

*Life alone exists.
Death is but the name for another level of experience of life,
continuous and unbroken except for man's limited consciousness.*

THE MASTER THROUGH BENJAMIN CREME





Electronic mini-mag distributed every full moon

TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue 69

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Welcome to the November 2015 issue of *Transcendence*.

From the end spring new beginnings.

PLINY THE ELDER

This is officially the last monthly issue of *Transcendence*. We're sad but realise that everything is seasonal and it is time for *Transcendence* to move on. Thank you to everyone who is subscribed to our downloads. Please don't unsubscribe as we will be using the same platform to keep you updated on latest happenings and to let you know when the *Transcendence* book will be available.

A big thank you also to all our contributors without whom *Transcendence* would not exist, and especially to those contributors who have donated their articles to the upcoming *Transcendence* book that is in the pipeline to publish during 2016/17. The founder of *Transcendence*, Swami Shankarananda, and his son, Seelan, will be managing the feeding projects that sales from the *Transcendence* book will be used to fund.

All past issues of *Transcendence* will remain available to download from our website. We won't be taking them down, so they can continue to be enjoyed by anyone who comes across them.

And on that note, I would like to wish every one of you a most blessed holiday season and a peaceful 2016. If you've enjoyed being a part of *Transcendence*, please keep on following us on Facebook and our blog so you can share the new chapter of our story.

Wishing you a blessed future.

In Love and Service, always,





Heavenletter # 5479 – Your Life from Its Highest Branch GLORIA WENDROFF

God said:

As natural as life is, life often feels strange to you.

There is an old song called Stranger in Paradise. Stranger in Paradise is not the Truth of you. You are no stranger to paradise. You are a stranger on Earth. Paradise is plenty familiar to you. And, yet, here you are with a role to play for a while on Earth.

In truth, you are not a Stranger on Earth either. Everyone you meet, you already know. You don't consciously remember. Nevertheless, you react.

Anything is possible in Earth. There have been so many lives, and so many stories, and not one the same. So many people, one after the other, and no two personalities alike. And, yet, each of the variations are One with Me, just as you are One with Me.

Life on Earth is a paradox. On Earth, everything has gradations, and everything has its opposite or many opposites. The Earth is a land of opposites. And so We have words like near and far, right-side-up and upside-down, now and then, and why and why not. Earth is many-layered everywhere you look. Earth is a foreign land. Paradise is where you come from. Paradise is where you have mostly lived and gone to school. Paradise is the school everyone went to first and majored in. On Earth, there are multitude kinds of terrain.

Right now you have what amounts to a spree on Earth even as you may well want to flee from Earth and get right back to Paradise. You may well prefer Paradise. Despite the difference between Paradise and Earth, despite the fact that Earth seems to take from you, Earth gives you fantastic experiences, and I am with you either way.

Earth and Paradise each offer you its own specialty. You evolve. Sometimes you can hardly believe how much you learn. And that which seems to take a while is Infinity which is no time at all. Come, get comfortable wherever you are. An oasis and a playground both offer you great opportunity. Grab opportunity to you. You have golden opportunity even where you may see none.

Fling your life wide open. Get up and dance wherever you may be. Shake a leg. There is something worthwhile for you to grow by regardless of what circumstances may look like. There is love to keep and love to give away. There is the ladder of life to climb. There is juice in every lime. There is the strength of might, and there is the strength of tenderness. And so you evolve. Right now you are living your evolution. That means evolving, and so you grow, and so you fly, and so you soar, and your heart grows bigger, and so you bless a world hungry for your blessings.

You find trump cards within yourself that you had no idea of. All the treasures are from within. Appurtenances are only appurtenances. The real gold is inside you, and you are beginning to see how you can supercharge your life by living it, by taking hold of it, and by letting go of it. You begin to own your life, and you make your life what you will. You make your life, and life expands. Your vision expands. The world is how you look at it.

You make your way in your life, and you make your life what it is regardless of outside circumstances. The outside world is not the making of you. You are the making of you. You make your way in life. You make your life.

You have many opportunities to spend your life from its highest branch. You are closer to the Sun and the Stars than you know. You are in pursuit of them, and they are in pursuit of you. There is a coming together of glory. Within your heart is glory, looking to find its match in the world.



SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/your-life-from-its-highest-branch.html>



Inspirational quotes



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

Heavenletter #4109 The Greatest Power There Is



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.

Heavenletter #4110 Sleeping Beauty and the Prince



You are the one who negates yourself. You may negate yourself from responsibility by holding someone else or something else as responsible. You remove responsibility like a shawl off your shoulders. How convenient. In mistaken fear, never are you responsible, no matter what. You see yourself as vulnerable, as if being responsible would be too much for you to bear. Beloveds, everyone is responsible. Acknowledge this.

Heavenletter #5473 You are a Mighty Captain of Your Ship



Your purpose here in Life on Earth never was to find fault. Finding fault isn't exactly a claim to wisdom. If you really want to uplift the world, then uplift yourself. It is wiser to be happy than a grouch. Get the hang of happiness.

Heavenletter #5466 Welcome Happiness



There is a spark within each one of My beautiful children, a spark that lights up those others called others and onto the world at large. Notice I said every single one of My children, for everyone has that spark within him or her. You have this spark within you. This spark comes from deeper than deep. This is you in your Blazing Glory. You have this spark within you to brighten the world.

Heavenletter #5470 Sublimely True

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





Light (understanding) through the ages

ROY EUGENE DAVIS

You will know the truth, and it will make you free. [THE GOSPEL OF JOHN 8:32]

Beliefs, opinions, theories, or prescribed behaviors or practices that may help us live a little more skillfully do not illumine our consciousness or solve all of our personal problems. The truth that permanently frees us from suffering and all limitations is flawless knowledge of ultimate Reality (God), our true nature, and spiritual, mental, and the physical laws of cause and effect that we realize (actually experience and comprehend).

Abandoning without exception all egocentric desires, controlling the senses and mind, the meditator should become still. With alert attention firmly concentrated on the true Self, let nothing else be contemplated. [BHAGAVAD GITA 6:24,25]

The Bhagavad Gita is an allegory with significance for truth seekers of all levels of interest in spirituality. The helpful words of Krishna represent revelations of enlightened consciousness. Arjuna, Krishna's disciple, represents all truth-seeking souls.

Let your compassion flow outward through the universe. To its height, its depth, its broad extent—limitless. Do it with conscious intention. May all beings be happy. [GUATAMA BUDDHA]

Buddha: from the Sanskrit verb root budh, to enlighten or to know. His main teaching was that perfect peace of mind and Self-contentment has to be discovered within; constant reliance on externals will always result in disappointment or dissatisfaction because material conditions are changeable and impermanent. He also taught the importance of continuously expressing compassion to all people and forms of life, while wishing for the well-being of everyone and acknowledging the interdependence of all things and processes in the universe and in other realms known and unknown.

Mastery of pranayama removes the darkness [intellectual dullness] that veils the light [self-shining] reality of one's pure essence of being. The mind becomes calm and well-ordered, consciousness is clarified, and attention flows easily in the direction of freedom. [PATANJALI'S YOGA-SUTRA 2:52,53]

Skillful, regulated breathing allows vital forces to move freely, reduces stress, calms the mind, elicits superconsciousness, and inclines attention to return to its source—the essence of being.

By deep meditation and purposeful living, calm the waves of thoughts and desires that distort your perceptions [of what is observed and thought about]. Then, superconscious, you will see everything as it really is. [PARAMAHANSA YOGANANDA]

As individualized units of the pure essence of ultimate Reality, what is true of it, is true of us. That is why authentic spiritual growth is the result of gradual or quick Self-revelations of our innate qualities and knowledge. Information about higher realities that we acquire from others, or by our rational thinking or meditative contemplation, is not soul-satisfying or redemptive until our flawless knowledge of the facts of life emerges.

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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Right speech

LUCIS TRUST

Triangles works consciously and constructively with the power of thought. Speech also reflects the power of thought, although it is often unconscious. Words reveal the contents of the mind and are conditioned by thought and desire. Right speech, one of the steps on the Noble Eight-fold Path of the Buddha, is a timeless virtue which helps to bring right relations to God and to each other.

Today, words can reach vast numbers of people, they flash across the airwaves via text, email and mobile phone; our innermost thoughts can be revealed to a wide audience. Words flow so freely that their power may be underestimated yet, we may recall that “In the beginning was the Word and the Word was with God and the Word was God. All things were made by Him...” (John I. 1:2.) God spoke and the worlds were made.

The purpose of speech is to express thoughts in word form and communicate with others. Words that are sent forth with the energies of love, compassion, tolerance and goodwill help to build trust between peoples and forge right human relations. Words that wound or heal create separating walls that become barriers to right relations.

Speech may be instinctive and emotional and not “thought through”, it may be measured and “mindful” or a mixture of both aspects. At a higher level there is a quality of speech that flows from the soul which communicates its purpose and intention through its instrument – the threefold personality. Thoughtful and reflective speech is heard from those who have achieved an inner reflective silence insulated from the background noise of the market place.

An examination of history up to the present times reveals the power of speech. Used rightly it is a force for good. Consider Lincoln's Gettysburg address, the inspiring oratory of Winston Churchill, the magnetic power of Martin Luther King, the wisdom of Nelson Mandela, the compassion of the Dalai Lama. In contrast to this there are the wounding and destructive words of those who deny the reality of the one human family, made up of many diverse races and cultures. Human unity may seem like an idealistic notion, but think of the diverse sounds of a great symphony and compare that to the many different sounds and voices needed for a complete and whole humanity.

Let us also reflect on the analogy of the seed, where in the silence and darkness of the soil, it magically germinates to produce a beautiful plant or flower. The energy generated through the ages by groups working with concentrated silence is like a seed in the collective mind and heart. Imagine the silent monastic orders down the ages as a seed, or the silent prayer, meditation and reflective thought of so many creative and intuitive people. In the Pythagorean order neophytes were not permitted to speak for two years; they had to earn the right to speak through reticence.

Wherever we come across right speech we can be sure that the words flow from the Soul or higher Self. Such words serve the greater good and contribute their quota of constructive energy to human progress.

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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The secret of all spiritual success

SWAMI KRIYANANDA

In the Bible, Jesus tells us that “God so loved the world that he gave his only begotten Son, that whosoever believeth in him [would] have everlasting life.”*

Jesus, in referring here to the importance of belief, was speaking of belief directed with energy. As the word is used here, belief means more than acceptance: It means personal commitment to whatever one accepts. Belief is not a careful nod of approval, while puffing thoughtfully on a pipe and saying something like, “Hmmm, yes, that does appear to make sense.” In the world of science, true belief is a hypothesis, which the scientist tests and either proves or disproves. True faith comes when a hypothesis has been proved valid. The belief needed for such definite results contains sufficient energy to commit theory to the test of experience. Of Thomas Edison it is said that he performed over 43,000 experiments before he found the right filament for the electric light bulb. His associates wanted to quit in discouragement after “only” twenty thousand experiments! Edison alone had the belief and the energy to continue on to success.

Belief directed with energy is the secret of all spiritual success. Dogmatic belief may parade itself proudly, marching to the rhythm of an accepted pattern of thought, but it is as brittle as a tree limb through which the sap of life no longer flows. When strong winds of a new insight blow, the limb resists rigidly, preferring time-sanctioned dogmas to the risk involved in any practical test. Jesus offers us in this passage not only the encouragement to seek everlasting life, but also the courage to test our beliefs and see where they lead. In addition, he gives us a clue to the outcome of this process. For we are not alone on our voyage of discovery. The basic truths of human nature are as universal as the law of gravity. Belief in God lifts the mind in aspiration toward enlightenment. Doubt, on the contrary, depresses the mind and makes a person fear the divine light. The test is based on the fact that one of these alternatives leads to what everyone really wants in life – perfect love and happiness – whereas the other leads to what nobody really wants, even if, by confused understanding, he feels attracted to them – hatred, fear, and unhappiness.

Seek by outer reminders and by an inner expansion of awareness and sympathy to manifest your belief in God. The proof of these truths is ever before us. We needn’t wait for all the results to be in, as Edison had to do with his light filament, before we may state firmly, “Yes, now I know that this practice works!” For even our first tests already show us the way. Every time we turn away from the path of love and express hatred toward anyone; every time we criticize others unkindly; every time we desire to revenge ourselves on anyone; and every time we seek personal satisfaction at the expense of others – we reinforce the wall of egoism we’ve built around ourselves. Thus, we imprison ourselves and limit our ability to be happy. This wall of darkness is made of the “bricks” of our own thoughts. Every time we open up our hearts to others, however, and to God who dwells in their hearts, we shatter a few of those bricks and let in the sunlight of understanding. Many results are immediate and give us either instant punishment or instant reward: the subtle punishment of nagging self-doubt and unsettled feelings, perhaps, or the gratifying awareness of increased inner happiness.

In all of God’s Truth there is no room for any kind of negativity, and certainly none for judgment either of others, or of oneself. We are God’s children. He has placed us all together in this School of Life that we might learn – from one another, as well as by our own inner reactions. Truth is absolute, but the pathway to it is winding and long. The soul must have the freedom to advance according to its present abilities, and also the freedom to make its own mistakes. Without this freedom, it may never learn its lessons thoroughly. What a person needs in his spiritual growth is not the judgment of others, but their encouragement. At the same time, never identify yourself with your mistakes. Above all, never tell yourself, “I live in darkness, therefore I am dark!”

If you are tempted to explode with anger over someone else’s behavior, then, instead of suppressing that “explosion,” try deliberately to change its nature. If your urge is toward violence, direct your anger toward some constructive act; don’t injure that person. Chop wood, knead bread (afterward you may want to throw it away, and not bake and eat it!), sing — anything, rather than reinforce your negativity by

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affirming it by outward action.

Best of all, if you can manage it: Relax your heart’s feelings, then expand them to include that other person’s needs and realities. Expand your sympathy, until you find you can forgive and bless him mentally. Then reflect: Which of the two feelings has given you greater satisfaction: explosive anger, or calm forgiveness? Again—and do this especially when a measure of personal sacrifice is required: Share something of yours with someone else: money, perhaps, or an opportunity you’ve been coveting personally. Don’t make a sacrifice greater than your own emotional readiness for it. Be realistic as to your actual, as opposed to your idealized, nature. You will soon find that with heartfelt generosity comes a deeper sense of fulfillment than you’ve ever known when you thought only of your own fulfillment!

When your feelings are deeply hurt by someone you love, ask yourself, “Will I gain anything by allowing myself to suffer twice? It’s true that I’ve been hurt, but this hurt will only deepen if I allow myself to become bitter. Let me meet unkindness, instead, with love, even if for no other reason than this: that I am happier, when I love!” It isn’t always easy to find reinforcement outwardly for our belief in God, if we define that belief by such things as holy images. It is easier to practice seeing God, everywhere: in the flowers, the meadows, in every kindly act. And it is easiest of all to uplift our consciousness, wherever we may be, by directing our energy to the Christ center between the eyebrows. Churches, temples, and altars of all kinds are limited as to location, but the Christ center is wherever we ourselves are.

We can also breathe deeply with the thought of raising our energy in the body: In this case, the lungs act as magnets and draw the energy upward. Indeed, we can concentrate on the flow of energy itself, directing it up through the spine by an act of will. Most of the techniques contained in the yoga science are designed to assist in this process. What is more, by any insightful definition of yoga, Jesus Christ himself was a great yogi. Don’t let your belief in God be a sort of “New Year’s resolution,” intending more than it ever performs. Climb the mountain of awakening step by step. Every action, every thought, every feeling must be patiently attuned to the Divine within. The Bhagavad Gita encourages us, whatever our present station on the spiritual path, to grow upward and outward: upward, that is, in rising awareness; and outward in expansive sympathy for all. The Gita also urges us not to be discouraged if we don’t find immediate self-transformation at all levels. A rock is seldom shattered by a single blow. We should proceed steadily, by natural degrees, and always joyfully. We should accept our own nature, for the time being, as it is, but seek to harmonize it ever more perfectly with our higher realities.

It is not possible to reach a mountaintop by a single leap. It must be attained step by step. Accept that, though there is satisfaction for the climber in every step upward, the journey to the peak will take time. It will be helpful, on the other hand, to take stock of your feelings every now and then. Are your spirits growing a little lighter? Freer? Happier? As your sense of inner fulfillment increases, your pace will quicken, until you find yourself fairly rushing toward the goal! At the top of the mountain you’ll find a (literally!) breath-taking view spread out in all directions: range after range of shining peaks and slopes covered with fields that are colorful with wildflowers of joy.

At last you’ll know that everything God ever wanted from you was the sweetness of your love. His own love has always been yours. What He wants, however, for your own true fulfillment, is your love. Everything you’ve ever sought was but a suggestion from your imagination, a hint of your soul’s craving. God, forever, has been your sole reality.

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





Pause for breath

ROD BRIGGS

We are told, in a multitude of ways, that we possess almost limitless brain function. From storage capacity to recall capability, from abstract thought to multi-tasking. We, quite literally, have the tool to shape our lives: *Time Magazine* calls the human brain “The most complex piece of engineering in the known universe “. While this should be an empowering thought, for most of us it just gets filed away in the box in our brains marked “Interesting but not important”.

At school we are taught reading, writing n'rithmatic, as well as the victor's version of history but not how our brains work. What happens when we have a great day, what makes the ‘wheels fall off’, where does fear come from, how do we use more of our mental capacities, what creates emotional efficiency, what happens to our system when we ‘fall in love’, what can we do about learnt and habitual patterns that we would like to change? These and many similar, and in some case, life changing questions are ignored completely and then we are surprised when we lead a less than amazing life. It is analogous to having a hugely powerful supercomputer and using it only to play card games! We deserve better – it is our birthright.

Our lives are made up of a series of events, which we loosely group together in handy packages such as years, months, weeks, days, mornings etc. as in, “ I've had a great day!” or, more often, “what a terrible day!” What we fail to recognise is the gaps between these events. This causes us to mentally link them all together, sometimes to our detriment. For example: A person leaves home in the morning and gets stuck in traffic making them late for work. Because they are flustered by this they charge into the office trying to make up for lost time, bungle the first appointment which runs late and are in an even worse state for the successive meetings. This carries over to the latter part of the day and by the time they arrive home they are stressed out having had an awful day! Now let’s look at the same example but with an understanding of the pauses between events: The person gets bogged down in traffic and arrives late but instead of bursting into the work environment pauses in the car park. As they switch off the car they close their eyes and take a deep breath. As they slowly release the breath they mentally say to themselves, “the one event (the traffic/journey) has finished, the next event (starting work) has not started yet. Let me recognise the pause between the two and find a moment of peace in it!” The person then goes into the office and is able to calmly deal with their late arrival without carrying their aggravation with them.

The above simple exercise can successfully stop a bad traffic situation souring the rest of the day. Try it. It only takes a few seconds (literally one breath!) and it is very effective. Use it between phone calls, conversations, journeys and all interactions and it will significantly reduce your stress levels. The reason this simple exercise is so effective is that it forces you to keep returning to the present moment; it is an act of conscious, real time awareness. With practice the amount of ‘staying in the moment’ will increase, with corresponding mental and emotional benefits.

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, continued

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.

“Always wavering”

No exhaustive commentary is needed on this as it is known to one and all that mind is a wavering entity. We know that students of psychic science yoga practice find it hard to control their minds from wavering. It is thus evident that mind is a wavering entity.

Vedantists explain and compare the wavering of mind to waves on the surface of a pond and as movement of the leaves when a breeze blows. It is also experienced by everybody that the mind cannot dwell upon a subject continuously without any distraction, and will jump from one subject to another.

Conclusion

I hope that by reading this commentary and, even if you are not a great psychologist, will appreciate the Vedic explanations of psychology.

As already explained, the Veda Mantras have been compiled on the basis of the science of sound vibration. By reciting these six mantras, all disorders of the mind can be cured as they act within the brain.

Steadiness of the mind is achieved by those who are mentally confused, if they recite these mantras sincerely. My own experience is that the recitation of these mantras strengthens the mind, mind power is increased, and by this one can perform mental manifestation easily.

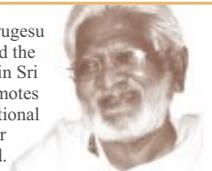
In ancient Rishi Vidya, it is known that each and every letter causes some change in bodily functions and mode of thought. On this basis only the Bheeja mantras were discovered. A bheeja letter, if recited orally or mentally some thousand times causes a distinguishable and great change to take place in the mind and body of the person reciting it. It is therefore, needless to further elaborate on the importance of the great effects of these mantras.

Let mindful man become the master of his own mind!

Om Shanti.



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





World harmony

SUREN PILLAY

In a world of chaos one may wonder how inner peace is possible. The great sages of the world have enunciated the principle that if one cannot find any inner peace then it will be difficult to achieve any external or world peace.

The level of inner calm and peace expresses or manifests itself in the physical world. During times of collective calm, the world and nature tend to be calmer; and during times of collective turbulence or 'madness' a period of war, poverty, destruction and hatred usually ensues.

The competing forces in the world equilibrium remain that of the creative, evolutionary and innovative force which bring better health peace and prosperity. The force of entropy and decay bring about destruction, poverty and human suffering. These two forces are always at odds with each other. The underlying paradigm behind these creative and evolutionary forces is soul and spiritual awakening.

As we become increasingly spiritually aware, we become more conscious of our thoughts, actions and deeds and the effect they may be having on others. The interconnectedness of the reality of spiritually awakened people is much more vivid than those who are not spiritually aware.

The underlying paradigm behind the force of decay and entropy is egoism and self-centered behavior. When individuals, collectively, are only concerned with meeting their ego-based needs in the form of money, power, land, wealth, sex or fame, irrespective of the effect it may have on the wellbeing of others, the manifestation of poverty, decay and human suffering will inevitably result.

The key to living in a better world is for humanity to take a quantum leap forward, in spiritual terms. This would result in a direct inner war between ego-based consciousness and soul-awareness.

Ego-based consciousness is often restricted to the body's wants and desires. It is usually focused on food, money, sex and power. Spiritual awareness transcends the bodily limitations and takes into consideration one's connectedness to God and the wellbeing of every human being on the planet. Compassion, simplicity purity and humility form the core characteristics of a spiritual being.

My message to you this month, dear readers, is to become aware of any ego-based thoughts and desires and determine whether they have any real value for you. Start to practice spiritual techniques such as meditation and pranayama to become more in tune with nature and, resultantly, more spiritual. The more spiritual one becomes, the more the false ego declines. This will lead to a calmer mind and will have a positive effect on the collective mind.

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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Celebrations for the anniversary of birth of Bahá'u'lláh

FLORA TECKIE

On 14 November, Bahá'ís of South Africa joined Bahá'í communities all over the world in celebrating the anniversary of the birth of Bahá'u'lláh, the founder of the Bahá'í Faith. Gatherings were held in thousands of localities – in homes, at public facilities, Bahá'í centers, and at Bahá'í Houses of Worship. Bahá'u'lláh – meaning the “Glory of God” – was born in 1817. He is regarded by the Bahá'ís as the most recent in the line of Messengers of God. In 1863 Bahá'u'lláh announced that He was the bearer of a new revelation from God that would bring unity to the peoples of the world. For forty years thousands of verses, letters and books flowed from His pen. These form the Sacred Scriptures of the Bahá'í Faith.

In His Writings, Bahá'u'lláh outlined a framework for the development of a global civilization which takes into account both the spiritual and material dimensions of human life. The Writings of Bahá'u'lláh offer spiritual guidance as well as directives for personal and social conduct and address the problems confronting humanity today. *“I have never aspired after worldly leadership. My sole purpose hath been to hand down unto men that which I was bidden to deliver by God...”*, asserts Bahá'u'lláh. For bringing God's latest message to humanity, Bahá'u'lláh suffered four decades of imprisonment, torture and exile. Today, His life and mission are becoming increasingly well-known across the planet and a growing number of people have found in His teachings a vision of a better world.

Throughout His Writings, Bahá'u'lláh called for a complete restructuring of the global social order. His vision of renewal touches on all aspects of life. The central theme of Bahá'u'lláh's message is that humanity is one, that the diversity of ethnic backgrounds adds to the beauty and perfection of the whole, and that the day has come for the unification of humanity into one global society. While reaffirming the core ethical principles common to all religions, *Bahá'u'lláh* also revealed new laws and teachings to lay the foundation of a global civilization.

The teachings of Bahá'u'lláh include the elimination of all forms of prejudice: of race, class, creed, nation or religion; recognition of the essential oneness of the world's great religions; fundamental equality of men and women; the elimination of extremes of poverty and wealth; universal education; a high standard of personal conduct; the harmony between science and religion; and the establishment of a world federal system based on collective security and the oneness of humanity. An important concept in the Bahá'í teachings is that refinement of one's inner character and service to humanity should go hand in hand. For example, Bahá'ís are not only expected to pray and reflect daily in their personal lives, but also to make effort to bring a devotional spirit to their surroundings. They are not only asked to deepen their own knowledge of the Faith, but to share this knowledge also with others.

While sharing a common goal of serving humanity, Bahá'ís try to refine their inner-lives in accordance with the teachings of Bahá'u'lláh. The community to which they belong is one of learning and action, free from any sense of superiority or claim to exclusive understanding of truth. It is a community that strives to cultivate hope for the future of humanity, to foster purposeful effort, and to celebrate the endeavours of all those in the world who work to promote unity and alleviate human suffering. *“It is with such thoughts in mind that Bahá'ís enter into collaboration, as their resources permit, with an increasing number of movements, organizations, groups and individuals, establishing partnerships that strive to transform society and further the cause of unity, promote human welfare, and contribute to world solidarity”*.

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



Bahá'í Topics

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

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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

Continuity of consciousness

BY THE MASTER through Benjamin Creme

Within humanity today a growing number of people are achieving continuity of consciousness and are thus retaining the experiences of the sleep state. This makes for faster evolution as no time is lost in waiting for the filtering down of information to the brain to take place. It also ensures the reception of more accurate information leading to more correct action and results.

This is the way forward for humanity. Until now, the break in consciousness between the waking and sleeping states has proved an obstacle to large scale advance. More than anything else, it has kept humanity in ignorance of the true nature of reality, and, consequently in superstition and fear. Nearly a third of life is spent asleep and much information is given and received during that period. Many are the experiences which may be had and known, enriching the life of every individual. Never before, on a large scale, has the opportunity been present for a gradual shift in consciousness to take place. Already, a large group stands ready to achieve this continuity, lacking only the practical techniques for its achievement. Soon, steps will be taken to make more known and available the information already given on the subject. Much has been imparted which awaits study and application; few, today, realize the treasure-chest of instruction which has been recorded and published. Mental polarization is the key to this achievement. Correct alignment of the astral and physical bodies provides the basis on which mental polarization can gradually be built. This achieved, continuity of consciousness naturally unfolds. There are, of course, degrees of this achievement and the process covers a considerable period of time.

Much has been written about the need for spiritual detachment. This quality most readily provides the field for the correct interpretation of phenomena and information carried over from the sleep state. Otherwise, despite continuous consciousness, much distortion can ensue. Spiritual detachment results from decentralization. Through service and correct meditation, the orientation of the disciple shifts from his limited self to the not-self. This begets a state of divine indifference in which desire subsides and the true inner man can appear. With his appearance, the way is open for continuity of consciousness to begin. Safely, the out-of-body experience can be correctly registered and known, and a new chapter opened in the life of the disciple. The halls of Learning or of Wisdom become his conscious fields of knowledge, depending on his level on the Path.

Life alone exists. Death is but the name for another level of experience of life, continuous and unbroken except for man's limited consciousness. The time is coming in which the experience we call death, the intervening period, and the return to outer manifestation will be recalled in full consciousness by the man. Then will man lose the fear of death and reap the harvest of the inner planes of knowledge and bliss in total awareness of his true identity as a Son of God.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/archives/Master_-_Mas-continuity.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>





Distractions and finances

SWAMI SHANKARANANDA MAHARAJI

A great master once said, “Finish your financial affairs before you die. Don’t try and work them out from the grave. You can’t do that. Have it all done before you die”. I believe that is the right thing to do. Let your soul continue to rest in peace instead of everyone fighting for your share.

We are selfish. We need to develop an attitude of gratitude. And once you have that, believe me, you will receive as much as you give.

Think of the project, ‘the Gift of the Givers’, who’s getting the gift? The givers are getting the gifts. And they get non-stop. The person who runs it knows the people will give. Gift of the Givers is international. It started in the small town of Pietermaritzburg.

We have failed in many aspects of this thing called giving. Gratitude is not only saying ‘thank you’ when you receive. It’s also about giving. Understand this. The praise is not on the receiver but on the giver, from upstairs, that Divine Source. And somehow we need to make that change

Let us all change. I’m not saying don’t go and enjoy life. What is enjoyment for you might not be for me. The peace I get from the ashram cannot be bought from a casino or attained from a bank loan. When I put my head on the pillow at night I know nothing until the next morning, no worrying about interest and where to put it. If you’re worrying at night then you’re not enjoying life.

Life is about knowing what’s inside you not what’s outside you. Distractions are possible on the material plane but not on the spiritual plane. If you know that then balance your life. Buddha taught about having no statues, but there are hundreds of them in some Buddha shrines. We’ve lost the plot. There’s only so much I can do but all of us together can do a lot.

Do not accumulate and try to manage your finance from the grave. It’s not going to work and you’ll leave behind so many complications and problems. While you are living make sure your work is complete so when you go, even at that time, everything will be peaceful.

So remember 2 things today. Firstly, distraction is possible on this material plane but not possible on the true spiritual plane. And secondly, make sure you manage your finances now because you can’t manage them from the grave.

Hari Om and God bless.

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





Passages

BERNIE SIEGEL, MD

Life is a series of passages and it is indeed a circle through which we will all pass more than once. I shall discuss how I know this later in the article. Life is meant to be a chance to obtain an education, like going to school, and hopefully not being left back but advancing through the grades. When you give a report in Heaven, which I often do since I am an outside consultant to the Board of Directors, you conclude your report with the words, "The Beginning." The first time I was told to do that I asked why we weren't saying, "The End." God's response was that when you graduate from school it is called a commencement, not a termination, and the Bible ends in a Revelation and not a conclusion. So life is a series of beginnings or passages and whether we learn something, experience a change or lose something we are to begin a new life.

God reminded me that a perfect world is not creation. It is a magic trick and so we are all here to live and learn and hopefully move up through the grades as we acquire wisdom and then when our bodies cease to exist we can pass on through our consciousness, which never ceases to exist, what we have learned and experienced and hopefully enhance life rather than detract from it. But remember becoming angry at third graders accomplishes nothing. We must help to educate everyone and lift the level of consciousness of all beings. Animals are already complete and do not need to learn from experiences as we do. So let your curses become blessings and keep beginning as you pass through life.

My life has been filled with many interesting passages. The first being my passage through the birth canal into the world. Due to an illness, and my mother's state of health, she was told not to become pregnant since it would be a threat to her life. Her mother decided otherwise, however, and had her lie down on the couch while she fed her constantly. When my mother gained thirty pounds I was conceived. The next problem was a multitude of complications of the pregnancy and prolonged labor with no child appearing. After telling my mother she might not survive a Cesarean Section my mother tells me, "They reached in and pulled you out."

So my first passage was a very traumatic one and I was born an ugly duckling. "Your father and I wrapped you in kerchiefs and put you in a carriage which we covered and hid you behind the house. So know one would see you and be upset." When I asked my mom why I didn't turn out to be an addict or alcoholic, which infants treated this way do become, she said, "My mother took you, poured oil all over your body and pushed everything back where it belonged." An infant massaged in this way gains weight fifty percent faster than an infant fed the same amount but not touched. And in orphanages in the 1800's infants were not touched to avoid spreading infections and ninety percent died because they were not touched. So to pass through life successfully we need to experience love. I realize that if we all had loving grandmothers there wouldn't be any ugly ducklings who have to struggle to discover their beauty. Something which most of us never accomplish. So when in doubt act like a loving grandparent to ease the passages of others. Let your eyes be the mirrors which reflect love and beauty back to those who look into them. Experience reveals when someone you love is present during labor or any painful experience the pain experienced is dramatically reduced.

The next passage, which as a surgeon I cannot overlook, is simply passing urine, gas and feces. If you are born with an intestinal atresia, imperforate anus or other anomaly you will learn very quickly what a blessing it is to not have an obstruction to these vital organs and functions. When the anatomical passages are open and functioning one can then focus on the mental and spiritual ones. When you do, you realize all of life is a labor pain. The experiences we confront, or which are prescribed for us, when confronted with life threatening illnesses are like the labor pains of self birth. I tell all my patients and the people I counsel to not do something because someone else prescribes it but because it is what is right for you. When you do you can go through surgery and other treatments with far fewer side affects. Seeing chemotherapy as poison, or surgery as a mutilation, leads to your having more problems than the person who sees them as life saving gifts from God.





So remember life is difficult but not unfair. How do I know that? Because every one is complaining so it must be fair. If you want to help your children, prepare them for the difficult passages which we all must confront. If you don't know what to do here's my mother's advice. Whenever someone you know runs into trouble say, "It was meant to be. God is redirecting you. Something good will come of this." It took me a while to buy the package as a teenager but I realized many curses did turn into blessings and redirected my life. It also changed my view of the future and I did not always visualize the worst things happening when problems arose. Norman Vincent Peale's mom used to say, "Norman, if God slams one door further down the corridor another will be opened." No wonder he became the man he was.

The message, that he who seeks to save his life will lose it while he who is willing to lose his life will save it speaks the message as do the words that the son of man comes not to be served but to serve and to ransom his life for the good of the many. What these words speak about is how many of us lose our lives to please everyone else. We become what they want when we should be choosing to serve and love the world in a way that will make us happy. So once again remember my mother's message. Whenever you have a decision to make and ask my mom what to do she says, "Do what will make you happy." Then you will choose what passages you will experience in this life's time.

Now let me conclude with how I know we pass through life more than once. At age four, while sitting on my bed at home due to an ear infection, I almost choked to death on some toy parts I had put into my mouth and then aspirated. I had a NDE, a near death experience, and left my body. I was free of the physical struggle to breathe and it was a fantastic experience for a four year old which left me with no fear of death. I can recall wanting to be dead rather than going back because of the guilt I felt over my parents finding my dead body. Then the boy on the bed vomited and all the toys came flying out and he began to breathe again and I was back in his body mad as hell that I did not get my choice. I can remember yelling, "Who did that?" and thinking there must be somebody else in charge of the schedule of passages. I don't have the space to discuss who or what is seeing and thinking when one is out of one's body but the truth is that even the blind see when they have a NDE. I know this from my patients and the research of others. So when you pass from this body you will become dreamless, unalive and perfect again.

I have also had a past life experience spontaneously created when a friend, who heard how busy my schedule and life were, asked me over the phone, "Why are you living this life?" To make a long story short I saw myself killing with a sword, when told to do so by my lord, out of fear that if I did not follow his orders and kill I would be killed. From that life I learned about the importance of faith and having the right Lord as Abraham, Jesus, Noah and Job did. I also realize that my love of animals and people comes from this past life as I try to make up for what I did then by using a knife in this life to heal people. What else convinces me that life is the problem and that death, and leaving one's body, is not the worst outcome or passage? A conversation I had with Noah which was very simple for me to do because of my Board position. I asked him how come he didn't argue with God or bargain with God to save more than his family and some animals. He said because he knew he was being given the raw deal so to speak; because he was being called upon to go on living with and experiencing all of life's difficulties while everyone else was allowed to pass on and begin again with a clean slate and greater wisdom.

So enjoy the experience of life, as painful as it may be, utilize your opportunities and burn your candle up and not out before your time. If you want to avoid passing on then remember the only thing which is immortal and of permanence is love and it is the bridge between the land of the living and the land of the dead.



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

Visit Bernie's web site at www.BernieSiegelMD.com



Readers' Inspirations

Divine impressions

Creatively, we are inspired by you.
 Intuitively, you are guiding us silently.
 Miraculously, you heal all of us.
 And mercilessly, you always forgive us.
 Eternally, we are grateful for thy inner presence!

SUREN PILLAY



The mystery of life

We walk in a world that is strange and unknown
 And in the midst of the crowd we still feel alone,
 We question our purpose, our part and our place
 In this vast land of mystery suspended in space,
 We probe and explore and try hard to explain
 The tumult of thoughts that our minds entertain...
 But all of our probings and complex explanations
 Of man's inner feelings and fears and frustrations
 Still leave us engulfed in the "mystery of life"
 With all of its struggles and suffering and strife,
 Unable to fathom what tomorrow will bring —
 But there is one truth to which we can cling,
 For while life's a mystery we can't understand
 The "great giver of life" is holding our hand
 And safe in His care there is no need for seeing
 For 'in Him we live and move and have our being.'

HELEN STEINER RICE



Change your thoughts

Change your thoughts if you wish to change your circumstances.
 Since you alone are responsible for your thoughts, only you can change them.
 You will want to change them when you realize that
 each thought creates according to its own nature.
 Remember that the law works at all times and that you are always
 demonstrating according to the kind of thoughts you habitually entertain.
 Therefore, start now to think only those thoughts
 that will bring you health and happiness.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

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