



*Take enough time to look for  
The wonder and joy and you will  
see, hear, taste, touch and smell magic*

ROD BRIGGS, MINDLINK FOUNDATION



**TRANSCENDENCE**  
Serious Spirituality for Devoted Aspirants

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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 67

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Welcome to the September 2015 issue of *Transcendence*.

*If we had no winter, the spring would not be so pleasant:  
if we did not sometimes taste of adversity, prosperity would not be so welcome.*

ANNE BRADSTREET

Spring has arrived in the southern hemisphere. While the northern climes are cooling down, our days are growing longer and warmer. Everything we know is cyclic, seasonal and transient, from the birth and death of stars, to our annual seasons and our daily routines – everywhere. If we had no winter we wouldn't know the spring and appreciate the wonder of new life.

It is with mixed feelings of sadness and eager anticipation that I write this month's editorial. *Transcendence* will be 'transcending'. Because it has become increasingly quick and easy to find spiritual inspiration online, we've found that our purpose as a small electronic magazine is dwindling. After 11 years of publication, November 2015 will be the last issue of *Transcendence*, as you know it. But we have a greater initiative planned, a new cycle of being.

*Transcendence* will be evolving into a proper book that will be available to purchase online. It will be a collection of all the best articles over the years from those authors who wish to contribute. All funds from the sale of the *Transcendence* book will go towards a newly-established local non-profit organisation, the *Shankarananda Food Trust* ([www.sfoodtrust.org](http://www.sfoodtrust.org)). This is a non-religious, non-racial group of dedicated individuals who have taken it upon themselves to feed members of underprivileged communities in the greater Durban area, sponsored by local business people and anyone else who wants to make a difference. We will be updating our readers on the progress of this project and will let you know when *Transcendence* is available for purchase.

Wishing you a blessed month ahead.

In Love and Service, always,





## Heavenletter # 4110 – Sleeping Beauty and the Prince

GLORIA WENDROFF

God said:

You are waking up to Truth. Truth has been shaking you by the shoulder for a long time, and now you are waking up. You have been Sleeping Beauty, and the Prince who awakens you is Truth. You go beyond the sleeping self and awaken to a world in which you know the Magnificence you have always been. You have been accustomed to being sleepy, and now you awake to the True Knowledge that you are. You wake up to you. You are the one who has been sleeping, and you are the one who wakes yourself up. It is your own hand that shakes you awake. The Prince isn't someone else.

The Prince and the Sleeping Beauty are one and the same. That must be so because everything is contained within yourself.

Have you not sometimes surprised yourself at the wisdom that seems to fall from your lips? Have you not sometimes been amazed at all that life is? Are you not familiar with waking up and falling back to sleep and waking up again?

You are familiar with everything, beloveds. There are no secrets held from you. You hold them from yourself. You keep Truth at arm's length. You have drawn an invisible line past which you have decided not to go. One fear or another has held you back.

And yet you have more to go, and you crave to go further, and yet you hold yourself back.

In one stroke, you can free yourself from seeming less than Greatness. Desire and you will hatch the egg of wisdom that has always been yours. No one can open your eyes for you. At My nudging, wake up and see as I see and love as I love. Open up your eyes.

All knowledge is recognition. It is not new to you. You have always known Everything. Your heart has always known, and your heart has been bereft of entering the Palace of Full Love. What is Truth but love? Made in My image, you are the Truth of Me. Image does not mean imitation. You are the Real Thing, always were. Tremendous are you.

Now you are guided to Truth. Now you can step out of that old picture of yourself that you have carried around with you. You can declare peace to yourself now. Fear and tension have kept Truth baying at your door. Not daring to admit Truth, you have shooed Truth away. You forgot that it is your own True Self knocking at the door. Answer the door. Say hello to yourself. Stand up and become the Real You. Be your Self.

I will introduce you to yourself. You have held yourself at a distance. Heretofore, you have been looking into a wavy glass and seeing a mixed reflection. Look within and see your essence, for it is Mine. This is what you have been looking for. This is what you have been seeking all your life. Truth is not outside you. Truth is inside you and always was. The Truth of you is really not such a stranger as you have led yourself to believe.

Pull yourself up by your bootstraps, if you must. You yourself are Great Truth. I think you have been hiding behind the Door of Heaven, a door you have made up. You must have made up the door you hide behind because doors are a fiction. In Heaven, there is openness, no boundaries, no doors. All is open. Open yourself to Openness. Walk in. I have been waiting for you.

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/sleeping-beauty-and-the-prince.html>



## Inspirational quotes



*When you are applying yourself to what is meaningful to you, strain is now over. Whatever you are desiring to do, you are the one who does it, and, yet, it also seems like a stroke of luck that the book is written. As soon as you start it, it is written.* Heavenletter #4106 Motivating Power



*Congratulate yourselves on a job well done. Pat yourself on the back. You have recovered yourselves and restored the Earth. You have brought Paradise back. Ego has retreated. Love has taken the fore. What is love but Paradise? Earth can now be called Paradise.* Heavenletter #4107 The Year of the Heart



*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.* Heavenletter #4108 And There Is God



*Have a good time - what does that mean? And, yet, in the world, you have to catch your flight on time, and the tension grows. Time is a great tension-builder. And space rules you, even as space does not exist either:* Heavenletter #4092 Time in the World



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





## What To Do To Be Spiritually Enlightened Part I

ROY EUGENE DAVIS

**Spiritual** – Of or relating to the ultimate Reality (God), souls, or the real, enduring essence of things. Latin *spiritus*, breath < *spirare*, to breath: an animating principle or force.

**Enlightened** – To have accurate knowledge. Spiritual enlightenment is vivid experience and accurate comprehension of our pure essence of being and higher realities.

Although how to awaken to spiritual enlightenment has widely been known and taught for thousands of years, very few people have been, or are, spiritually enlightened. Among thousands of “truth seekers,” a small number sincerely aspire to be fully conscious and do what is necessary to allow their mind to be calmed and their consciousness illumined. Many have difficulty imagining what it would be like to be spiritually enlightened or believing that it is possible for their consciousness to be restored to wholeness. The essence of every person is pure; modifications of consciousness are superficial.

Some lack the intellectual capacity to comprehend the most fundamental philosophical concepts or are unable or unwilling to discipline their thoughts, emotions, and behaviors. Others, whose awareness is confined by a small sense of self-identity and personality characteristics, seldom think that they might be other than their ordinary idea of themselves or that a larger Reality exists. They may be inclined to identify with opinions and practices of believers of philosophical and religious doctrines without wanting to have their own insights and authentic spiritual growth experiences.

Emotionally immature or naive people may be attracted to fantasy or be inclined to want to investigate their “past lives,” mediumship, ascended masters, avatars or world teachers who say they will soon establish a Golden Age, new enlightenment systems, or practices that produce altered states of consciousness but do not bring forth transcendent realizations that purify the mind and clarify awareness.

During sixty years of ministry in the United States and other countries, thousands of people told me they were happier and more mentally and emotionally peaceful as a result of their studies and meditation practices. Some said they were more spiritually conscious, that comprehension of Ultimate Reality and their relationship with it was much improved and more satisfying. A few said they felt they were in harmony with the wholeness of life and it was easy to be optimistically confident about their near and distant future circumstances.

Spiritual aspirants sometimes ask me to transmit to them a transcendent state of consciousness. If I could do it, I would. I can teach them how to prepare to be spiritually enlightened; they have to learn to be receptive to the emergence of their innate qualities and higher knowledge.

Excerpt from *Truth Journal*, June/July 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 music and sound

LUCIS TRUST

*God created by the power of sound, and the “music of the spheres” holds all life in being.* ALICE BAILEY

*Sound permeates all forms; the planet itself has its own note or sound; each minute atom also has its sound; each form can be evoked into music and each human being has his peculiar chord and all chords contribute to the great symphony which the Hierarchy and Humanity are playing, and playing now. Every spiritual group has its own tune (if I may employ so inappropriate a word) and the groups which are in process of collaborating with the Hierarchy make music ceaselessly. This rhythm of sound and this myriad of chords and notes blend with the music of the Hierarchy itself and this is a steadily enriching symphony; as the centuries slip away, all these sounds slowly unite and are resolved into each other until some day the planetary symphony and our Earth will then make a notable contribution to the great chords of the solar system—and this is a part, intrinsic and real, of the music of the spheres. Then, as the Bible says, the Sons of God, the planetary Logoi, will sing together. This, my brother, will be the result of right breathing, of controlled and organised rhythm, of true pure thought and of the correct relation between all parts of the chorus.*  
ALICE BAILEY (ADAPTED)

*Music expresses the harmony of the universe, while rituals express the order of the universe. Through harmony all things are influenced, and through order all things have a proper place. Music rises from heaven, while rituals are patterned on the earth.*  
CONFUCIUS

*[There will eventually emerge] a creativity of such wondrous dimensions that the world will stand amazed; nothing like it will have been seen before. A creative planning for human well-being and a political expression, implementing this planning, will demonstrate in every country; a creative thinking will be apparent which will express itself in writing and in poetry; creative imagining will produce the new art, the new colours, the new architecture and the new culture; a creative responsiveness to the “music of the spheres” will bring forth the new music.*  
ALICE BAILEY (ADAPTED)

*Music is a higher revelation than all wisdom and philosophy.* LUDWIG VAN BEETHOVEN

*Music is well said to be the speech of angels.* THOMAS CARLYLE

*Know when the music of the spheres comes to you note by note, in misty dawn or sunny noon, at cool of eve, or sounding through the deep of night, that in their rhythmic tone lies secret revelation.*  
ALICE BAILEY

*Music in the soul can be heard by the universe.* LAOTZU

*Next to the Word of God, the noble art of music is the greatest treasure in the world.* MARTIN LUTHER

*To know the science of music is nothing else than this,—to know how all things are ordered, and how God’s design has assigned to each its place; for the ordered system in which each and all by the supreme Artist’s skill are wrought together into a single whole yields a divinely musical harmony, sweet and true beyond all melodious sounds.*  
HERMES

*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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## Are we living in a new age? Part I

SWAMI KRIYANANDA

That we live in a new age seems an incontestable fact. Almost everything nowadays, especially since the beginning of the twentieth century, has proclaimed the newness of this age as a fact.

In 1899 Charles Duell, the director of the U.S. Patent Office, is said to have written to President William McKinley recommending that the office be abolished. "Everything that can be invented," he stated, 'has been invented.' At that time, virtually every invention that we associate with modern civilization was either unknown or in such a rudimentary state of development as to seem, today, either comical or endearingly quaint. The world at that time had no paved highways, no speeding cars, no airplanes. It lacked a veritable host of other items that have become commonplace in our age: radio, television, voice recorders, refrigeration, washing machines, computers—to name only a few things that we today take entirely for granted.

The greatest change that has occurred has been in our perception of reality. This change began with the discovery, barely ten years after Sri Yukteswar published his book, that matter is actually composed only of vibrations of energy, a discovery that has forced the conclusion that energy is the reality behind everything man-made that we see around us. This reality underlies not only material things, but also institutions and ideas.

A number of people still claim that when the oil resources of our planet eventually become exhausted, we'll be thrown back to medieval times. Those forecasters of gloom overlook something important: It would be impossible for man at this stage of his development to turn back, for the simple reason that the world has become not only energy-dependent, but also energy-conscious. We today perceive everything in terms of energy.

It wasn't the discovery of oil that gave us the modern age. It was an already-manifesting awareness that energy is a reality. Energy-consciousness, in the first place, was what led to oil's discovery.

My father, an oil geologist for Esso, was posted by his company to Romania. He told me that oil was first discovered seeping out of the ground in that country—an oddity that had been occurring for centuries, but that had long been considered only a nuisance. When energy itself became recognized as a global need, oil was recognized as crucial to civilization's further development. Men like my father were sent to Romania and elsewhere to help develop those resources.

Whenever mankind is ready to take a new step in his advancement, that step will—indeed, must—appear as if 'out of the blue.' Penicillin, a product of bread mold, was unheard of as a medicine until mankind was ready to discover its practical uses. Every new step in civilization's advancement may have developed from facts that had been staring everyone in the face for centuries. It wasn't so much the new discoveries which produced the change as the fact that man was ready to make use of those discoveries. Once mankind was ready, the discoveries became not only possible, but inevitable.

The shock waves generated by the realization that matter is only a vibration of energy have led some physicists to suspect that energy, too, will in its turn prove to manifest even subtler realities. Ancient Indian tradition gave the underlying concept the much simpler name: consciousness.

A New Age? Traditionally, the chronology of civilizations has been reckoned from earthly events: from the birth of Jesus Christ; the death of Buddha; the emigration of Mohammed to Medina; the assorted reigns of kings and emperors. By any objective reckoning, however, the time through

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which we are now passing is so radically different from any previous one that it seems reasonable to define it for all mankind as a New Age.

For new scientific insights are threatening to grow to the dimensions of an avalanche. In view of this fact, it seems pointless to try to reconcile present times with past history.

The old order began crumbling centuries ago, even before the increasingly powerful onslaughts of modern science. The first sledgehammer-blows, delivered in the West, were soon felt throughout the world. The new spirit of inquiry gave birth to the Italian Renaissance, to the Protestant Reformation, and almost simultaneously to the voyage of Christopher Columbus to the New World and the consequently ‘shocking’ revelation that the world is round.

The same spirit led to other discoveries, including the fact that high civilizations co-existed with our own, and that still others, at least as high, existed in ages past. Western civilization, clearly, is far from unique. To the extent that it is special—and the people of certain other, older cultures may have defined us as ‘those revolutionary Western barbarians, shaking up everything!’—Western science has merely anticipated findings that were bound to be made anyway. The major blows to tradition came, certainly, through the findings of Kepler, Copernicus, Galileo, and Newton. They were followed by a swelling number of scientific pioneers, most of them Western, whose findings fundamentally changed man’s approach to reality.

Indeed, for more than a century now it has been almost a fad for thinking people to challenge the validity even of traditional morality.

Science has given us an entirely new way of looking at matter, at life—at everything! Whereas in the past it may have sufficed in the West, particularly, to reach conclusions by logic, the criterion for acceptance today is experience—which, scientifically speaking, is to say, experiment. The German philosopher Georg Hegel stated, “All that is real is logical, and all that is logical is real.” On this premise virtually all of Western civilization rested.

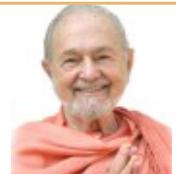
What, indeed, is one to make of the discovery which resolved the long-standing debate as to whether light is a particle or a wave? The answer? It is both! What, then, of even subtler, more abstract questions such as the existence of God? Back when logic ruled Western thinking, scholastic theologians stretched the unprovable to the point of absurdity by arguing logically the question, How many angels could stand together on the head of a pin? Modern science refused even to consider such questions, dismissing them not necessarily as absurd, but as imponderable.

Interestingly enough, that decision led eventually to serious consequences. For, having avoided all seemingly imponderable questions for centuries, scientists ended up demoting them finally from irrelevance to nonexistence. The modern ‘scientific solution’ to the question about the existence of God was reached—however, and of course—by default, not at all by the vaunted scientific method.

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## Dolce Vita

ROD BRIGGS

*“We’re walking like in the Dolce Vita  
This time we’ve got it right  
We’re living like in the Dolce Vita  
Mmh gonna dream tonight...”*

RYAN PARIS

I am reliably informed that life is a lot like a cup of coffee that we thoughtlessly sip and, thinking that someone forgot to put sugar in, drink it anyway although not with any relish. On getting to the bottom of the cup we find all the sugar undissolved. All we had to do was stir it. Because we did not pay enough attention we lost out on the sweetness of life.

We so often lose track of the joy in our lives, and when we explore the reason we find that it is due to things that, although seemingly vital at the time, are transitory. If you think about it all it takes is one niggling problem to rob us of the joy that surrounds us but the reverse is not true. Does joy ever detract us from our problems? Of course life is full of challenges, problems and daily dross that need our attention but is so much more than that. Being able to live life fully means being in the present. Not fretting about next week or obsessing over what we did yesterday.

Take enough time to look for the wonder and joy and you will see, hear, taste, touch and smell magic, and the sweet life, all around you; notice the dawn chorus or the swooping flight of a purple-crested loerie. Smell the ocean. Treat yourself to a simple lunch of french bread, olives and humus with a crisp riesling. Star gaze. Phone a friend. Hug your kids. Pay for someone else’s item at the supermarket checkout. Let someone into a traffic queue. The list is endless – and the list of your perceived worries is not.

Put it into perspective and you will see that we are indeed living in the Dolce Vita.

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

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.



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





## Beneficial suggestions in Vedas Part VI

SWAMI MURUGESU MAHARISHI

### Mantra 5

Para-phrase: as the spokes are attached to the hub in which intelligence, karmas and life process are attached; and which pervades in all things in the Universe, let my mind be attached to always think beneficial thoughts.

**“As the spokes of a wheel are attached to the hub in which intelligence, karmas and life procedure are attached.”**

One answer to the question, ‘Why do diversities exist among man-kind?’ is, ‘It’s their karma’. We know diversities exist in Karma because there are diversities in the thinking process. Man has free will to think and he acts accordingly. Nobody can prevent anyone from thinking, ‘Let all humanity vanish from the earth’. Similarly, nobody can object to one drinking cold water. Though one thinks or acts as he likes, the result will not be as he thinks or acts.

If one thinks that humanity should vanish, the result is often otherwise. Instead of humanity vanishing, the thinker’s son or daughter vanishes from the earth. One drinks cold water of his or her own free will but instead of getting good results, gets a severe cold. So, man has free will to think and act but the result does not depend on him. This is clearly explained in the *Geetha as Karmani eva adikaraha ma pateshu kadachana* (You have free will in your actions but not in the results).

We know that one’s life process is based upon one’s thoughts and deeds. ‘As you think so you live,’ is the saying. We have already seen that karmas are performed through mind. So mind is the basis for one’s life process.

**“Which pervades in all things in the Universe.”**

The great scientist Jagadeesh Chandra Bose proved beyond doubt that trees and plants also breathe and think. When we say ‘they think’ it means they possess mind. In ancient lore, it is narrated that trees expressed their ideas through blossoms and withering.

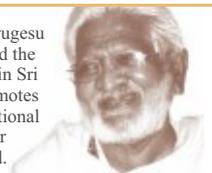
Even in recent times, I have seen that thulasi (holy basil) plants, grown in a house, suddenly blossom when some unexpected beneficial incident is to happen to the house owner; and wither suddenly if anything is going to happen adversely.

Without mind, how can this be possible? It has also been discovered through research, that metals, too, think and act according to outside influence. Einstein has proved well that ‘mind exists in atoms’ and thus throughout the entire universe. If we go through the process of creation as explained in the *Vedas*, we will come across *so amanyatha* – ‘God thought’.

By this it is clear that God also has mind through which He planned and created the universe. it is from this Cosmic mind only that all things in the Universe came into being. Mind is all pervading.



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





## Nature and spirituality

SUREN PILLAY

In the wake of more difficult economic times, increasing incidences of various diseases, as well as inconsistent weather patterns, one might ask if we're being punished for our sins. The question would seem ridiculous for most scientists, but the answer to that question might not be as easy as one thinks it is. Although we appear separate and individual from other beings and indeed mother-nature, the spiritual teachings of *Vedanta* confirm that we are indeed not separate from our fellow beings or Nature.

The teachings of the ancient sages confirm that we are all connected by the supreme consciousness known as God. Indeed, in chapter 7 of the *Bhagavad Gita* Lord Krishna confirms that nothing transcends him and that just as a string of pearls hangs on a thread, so is he the string upon which the entire universe is strung. The verse is important as it confirms that the fabric connecting all expressed emanations in the material world come from God or the supreme consciousness. It also confirms that we are all connected in some way.

Under the assumption that we are all connected, it would seem a very logical argument to say that we have a part to play in all natural disasters, economic turmoil and higher incidence of diseases in the current day. Studies have been performed that show mass group meditation effects the environment and confirms a positive calming effect on Nature. This also corroborates the theory that our minds affect nature and our reality. So the question still stands as to whether or not our negative behaviour, or 'sins' have caused natural disasters?

Although we may never be able to scientifically and conclusively say that we have created natural disaster from our negative thought projections and imbalanced actions, it also seems highly improbable that we are completely independent and innocent of any wrongdoing in the environmental disasters that we are experiencing. The real question is: what constitutes 'sin' in the context of the main question? I believe that sin is any thought, action or word that is not in tune with natural law. The more people engage in thoughts and actions that are not in harmony with the vibrations of the Universe, there will be a proportionate and direct reactive response from the Universe initiated by our collective thoughts and actions over time.

This principle can also be demonstrated on the physical plane by means of a practical example. Many of the natural disasters and abnormal weather events that we experience today can be attributed in some ways to depletion of the ozone layer as well as the increase in greenhouse gases which environmentalists have been warning us of for decades. If politicians and corporations had listened to environmentalists our world might have been a more environmentally cooler and calmer place. However, due to being out of tune with natural law, most business leaders have not chosen to give the environment priority and today we are living with the results of their (or maybe our) past actions.

From a spiritual perspective, it is extremely important to live in tune with natural law as this will promote a *satvic* (pure) way of life and will allow for one to overcome obstacles to delusion (such as lust, anger and greed) more easily. The more we live in harmony with nature the greater and more frequent will be our peace and inner bliss. Mother Nature is our protector and nourisher on this planet and if she is treated well, we are all likely to be treated well by her too.

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



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## Peace – more than just an end to war

FLORA TECKIE

Once more the world has marked the International Day of Peace on 21 September; thus, the need to reflect on the progress made, and contemplate how we may achieve peace. It is the Bahá'í view that the long-awaited era of peace promised in many of the world's religions and traditions is now well within our reach, and that: *“world peace is not only possible but inevitable. It is the next stage in the evolution of this planet”*.

World peace, in the Bahá'í view, is more than just an end to war and elimination of violence – which are currently the dominant means for managing national and international conflicts. Banning nuclear weapons or prohibiting the use of poison gases and germ warfare will not remove the root causes of war. There is need for change in individual attitudes and creation of a universal framework to uphold peace. Peace, according to the Bahá'í Writings, *“stems from an inner state supported by a spiritual or moral attitude, and it is chiefly in evoking this attitude that the possibility of enduring solutions can be found”*.

Acceptance of the oneness of humanity is the first prerequisite for achieving peace. According to the Universal House of Justice, the governing council of the Bahá'í International Community: *“World order can be founded only on an unshakeable consciousness of the oneness of mankind, a spiritual truth which all the human sciences confirm. ... Recognition of this truth requires abandonment of prejudice -- prejudice of every kind--race, class, colour, creed, nation, sex, degree of material civilization, everything which enables people to consider themselves superior to others”*.

Religion is a powerful force for motivating individuals to develop spiritual qualities and to contribute to the betterment of our communities. The constructive role that religion can play in creating a peaceful global order and the destructive impact that religious fanaticism can have on the stability and progress of the world cannot be denied. Considering that frequently religion is manipulated and used for the accomplishment of narrow ends, there is need for us to contemplate on the appropriate role which religion should play in our lives and in public sphere. According to the Bahá'í Scriptures: *“Religion must be the source of fellowship, the cause of unity and the nearness of God to man. If it rouses hatred and strife, it is evident that absence of religion is preferable and an irreligious man is better than one who professes it”*.

While recognition of the oneness of mankind and the abandonment of all types of prejudice (be it religious, racial, gender, patriotic, tribal and so on) is the first requirement, in addition the Bahá'í Faith envisions a system of collective security within a framework of a global federation. It foresees the creation of a world federation of nations in which all races, creeds and classes are united and the autonomy of its state members and the personal freedom and initiative of the individuals safeguarded. This federation will consist of a world legislature, which would enact the laws necessary to regulate the life, satisfy the needs and adjust the relationships of all peoples. It would have a world executive, backed by an international force, which would carry out the decisions arrived at, and apply the laws enacted by the world legislature. A world tribunal would adjudicate and deliver its final verdict in all disputes that may arise between the various elements constituting this universal system. World peace is more than just an end to war. Any new thinking about peace must begin with the belief in the oneness of humanity. It will also be necessary to have international institutions to regulate international affairs.

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



## Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

Tel: +27(11) 801-3100 Email: [nsa.sec@bahai.org.za](mailto: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.

## Signs and onslaught of the new

BY THE MASTER through Benjamin Creme

Soon it will become clear to men that signs they look for are appearing. For some these signs will seem inevitable and welcome. For others they will seem like the dissolution of all that they hold dear. In truth, they will be the signs that denote the new, and are but the outer expression of profound changes that are taking place. In time, most will agree that much was wrong in the old world, now quickly passing out, and had to be sacrificed for the better expression of man's nature and accomplishments.

Soon, therefore, the changes heralded by these signs will alert the keen-eyed of men that we are entering a new dispensation, one of which all can be proud.

For some people the coming months will feel to be the most difficult they have known, causing them to search for even a glimmer of hope, of respite from forces with which they feel unable to cope.

At the same time, for others, there will be a heightened sense of their ingenuity and creativity, however unreal this may be. All is moving swiftly into the New Age and impress of Aquarius, whatever the 'reading' of this event. The impact of this will be powerful indeed.

How then should men respond? Know this as a further step towards the New Time and in doing so await the appearance of the Great Lord. Open the gates of heart and mind and be prepared for the onslaught of the new.

Men stand at a point of revelation, which soon will sweep away discordant voices and attitudes. They will know more keenly the meaning and purpose of their existence, and the means by which that knowledge is brought into their awareness. Soon, very soon now men will grow, overnight as it were.

This new knowledge will chasten and surprise many but inspire and enlighten them into a complete adjustment of their understanding. This will give a new value to what they call the meaning and purpose of life. A greater seriousness and a greater joy will permeate their beliefs and actions, and gradually involve them all together in a new dispensation. That time is not far off. The Great Lord is eager to appear and to grace the world by His open, recognized presence.

Have no fear. A new world is in the making, which will restore men's faith and courage in equal order.

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





## Do good and be good

SWAMI SHANKARANANDA MAHARAJI

A great man once said, 'don't do unto others what you won't do unto yourself'. This is called 'the boomerang effect'. What you do to others comes back to you through your children, through your spouses, through many things. But it comes back to you. Many people cannot stand to see other people progressing in life so they do many unnatural things, nothing spiritual, so that those people cannot be successful. It comes back to bite you. Always remember that. It will come back to bite you.

Times are difficult right now, money is tight and a few people will be progressing. You should just be happy for those people. Patanjali says in the *Yoga Sutra*, 'Do not want what somebody else has'. Don't think that you should have it and not them. It is because of your karmic consequences from the past that you are in this difficulty. Instead of going around and looking at others who are successful and thinking bad things about them, just think about God and you will become successful. Nobody here is successful by himself or herself. They are all successful because that's what God desired. If God doesn't desire it for you then you won't get it.

It is by your karma that you are walking in this life, no other reason. And it is by your karma that you are building for your next life in this life. And you need to make sure that you work out your past karmas in this lifetime without accumulating new karmas for your next lifetime. You must be thinking that this is very difficult to do. It is not, really. Do good and be good. That's all there is to it. When you do good then you should be good. But don't do good and be ego. It won't work for you. If you did some good deed it should be between you and the individual or organization you did it for. You shouldn't go around telling everyone. That is asking for the fruits of your actions and you won't get anything out of it other than just boosting your ego. When your ego comes down it comes down dangerously fast. What's the point in talking about good things? You don't have to be aware of good things. You have to be aware of bad things. Good things will come and go but bad things will leave a big dent in your life.

Many of you think that if you go to the casino your finances will come right. They won't. If you work it out, you end up putting in more than what you get out. So don't think you can go in the evening to the casino, come out in the morning and miss a whole night of your life just pressing buttons. Enjoy life. Buy some buttons and press them at home. We waste our energy. And money, that is so difficult to accumulate right now, we're just wasting at the casino. Many of you have lost money at casinos and when you lose the money what do you think? That someone else is going to get your money. That money is cursed. If I went to the casino and lost money I would leave there depressed and so the money is cursed.

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](http://www.fridaysatsang.blogspot.com). For more information on the Jadatharaya Institute, please visit the website below.

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





## What are bodies about and for?

BERNIE SIEGEL, MD

I have written, in other places, about our Creator's latest parable relating to us that we are satellite dishes, remote controls and television screens. To clarify the meaning of these words for those, who like me have problems with parables, we are receivers of words and images and have minds, like remotes, with which we can select the channels we tune in to; and we have bodies, like screens, to act out and make visible what we have heard. The problem is that people are usually not tuning in to the right channel and listening to the right voice speaking the message of creation, which is to serve, rather than the voice of destruction or self interest.

So now you know why we are given bodies. But why are they so complex, interesting and far from being robotic or trouble free? Why don't they come with a warranty? Just think of the first one-cell organism and you begin to understand. How do you survive the changes as the universe is being created? You huddle together like a family in times of trouble, protected by those on the outside who may die because of temperature changes and dehydration while those in the center survive. How do they communicate warning signals to each other during times of stressful exposure and the opposite when the danger is past? They communicate through the neuropeptides they secrete and excrete into the environment so the cell membranes in the vicinity are alerted to the conditions which exist. Some plants and animals still communicate in this way to protect each other from environmental dangers.

It impresses me to think that our cell membranes are really what control our health and lives, in a sense. Think of how many senses our skin, like a cell membrane, is capable of feeling. Think of how many neuropeptides a cell can learn from about what behavior is required of it. Most massage therapists use only their hands to massage a client; that is a big mistake. Our skin can feel pain or pleasure, pressure or touch, heat or cold - not to mention our other senses of sight, smell and sound. We are in contact with the world through our skin. As therapists, perhaps it is time to start using fur gloves, as well as, various healing aromas, sounds and sights when we are massaging or touching each other.

Unfortunately, because we have learned to think, we have depleted another vital sense. The intuitive sense that warns us before a threatening situation is upon us. From one-celled organisms to jungle creatures, the intuitive sense is a life-saver. Any pet owner knows how animals read your mind and intention when you walk into a room. An antelope on the plains of Africa may be saved from a crouching lion by this sense and one of our cats avoids my combing his fur coat by hiding when I enter the room intent on grooming him. An hour later I enter the room and sit down next to him because I have changed my mind but how does he know that?

The CIA uses distant viewing to gain insight into events in other countries, and my friend Amelia Kinkade, an animal intuitive from California, visualized our son's home in Connecticut and described it in detail and where our missing cat, which I thought was dead after being gone for several weeks, was. By following her description and instructions I was able to go and rescue BooBoo. How could she see from California? And how does she communicate with animals?

We are all capable of doing it but our thinking gets in the way. I started 'talking' to our pets after this happened and it works. We speak in pictures and thoughts and they know what I am up to and when I need their cooperation. It works. Try it. Walk into a room thinking something and see how the creatures in the room react to you and your chemistry. Dogs can predict seizures, heart attacks, insulin reactions, and sniff out malignancies. Why have we lost the ability?

I know when I worked with patients there were times I entered a trance state and could tell who was getting well and who wasn't regardless of their test results. My students were always amazed when I would say things or ask questions that were pertinent and yet I had no information to lead me to say, do or ask about the subject. I see it as a hypnotic state in which communication happens on





another level. The cell membrane level, in a sense, which allows me to sense the chemistry of the person and their environment.

So please, when an organism enters your presence be aware of their chemistry and yours and communicate your care and love through all the senses so their cell membranes know they are safe, loved and can be healed. What proves this to me is a strange thing we and other animals do. We sleep. Why would evolution lead us to do such a dangerous thing if it weren't necessary? I see it as dangerous because in the past we didn't sleep in alarmed houses but out in the open, an easy meal for predators. It is true we still hear in our sleep but predators can creep up very quietly like good burglars.

I believe we sleep to rest and communicate with that part of our brain which is responsible for this intuitive wisdom and our survival behavior. If not, sleep would be unnecessary. Resting our bodies could be done by taking breaks during the day, but sleep is a very different activity that is tied into our survival. Our dreams are a part of this behavior and a necessary source of survival information also - from telling you which treatment is best for your cancer to many other important decisions we make in our life times. So touch the membrane with love and let it filter into the bodies of your clients. Pray for, and intend good things for yourself and your clients. When you find yourself in harmony with the universe and getting the weather you need, you will have visible signs that it is happening in your life. Finding pennies on your path is also a sign God uses. Think of the words on the face of a penny. Astronomers and quantum physicists understand because they know that desire (and I add intention and determination) and alter the physical world, thus causing things to occur which would not normally occur if they were not desired. So be careful what you desire and pray for.

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

*Stand Tall & 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?**

- Bernie



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

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



## Readers' Inspirations

### Mother Nature

Today I breathe the fresh air that emanates from nowhere.  
I drink the water that manifest from the rains.  
And I consume the foods which are borne of sunlight.  
All things emanate from you, are expressions of you and dissolve in you  
For there is only one Mother nature.

SUREN PILLAY



### On wings of love

The priceless gift of life is love,  
For with the help of God above  
Love can change the human race  
And make this world a better place  
For love dissolves all hate and fear  
And makes our vision bright and clear  
So we can see and rise above  
Our pettiness on wings of love.

HELEN STEINER RICE



### Never Lose Hope

If you have given up hope of ever being happy, cheer up. Never lose hope.  
Your soul, being a reflection of the ever joyous Spirit, is, in essence, happiness itself.  
If you keep the eyes of your concentration closed,  
you cannot see the sun of happiness burning within your bosom;  
but no matter how tightly you close the eyes of your attention,  
the fact nevertheless remains that the happiness rays  
are ever trying to pierce the closed doors of your mind.  
Open the windows of calmness and you will find a sudden burst  
of the bright sun of joy within your very Self.  
The joyous rays of the soul may be perceived if you interiorize your attention.  
These perceptions may be had by training your mind to enjoy the beautiful scenery  
of thoughts in the invisible, intangible kingdom within you.  
Do not search for happiness only in beautiful clothes, clean houses,  
delicious dinners, soft cushions, and luxuries.  
These will imprison your happiness behind the bars of externality, of outwardness.  
Rather, in the airplane of your visualization, glide over the limitless empire of thoughts.  
There behold the mountain ranges of unbroken, lofty, spiritual aspirations  
for improving yourself and others.

PARAMAHANSA YOGANANDA



## Index of Resources and Online References

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### **Ananda Sangha**

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

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### **Baha'i International Community**

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Tel: 011 462 0100  
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### **Bernie Siegel**

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### **Centre for Spiritual Awareness**

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>  
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### **Heaven Letters (TM)**

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