

*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.*

GLORIA WENDROFF, HEAVEN LETTERS



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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Welcome to the October 2015 issue of *Transcendence*.

*The mind is like a lake, its surface broken by ripples of thought.
In order to see the Self which lies beneath, first you must learn to still these ripples,
to become the master of your mind rather than its servant.*

SWAMI SIVANANDA

It's that time of the year again when the holiday craziness descends and everyone goes on a spending spree, getting caught up in the momentum of the season. It's also often a time that we have the opportunity to take stock and reflect within, a difficult task at this time of the year, but so important if we lead a busy life or are committed to a demanding career, with little time for the self.

It is imperative to our physical, mental and spiritual health to take time out, allow ourselves to be mindless for a while and to just unwind and reconnect with Spirit.

Many find this a daunting task simply because they are unable to still their minds for long enough to benefit from the practice of 'mindlessness'. One of the tried and tested methods of doing this is to imagine the mind as a lake, watch the thought-waves coming and going without following them, until the surface of the lake is as calm as a mirror.

Many yoga masters teach this method because it's simple, easy to do and it works. If you find that at this time of the year you really need some time out, try the above simple meditation formula and you're certain to gain with it some peace of mind and rejuvenation.

Wishing you a blessed month ahead.

In Love and Service, always,





Heavenletter # 4096 – The Petals of Your Heart

GLORIA WENDROFF

God said:

Your heart is intended to open continually. There is no graduation day when it comes to the human heart. The human heart is an ever-blossoming flower. Open and open and open the petals of your heart. This is an assignment I give to you.

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

If you want to remove hurt from your heart, the secret is in giving your heart away. Your heart doesn't really belong to you. Nothing really belongs to you, the individual you that you imagine you know so well.

If your heart is Mine, Whose heart is it then? I have appointed you caretaker of your heart which is Mine. Take good care of the beautiful heart of Mine that resides in you.

There is no you anyway. The individual you that you believe you are is an illusion. I AM the Reality. You share My heart. I give you all My love. I do not give it to you for hoarding. I give it to you so you may give My heart to a world that too often has been impoverished. I have given you a beautiful diamond, and I tell you:

“Don't reserve that diamond by keeping it in a vault. Absolutely not in a cold-storage vault. You can't keep My heart by sequestering it. The only way to keep My heart big and flourishing is to give it away. You can give it silently, and yet My heart will be heard. Just give it.

“You are not intended to be only a reactor to love. You are not to pawn My love in your heart. My heart is within yours so that you can give it away. I do not say to give yourself away randomly. I say to give your heart, to fling it, to fling love out like a giant sun and let it travel where it will. Love has its own course to take. Certainly, you are not to block love for reasons of safety or anything like that. Your heart is not meant to wait for certain conditions before it goes forth. Under all conditions, your heart is to go forth. Send your heart out like a valiant explorer dedicated to fulfilling Me.”

Do I not give you a lovely assignment? I charge you with giving out My love all over, to the galaxies beyond your galaxy, to every heart wherever it may be. Every single heart is within range. I am charging you with giving happiness, and there is no happiness like the giving of love.

Oh, yes, the material world grants you some happiness. Happiness is good. The greatest happiness, however, is your giving love. Just give love without a prior agreement. Just give love, for love is what you are on Earth for.

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

Now I tell you to give your love away, for there is always more where your love comes from. Love gets spent yet never used up. Love is for the giving, and I ask you to give all of your love away. Do it for Me.

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



Inspirational quotes



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

Heavenletter #4093 Your Nearest Neighbor



Sometimes when what you determine as a full share of love due you is not given to you, you become angry or even vengeful. Love does not make demands. You say you love, and yet you stamp your foot when your picture of personal love does not become true or stay true. Take your foot off the pedal, beloveds. Be easy with love. Let another's affection for you be or not be. What is is. You cannot whip into existence what is not.

Heavenletter #4094 Love and Release



Your desire fuels you. If you want to write a book, it doesn't write itself- or does it? You don't have to chain yourself to the computer to write your book. You may set a time to write, and so you write. Daily application of yourself goes a long way.

Heavenletter #4106 Motivating Power



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.

Heavenletter #4109 The Greatest Power there is



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.

Heavenletter #4110 Sleeping Beauty and the Prince

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





Nurturing spiritual growth

ROY EUGENE DAVIS

To nurture spiritual growth, one of the first things to do is to learn to be mentally and emotionally calm. Mental restlessness and emotional instability interfere with concentration and rational thinking; weaken powers of perception, intelligence, and self-determination; and incline us to identify with a false sense of self-identity rather than with our true nature. Mental and emotional calmness nurtures psychological and physical well-being, enables us to live effectively, and allows meditative superconscious states to more easily be experienced. It is helpful to have an intellectual understanding of higher realities, our pure essence or true nature, why and how souls forget their true nature and relationship with the Infinite, and how to correct the intellectual error that causes souls to mistakenly presume to be limited, mortal beings. Well-informed rational thinking can enable us to have worthwhile insights. Intuition can provide more accurate information. Realization unveils our innate knowledge that is immediately recognized as being true.

All souls have an innate urge to have their consciousness restored to its original, pure wholeness. Even though they may not be aware of it or may not be interested in spiritual matters, when they are psychologically and physically healthy, spontaneous spiritual growth can occur.

We can awaken more quickly by:

- Aspiring and expecting to be spiritually enlightened. We are inclined to look for, see, and experience what we optimistically anticipate. Fervently aspire and confidently expect to be spiritually enlightened in your current incarnation.
- Neutralizing troublesome subconscious tendencies or being impervious to them. Intentional constructive thinking, feeling, and actions weaken and neutralize troublesome subconscious influences. Being established in Self-knowing enables us to be impervious to them until they are dissolved.
- Profound examination of our pure essence of being. Use your intellectual and intuitive abilities, then withdraw attention from objective and subjective conditions to experience pure, thought-free awareness of being.
- Profound examination of higher realities. Endeavor to obtain accurate information from reliable sources. Use discrimination to discern what is true until complete knowledge emerges from within you.
- Regular practice of superconscious meditation that purifies the mind illumines consciousness. Although being mentally and emotionally calm and having an awareness or feeling of communion with a larger reality during meditation can be pleasant, it is not completely soul-satisfying, transformative, or liberating. Learn to withdraw attention from changeable states of mind and awareness and abide in alert, conscious Self-knowing.

We have to sincerely want to be spiritually enlightened, not only hope or waste time, energy, and mental powers in useless pursuits or superficial activities or relationships. Examine your personal circumstances, desire or need for a better life, and aspiration to be more spiritually awake. What can you do now to improve your circumstances, have the life you want or need to have, and allow your spiritual growth to occur faster? Write a schedule of very useful things to do, then immediately begin to do them.

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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The creative power of sound

LUCIS TRUST

The material that makes up our physical world is in constant vibrating motion. Every atom oscillates with life; from micro-organisms, plant and animal lives, up to and including humanity, all lives actively fulfil their various destinies within the biosphere; while countless planets revolve around their suns; galaxies as far as our telescopes can see rotate mysteriously in deep space whose vast dimensions awe us.

These observations remind us that the different creation myths from around the world have a common thread – God, the absolute, the causeless cause, the unmoved mover, the synthesis behind the outer multitude of forms, initiates the whole panoply of the universe into motion through sound. “In the beginning was the word”, for God, the One Life, speaks and thus creates and sustains all forms.

Made as we are in the image of this synthesis, we replicate the pattern on our limited human level. The individual use of sound, or speech, to generate and attract what is desired and repel the undesirable is ubiquitous. The use of sound to promulgate thought and ideas is becoming more widespread. On a larger level it is the 'sound bite' and the advertising slogan that drives, not yet fully, thinking people into patterns of voting and purchasing which puts politicians into power and swells the profits of industry. Viewed in this way the power of sound as the transmitter of ideas and desires is enormous. Yet the fascinating thing is that sound has no material substance other than fleeting changes of pressure in the atmosphere. In reality it is a creative bridge between the material world and the more spiritual dimensions.

Perhaps the most sublime use of sound by humanity lies in the world of music. Here the combination of timbre, melody, rhythm, discord and concord reflects the human condition of diversity with conflict and tension that must eventually achieve resolution in harmony. Perhaps it is this that gives music its power to produce the experience of unity, of shared emotion, of thought and of purpose. In a very real sense the unfolding life of humanity is a musical improvisation on the theme of the Plan as we gradually weave together conflicting elements and eventually produce – who knows what? – other than a fitting climax and revelation of truth and beauty that our best guesses fall far short of.

This end, of course, is still aeons in the future. Our spiritual task now is to use the tensions and dissonances of the present world situation to generate a better future of right human relationships. Much is already being done. Even more is being done silently behind the scenes as people all over the world consecrate their lives to reach up and grasp the new realities on the verge of manifestation and help precipitate them as a new and major theme for humanity to play in the planetary life. Triangles is an important contribution in this planetary effort.

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

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Are we living in a new age? Part II

SWAMI KRIYANANDA

The new approach to reality, based on demonstrated facts, has created an upheaval in people's thinking, and has produced a profound sense of confusion. A story—no doubt apocryphal, but nevertheless suggestive of confusion as to what does and does not constitute proof—illustrates delightfully the ensuing bewilderment.

A Hindu in the Indian city of Benares is said to have assured an American tourist, "With all the archaeological investigations that have been conducted in my country, not a single wire has been discovered. This proves," he concluded triumphantly, "that in ancient India they had the wireless!"

Nevertheless, the new ways of thinking, based on experiment, have come to stay, and need, therefore, to be understood. Nothing in the scientific approach to reality says that man must limit himself to experimenting with material instruments—particularly now, when matter itself has been found to consist only of vibrations of energy.

Formal religion—not the high spiritual teachings of Krishna, Buddha, and Jesus Christ, but the outward forms that clothe religion everywhere—no longer holds deep appeal in the minds of growing numbers of thinking people. There remains in many such people, however, and perhaps more insistently today than ever, a deeply felt need to understand what life is all about. I number myself among them, at least in my past. I had a deep longing for that inner security which religion ought to bestow. Lacking today is a perception of how to fulfill that need by bringing it in line with present-day understanding.

Old-fashioned ways of looking at life and of expressing oneself no longer exert, these days, the same appeal as they did in their own day. We are, for one thing, immersed in the ebb and flow of rapid movement and instant communication. The old ways were more leisurely than ours are today. Yet, beneath their longer, more placid rhythms, old human realities were basically the same as today's. The present hustle and impatience are merely garments that cover a human nature basically the same everywhere, even if people no longer display courtly manners or conscious elegance in their speech. Thus, there remains a need to understand motivations which people often hide, even from themselves.

Is mankind, as many aver, sliding rapidly into moral chaos? Or is this age simply more challenging in the demand it makes of all men to live more energetically? If this truly is a new age, fresh ways of thinking must be sought for whatever deeper insights they may provide into reality.

What faces us today is much more than a revolutionary perception of the universe. It is, potentially, a deeper perception of divine truth itself. The change in thinking that mankind is undergoing is not limited, moreover, to any nation or culture: it is worldwide.

To begin with, it seems reasonable to say that, whether we like it or not, the times we live in are indeed different—radically so—from any within known history. Consider only a few examples:

In literature, everyone writes in greatly shortened sentences. Reviews of Jane Austen novels of the early 1800s often praise her style; yet who today could write that way even if he wanted to? It is more than the fact that we no longer use quill pens, fountain pens, or even typewriters.





Computers now enable us to set down on paper our most fleeting thoughts in the full knowledge that it will be easy to correct and polish as we go. We don't even need, if a page contains a mistake, to type out the whole page laboriously again. A simple change, and our electric printers give us the new page within seconds. Even our thoughts race ahead of us at a speed that might have been unnatural, and perhaps impossible (judging by the way people seem to have spoken), in Austen's day.

In the composition of music, computers have made it possible to write quickly and legibly while remaining in the natural flow of one's inspiration. Music synthesizers, too, have obviated the need to learn to play many instruments, and have thereby opened the field for composers to remain even more completely in the flow of the inspiration they receive.

The same may be said of countless other fields of endeavor. In business, it is now possible to conclude transoceanic agreements with a single telephone call. Gone is the need to write long letters, then wait months for a reply.

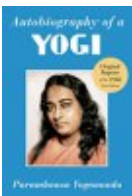
On the other hand, if a face-to-face confrontation is required, one can hop on an airplane and arrive at one's destination in a few hours—or, if physical contact isn't necessary, convey one's thoughts by a variety of methods: fax, email, and direct communication by video phone. So far-reaching in their impact are these changes that one no longer needs to affirm that this is a new age. The facts stare one in the face from virtually the moment he awakes every morning.

Is there, then, some explanation for these revolutionary changes?

Interestingly, an explanation was published more than a century ago, in 1894, before any shift toward energy-consciousness was even suspected, and five years before the director of the U.S. Patent Office is said to have written the President recommending that his Office be abolished.

In a sense, indeed, that recommendation was valid, for everything that could be squeezed out of old ways of doing things had, quite possibly, been manifested already. Virtually every invention that has been made since then has been powered by energy. The old ways were formally buried in the year 1900, with the beginning of the new age.

The task facing mankind today is to understand even better the implications of this new energy-consciousness.



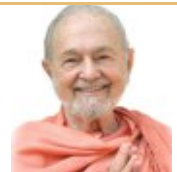
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Path of the masters

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 VII

SWAMI MURUGESU MAHARISHI

Mantra 6

Para-phrase: let my mind, which as a horse under the reins of a good charioteer, drags the chariot as the charioteer desires; and, as an uncontrolled horse drags the chariot hither and thither as it desires; which resides in the heart; which is strong; and which wavers always – always think beneficial thoughts.

“As a horse drags a chariot hither and thither as it desires, the mind takes men hither and thither as it desires;”

There is a saying in Hindu ethics: if one wants to live happily in this world, one should not follow and act according to the mind. One who acts according to the dictates of his thoughts will always finally say that he or she was foolish in acting according to their thoughts which will have been the cause of their ruin. We know well that karma expresses itself only through mind and results in negative or positive effects. This is why in spiritualist circles the advice is not to act as the mind thinks. One who obeys and acts according to his or her thoughts will be a puppet in the hands of their fate or karma. One who does not act according to their thoughts but acts according to their Buddhi, will become a master of his or her life. We know that thoughts arise in the mind from various sources, via sensual stimuli, subconscious impressions, the influence of powerful thoughts of others, or via karmic influences, among others. Thus, when we obey our thoughts it sometimes happens that we obey the detrimental thoughts of others. Because of this we should ‘tame’ the mind as a good charioteer tames his horses which then drag the chariot along the path desired by their driver. Is this not very helpful advice?

“Which resides in the heart;”

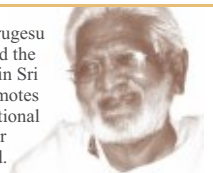
Although it is known that mind functions in the frontal brain, it is referred to as residing in the heart because it is well known that every emotion, whether positive or negative, weak or strong, is reflected in the heart. Nowadays we hear of people having heart attacks more often because so many are immersed in the ocean of emotion. Their hearts become weak and collapse. Thus it is said that the mind (i.e. its reactions) exist in the heart. We don’t call a pious man a good-minded person, but a good-hearted person. This reinforces our association between the mind and the heart.

“Which is strong;”

We may come across a person who is physically weak but who can perform difficult tasks with ease; or a physically strong person who is unable to accomplish even a small task satisfactorily. Where does the difference lie? Real strength does not lie in the body but in the mind. Mentally strong people can accomplish many arduous tasks. We also know that bodily strength depends upon mental strength and that mentally weak individuals will never be physically strong. A sound body relies upon a sound mind. Thus we understand that the source of real strength is in one’s mind.



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





Success and conditioning

SUREN PILLAY

In the world today we find many looking to find some level of success and peace. For most, the underlying drive for success is that with the success will come peace and happiness. However success has no end, as many have discovered on the material journey. This is because every successful accomplishment – be it career success, monetary success, intellectual success or physical success – is followed up by a desire for even greater success. The end result is that there is no lasting peace from the achievement of a singular goal or objective.

Every goal or success becomes an impression in the mind for greater achievement. The peace and happiness that one achieves from attaining the goal is short-lived in anticipation of reaching the next goal. However, human beings are ignorant of the blissful universe that exists within them waiting to be accessed through the medium of silence borne of meditation. Every human being is born of the creative energy of the Absolute and will return to the Absolute upon ending their earthly sojourn. A life of 60 of 70 years is truly short when considering the age of the planet or universe.

So the question is: how do we achieve the happiness and peace that success is supposed to give us? The key is to experience that happiness now, irrespective of whether you have achieved that goal or not. The emotion of having that success can be reproduced in the mind and the concomitant joy can also be experienced, even though one has not actually experienced it. This will also activate the law of attraction which will bring that success faster. This method of self-actualizing is, however, also not a permanent solution as the mind will grow weary of the success of a singular goal.

Lasting peace and joy can only be experienced through internal processes that results in the experience of cosmic bliss. Cosmic bliss is innate to human beings, but due to their delusion in maya (or the illusory energy of God) they can become hopelessly deluded on the material path too.

By silencing the mind (through meditation) to reduce subconscious and subliminal drives, one will become inherently calmer in life. This is a first step to inner joy. A second step is start exploring the depths of ones mind by meditating longer and experiencing more subtle states of consciousness. These states will eliminate many negative and materialistic subconscious drives.

The fact that one can meditate and achieve inner bliss is a blessing unique to human beings on the planet and it is a spiritual duty for us to explore the depths of minds which represent pure potential. At the deepest level we are all the same. Although physical individuality poses a convenient and distracting mask to the conditioned human being, that the dream of life is real.

My message to you this month, dear readers, is go within and find your silence and joy. Experience the success you dream about today in your mind and it will be attracted to you automatically through the workings of nature. This doesn't mean you should not set goals, but the primary focus of your goals should be on achieving union and inner bliss with God.

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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Teaching: a privilege and sacred trust

FLORA TECKIE

As we celebrate World Teachers' Day on 5 October, let us reflect on some features that make teaching profession a greater success. To teach children and youth is a great privilege and as stated in the Bahá'í Writings: *"Among the greatest of all services that can possibly be rendered by man to Almighty God is education and training of children..."* Those who undertake the education and training of young minds must see themselves, as rendering a most valuable service to their community and to society as a whole. Their task is no less than regarding each student as one full of potential and talent of great value, and must be able to help each to discover this potential and to develop it.

Teachers, in addition to imparting academic knowledge and skills, must become role models and the transmitters of morality and builders of character. Currently a great concern is that the moral authority of teachers as respected members of the community is eroding, while at the same time schools are being asked to address more and more of the social and moral concerns that were traditionally the family responsibility. In order to overcome such challenges, teachers must become role models and the transmitters of morality and builders of character, in addition to imparting academic knowledge. Children must acquire a balanced set of capacities that are academic, spiritual and vocational.

The Bahá'í Writings state that: *"... schools for academic studies must at the same time be training centres in behaviour and conduct, and they must favour character and conduct above the sciences and arts. Good behaviour and high moral character must come first, for unless the character be trained, acquiring knowledge will only prove injurious. Knowledge is praiseworthy when it is coupled with ethical conduct and virtuous character.... A physician of evil character, and who betrayeth his trust, can bring on death, and become the source of numerous infirmities and diseases."*

Another aspect is the need for schools to provide an education relevant to the true needs of a community and contribute to the unification of mankind. In order to contribute to unification of mankind teachers must give up all prejudices -- be it racial, religious, gender or tribal--and treat all children as equals. Service to society should be considered an essential component of education.

Through proper education, teachers can assist in cultivating in our children *"such attributes, skills, virtues and qualities as will enable them to contribute their share to the building of an ever-advancing civilization. True education releases capacities, develops analytical abilities, confidence, will, and goal-setting competencies, and instils the vision that will enable them to become self-motivating change agents, serving the best interests of the community"*, according to a statement of the Bahá'í International Community.

Teaching is a privilege and a sacred trust. Teachers must become role models and the transmitters of morality and builders of character, in addition to imparting academic knowledge and skills. Education as envisioned in the Bahá'í Writings should make the child a collaborator both in his own growth and in the development of his community. Teacher must enjoy the support of the community and a respect that is the result of recognizing the teacher's true station.

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



Bahá'í Topics

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

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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.

Overcoming the fear of change

BY THE MASTER through Benjamin Creme

Many await the World Teacher with a growing faith that He can solve the problems which men find so intractable. They sense that they can trust His wise judgement and experience. That this is true cannot be gainsaid. He is indeed a wise counsellor and men should hearken to His advice with confidence. The Law, however, limits the degree to which He may intervene in man's affairs. Men should know that the Law forbids the use of force – man's free will cannot be infringed. Thus it is that men alone must make the decisions for change: as Maitreya has said: "I am the Architect, only, of the Plan. You, My friends and brothers, are the willing builders of the Shining Temple of Truth."

When men see Him, Maitreya will teach the way of peace and love: through the manifestation of sharing and justice alone will both be known. Thus, in the simplest terms does He offer the solution to man's dilemma. Man, even now, finds his structures failing. He cannot understand how, amidst plenty, crime so burgeons and threatens. He cannot understand how, amidst plenty, not all men know happiness. He cannot see that men live in fear and therefore know no hope.

Caution and fear of change inhibit realism and men are struggling with outworn and crumbling structures. The real and urgent problems elude them and drive men closer to the edge. Fear pervades man's every action and thought; this alone makes change both difficult and more than ever necessary.

Maitreya, you will find, will counsel change but the desire for change must reside in man himself. Thus will man condition the speed and scope of transformation and thus, too, will the dictates of the Law be obeyed. Maitreya will address men's fear and help them to slay that many-headed monster. He will show them that they have nothing to fear but fear in the building of the new world.

Many, today, may doubt that this can be accomplished but Maitreya knows that billions are longing for the changes which He advocates, for the world which He envisages. They await only His words, His voice, His call for justice. Into the building of that new world the hopes of men and women everywhere will go. Their age-old desire for peace and justice will, at last, find fulfillment.

These desires and thoughts are already descending, already filling men's hearts and minds and making the future now.

The world is ready, as never before, for the emergence of the Christ. Nothing can prevent this momentous event. Even now, the final preparations are being made. Soon, the Christ, Maitreya, the World Teacher, the Lord of Love Himself, will move openly among us.

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>





Belief

SWAMI SHANKARANANDA MAHARAJI

Babaji was in Katrigama. Bhogar Maharishi was his guru there, and Agasthiar was his guru in India. The spot where Babaji attained his Samadhi state is in Katrigama. Every morning Bhogar told him to build a hawan kund with stones. And every morning Bhogar would kick it down and tell him it was wrong and then rebuild it exactly the same way. After many practices Babaji realized it was a lesson. From that lesson Babaji became a perfect person, in every sense of the word. So, like that, in this life you have to have obstacles in your path.

I've had obstacles. When I was really on the religious path I was about 36 years old, I was just onto the spiritual path. My children, Clinton, Melissa, Tashi and Vishnu were all little – and what happens? Somebody attacked me. They chopped my hand and I lay in hospital in a coma. But that is what made me stronger, made me believe more in God because I still had breath. That they couldn't take away from me. When I went to the orthopedic surgeon 4 months later, he said that we had to remove the hand. Something said to me, like a bee in my brain, to tell him not to remove it. 5 months later I went for a retest and he said it was developing nicely but I needed to learn to use it. I told him that I would write his cheque with that hand, and 4 months later I did. Still today I write with this hand because I learned from the obstacle. If I had removed my hand and had to develop my other hand I'd never get it right. Now I write with both hands.

What have I attained in 20 years, spiritually? I couldn't put it on paper, there's so much. There were things I never knew, but now I know. I don't know how. And what caused this? One obstacle. I had more time, I didn't have to go to work. I could sit and meditate for hours. There was a time I used to meditate for 10 hours in one sitting. I would lock myself in my room from 4 in the morning until 3 in the afternoon. But I had a reason. I needed to prove that I could still carry on living and doing God's work even with a disability. I'm telling you these things so you can put more into your belief.

Belief is not like having a carrot in front of a donkey. That's not belief. Belief is much stronger than that. Anyway, I want you to have strong faith. You don't have it but you think you do. I'm telling you these things so that even when I am not here you'll think about this and have a strong belief in God. I know that nothing will flicker that light in me, not even a hailstorm. I make sure the light is protected. When I am locked in my room from 11 to 1, nobody disturbs me for 3 hours. They know that is my time. And I will sit there and have a discussion with the masters, like you are having with me now. So, the order is: enlightenment, self-realization, and then God realization. The definition of enlightenment is to make the mind lighter. As long as the mind is like that your journey will be simple, and quick.

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



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

www.jadatharayayoga.com





Bullies and bullying

BERNIE SIEGEL, MD

Why do I think children become bullies? The opposite of love is indifference and so many children act out to get attention through bullying, aggression and violence. They do not interpret it the way we do because by growing up without being loved they have a different nervous system and are far less sensitive to physical aggression, noise and other sensory stimuli.

The messages children receive prior to the age of six affect them in the same way someone under hypnosis is affected by the words of a hypnotist. So when they receive mottoes to die by and other negative messages they will act out in ways which are destructive for themselves and others, such as addictions and violence.

It is normal for every one to have aggressive tendencies but how we use them is what life is about. Just as fire can destroy or warm your home so the energy within a child must be directed to healthy endeavors. As a surgeon I cut people up to cure diseases and repair their physical defects. I am not attacking people with a knife. I am healing them.

We must help our children learn how to direct their energy and aggression into constructive activities. By harnessing the energy they become creative, not destructive, or threats to their family, neighbors and classmates. Unhealthy rebellion is the crime. When their energy is directed into building or restoring something, art, sports, hobbies or volunteering the world becomes a better place because of their activity and no one is threatened by it.

We must provide the outlets and help them search for what fulfills their needs. If you don't want to raise a bully who is disrespectful of people in school and at work then set an example. Give them a role model and if you do not have one or can't manage then just tell them when in doubt, WWLD; or What Would Lassie Do?

When I acted like a bully and broke a neighbor's toy because I was jealous of what he had my father went out and bought me that toy. He didn't tell me to replace what I broke. He just handed it to me and walked away. Yes, I went over and gave it to my neighbor. My father knew what he was putting me through was worse than physical punishment.

We need to convey a reverence for life to them and it can be through making them responsible for the life and comfort of some living thing; be it a plant, pet or another human being. When you care for and about what you live with you respect the world and its inhabitants. Our home and yard were filled with rescued animals and our children even carried insects out of the house because they respected them as a living thing. So when they rebelled it was to improve the status quo and create a better world rather one filled with fear because of their behavior.

We have five children and at times they sat on each other in the yard and yelled, "Make 'em eat grass." But this was their way of showing appropriate anger when they weren't respected and no one was hurt by it and it became a family expression, rather than an act, to let your siblings know how you felt. A dying teenager I know of used a water gun in the hospital to let people know he wanted privacy and the staff barged into his room for insignificant reasons. His anger hurt no one and taught many nurses and doctors to respect his behavior. The gun became a gift for other children to use after he died.

Now what do you do if your child is being picked on by a bully at school or in the street? It is appropriate to be angry when you are not treated with respect but to respond with violence only aggravates the situation. Yes, I would make the authorities at school or in your neighborhood aware of what is happening but I prefer to kill with kindness and torment with tenderness.

So tell your child to invite the bully over to your house for some fun and a good meal. Call the bully's parents and chat with them about their child's behavior. When you understand you will find it



easier to forgive. What I mean is that if you learned the bully's mom had been diagnosed with cancer you'd be far more forgiving about his anger.

I had a school gang leader, who hadn't spoken in a class in four years, raise his hand to participate in a class I was teaching. He knew I was there because I cared about him and the other students. Through our persistent love, even when we do not like what they are doing, we can reparent the bullies too and help them to rebel against elements of our society which need change. I tell them I am ready to be their CD, or Chosen Dad. A title given to me by a suicidal young lady I helped.

I love to bring senior citizens and students together because everyone needs a loving grand parent who is filled with the wisdom of a lifetime. By doing this you establish guidance, which I like to think of as; god u and i dance. They let the children know that troubles can be redirections from which something good will come.

To quote the laws of physics; cold and darkness do not exist; they are the absence of heat and light. So evil occurs when love is absent and people lose their way. My prescription is to use love as a weapon and help them to find their way. Love is blind because it does not see faults in others and helps us to heal and maintain healthy relationships.

Today's Prescription for the Soul – Prescription #320 – Time for everything

Come out of the circle of time and into the circle of love.

RUMI

Does time exist? Is it real? Does a tree know the time? Does the ocean? Who created time? Who said, "You're late"? Why is it one o'clock? In the Divine, there is time for everything; it is always the right time. You are never too late...and are always on time. Does light or energy concern itself with time? Everything in the Universe is subject to change and everything is on a schedule, or so my bumper sticker says.

Love is like that; time is lost in love. Love is a trance state that heals all wounds. Love is energy, so it knows no time and no physical limitations.

Soulution of the Day

Is your lose track of time by showing your love for someone.

- 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



Readers' Inspirations

The Cosmic dreamer

Daily, I dream of the existence of all that is.
Nightly, I discover the realm of pure potential.
In death I experience who I am.
In that remains the complete story of existence.

SUREN PILLAY



On knowledge

Knowledge is power.
Rather, knowledge is happiness, because to have knowledge
-- broad, deep knowledge -- is to know true ends from false,
and lofty things from low.
To know the thoughts and deeds that have marked man's progress
is to feel the great heartthrobs of humanity through the centuries;
and if one does not feel in these pulsations a heavenward striving,
one must indeed be deaf to the harmonies of life.

HELEN KELLER



Love

In the universal sense,
love is the divine power of attraction in creation
that harmonizes, unites, binds together.
It is opposed by the force of repulsion,
which is the outgoing cosmic energy
that materializes creation
from the cosmic consciousness of God.
Repulsion keeps all forms in the manifested state through maya,
the power of delusion that divides, differentiates, and disharmonizes.
The attractive force of love counteracts cosmic repulsion
to harmonize all creation and ultimately draw it back to God.
Those who live in tune with the attractive force of love;
achieve harmony with nature and their fellow beings,
and are attracted to blissful reunion with God.

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

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Swami Shankarananda Maharajji

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

Swami Murugesu Maharishi

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

The Expanding Light

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



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

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