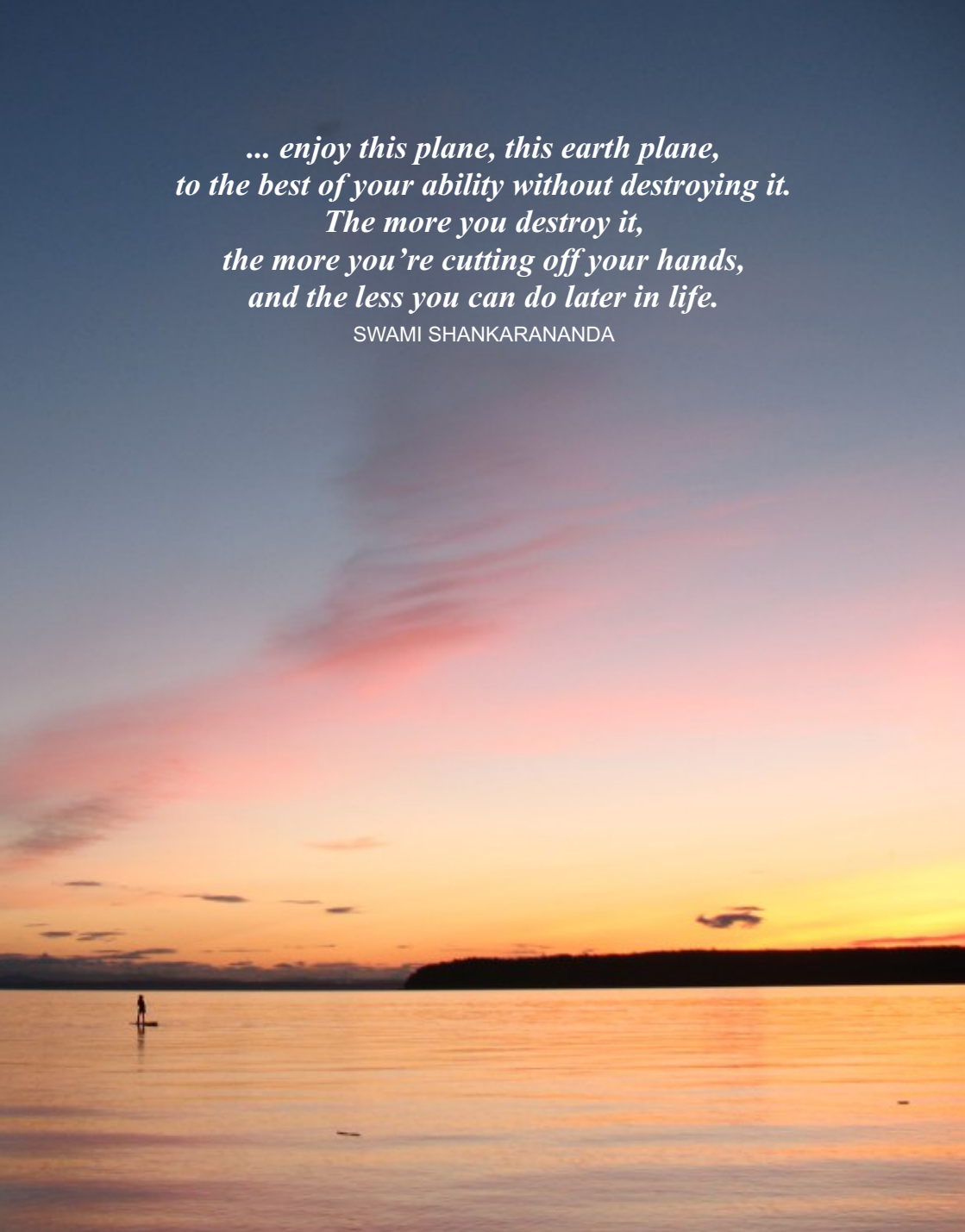


*... enjoy this plane, this earth plane,
to the best of your ability without destroying it.
The more you destroy it,
the more you're cutting off your hands,
and the less you can do later in life.*

SWAMI SHANKARANANDA



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 66
29 August 2015



Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 66

29 August 2015

3	Heaven Letters	GLORIA WENDROFF	12	Gender equality	BAHÁ'Í FAITH
5	Live freely remembering the Infinite	ROY EUGENE DAVIS	13	Warriors of light	SHARE INTERNATIONAL
6	Spiritual values	LUCIS TRUST	14	Find union with Paramshiva	SWAMI SHANKARANANDA
7	Why put God first?	ANANDA SANGHA	15	Accepting illness to heal	DR BERNIE SIEGEL
9	Path of the masters	ROD BRIGGS	17	Readers' Inspirations	
10	Beneficial suggestions in Vedas	SWAMI MURUGESU	18	Additional Resources	
11	The psychology of spiritual success	SUREN PILLAY	20	Contact info	

Welcome to the August 2015 issue of *Transcendence*.

Change is sometimes needed to better yourself, love yourself and truly be happy.

Never stop working on the best you can be.

It's a lifelong endeavour.

ANGELIQUE LAFOREST TREMBLAY

Without change we cannot grow. We cannot evolve to be better than we are at present. It is said that the truth is unchangeable, that the essential reality is forever fixed. If something is continually changing it can never be the ultimate truth of that thing until it becomes static or perfect

It is the same with each of us, we continue to grow ever upwards, outwards, expanding towards our own personal divinity, our own individual truth.

Change brings with it the unknown. As soon as we change something in our lives we will experience a situation or position in which we've never been. It is normal to fear the unknown, and with it to fear change as we tend to become comfortable in our stuck zones because we know them well. Our attitude towards change will determine our reluctance or happiness to change. As soon as we understand change (be it comfortable or uncomfortable change) as a growing process, as a process of expansion, we will be more open to it and the blessings it will bring us.

If you're stuck in your life, tired of your day-to-day routine, perhaps it's time to invite change, to ask for change so that you can unfold and advance ever-nearer to your own ultimate Truth.

Wishing you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4109 – The Greatest Power There Is

GLORIA WENDROFF

God said:

Of what love are We? There is One Love, and no other. There is One Love, and yet it has turned into pieces. The Indefinable has been defined. There is this kind of love and that kind of love, and no love at all, says the world. Yet love is Love Incarnate. Love depends on nothing. Love, the greatest power there is, simply is.

You do not yet believe in love. Let's face it. You have glimpses of love. You have feelings of love. And yet love may seem to elude you. Or you find love, you have it, and then it seems to slip from your fingers.

Love is. Love does not need to be held. It needs to be proffered. Love is seen when you give it. Accept that all love that rushes to you is your own love returned to you. Your love turns around and meets you.

Yet giving love is not an act you perform. Love is greater than that. Love is not a means to an end. Love is not a business deal. Love is meant to be given yet not given as a practice, and, still, just the same, you may need to practice.

Love is to be given for no other reason than that it is to be given. And that is your purpose: To find love in your heart and give it away.

In a way, giving love is like shovelling snow, and it keeps snowing. Only, in the case of love, the more snow there is, the lighter it is. It can be hard work to shovel snow. It is not hard work to give love. Love wants to give itself. Love wants to be a precursor to more love.

And so love becomes a bouncing ball on Earth. It is automatic to catch it and, in the same instant, toss it back, or toss it anywhere. It is not necessary to aim. It is just necessary to give it. It is not necessary as an ordinance. It is necessary in the same way that it is necessary to breathe. It is not a rule. It is not obligatory in the sense of obligation. It is natural to breathe. It is natural to love.

If the love from your heart has been constrained, be tender to the love in your heart and untie it. You may have been sheltering your love. Let love be your shelter, beloveds. Free your love to be its own self. Let it be the size it is. Your love has no limits. It is simply to grow and to blossom.

Giving of love is of great benefit to you. You may think you give love to empower another. It's true that your love does strengthen all it falls on. It causes grass to grow and flowers to bloom. Your love given freely of itself nourishes the hearts of all.

To give love from your heart, whether in company or alone, is not an obligation, you understand. Obligated love is not love. Assigned obligated love is effort, and love is effortless.

It is like this. Turn on the fount of your love, and it is turned on. You are not to economize on love. Leave love on. Don't turn it off. Nothing has to turn your love off.

Love is not for you to restrict. Love enough that a loved one can leave you, and you can continue to wish your loved one well. Love is a general thing, and not so specific as you have always thought.

Love is your Being. As I, God, am love, so are you love. That's how it is. Don't you love it? We love. We are love. Atoms are love. Cells are love. The secret to life is love.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/the-greatest-power-there-is.html>



Inspirational quotes



From the setting of will, you fulfil your desires. Your desire sets something in motion, and you are part of that motion. It is not by some monumental effort that your desires are fulfilled. You are present. You are not absent. You don't pay someone else to write your book when it is your desire to write.

Heavenletter #4106 Motivating Power



The ballast of Earth is less. Earth is getting lighter and brighter; brighter light and lighter weight. I speak an ode of joy to the world. The world has gained its fulcrum. Extremes are less. Hearts are more. Hearts entwine. Hearts speak their heart. Love is not hidden. Love is revealed, and love is revered. Love loves love.

Heavenletter #4107 The Year of the Heart



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.

Heavenletter #4108 And There Is God



Beautiful Stars on Earth, harken to Me as I tell you how beautiful you are and how much you stir My heart. There are no tricks here. From the vantage of Heaven, all is simple, and all is clear. From the vantage of Earth, all is a scramble.

Heavenletter #4104 Imagine That



If the love from your heart has been constrained, be tender to the love in your heart and untie it. You may have been sheltering your love. Let love be your shelter; beloveds. Free your love to be its own self. Let it be the size it is. Your love has no limits. It is simply to grow and to blossom.

Heavenletter #4109 The Greatest Power There Is

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





Live freely, remembering the Infinite

ROY EUGENE DAVIS

Pondering the Infinite (limitless ultimate Reality) which does not have a beginning or end can evoke a variety of ideas and some useful insights. Our universe was produced about 14 billion years ago from a spontaneous vibration emanated from the expressive field of ultimate Reality (not 'out of nothing' because matter cannot be produced from nothing).

Our planet is estimated to be 4 billion years old. Some of our ancestors who used stone tools lived two million years ago; others who seemed to be more evolved and had a larger brain lived 200,000 years ago. Modern human beings are currently in the early stages of intellectual and spiritual development, which is perhaps why we should be patient in our endeavors to encourage them to examine higher realities and be sincerely interested in nurturing spiritual growth.

Living freely and enjoyably is an attractive ideal or aim because we all want to be creatively productive and happy. At a deeper level, we also want to be spiritually conscious even when we are not able to explain what it means to be like that.

Our innate urge to know our pure essence and ultimate Reality as it is (not as it may mistakenly be presumed to be) inclines all souls (units of the pure essence of ultimate Reality) to want to have their awareness restored to its original, pure wholeness. Some people may seek an understanding of a higher power or larger reality because they are emotionally immature, want the care or protection of a cosmic parent-figure, or are not comfortable with thoughts of old age and eventual death.

The most compelling influence that makes us want to be spiritually aware is our innate urge to be spiritually enlightened (fully conscious with flawless awareness and knowledge of our true nature and ultimate Reality).

Overcoming the habit of Self- and God-forgetfulness

Just as new souls may temporarily forget their true nature and relationship with the Infinite by being too identified with objective circumstances and the inertia in nature which dulls awareness, they often continue to do it when they incarnate in causal, astral, or physical realms. When we are not constantly Self-aware, we may be inclined to be Self- and God-forgetful by allowing our attention to be easily distracted or preoccupied with random thoughts, moods, and objective conditions.

Our awareness, which reflects perceptions to our mind and intellect, follows our attention. That is why it is important for us to control our attention by being alert and intentional. It is common to hear some people say that they cannot concentrate, think clearly, control their emotions, or avoid being attracted to stimulating events or disturbed by troublesome events they hear about or observe. Mastery of attention is essential for effective living and for nurturing spiritual growth.

Excerpt from *Truth Journal*, June/July 2015

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.



CENTER FOR SPIRITUAL AWARENESS

AN ENLIVENING POWER IS NURTURING THE UNIVERSE
AND WE CAN LEARN TO COOPERATE WITH IT.

PO Box 7, Lakemont, Georgia 30552-0001

www.csa-davis.org



Spiritual values

LUCIS TRUST

At the heart of all psychological and spiritual growth is an evolution into right relations characterized by higher spiritual values; right relationships by definition are governed by a blueprint of spiritual values. Everyone recognizes higher values. Even though there is currently little to no widespread or formal training about values in education, most adults are able to easily identify them.

One might hypothesize this is so because the great spiritual teachers—Christ, Buddha, Lao Tzu, etc. demonstrated those values with their lives and left deep imprints on the human psyche. That is true. It also may be true that these values are embedded at the heart of the human soul and that spiritual Teachers are simply able to express fully what is already innately present. Spiritual values are often recognized as aspirational goals. Right relationship between individuals, nations, and kingdoms of life on the planet are only possible through a lived expression of spiritual values. This should tell us something significant—spiritual values are innate living energies which when fully embodied and expressed create right relationship.

All evidence points to humanity evolving towards a fuller alive expression of spiritual values. Gandhi pointed the way to achieve this evolutionary transformation: “be the change you want to see”, he stated. Paradoxically, it is the striving of each individual to live from those spiritual values that results in humanity as a group moving towards a culture that is a more accurate reflection of spiritual values. It is the soul in each of us that demands relief from the friction, chaos, and conflict engendered by lower regressive values—selfishness, separatism, greed, and the like. The soul aspires simply to be what it already is—love, wisdom, light, selfless service and goodwill in action, unity, harmony, and sacrifice—and to be liberated from all that obstructs and hinders its fullness of being. Suffering, in this context, is merely the intuition of wrong relations based on wrong values.

Triangles are a specific configuration or pattern recognized by both the fields of mathematics and architecture as being a more stable structure and by psychology as being a potentially difficult entrenched pattern. Psychology recognizes the potential destructive power of triangulation when there is a lack of transparency and equality (wrong relations) within the triangle such as occurs when the alignment between two points exclude the third. Triangles, therefore, can help to bring power, stability and right relations when used through higher values.

When triangles are created with the higher aspirational goals and spiritual values that are embodied in the Great Invocation, a model for right relationship based on selfless love and the united aspiration of the soul is created. The use of Triangles is, therefore, a way to “be the change you want to see” and help create right relations through embodying spiritual values on earth.

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

london@lucistrust.org

www.lucistrust.org



LUCIS TRUST



Why Put God First?

SWAMI KRIYANANDA

The idea of putting God first is the very thought that both the new devotee and the worldly person find most difficult to accept. Having rooted their thinking in common sense, they assume that they've got to think first in practical terms, and then expand that into working spiritually with prayer and God's grace. But I've found in my life that if you really give what you're doing to God, somehow God will then supply the guidance that's needed, or bring the right people who can help you.

Paramhansa Yogananda demonstrated this principle in a story in *Autobiography of a Yogi*. He was a college student in Calcutta and had to take an exam for which he had not studied. He had attended only a few classes because he spent all of his free time with his Guru, Sri Yukteswar, in nearby Serampore. It seemed impossible for him to pass that exam because he knew practically nothing on the subject. But as he was walking across an empty lot on his way to the exam, he saw a piece of paper blowing along the ground. Hoping this was the divine assistance he needed to pass the exam, he picked up the paper and on it was just the information he needed. Again and again at Ananda I've seen in my own life and in the lives of others that when you put God first, then somehow everything works out beautifully. I don't mean that you should be impractical, but if you do your best, then God will take care of the results.

This principle also extends to being open to the assistance of others. One of the wonderful things about Ananda is that there's somebody who has expertise in just about any field you need. Even if you're in charge of something, it's ridiculous to keep up the pretense that you know everything about it. Always have the humility to be willing to say, "I don't know how to do this but here's somebody else who does." You'll be amazed at how many people there are in this world, not just in a spiritual community, who will come forward to help you. However, the most important thing of all is to keep in mind what your real priorities are. If you're a devotee, your real priority is finding God, not the work you're doing. I want to emphasize that point above all.

The story of Ananda has been a repeated coming back to our focus of who we really are. Repeatedly, there have been people coming in from the outside who were experts in their own fields who thought they were doing us a favor by advising us. Very often they've been right, but also they've been wrong. They were right from the standpoint of worldly success, but wrong in their definition of success.

As devotees, we want above all to serve God, and in our service we want to feel that even if we don't succeed in that service, we're growing closer to Him, that we're feeling Him more—His love, His joy. These are the important things. Then, secondarily, we want also to be practical.

When you take worldly success as your first priority and come at loving God from there, then you're coming to the center of the circle from the outside. The trouble with that approach is that there are lots of corridors that you can get sucked off into, and you can miss the center altogether. If you start at the center of living for God and expand outward from there, then God comes through, and things flow easily.

Throughout my life, as I've tried to feel and act on God's guidance, there's been a question in the back of my mind: Did I act in a certain way because I felt His guidance, or did He come in and save the day because I was simply trying my best? I think it's a little of both. But I've seen repeatedly that if I really gave what I was doing to Him with faith and with no ulterior motives, He has always saved the day, often at the last moment.

Faith is not just blind belief or groundless hope. It's something deep within, and you have to put all your energy into developing that faith. We have a song, *Many Hands Make a Miracle*, but to make the miracle those hands have to work hard together and also be practical. What I find is that miracles, if we want to call them that, are simply manifestations of faith. By being practical I mean you should take only one step beyond your actual experience, not giant leaps. You'll find that by taking that first

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





step, you'll gain enough understanding, energy, and insight to take the next step, and after that, the next step.

Eventually you'll be able to do those kinds of things which we consider the miracles of saints. It's not as if the saints had a special pipeline to God. They simply have put more energy, faith, and love into their spiritual practices. Miracles are done through God's power, yes, but also by God's power working through dedicated souls. Again and again at Ananda, although there have been people who wanted to do things in different ways — ways that weren't dependent on attunement with God — ultimately it has been seeking God that has made Ananda possible.

Toward the end of Paramhansa Yogananda's life, there were some people in the work who wanted to start getting organized. It wasn't that Yogananda was against organization, but he wanted whatever we did to be in tune. He didn't want to have an in-house rebellion saying, "Now we're going to get it organized in spite of him." One time I asked a senior disciple, who later left the path, "Why does Master keep taking things in different directions and not finishing them? Is he trying to teach us organization?" I was trying to understand. His answer was quite a shocker to me. He said, "Organization, hell! All he's ever done is disorganize." Yogananda was teaching us organization, but he was first teaching us to do things in attunement with God. Knowing that he wouldn't be around forever, he was also trying to get out many ideas so we'd know what to do when he was no longer with us. If he'd remained fixed in a single direction, we wouldn't have known what his ideas were in other areas. His method of organizing was absolutely perfect, but that disgruntled disciple couldn't understand it.

Don't let reasonable voices take you away from why you came onto the spiritual path and why you've come to Ananda. We've all come to seek God. If we can also provide an ambience where other people are inspired to seek God, that's wonderful, but don't allow secondary things to become first priorities. Seek the kingdom of God first, and these things will be added unto you. Don't start thinking, "Well, Yogananda didn't talk about this directly, and we've got to do something about it," and not try to tune in. If you don't try to tune in, what you do may be a good thing. It may even have a lot of magnetism, but it can also be that first step that leads you away from attunement with the Guru and the spiritual path.

We have to keep our ideals very strong, because we're swimming against the stream of worldly consciousness. We have to be absolutely clear about these ideals because we're surrounded by an entire culture that is dedicated to totally different ideals. Even religious people, by and large, are not seeking our kind of inner communion with God. There are so many wrong insights and attitudes toward life that you don't know where to begin to show people the way out. But the way we've begun at Ananda was the way Yogananda wanted—bringing people together who are strong in their attunement to God and Guru, and in what they're doing. From that strong center, it will spread.

As soon as you lose the thought of putting God first and being in tune with Yogananda, and begin to think in terms of other priorities, you begin to follow a road down which you can never stop going. The more you take that step toward dilution, the more you end up with a watered-down version of the spiritual path. The more you dilute coffee, the more it ceases to be coffee at all.

When you put God first, He'll find amazing ways of helping you. He may not spare you suffering. How would you grow if He did? But you'll find that His love and support will always be there for you. That's why Yogananda often said, "Devotees of this path will always be protected."

Ananda  Sangha

Ananda Sangha   Online Classes

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





Path of the Masters

ROD BRIGGS

*If we try to pick up all the splinters of the world, we cannot succeed.
But if we have strong shoes on our feet they do not bother us at all...*

MAHARAJ CHARAN SINGH

The above quote, from a previous Master of the Radha Soami Satsang Beas, beautifully illustrates a common misconception of many on the spiritual road. They believe that once they are ensconced on Sant Mat (the way of the saints), especially if they have a living Master or Guru, their passage through the material world becomes easier.

This is not necessarily so; the aspects of *Pralabh*, *Kriyaman* and *Sinchit* Karma (destiny, current and ancestral karma) still need to balance out. Thus the ups and downs (the splinters of the world) will continue to be present, hence the need for the ‘strong shoes’ of meditation on *Shabd* and spiritual practise.

Focusing on the Work, specifically that which is eternal and untouched by the illusion (*avidja/maya*) allows us to pass through times of transient hardship with equanimity. The ability to seemingly remain untouched by the slings and arrows of daily life is something that is often demonstrated by those in balance. People often, incorrectly take this as a sign that these blessed souls never have problems or hardships. The truth, of course, is that they are still subject to the foibles of daily vagaries but they have built up the necessary strength and focus to create ‘strong shoes’.

In metaphysical work this is known as transmutation and is a vital tool for progression towards awareness of Sach Kand – the immutable All.

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 V

SWAMI MURUGESU MAHARISHI

Mantra 3 commentary continued.

Mantra 3: Let my mind, which is the basis for intelligence, action and beingness, which is the immortal light within beings, without which there is no action at all, think always beneficial thoughts. Which is the immortal light within beings.

It has already been explained that mind is made up of light material. We all know that even as there is a physical plane, there are other planes in the universe. Astral, mental and buddhic planes are mentioned in spiritual literature. The mental plane is made up of light. The Beings residing in that plane are described as devas in Hindu legends. Devas have light as their functioning medium. It is to be understood that human mind evolved from that cosmic light. As this divine mental light is not a transformation of anything but is self luminous, it never extinguishes. It is Immortal light. As our mind is an evaluate of that light, we can assume without any doubt that our mind light is also immortal, without which there is no action at all. Actions are performed through three organs – manasa, vacha, kaya (mind, speech and body). From the foregoing commentary, it will be clear that mind is the cause of all actions of body and speech. So, mind is the basis for all actions.

Mantra 4

Para-phrase: Let my mind, upon which the past, present and future immortal memory of the life process depends; by which yajnas of seven fold are performed think always beneficial thoughts.

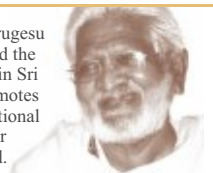
Commentary

Upon which the immortal memory of past, present and future life process depends. For a very long time a question had arisen among inquirers who ask whether, after complete liberation from births and deaths, after attaining nirvana the soul has any memory of its past evolutionary experiences. Many cannot answer this because they have never experienced the nirvanic state during their life time. But a few seers and adepts do experience nirvanic pleasure during their lifetime. Those who do not attain nirvana during their lifetime will not attain it after death, but will return to physical life. In the nirvanic state we remember all the experiences we have undergone from our first lifetime until we attain full liberation. It is well-proven that, during his lifetime, man's subconscious mind (which is a part of the conscious mind), retains all the impressions of his past lives. This has been proven in deep hypnotism. Similarly, if one studies one's past and present karmas, one can predict one's future. Further, modern psychology has also proven that the future of a person depends upon his or her mental outlook. So, our mind retains all that has been past and all that is going to happen in future. It also shapes the present.

All yajnas, or sacrificial acts, contain seven parts or divisions. These seven acts of yajna are performed by mind. One of the acts is the rhythmic reciting of Veda mantras. Another involves the pouring of ghee into the sacrificial fire. While another requires offering specific ingredients to the sacrificial fire. Are these acts to be performed through mind? Mantras do not reside in the mind, yet without mind mantras cannot be chanted. So, the seven-fold acts of a Yajna are performed by mind only.



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





The psychology of spiritual success

SUREN PILLAY

It is often said that winners imbibe a ‘psychology of success’, and that it is this inner psychology that determines their level of achievement in the world. In the spiritual field one’s dedication, devotion and love are seen as critical determinants on a sadhaka’s path to success. Various obstacles and distractions appear on the sadhaka’s journey and it is only the aspirant truly dedicated and devoted to reaching his goal who is ultimately successful in realizing the truth.

So, what is the expressed psychology of a successful aspirant? The first aspect that differentiates the successful sadhaka from the ordinary or non-achieving sadhaka is his or her attitude. The successful sadhaka lives in an ‘attitude of gratitude’ and realises within himself that all things are created by God and rest in God. For this spiritual truth, the sadhaka realizes that he is forever indebted to God and the only way he can repay the ‘immortal beloved’ is through conscious realization of the inner spirit within himself. By following this attitude, the sadhaka is also effectively able to combat the false ego which is the natural enemy of spirit.

The second psychological trait of a sadhaka is his level of surrender. The successful sadhaka is always able to surrender himself to his guru and God. This uncompromising trait of surrender is what distinguishes a partially illumined sadhaka from a fully illumined sadhaka. The realized masters and gurus of the ages were fully surrendered to their gurus and to God. They did not reap the fruits of their actions and left all the fruit to God. This is what made them truly remarkable in their character and being.

The psychological trait of spiritual success is the sadhaka’s conscious adoption of humility. This is when the sadhaka always sees or regards the next person as being ‘bigger’ than him. Another way of developing humility is to bow down mentally before the light in every person, even one’s so-called enemies. This universal view of equanimity is encouraged in the *Bhagavad Gita* and can be accomplished by those who are humble and virtuous. After a while the conscious adoption of humility is not required as it becomes second nature to the sadhaka. The trait of humility also allows the sadhaka to combat ego which is always an alluring temptation for any sadhaka on the path, no matter how advanced the sadhaka is.

One of the most important traits of a successful sadhaka is his level of guru bhakti. This is linked to the trait of self-surrender and manifests itself as dedication to and love for the guru. The love is unconditional and spiritual in nature. Dedication involves being able to have the discipline to complete the required sadhanas and actions that the guru has prescribed. This trait will provide the sadhaka with a telepathic and spiritual link to the guru even after the guru has attained mahasamadhi.

My message to you this month, dear readers, is to try and cultivate the psychological traits of those successful yogis and aspirants who have come before us and lived lives of great sanctity and austerity. By inculcating these traits you will be led to a more sacred and purer space which will allow for rapid spiritual growth.

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



Gender equality – a Baha’i perspective

FLORA TECKIE

We are approaching the end of the Women's Month. This is an opportune time to reflect on the progress made towards empowerment of women, while looking ahead to overcoming the challenges that still remain. There has been significant improvement in the status of women and girls in the last few decades. Despite this, women are still frequently not treated as equals in their families or in society. Conventional beliefs that women are inferior make them easy targets of anger and frustration. The well-being and happiness of our societies and mankind as a whole depends on the development of the potential virtues and abilities of every one of us, regardless of race, nationality, class, religion, or gender.

According to the Bahá’í Scriptures: *“The world of humanity has two wings – one is women and the other men. Not until both wings are equally developed can the bird fly. Should one wing remain weak, flight is impossible”* and *“the happiness of mankind will be realized when women and men coordinate and advance equally, for each is the complement and helpmeet of the other”*.

The equality of men and women as an essential aspect of a broader principle: the oneness of humanity. In the context of the oneness of humanity, gender equality is not only a requirement of justice but it is a pre-requisite for peace and prosperity.

In the words of the Bahá’í International Community: *“The principle of the oneness of humankind lies at the heart of the exhortation that we should treat others as we ourselves would wish to be treated. To establish justice, peace and order in an interdependent world, this principle must guide all interactions, including those between men and women. If the treatment of women were scrutinized in the light of this ethical standard, we would doubtless move beyond many traditional, religious and cultural practices”*.

Equality of men and women will bring about a more balanced world, a world in which the more masculine qualities of force and courage will be balanced by intuition, love and service; qualities in which women are strong. *“Women and men,”* the Bahá’í Writings state, *“have been and will always be equal in the sight of God”*. The rational soul has no gender, and whatever social inequities may have been dictated by the survival requirements of the past, they clearly cannot be justified at a time when humanity stands at the threshold of maturity.

In the Bahá’í view, *“the equality of men and women is a facet of human reality and not just a condition to be achieved for the common good. That which makes human beings human—their inherent dignity and nobility—is neither male nor female. The search for meaning, for purpose, for community; the capacity to love, to create, to persevere, has no gender. Such an assertion has profound implications for the organization of every aspect of human society”*.

While women must develop their capacities and, in order to play an active role in all fields of human endeavour, the impact of their actions will be limited without the full cooperation of men. Partnership with men and boys is very important, because unless men refuse to accept laws and practices which discriminate against, and humiliate their daughters, sisters, wives, and mothers, the change will not be possible.

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

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



Bahá’í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ’Í INTERNATIONAL COMMUNITY

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



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

Warriors of light

BY THE MASTER through Benjamin Creme

Wherever we may look, today, we see signs of change. Thus has it always been but change now acts at an accelerated pace, is sudden and radical, far from the gradual transformation of the past. The close-knit communications systems, now everywhere available, ensure that all change is instantly known and accepted, more or less, worldwide.

These abrupt variations in the formal structures of men's lives have, of course, profound effects on man's psychological balance. The old certainties seem gone for ever and many are driven to extremes of reaction. Since the political and economic fields are the principal arenas of this upheaval in human thinking and action, they command, too, the involvement of all. All are engaged, willingly or not.

Into this turmoil has come the Christ. His is the task to monitor these changes and, where found wanting and inadequate, excessive and too extreme, to rectify accordingly. This is done by the distribution of energies until a temporary balance is achieved.

Thus the Great Lord works to control the rate of change and to minimize the cleavages which this process brings into being. His aim at each step is the maintenance of equilibrium. To aid Him in His delicate endeavour, the Spirit of Peace or Equilibrium through Him pours His mighty cosmic Law.

Thus the world is changing for the better. Thus the New Time is slowly taking shape. Despite all evidence to the contrary, the New Age struggles to be born.

Quietly, and almost imperceptibly, the broad outlines of the new dispensation are beginning to take hold of men's minds. The needed new relationships are making themselves felt in an ever more urgent way, and men are more ready than ever before to contemplate far-reaching alterations in the pattern of their lives.

To Us, the Watchers behind the scenes, this is an indication that humanity's response to the new and higher energies is sensitive and correct, and augurs well for the future. This is a time of crisis, and in crisis men are often bolder, more creative, in their thinking.

Maitreya is preparing Himself for His imminent appearance before the world. All preliminaries are ready and in place. His army, as He calls it, is assembled and braced for action. Each knows his place and his work.

Never before has a spiritual force of this magnitude been gathered together on Earth. Never before has an Avatar of Maitreya's stature been present to lead them. Together these Warriors of Light will prove invincible.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2002/ma_mar02.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>





Find union with Paramshiva

SWAMI SHANKARANANDA MAHARAJI

Due to the changes in human behavior, the arrogance of human nature, and the attitude in this human form towards God, much turbulence is going to be experienced. And this turbulence is because of your total disrespect for the supreme gift called Mother Earth. The time has come for man to now start analyzing and retracting from the advances that he made in this material plane, and in that process destroying what the Supreme has given to him in the form of Mother Nature.

You are responsible for your own destruction. And you are also responsible for your own retraction. It is you who can make the difference and save this beautiful gift given to us by Paramshiva Himself. If all of you get together collectively and do things that are positive towards this earth plane or Bhoomadevi, you will find that you can reconstruct this beautiful gift of God given to you by Paramshiva Himself.

As one of the devotees said, 'ignorance is bliss'. If that were true then all yogis and masters who are in a total state of bliss are stupid because they are ignorant of everything else. Do not even use that line 'ignorance is bliss'. By using that line and being ignorant you have robbed the earth to this stage, the destruction will become inevitable and you will all become victims. Try to save something that's given to you by that supreme energy Paramshiva himself. And do what is necessary in your daily life to save what is yours by the word of the almighty Paramshiva.

This is a journey that you need to take and commit to. Your ascendance from this plane should be a joyous one. And you can only make it joyous if you satisfy the requirements of Bhoomadevi, Mother Earth, the great gift given to you by the supreme Lord Paramshiva himself, that energy that lies beyond the sun, beyond your faculty of imagination. You destroy this earth by building all kinds of towering buildings, making concrete jungles. The only difference between a concrete jungle and a real jungle is that in a real jungle you find life, in a concrete jungle you don't find life. It's a total race. And in that process you forget what is due from you to keep this beautiful earth plane, Bhoomadevi, the gift from Paramshiva, intact and calm. You've heard of how two earthquakes happened within 14 days of each other in the same country, the same city. As much as many people say, 'But why can't you predict the exact date?' If that were so then where would the people go? They can still not hide from what is due to them.

This is what I have to say to each one of you: enjoy this plane, this earth plane, to the best of your ability without destroying it. The more you destroy it, the more you're cutting off your hands, and the less you can do later in life. You should start as soon as possible to save what you have around you. And it will slowly spread.

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com/2015/05/find-union-with-paramshiva.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. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





Accepting illness to heal

BERNIE SIEGEL, MD

If you view illness as an opportunity, then when you get sick, you can ask yourself, “Okay, what can I learn from this disease. What do I need to look at first?”

When I began working with the group *Exceptional Cancer Patients*, I noticed many of the group lived longer than their doctors expected. I wanted to know why. I began to observe and inquire and noticed that the long-term survivors were the ones who began to pay attention to their feelings. As they expressed their emotions, made wise choices and became more spiritual, their bodies benefited. The physical changes were the side effects of an altered life.

Physicians call the most dramatic healings ‘spontaneous remissions’. Once we have labeled them, we learn nothing from the people in whom those remissions take place. We cannot afford to ignore these remarkable successes. We are all at risk for a great many diseases, and as the world gets smaller the list of things we are exposed to grows larger. We need to learn from people who recover and people who stay healthy.

In his novel *Cancer Ward*, Solzhenitsyn wrote of self-induced healing, which is a much better term than ‘spontaneous remission’. Solzhenitsyn chose a rainbow-colored butterfly to symbolize healing. The butterfly represents change and the rainbow represents all of our feelings and emotions. We need to let the butterfly of change and emotional growth touch our lives if we are to heal.

One of the gloomy patients in *Cancer Ward* reacts to the talk of self-healing with this complaint: “I suppose for that you need to have a clear conscience”. He is right. You do have to have a clear conscience. When you do the work necessary to clear your conscience, then the joy of living returns and the physiology of optimism restores you.

If you are ill or facing adversity, you can begin to heal yourself by following the paths others have followed. Forgive yourself and others, live with hope, faith and love and watch the results in your life and in the lives you touch. Remember that success and healing refer to what you do with your life, not to how long you avoid death.

What approach should you take to your illness? I have three words of advice: accept, retreat and surrender. Those three words might scare you if you were an inexperienced warrior going into battle, but others who have employed these tactics have won great victories.

You need to accept your situation if you want to be empowered to change it. I don’t mean you need to accept any particular outcome of a disease, but you need to accept that the disease exists in your life and you are a participant. Once you accept that the disease or other misfortune has become a part of your life, you can marshal your forces to eliminate or alter it. If you avoid thinking about it, deny it or feel hopeless, you cannot play a part in changing it and your life.

Accepting the situation does not mean accepting someone else’s prediction about what will happen to you. No one knows what your future will be. Do not accept that you must die in three weeks or six months because someone’s statistics say you will. You are better off denying your illness completely than accepting a prediction that sounds like a death sentence. The best course, though, is accepting that you have problems while denying anyone’s predictions about how your situation will turn out. Individuals are not statistics.

When I say ‘retreat,’ I don’t mean withdrawing in the face of a more powerful opponent. For me a retreat means withdrawing to a quiet place where I can be aware of my thoughts and feelings. The quiet place may be anywhere; the source of true peace and quiet is inside me. In my retreat I withdraw from all the demands of life, but at the same time I am fully alive to myself and my loved ones. I do not always retreat alone. I can retreat with those who are close to me so that we can heal our forces and prepare to take on life when our retreat is over. When we return we are ready to fight for our lives. My





wife, Bobbie, and I regularly retreated when our five children were young. We needed the space and time to restore and heal ourselves.

When you have accepted, retreated and prepared yourself to fight, then you are ready to surrender. Again, you do not surrender to outcomes but to events. We waste so much energy fighting the nature of life. Accept the nature of life and surrender to it. When you do, you will have peace. When our energy is restored, we stop fighting things we cannot control, and we can start building our lives. Surrender is not about doing nothing; it is about doing the right things.

When you surrender to the illness, you continue to receive your treatments, explore your feelings, repair your relationships and do all the other work of healing. But while you are working, you are saying, “Thy will be done,” and not “My will be done”. Surrender the pain, fear and worries and you’ll be able to keep love, hope and joy in your life. As the Serenity Prayer tells us, leave it to God and rest.

Today’s Prescription for the Soul – Prescription #241 – Tree of Life

*Stand Tall and Proud
Remember your Roots!
Be Content with Your Natural Beauty
Drink Plenty of Water
Enjoy the View!*

If we are busily performing deeds, but never stop to reach up for knowledge and wisdom, our Tree of Life will have no branches and many roots. Without branches, how can it move and respond with the winds of life? Or if we accumulate great knowledge but perform no deeds, then we are like a tree with many branches but no roots, and we will be blown over by the winds of fortune.

We must see that our Tree of Life contains both wisdom and deeds. Then our branches will spread and our deep roots will provide support and nourishment. We will be able to survive the storms and droughts that life presents to us.

Soulution of the Day

*Is your Tree of Life blossoming and secure,
or do you need to put down more roots or grow more branches?*



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

Glory to the Great

In the month of August we give praise to the great yoga preceptor!
The One who has given spiritual liberation to countless beings,
Who has existed for eons beyond human comprehension,
And who will always guide the sincere to their eternal abode
All glories to Agastya Muni!
SUREN PILLAY



I love you my brother,
whoever you are,
whether you worship in your church,
kneel in your temple,
or pray in your mosque.
You and I are all children of one faith,
for the diverse paths of religion
are fingers of the loving hand
of one Supreme Being,
a hand extended to all,
offering completeness of spirit to all,
eager to receive all.
KAHLIL GIBRAN



If You Want His Answer

Whether He replies or not, Keep calling Him –
Ever calling in the chamber of continuous prayer.
Whether He comes or not,
believe He is ever approaching nearer to you
with each command of your heart's love.
Whether He answers or not, Keep entreating Him.
Even if He makes no reply in the way you expect,
ever know that in some subtle way He will respond.
In the darkness of your deepest prayers,
know that with you He is playing hide-and-peek.
And in the midst of the dance of life, disease, and death
if you keep calling Him, underpressed by His seeming silence,
you will receive His answer
PARAMAHANSA YOGANANDA



Index of Resources and Online References

Ananda Sangha

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

Baha'i International Community

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

Bernie Siegel

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

Centre for Spiritual Awareness

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

Gayathri Peedam South Africa

Web: <http://www.gayathripeedam.com>
Dean Petzer - 082 825 3202
Email: correspondence@gayathripeedam.com

Heaven Letters (TM)

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

Jadatharaya Institute of Right Living and Yoga

Web: <http://www.jadatharayayoga.com>
Tarryn Coetzee - 079 868 9694
Email: info@jadatharayayoga.com

Lucis Trust

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

Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>
Rod Briggs - 032 946 2710
Email: info@mindlinkfoundation.com

Share International

Web: <http://share-international.org>
PO Box 3677, London NW5 1RU, UK
Phone: +44-207 482 1113 / Fax: +44-207 267 2881



Suren Pillay

Web. <http://www.surenpillay.com>
Email. surendranpillay@webmail.co.za
Phone. 084 828 3880

=====

Swami Shankarananda Maharajji

Web. <http://www.swamishankarananda.blogspot.com>
Email. sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web. <http://www.swamimurugesu.blogspot.com>
Email. sivabalayogi@mweb.co.za

The Expanding Light

Web: <http://www.expandinglight.org>
Phone: 800-346-5350 or 530-478-7518
Email: info@expandinglight.org



TRANSCENDENCE

is a unique, non-commercial electronic magazine aimed at promoting unity in spiritual diversity and in equipping serious students of God with inspiration, motivation and methods of transformation.

TRANSCENDENCE is distributed at no cost every full moon in a printable PDF format.

For more information, or to subscribe to **TRANSCENDENCE** and receive it in your in-box each month, please visit our website at www.transcendencemag.com

All articles published in **TRANSCENDENCE** are used with permission and are supplied to our publishing department 12 months in advance, in exchange for promotion of the respective organisations or individuals.

Should you or your organisation wish to contribute articles to future editions of **TRANSCENDENCE**, please contact us at transcendence.mag@mweb.co.za

Follow us on Facebook at [transcendence.mag](https://www.facebook.com/transcendence.mag)

Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

© All articles and cover images are used with permission and are copyright to their respective authors.
To view permissions, please visit <http://www.transcendencemag.com/p/permissions.html>

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

Views and Opinions expressed by individual authors are not necessarily the same as those held by the staff or members of Transcendence or the Jadatharaya Institute of Right Living and Yoga.

Design and layout by Cosmic Creations
www.cosmic-creations.net