

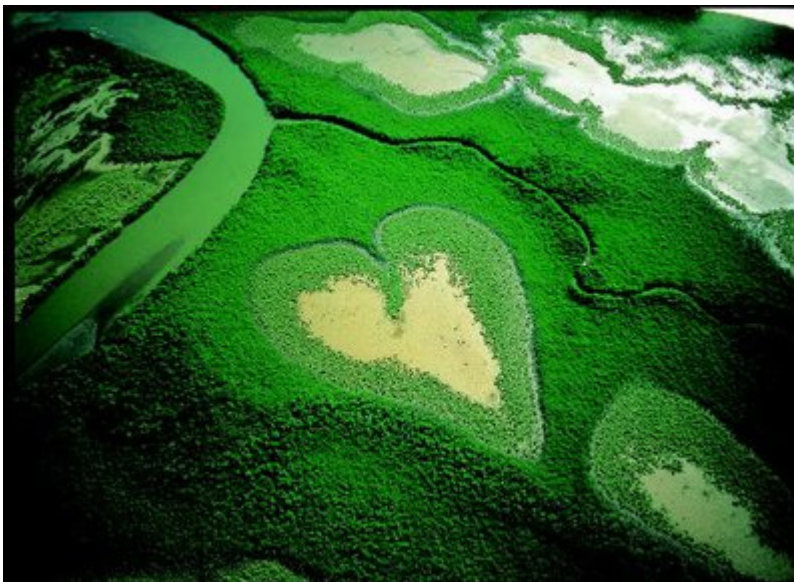
Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 01 August 2010 07:12 PM
Subject: Newsletter: 01 August 2010



The Bhagavad Gita or Song of God is a spiritual classic
 It belongs to all the world - it is part of the spiritual inheritance of mankind.

In any way that men love me, in that same way they find my love: for many are the paths of men, but they all in the end come to me. [BG 4:11]



The essential vision is to enter into the inner centre of our being and at that centre we realize that we are one with all people and with all things. People often mistakenly think that persons who are engaged in meditation, in looking inwards, are leaving the world, separating themselves from the world, getting isolated and self-centered. In fact the exact opposite is the case. The more we are integrated with our inner centre the more we are open to others and to the whole of creation. The person who is

totally integrated and totally one with that inner centre is one with creation, with humanity, and with God. This is the final stage: to become the centre of all being. To become aware of this essential oneness in the whole creation and in every being. That is the goal. When one reaches the true Self, the Atman, the very centre of one's being, one also reaches Brahman, the very centre and ground of the whole creation: and that Atman, that Brahman, is the Lord and is an object of love and worship. So the whole of this yoga finally flowers in worship and love.

And when he sees me in all and he sees all in me, then I never leave him and he never leaves me. [BG 6:30]

To realize the one Self, who is manifested in the whole creation and in every human being, is the whole aim of life and when we do that, we know ourselves in God, and God in us ... The Buddhist, the Hindu, the Muslim and the Christian are all experiencing the ultimate Reality but experiencing it in different ways through their own love and through their own traditions of faith and knowledge. In a sense the experience of the ultimate truth is

different for each person, since each person is a unique image of God, a unique reflection of the one eternal light and love ... The perfect man has both integrated his personality in its inner centre, in the Self, and who, in that inner centre of his being, opens himself to the touch of Brahman, to the action of divine grace, allowing himself to be transformed by love.

Extracts from: River of Compassion: A commentary on the Bhagavad Gita by Father Bede Griffiths. "We are realizing today that no religion can stand alone. We all share a common humanity and need to share the insights of all the different religious traditions of the world ..." Photograph by Yann Arthus-Bertrand, aerial photographer from the movie "Home".

Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

This week: FINDING WHO YOU TRULY ARE

When you find the formless dimension in yourself, then you can also see it in others. To love is to recognize yourself in another. The other's otherness then stands revealed as an illusion pertaining to the human realm of form. Beyond the form, there is oneness. Love implies duality: the lover and the beloved, subject and object. True love is the recognition of oneness in the world of duality. This is the birth of God into the world of form. This is the love that redeems the world. Love makes the world less worldly, less dense, more transparent to the Divine dimension, the light of consciousness itself. Love recognizes the Divine in the other. So you really love God in the other person. The extent to which you can love another depends on how connected you are to your essence, because your essence is love.

Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

Classes include some teachings on yoga philosophy, a sequence of basic asanas (yoga poses), guided relaxation, pranayama (breathing exercises), and meditation

Our Wednesday class will be given by guest yoga teacher, Annemarie, who teaches gentle mindful yoga at Temenos Retreat in McGregor, so do come and join us.

**SPIRITUAL RETREAT CENTRE | RETREATS & HOLIDAYS | MEDITATION | YOGA | WELLNESS
| BODYWORK TREATMENTS & HEALING THERAPIES | COUNSELING | STRESS REDUCTION**

Please forward this email to friends who might be interested.
Please notify us if you wish to be added or removed from our mailing list.