

*Your heart and mind take you everywhere,
and everywhere is within you.
I am within you, and I am Everything,
and so are you too.*

GLORIA WENDROFF, HEAVEN LETTERS



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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Welcome to the July 2015 issue of *Transcendence*.

Rituals are the kindergarten of religion.

They are absolutely necessary for the world as it is now; only we shall have to give people newer and fresh rituals. A party of thinkers must undertake to do this.

Old rituals must be rejected and new ones substituted.

SWAMI VIVEKENANDA

Most of us have daily habits that give us purpose and add meaning to our lives. Some habits are healthy and contribute to our positive upliftment, while others are destructive and drag us down continuously. Certain of our habits are initiated and performed consciously whereas others are unconscious and learned by family or social conditioning. Whatever our habits are, they are activities we practise regularly and are often hard to break when we want to.

Rituals are a type of habit that we perform consciously, usually with a specific spiritual intent. They are a way to help us remember our own spirituality and remind us that there is a Universal Force of which we are a tiny part. Spiritual rituals can also help us develop and maintain a specific mindset in order to manifest what we want in our lives.

If you're not happy with your life and the direction it is taking, it can be very helpful to observe your daily habits. Habits that need to be discontinued for your own progress can be replaced by rituals that help you become more conscious of your direction and how you intend on achieving your goals, material or spiritual.

Wishing you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4108 – And There Is God

GLORIA WENDROFF

God said:

There is no top to evolution. You evolve and evolve and evolve. There is no stopping it. There are no happy endings in the sense that there are no endings. There is happiness, and happiness mounts a white charger, and the white charger leaps over mountains, and higher and higher you go until the tallest mountain looks like a little mound from the height you reach.

You are getting a new perspective on everything. Everything is the same, you understand. It is you who changes before your very eyes. You are seeing with new eyes. Now you have wide-angled vision. Now your eyes penetrate the surface and reach the nucleus of life. You have entered atoms. You swim into the makings of the Universe. You are everything you see. Everything is contained in you, and you are contained in everything. Oneness is comfortable, very comfortable, yet you need to get used to it.

Your heart and mind take you everywhere, and everywhere is within you. I am within you, and I am Everything, and so are you too. As you rise to Heaven in this lifetime, you feel it. You may not know how to name what you feel, yet you feel something. You are learning a new balance. You stand tall in the Universe. You are pregnant with the Universe.

Very soon there is no out there. There is only inner. Know that the outer you have seen has really been inward. You are attractive. The world gravitates to you, for you are powerful. You are far more powerful than the outer world, and you begin to see your place in the cosmos, that the cosmos is made up of you and your thoughts and your Being, and My Being which are One and the Same.

This may seem complex to you because you are not used to this. Nevertheless, this new way is simpler than all the confusion you are used to simmering in. Now you are have simplicity. You and I are One. There truly is no one else and nothing else, and yet all these pictures crop up. They dance before your eyes.

Whatever you embrace, it is yourself you embrace. You have projected yourself out there. You are everyone you meet, and everyone you meet is you. And now you meet yourself on new ground. You are the trees and the rustling of leaves. And you are the apples on the trees. You are the still waters I lead you to. You are the depths, and you are the waves. You are the tides, and you are the little ripples on the water as well. You are the green pastures, and you are the lion and the lamb who lie down together. There is nothing you are not, and there is nothing you have not lived.

You saw photographs, and they seemed like the real thing to you. Your mind is a camera, and it takes pictures, black and white and colored pictures, and records sound too.

You are the music composed, and you are the dancing. You are the opera-singer you hear. It is your Voice everywhere. I am your Voice, and you are Mine.

Thoughts are voiced, and you voice them. You entwine the world. You weave it with your thoughts. You embody the world that embodies you.

The world is a photograph of your mind and your heart. Where anyone is, you have been. You may have climbed out, and they are still climbing. Of course, there is no they. It is all you, and nothing but you. There is not even you. There is I.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/and-there-is-god.html>



Inspirational quotes



Desire is not a vague thought. You have noticed the direction you want to go in. You are self-directed. You are not swimming against the tide. You are going with the tide of your desire. Desire will lead you. It will lead you to will.

Heavenletter #4106 Motivating Power



The world will not be so grave now. It will lighten up. There will be laughter overtaking tears. Tears of joy will be shed. Laughter of love will be sung. The day of reckoning is at hand, and the reckoning is joy.

Heavenletter #4107 The Year of the Heart



The world is a photograph of your mind and your heart. Where anyone is, you have been. You may have climbed out, and they are still climbing. Of course, there is no they. It is all you, and nothing but you. There is not even you. There is I.

Heavenletter #4108 And There Is God



Sometimes it is Academy Award. Sometimes. And now, dear friends, we are going to make only Academy Award movies. All of life is going to become worthwhile in deed and in awareness. We are going to have a beautiful run of movies, spectacular movies, all a romance of one kind or another.

Heavenletter #4104 Imagine That



Infinite is My love. Infinite are the ways to express My love. Heavenletters are one way. Life is another. The ways are long-standing, and they are new; the same way that each day is new, and the same way that, each day, you are new.

Heavenletter #4105 Growing Closer to God

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





Spiritual perceptions and experiences Part IV

ROY EUGENE DAVIS

CONTINUED FROM JUNE 2015

Habitual emotional states.

Are you as emotionally calm, stable, and mature as you want to be?

Spiritual studies.

Are you intent on having accurate information? Is your understanding of your true nature and of higher realities steadily improving?

Meditation practices and experiences.

Do you look forward to your meditation practice? Are you alert and attentive during meditation? Do you intend to be fully Self-realized in your current incarnation?

Work and/or other activities.

Do you work and perform other activities as skillfully as you can? Do you enjoy the work you do? Are most of your other activities necessary or of value to you, others, or the environment?

Relationships.

Are they wholesome and meaningful (of real value) to you and to others? Are they as harmonious and mutually satisfying as they can be? Write a list of very important or essential aims, purposes, and actions to which you will devote most of your attention. Focus on what is important or essential; ignore or reduce involvements with what is not important or essential. You can definitely know what is worth knowing and be Self-realized. Go forward with confidence and faith. Decisively Affirm I am intent on having progressive, authentic spiritual growth that illumines my mind and fully liberates my consciousness.

Isn't it easier to experience authentic spiritual growth when we have a guru to guide us?

If a wise guru (spiritual teacher) is available, being guided can be helpful. If a guru is not sufficiently enlightened, it is better not to rely on that relationship. We can then trust the inner guru—our innate knowledge that will emerge. A truth seeker who has a relationship with a wise guru must be willing and able to learn and to intensively apply what is learned.

Excerpt from *Truth Journal*, April/May 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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Reflections on the Soul Part II

LUCIS TRUST

The soul may be trusted to the end. That which is so beautiful and attractive must be succeeded and supplanted only by what is more beautiful and so on forever.

[RALPH WALDO EMERSON]

The foundations of the ocean, the vast realms of water which girdle the earth, are as tranquil and as silent in the storm as in a calm. So it is with the souls of holy men. They have a well of peace springing up within them unfathomable; and though the accidents of the hour may make them seem agitated, yet in their hearts they are not so.

[JOHN CARDINAL NEWMAN]

Those are the enlightened great souls of this world who happen to be firmly fixed in eternal unborn Calmness. The world can not even dream of it.

[THE UPANISHADS]

Follow you the star that lights a desert
highway, yours and mine,
Forward, till you learn the highest
Human Nature is divine.

[ALFRED LORD TENNYSON]

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



Are self-definitions holding you back?

SWAMI KRIYANANDA

I've often reflected that those great composers and other artists who achieved so little fame during their lifetimes may have been more fortunate in their obscurity than most people realize. Public acclaim can place limitations on a person's talents, even by so simple an act as defining them. Once an artist's public builds a house for him, figuratively speaking, on the plateau where they discovered him, he'll probably find it more difficult to leave that plateau for any other. Definitions, to the extent that they clarify a reality, are not merely helpful, but often necessary to comprehension. They can also, however, stand in the way of progressive clarity, for no definition can ever fully express the reality it defines. Self-definition is a way in which we all develop our abilities. The beginner in business who, after making his first big sale, defines himself as a successful businessman may in so doing create the self-confidence necessary to reach the heights of success. What happens, however, when such a man is asked to respond outside of his self-definition? Will he be more free in his response, or less so, than he would have been earlier? Suppose the women of his community ask him to help them sell trinkets at a table for a fundraising bazaar. Will he reply indignantly, "What do you take me for—a peddler?" Or will he respond pleasantly, "Why not? I'm honored that you would ask me to help". The banker who defines himself too rigidly as a banker may make an indifferent husband, father, or neighbor. The artist who defines himself too narrowly as an artist may forget what it is like to act like a human being. The sergeant who daily barks orders on the drill field may issue commands at a friendly party, where simple requests would be far more effective.

The positions in which life places us can help us to define ourselves, and thereby to achieve a certain level of self-understanding. But if we want to attain to ever higher levels, we cannot afford to dwell for long on any self-definition. In short, we must be as free in our minds to set definitions aside as to use them. The body you take on is just the product of all the things you've done and the reactions you've had over many, many lifetimes. These experiences have molded your face, your personality, your likes and dislikes, and have become your self-definitions, but you are none of those things. You are not your body, male or female. You are not your personality. You are that formless soul—that alone is who you are. Paramhansa Yogananda defined ego as 'the soul identified with a body'. All egos are like little jets of flame on a gas burner, each one with the appearance of individuality, but each one being, in fact, only a manifestation of the unifying gas underneath. What gives people their illusion of individuality is the bundle of self-definitions they gradually amass, most of which are quite insignificant, but which become, in their aggregate, a heavy burden on their spiritual awareness. I always marveled to see how my Guru, Paramhansa Yogananda, in different situations, always reflected the reality of the moment. For example, when he was in the company of medical doctors, he reflected their consciousness even to the extent of using their terminology! He possessed no self-definition to remind himself: "I'm not a doctor: I'm a yogi and a swami." In a deeply real sense, he was everything. At the same time, he was not identified with or attached to anything. Completely human—lovingly, charmingly so—in the highest and fullest possible sense, he was yet forever at rest in the eternal Self within. Nothing could define him, for he had transcended all definitions, and swam blissfully in satchidananda—the ocean of perfect, divine immortality.

Our essential reality is not our outward humanity: It is the eternal soul. What happens in the process of meditating is that gradually we begin to understand that, "No. I'm not any of these definitions." It's a discovery that each soul makes as it evolves in its own self-unfoldment. The more completely we renounce self-definitions, the easier we find it, by our openness to soul-guidance, to discover that in our deepest reality we are that eternal, infinite, ever-blissful Self. What practices, then, can help you in your journey to freedom from all limiting self-definitions?

1. Try never to use such expressions as, "Well, as I always say!" Try not to be or do anything "always."
2. Try not to think, "I'm a man," or, "I'm a woman." You are a soul who, from one lifetime to the next, may become one or the other.
3. Try not, as your age changes, to define yourself by that age. There was a child of nine, named Jan, who

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lived for a time at Mt. Washington with his mother. Our Guru would sometimes say to him with a chuckle, “Little Jan is no child: he’s an old man!”

4. Try not to be patriotic in the usual sense, which is to think, “My country, right or wrong!” If your country falls into a fit of madness that you oppose—as happened in Germany under the Nazis, who persecuted Jews—making sincere loyalty impossible, then it is better simply to emigrate.
5. Don’t define yourself by your own preferences. Don’t say, “I am by nature an artist,” or, “a businessman.” Say, rather, “I paint,” or, “I do business.”
6. Don’t define yourself by your beliefs such as “liberal” or “conservative.” Don’t say, “I’m a Christian.” Say, rather, “I love Jesus Christ, and try to follow his precepts.” Realize that there are as many types of Christianity as there are Christians.
7. Don’t define yourself by any opinion you hold. But define yourself, if you will, by your desire to know the truth. Be willing to change your mind whenever you see that you’ve been wrong.
8. Don’t define yourself by your talents. Don’t define yourself by your intelligence. Don’t define yourself by your ability to win others to your ideas.
9. Don’t seek perfection in the image you project toward others. In the realization of God alone as the Doer, even the thought, “I am kind,” or, “I am truthful,” is self-limiting. Even your human virtues are but small steppingstones on the way to an infinite perfection.
10. When people praise you for something you have done, you should say (and feel), “God is the Doer.” When people criticize you, whether with or without cause, you should thank your critics and say, “I shall try harder, in future.”
11. Don’t allow the negative perceptions of others to become your own self-definition. If people slight you, maintain your dignity but tell yourself inwardly, “How nice it is not to need their good opinion!”
12. Never define yourself as a sinner. Sin means, quite simply, error. It is born of ignorance. To punish ourselves for our mistakes is to deny ourselves the God-given power to learn from them, and rise above them.

Make any self-definition your own that may help to lift you out of ego-consciousness. Define yourself, therefore, as a child of God. Define yourself by the fact that you love God, by your desire for truth, and by your longing to escape the ego. If you believe in what you think to be a truth, be firm in that belief. But if anyone gives you good reason to doubt that belief, then don’t hesitate to abandon it. Never abandon a belief, however, only because you feel that it is not wholly correct. Wait until you can replace it with a sounder belief. Better a wrong belief than belief in nothing at all. Better to cling to the flimsiest wisp of truth than to become a nihilist! For negation is the destruction of all hope. Don’t, then, define yourself as someone who believes in nothing, who aspires to nothing, who trusts in nothing and nobody. We must always aspire toward something. It is best if our aspiration reaches up to the heights, but even a hillock is better than a pit as a definition of our aspirations. It is better to strive to become rich than to strive for nothing at all. It is better to be a mediocre artist than to give up painting altogether in despair.

Each one of us, in his soul, is individual and unique. God, I’ve often said, has a special melody to sing through every one of us. No two snowflakes are exactly alike. Once we have overcome ego-consciousness, we’ll manifest our true selves in the one Self, yet each of us will do so in some special way. True saints manifest the same one Bliss in their lives, but each one does so in some unique way. So never fear the loss of your individuality in finding God. What you’ll find is your own true individuality. To do that, you must first give up all self-definitions. In your true Self there are no definitions; you simply are.

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





Awareness

ROD BRIGGS

“Whatever impacts on the net... sends ripples throughout the entire system.” [INDRA’S NET]

Henry baked the finest bread-rolls and croissants in the village; in fact they were the only rolls in the village. Henrys café and bakery was the regular morning rendezvous for those of us blessed to be living in the village thirty years ago. As the only store in town it was a one stop shop for gossip and a chat with other locals while getting the necessities of bread, milk and the daily newspaper. Sometimes “popping out” to the shop took a while.

One day the normally cheerful Henry told us the dreadful news... a new supermarket, with a bakery, had been planned and was to be built immediately behind Henry's little convenience store. In six months Henry, up until then an integral part of village life for many years, had faded into oblivion. I'm not sure whatever became of him.

Far from being unique, Henry's story has been, and continues to be, repeated wherever supermarkets and megastores open up. The London School of Economics warned against this shift in small town economy in the early 1960's but no one really listened. Historically, small communities had a variety of suppliers servicing the needs of the locals. Typically there would be a general store, butchery, a bakery, a greengrocer, fishmonger, etc. While all of the proprietors would make a living, none of them would make a “killing” and whatever money they did earn was spent in the other shops in town creating a basic pattern of economic circulation which had endured for millennia.

This all changed with the advent of the one stop shop. All of the money not only flowed to one source, but the massive income was not spent back in other peoples shops as everything the supermarket owner wanted was available in his own store. The obvious and unavoidable consequence of this is the demise of small one man operations supplying local environs. Some counties, such as those in the EU, try and balance out the playing field by price fixing and competition boards but nothing has really helped. I continue to see this pattern wherever I travel in the western world.

I have just returned from a month in Europe to be told that the local butcher and a couple of other small shops are closing down. They are all fine operations and the village loses something impossible to replace with every one of them. Meanwhile, in the ‘new’ end of town, progress (?) continues apace with another extension to our shopping malls.

Be aware of the impact we all have on each other, spread the love, and the cash, in a balanced way.

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





Beneficial suggestions in Vedas Part IV

SWAMI MURUGESU MAHARISHI

Mantra 2 commentary continued

In another Veda mantra it is said that if mind is not a conscious entity, the soul consciousness will not make it conscious since a mere physical body cannot be made into a conscious being by consciousness. Consciousness can be introduced only in another conscious thing. Consciousness can reside in a non-conscious entity; but it cannot make the latter a conscious being. Thus it can be safely concluded via this Vedic explanation that mind is a conscious entity and that it resides in all beings. When mental consciousness is nullified, then the soul consciousness cannot be expressed in the body. This mantra explains that mind is a conscious entity and, as in the case of jnanis and truth seekers, the mind should perform only righteous karmas.

Mantra 3

Let my mind, the basis for intelligence, action and beingness, the immortal light within beings without which there is no action at all, think always beneficial thoughts.

Commentary

Here the word 'intelligence' or 'buddhi' generally explains the knowledge gathered from the physical world. This knowledge about the physical world is to be derived from modification of the mind according to the sensory stimuli. If there is no mind, there will be no knowledge at all to the person, though senses might function well. Intelligence or buddhi (generally about the world) is derived through the modification of the mind. A stimulus may reach the brain, but if the mind does not modify according to it, the knowledge that the stimulus conveys will not reach the personality. So, the mind is the basis for knowledge and intelligence about the world.

Now, we know well that whatever action is performed in the body is done through the medium of the mind. Nowadays, we know that even autonomic functions like the heartbeat also depend upon mind. We also know that if any emotion arises in our mind, it causes changes in the organic functions of the body. If this is the case with the autonomic actions, how much more will they be applicable to actions performed through karmendriyas (organs of action). Without mind we cannot even move a finger, even though our will to move it may be strong. So, mind is the basis for all actions of the personality.

Some may doubt the basis of mind for beingness. Let us consider the sentence 'I am'. What is conveyed by this? Does not this represent that 'my consciousness is functioning through the mind in the physical world'? Beingness is applicable to consciousness only when the latter is related to mind. If 'Beingness' represents cosmic consciousness, then 'I am' has no meaning because soul is immortal and it exists always. This 'beingness' represents only the cooperation of the soul with the mind. This is explained in an Upanishad as 'Athemendriya manoyuktham bhokthethyabur', meaning when the soul cooperates with 'indriyas' (senses) and mind, then only consciousness of being exists. So, mind is the basis for beingness.



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





The impact of societal norms on spirituality

SUREN PILLAY

In everyday life people consider incidents or events as good or bad as pleasant and unpleasant. The relativities are born of the material mind developed from life impressions as well as social norms. When one looks at social norms we see that they are constantly shifting from age to age. An example of this is the criminal justice system. In one century theft may have been punishable by death whereas in another century the same crime may have been punishable by a small fine or community service.

Societal norms are therefore an expression of collective values of the human race at a particular point in time. They are not eternal since they change over time and do not represent absolute wisdom. Most people believe that it is necessary to conform to societal norms in order to gain approval or acceptance by society. The only problem is that some of these norms will not result in any long lasting happiness or joy. Eternal joy is within each of us and practices and behaviours that shift attention to our outer reality rather than our inner reality inevitably create a transient type of happiness which is soon offset by some sort of pain.

Most of societal norms are based on offshoots of false ego, the chief obstacle to enlightenment. Enlightenment is the result of steady spiritual practice on the journey, and constant humility which is the natural opposite of egoism. Every time an individual regards the next person as being bigger than them, that individual is becoming more humble in nature. This humility shifts attention from the outer to the inner which promotes spiritual realisation. Many believe that not conforming to societal norms will result in being regarded as an outcast. It should be remembered that the most accomplished material and spiritual individuals in our age were outcasts who did not conform to the societal norms, and if they did would probably not have accomplished anything extraordinary.

The yogis of the Himalayas are definitely not conforming to current societal norms and expectations. The same can also be said of Buddhist monks who, as revealed by numerous studies, are reputed to be the happiest people on Earth. The reason for this is that their behaviours and actions are based on eternal truths that do not change over time. Their practices have stood the test of time and are based on timeless wisdom.

My message to you this month, dear readers, is to always consider the motive behind your behaviour and actions. Are they to conform to societal norms or are they to give you higher states of consciousness? As you introspect deeper you will start to realise that you can increase your joy a hundredfold by simply making choices based on inner wisdom and the self.

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.

www.surenpillay.comwww.facebook.com/surenpillaySA



Child rearing is a privilege and a source of joy

FLORA TECKIE

Child-rearing is not only a source of great joy and reward, but it is a sacred obligation. Every child has the potential to be good, to do well with his/her education and to develop spiritual qualities in a loving and caring atmosphere and through proper guidance and discipline. According to the Bahá'í Scriptures: "Every child is potentially light of the world and at the same time its darkness" "...the aim of an educator is to so train human souls that their angelic aspect may overcome their animal side".

The upbringing of children is our responsibility and privilege as parents. It is important that we create in our homes such conditions and an atmosphere, which will be conducive to the material and spiritual welfare and advancement of our children. The first training which children receive is at home and is the strongest foundation for their future development. Mothers in particular have a special role to play in the early training and education of children, especially during the first few years of life when the basic values and character of the individual is formed. According to the Bahá'í Writings: "...it is in early childhood that a firm foundation must be laid. While the branch is green and tender it can easily be made straight." Both spiritual and intellectual education are essential for our children to develop to their full potential and for them to be equipped to contribute socially and spiritually to the advancement of our communities. However, special emphasis should be placed on moral and spiritual education.

According to the Bahá'í Scriptures:

"...from the very beginning, the children must receive divine education and must continually be reminded to remember their God. Let the love of God pervade their inmost being, commingled with their mother's milk".

"Schools must first train the children in the principles of religion ... but this in such a measure that it may not injure the children by resulting in ignorant fanaticism and bigotry".

Combining science and religion, belief and reason will help free our children from religious fanaticism and superstitions. Placing emphasis on learning to think, rather than following adults out of fear, to reflect and reason, rather than to imitate, will motivate them to apply the spiritual laws with understanding and conviction. To educate is 'to bring forth' what already exists. Bahá'u'lláh says: "Regard man as a mine rich in gems of inestimable value. Education alone can cause it to reveal its treasures, and enable mankind to benefit therefrom." We, as parents, should therefore value the God given gifts in our children and help them to develop their inherent potentialities. It is important to see each child as a unique individual and skillfully bring out the best in them.

As parents or teachers it is our responsibility and privilege to assist children to realize their potentialities through spiritual and secular education. Every child has the potential to be good, to do well with his education and to develop spiritual qualities in a loving and caring atmosphere and through proper discipline. The type of education we provide for our children should make it possible for them to function effectively in an integrated world society. It should be the kind of education, which will enable them to live in harmony and peace, in an atmosphere of understanding and respect for others.

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



Bahá'í Topics

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

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

The secret of living

BY THE MASTER through Benjamin Creme

It is little known today that in ancient times, when man was younger and wiser, the word to 'steal' was unknown in any language. The Masters of Wisdom then lived openly among men and encouraged them to live without crime. No door was locked and sharing was the norm. For long ages, in many areas, this blessed state pertained.

How far from that simple splendour has man fallen. How far from his purpose has he strayed. Man today is standing at the crossroads: one path, the path of separation and cleavage, on which man now stands, leads unerringly to perdition. The other beckons man towards the fulfilment of his destiny, the wonder of which today cannot be described, a path on which man will find within himself the means of becoming a God.

To help men choose, to aid their judgement, the Masters are, once again, returning to a world in which They, too, struggled and suffered as do men today, uncertain of the path and the needed action. From Their vast knowledge and experience They will offer Their advice, and guide men safely back from the abyss. Thus will it be, and thus will men begin again the upward climb to the mountain top, sure in the knowledge that their Mentors, their Elder Brothers, will not desert nor mislead them.

When men take the decision to share together the produce of this bountiful world, an extraordinary and mysterious happening will take place: at a stroke, men will realize that the need for war is past, the menace of terrorism will quickly disappear, the trust engendered by sharing will make the problems facing men, environmental and territorial, resolvable in blossoming goodwill.

Through sharing, men will realize that they are brothers, and acting as brothers in close cooperation, will begin the process of transforming this world.

Thus will God's plan for men and planet Earth regain its momentum, and thus will men grow apace in wisdom and love. They will rediscover the secret of living in all its simple grandeur and dignity, respecting each man's right to be and live in harmony. They will come together in veneration of God's plan and purpose, and add their insight and longing for truth to the annals of men.

Maitreya and His group of Masters stand ready to help men in their hour of need. Patiently, They await the moment when They may enter the affairs of men and, with discretion, within the Law, give of Their bounty and aid. That moment is not far off.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2003/ma_nov03.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
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<http://share-international.org>





Paramshiva, Shiva and Muruga

SWAMI SHANKARANANDA MAHARAJI

Arul perum jyothi, arul perum jyothi, thani perum karunai, arul perum jyothi.

This should be recited continuously. What is the meaning of ‘arul’? What is the meaning of ‘perum’? What is the meaning of ‘jyoti’? Arul is the total energy of Paramshiva, which is the light in the soul of each one of you. And that light should be daily energized to such an extent that when people look at you they only see you as jyothi, a light. From the most ancient times in the early Vedic scriptures, the light has been the most important aspect of a home. That jyothi is what you call today the God lamp or Lakshmi. It is very important that you stand in front of that Lakshmi and give your total self in the name of *Arul perum jyothi, arul perum jyothi, thani perum karunai, arul perum jyothi.*

This most powerful mantra was handed over by Paramshiva, the great lord of this universe. It surpasses any kind of definition of the term ‘god’. And this great jyothi was given by Paramshiva to Muruga to light up each one of you. Muruga is that significant light, that jyothi. And in present times, because of the lack of this jyothi knowledge, the children are now becoming abusive towards their parents. It is shocking to find that your child can use such abusive language and actions against you in this modern time. And this all has to be linked to the weakness of the parents, that the parents have failed somewhere in their life to educate or to bring up that child in a proper manner. It is very important for as long as possible to keep your child away from modern mechanisms and mechanics. The destruction to the brain comes from these mechanisms.

Right now is a very special time, and in this special time you should all worship Paramshiva, the light that has no ending, and bring it to the Shiva within you. It is important in all your lives to remember that God, in whatever form, energy or field you worship Him, will make His presence felt and you will enjoy his bliss.

You will feel the energy lingering around you. Just absorb and enjoy that energy as much as you can. There is this light within you that also needs to find the joy without you. This is the moment to let the light within you find the joy without you. In the great epic (the Mahabarata) it is said that when the seer and the seen become one, at that moment there is pure union with God. When Paramshiva and the Shiva within you become one then you have a perfect, pure union with God. That is all that you need.

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com>



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





Enlightenment

BERNIE SIEGEL, MD

Most people I know only find enlightenment through their emotional or physical difficulties. That is a sad statement. Wouldn't it be far better to be educated about life and prepared for its difficulties by the wisdom of others, rather than to need your own break down in order to become strong at the broken places or expand through them. Many painful events become our blessings because of what they teach us and the voids they fill in our lives. I believe it is better to be blessed by wise parents, teachers and spiritual leaders than adversity.

Others learn the hard way that the darkness leads them to the light just as charcoal under pressure becomes a diamond. Again a painful journey through the tunnel of darkness seeking the enlightenment.

My writing and today's books have nothing new to say. We may have new stories but they are only repeating ancient wisdom. So read the wisdom of the sages and learn from those who have gone before us. Which path you take makes little difference. The themes of all the great spiritual leaders of the past have much in common. So if you seek enlightenment get started by paying attention to what has been said and don't wait for a personal disaster to bring you the gift of enlightenment. You may know the saying, "If you seek enlightenment, seek it as a man whose hair is on fire, seeks water." It takes that kind of desire to truly face the light.

What has helped me most was my search for the answer to why we have a world filled with pain and difficulties. As a physician I saw much suffering that seemed to make no sense. Ultimately I realized it was to give our acts of compassion meaning and that what was evil was to not respond to the person with the affliction. We have free will and when we choose to love it is a choice which makes our love meaningful. The free will allows us the opportunity to become co-creators and, hopefully, some day we will create a family of man and our own Garden of Eden. As a surgeon I know we are one family, despite our actions, because we are all the same color inside.

A veterinarian friend of mine listed five points necessary to train animals properly. As I listened to her list I realize it is what the enlightened give to each other. They are Love, Trust, Respect, Consistency and Commitment. So the enlightened treat people as well as they do their pets.

The questions I would ask you to consider to help yourself awaken and see the light are:

What is evil?

Who can you hate?

Who can you love?

Who is the enemy?

Who is the Lord you work for?

What do you need to say that you haven't said?

I won't answer for you but as you seek enlightenment the correct answers will make themselves apparent.

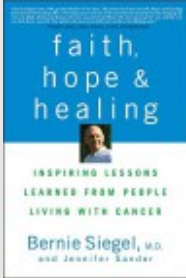
The last point I will share with you is that when you are enlightened you will understand the power of love. So ask yourself why we say kill with kindness, torment with tenderness, love is blind, love thine enemies and love thy neighbor as thyself. Therein lies the answer to life and enlightenment.

Several years ago I fell from our roof, hit my head and developed amnesia, which improved my marriage and family life dramatically. I learned a great deal from the benefits of amnesia. When my memory came back I had a difficult time with my wife and children because now I remembered all their faults. A therapist friend said she could save me from years of therapy. I asked her how. She handed me something and said go home and read this and live what it says. What she handed me was Corinthians 1:13 which describes all the benefits of amnesia and more through love.



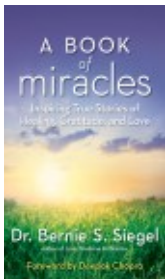


I tell you this so that until you are enlightened and capable of loving try amnesia in your relationships and daily life. It will help. Or if that doesn't appeal to you the next time you don't know what to do and seek to make the enlightened choice ask yourself, "What would Lassie do now?" If you prefer denominational or religious figures as choices there are a few I can recommend but choose wisely because animals are complete and man is not. Or so the Bible tells us.



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.



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)



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



Readers' Inspirations

Divine Attributes

In the sight of light across the ocean I see a sign of infinity.
In the view of a violet flower I see the fire of divinity.
In the perception of the sun I realise my immortality.
You are the cosmic recharger giving me ever-new vitality
May we be ever immersed in you, revitalising our spirituality!

SUREN PILLAY



The yoga of devotion

There is no lasting bliss in perishable objects.
In the infinite alone is true bliss.
The Yoga of devotion points the way to attain the infinite.
It cleanses the heart, steadies the mind,
elevates the emotions, sublimates the impulses.
It transmutes base desires into spiritual urges.
It transfigures the animal in man into a divine being.
It turns one's mind from the miseries of the world
to the protecting feet of the Lord.

SWAMI SIVANANDA



Prayer for a United World

May the heads of all countries and races be guided to understand
that men of all nations are physically and spiritually one: physically one,
because we are the descendants of common parents – the symbolic Adam and Eve;
and spiritually one, because we are the immortal children of our Father,
bound by eternal links of brotherhood.

Let us pray in our hearts for a League of Souls and a United World.

Though we may seem divided by race, creed, colour, class, and political prejudices,
still, as children of the one God we are able in our souls to feel brotherhood and world unity.
May we work for the creation of a United World in which every nation will be a useful part,
guided by God through man's enlightened conscience.

In our hearts we can all learn to be free from hate and selfishness.

Let us pray for harmony among the nations,
that they march hand in hand through the gate of a fair new civilization.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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