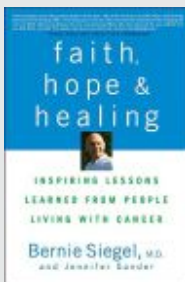
Each of us needs to become a complete human being, which very few of us are. Men need to stop being afraid to be vulnerable by learning to be comfortable expressing both masculine and feminine characteristics. Women need to stop suppressing their abilities by learning to be comfortable using both feminine and masculine characteristics.

As an example, take a look back in history and ask yourself this question, "Why were women banned from voting in national elections until 1920"? More importantly, ask yourself this question, "How did it finally change?" The answer is that it changed because finally enough men tapped into their unconscious and found that feminine qualities were of equal value to masculine qualities and both were necessary to move society forward; it changed because finally enough women tapped into their unconscious and found the confidence they needed from masculine qualities to take the risk to be assertive.

So, where healing is the question, the answer is right there in your unconscious mind. For men, the answer comes from your feminine side and it is to stop being afraid to feel. For women, the answer comes from your masculine side and it is to stop being afraid to be confidently assertive. Give your children, both girls and boys, the freedom to be complete human beings. Show them by your own behavior that it is healthier to be authentic, and use both your conscious and unconscious mind, than it is to live a role.

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### 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 online.



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

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



## Getting into the right business Part VI

WALLACE D. WATTLES

In the field of religion, the world cries out for the clergy man who can teach his hearers the true science of abundant life. He who masters the details of the science of getting rich, together with the allied sciences of being well, of being great, and of winning love, and who teaches these details from the pulpit, will never lack for a congregation. This is the gospel that the world needs; it will give increase of life, and men will hear it gladly, and will give liberal support to the man who brings it to them.

What is now needed is a demonstration of the science of life from the pulpit. We want preachers who can not only tell us how, but who in their own persons will show us how. We need the preacher who will himself be rich, healthy, great and beloved, to teach us how to attain to these things; when he comes he will find a numerous and loyal following.

The same is true of the teacher who can inspire children with the faith and purpose of the advancing life. He will never be “out of a job.” And any teacher who has this faith and purpose can give it to his pupils; he cannot help giving it to them if it is part of his own life and practice.

What is true of the teacher, preacher, and physician is true of the lawyer, dentist, real estate man, insurance agent – of everybody.

The combined mental and personal action I have described is infallible; it cannot fail. Every man and woman who follows these instructions steadily, perseveringly, and to the letter, will get rich. The law of the Increase of Life is as mathematically certain in its operation as the law of gravitation; getting rich is an exact science.

The wage earner will find this as true of his case as any of the others mentioned. Do not feel that you have no chance to get rich because you are working where there is no visible opportunity for advancement, where wages are small and the cost of living high. Form your clear mental vision of what you want, and begin to act with faith and purpose.

Do all the work you can do, every day, and do each piece of work in a perfectly successful manner; put the power of success, and the purpose to get rich, into every thing that you do.

But do not do this merely with the idea of currying favor with your employer, in the hope that he, or those above you, will see your good work and advance you; it is not likely that they will do so.

The man who is merely a “good” workman, filling his place to the best of his ability, and satisfied with that, is valuable to his employer, and it is not to the employer’s interest to promote him; he is worth more where he is.

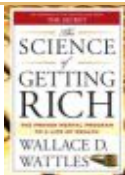
To secure advancement, something more is necessary than to be too large for your place.

The man who is certain to advance is the one who is too big for his place, and who has a clear concept of what he wants to be; who knows that he can become what he wants to be, and who is determined to BE what he wants to be.



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

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





## Accept life for what it is

ECKANKAR

As Debra heard the sound of her own words, she snapped from her self-pity and returned to her human cage, timeless ages – yet a mere heartbeat – bliss in the heart of God.

*I am home*, she realized. This time, she didn't mean her heavenly home, but earth. Hard, merciless, uncaring earth. "I'm as home as I'm going to get," she said aloud. "It won't get better here. So I may as well wipe my tears and plan for the day I'm old enough to leave." She stopped crying then.

A key realization had stolen in upon her: Conditions might stumble along at home, but truth to tell, they were well within the limits of endurance. This suggested the need to accept her station in life. What an important realization for a child!

Debra grew up, married, and endured hardships that led to a budding maturity. Losing her firstborn son, the marriage missing a breakup by a narrow margin, and other such suffering took her to the brink of hopeless abandonment.

One day, depressed and despondent, she sought refuge in church. Catholicism was the faith of her youth. Now she had hit rock bottom. Inside the church, a prayer service was in session, and worshipers all around murmured soft prayers. At that moment, sunk in the depths of despair, she felt a hand of comfort come to rest upon her shoulder. Her eyes flew open in surprise. She glanced back to bless that gentle Soul's touch, but empty air greeted her widened eyes. No one stood near.

In a way, you could say it was the hand of God through the personage of a divine messenger. God Itself – in ECK we neither say Him nor Her – does not descend into the human theater to move among people in the normal sense.

Yet the Deity does send spiritual messengers, often perceived as angels, saints, and the like. Debra realized it in a heartbeat. A guardian angel had indeed placed a hand of reassurance and comfort upon her.

Debra's story is a wonderful example of how you, too, may experience a gentle nudging from Divine Spirit (ECK) to help you on your journey home to God.

Even before leaving church, she knew that a gift of grace had touched her with a special blessing. This extraordinary moment of realization was the assurance of an ancient truth: life is more than a random walk. A divine presence had graced her.

As a Catholic more grounded in the physical side of life than the mystical, she was startled by such a realization of grace. It'd come through the touch of a gentle, albeit invisible, hand.



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

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





## Readers' Inspirations

### The Guide

A long lost traveler rejoices in a guide to travel the journey again;  
For at high tide the guide stabilises, and at low tide the guide accelerates.  
The final destination is thus never far away when one has a guide of wisdom on his side.  
Whatever thy path may we all be supremely blessed to have such a guide!

SUREN PILLAY



### Suffering should be welcomed

Once the soul awakens, the search begins and you can never go back.  
From then on, you are inflamed with a special longing  
that will never again let you linger in the lowlands of complacency and partial fulfillment.

The eternal makes you urgent.

You are loath to let compromise or the threat of dange  
hold you back from striving toward the summit of fulfillment."

AJOHN O'DONOHUE (FROM *ANAM CARA: A BOOK OF CELTIC WISDOM*)



### The One in All

I will behold the Invisible in the visible forms of my father, mother, and friends,  
sent here to love and help me. I will show my love for God by loving them all.

In their human expressions of affection I will recognize only the One Divine Love.

I bow to the Christ in the temple of all human brothers, in the temple of all life.

O Father, teach me to feel that Thou art the power behind all wealth,  
and the value within all things.

Finding Thee first, I will find everything else in Thee.

Wherever people appreciate my efforts to do good,

I shall know that there is the place I can be of greatest service.

O Lord of Law, since all affairs are directly or indirectly guided by Thy will,

I will bring Thy presence consciously into my mind through meditation,  
in order to solve the problems life has sent me.

God is peace.

Resign yourself to the infinite peace within you.

God is the ever new joy of meditation. Resign yourself to the great love within you.

O Infinite One, forever show Thy glowing face in all my joys  
and in the flaming light of my love for Thee.

Teach me to know that Thou art the power that keeps me healthy, prosperous,  
and seeking Thy truth.

I am a spark from the Infinite. I am not flesh and bones. I am light.

In helping others to succeed I shall find my own prosperity.

In the welfare of others I shall find my own well-being.

PARAMAHANSA YOGANANDA





## Index of Resources and Online References

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### Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
14618 Tyler Foote Rd., Nevada City, CA 95959 USA  
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### Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.  
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### Bernie Siegel

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### 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  
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### Gayathri Peedam South Africa

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Dean Petzer - 082 825 3202  
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### Heaven Letters (TM)

Web: <http://www.heavenletters.org>  
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### Lucis Trust

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**Mindlink Foundation**

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Rod Briggs - 032 946 2710

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

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