

Sat Chit Anand

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This whole Universe is a garden of the heavens.
 Every place is holy, every moment is holy. Everything is Divine.

The holy place is the Ultimate pilgrimage. Where do we find the holy place? Is it a special place that we sometimes go to, or is it a special time when we feel sacredness within. There seems to be a division between religious and secular life. Some of the time, you are "spiritual", and the rest of the time, you are "practical". This causes conflict between religious and secular, holy and unholy.

The whole creation is in meditation, except the human being is in agitation. For one who knows himself, this whole world is holy, sacred, divine. You have to know the divinity within yourself before you can see that the whole creation is divine.

A story: One of the King's subjects made him angry and the King wanted to banish this man from his kingdom. The man tried to pacify the King and said to him: "Your Majesty, you are greater than God." This made the King even more angry and he demanded an explanation. So the man said: "You can do something which God cannot do – you can banish me from your Kingdom. God cannot do this!" The king's kingdom has a limit, whereas the Divine kingdom has no limits – it is all-pervasive and includes everything.

There is nothing greater than the Truth. There is nothing other than the Truth. God is everywhere, everything. But your problem is that you don't feel divine, you don't feel holy, sacred, because you have imposed so many limitations on yourself. Even when somebody tells you: you are divine – you cannot believe it, you cannot accept it.

Every person is divine. We are all part of a nameless Universe, one undivided Existence. Naming creates divisions. Divisions are functional, but we get stuck in them. Nature has no sense of division. It operates as a unity. Just as every cell in your heart has its own rhythm, but they sacrifice their individual rhythm to beat as one.

We have separated ourselves from the embrace of the totality. We feel ourselves to be apart from each other and from Existence. Actually we can never be APART because we are A PART. You are part of totality, long before a name put boundaries around you and labelled you as someone separate.

We localize the Divine, instead of divinizing the local. Everything is divine. Expand your mind. Allow yourself to grow bigger and bigger as your mind expands from me > part of town > part of country > part of continent > part of planet > part of solar system > part of galaxy > part of universe > part of God. Embrace this vastness and allow it to embrace you.

Loose your self in this embrace and find your Self. This is the Ultimate Pilgrimage.

[Extract from talk 1: "I, the Ultimate Pilgrimage"
Teaching 2 in series this coming Thursday evening]

Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30
Cost: R50 per class

Note: the Thursday evening class has been cancelled, due to teachings starting on a Thursday evening
There will be a new Wednesday late afternoon class, from 16h30 - 18h00 starting next week (12 May)

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

Self-knowledge Teachings

Thursday evenings: 19h00 - 21h00
Cost: by donation

"I, the Ultimate Pilgrimage"
A series of 5 DVD teachings by Swami Suddhananda
Followed by Q&A, discussion and short meditation

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