

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 03 October 2010 01:11 PM
Subject: Newsletter: 03 October 2010



Enjoyment: the joy of being ... is the joy of being conscious
 Joy doesn't come from without; it comes from within.

Many people are trapped in delusion, waiting for something outside of themselves to bring joy. But joy doesn't come from without, it comes from within. When you say: I enjoy doing this or that, it is really a misperception. It makes it appear that the joy comes from what you do, but this is not the case. Joy cannot be derived from something else, such as an activity or thing. If you believe this, then you will look to the world to bring you joy and happiness, but it cannot do that, and this is why many people live in constant frustration.

Joy comes from being present, being in touch with life, feeling alive - this is the joy of being ... Usually we are so caught up in our plans and agendas, that we forget to enjoy the present moment. We project our happiness into an illusory future - I will be happy when I get this, or when I achieve that. We live our lives never completely content and happy with exactly where we are - here and now. We have an aggressive quality of striving, pushing, always trying to get somewhere. This is not a graceful way to live.

When you make the present moment - instead of past and future - the focal point of your life, your ability to enjoy what you do, and with it the quality of your life, increases dramatically. En-joy-ment is an aspect of awakened doing. On the New Earth, enjoyment will replace wanting as the motivating power behind people's actions. Rather than expecting something to bring you joy, realise that you will enjoy any activity in which you are fully present; any activity that is not just a means to an end. This is because it isn't the action you perform that you really enjoy, but the deep sense of aliveness that flows into it when you are fully present.

That aliveness is the joy of being. Joy does not come from what you do - rather, it flows into what you do and thus into this world from deep within you. When you are completely present in what you do and sense the alert, alive stillness within you in the background of the activity, you will soon find that whatever you do in this state of heightened awareness becomes enjoyable. This is because what you are really enjoying is not the outward action, but the inner dimension of consciousness that flows into the action. This is finding the joy of being in whatever you are doing, even (as Thich Nhat Hanh reminds us) the most mundane and ordinary things in life, such as washing the dishes.

You don't have to wait for something "meaningful" to come into your life so that you can finally enjoy what you do. There is more meaning in joy than you will ever need. When you act from a state of presence - which you access by being fully present - then awakened consciousness takes over from ego and begins to run your life. Then you become, as the 14th century poet and Sufi master Hafiz put so beautifully: "I am a hole in a flute that the

Christ's breath moves through. Listen to this music."

Based on: A NEW EARTH by Eckhart Tolle

Talk: Self Knowledge

Thursday evening:

14 October at 19h00

Cost: by donation

NOTE: There will be nothing on Thursday 07 October.

More details on this talk will be given in our next newsletter.

Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

NOTE: Starting Friday 08 October there will be a new yoga class from 09h00 - 10h30 with Richard Hill, who is visiting Plett for a few months. Richard is originally from SA, and is now living in China. He is a qualified Hatha yoga teacher, having done his yoga teacher training in Dharamsala, India, with the Yoga Life Foundation. New people are invited to join this class and also those wishing to do yoga twice per week, here is another opportunity.

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



Enjoying each other's presence at Plum Village Monastery in France, during retreat by Thich Nhat Hanh

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.