

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 04 July 2010 12:51 PM  
**Subject:** Newsletter: 04 July 2010



## You are the light of the world

You are the consciousness of the world. Know this and be free.

In the beginning, humans were one with the Source, but in an unconscious way. Then they lost touch with themselves, and with the Source of life. This disconnection causes such suffering that it eventually pushes you to go beyond suffering. In this way, it leads to awakening and humans will re-gain their oneness with the Source, but at a deeper and conscious level. The time has come to evolve past the ego. To do this, it is necessary to understand what the ego is, and how to go beyond it.

Ego is a thought-based entity. When you identify with your thoughts, you become the thoughts, and you lose touch with your inner essence. Most people are so completely identified with the voice in the head – the incessant stream of involuntary and compulsive thinking and the emotions that accompany it – that they may be described as being possessed by their mind. They are so identified with their thoughts that they take the thinker to be who they are.

In most cases, when you say “I”, it is the ego speaking, and not the real you. Whenever you notice that voice – realize that you are not the voice, but the one who is aware of it. You are the awareness that is aware of the voice. In the foreground, there is the voice, the thinker, and in the background, there is the awareness. When you can see this, you start becoming free of the ego, because awareness and ego cannot co-exist. For ego to survive, you need to be unconscious of it. Ego means unconsciousness. When you fully realize that you are the awareness – the consciousness itself – then you stop identifying with your thought process. You know you are not your thoughts, so you dissociate yourself from them, and then they no longer make you suffer. In this way, ego loses its power over you.

Another way to get out of ego, is to live in the present moment. This is the easiest exit out of ego, because ego lives in the past and future. It identifies with the past as “my story” and it desires or worries about the future. It regards the present moment as unimportant and disregards it. Happiness and fulfillment is always to be found in the non-existent future. Worrying about what might happen in the future serves no useful purpose. It is a bad unconscious habit that you need to get out of. Worry is unconscious mind movement projecting itself into the future and seeing negative, and therefore worrying about it. Bring yourself into the present moment. Now is the exit out of ego.

So one moves beyond the ego (1) by being aware and (2) by being present. Let go of the past and future and make the present moment more important. Make friends with the present moment. The ego resists and often dislikes the present moment and treats it as an

enemy. It doesn't want to be here and now. But if you don't have a good relationship with the present moment, you won't have a good relationship with life, because life is always now. When you live fully present, the ego diminishes – it cannot survive in the present moment.

Beyond ego exists your true identity. When ego is not there, what remains is the light of consciousness in which all things come and go. Consciousness is the essence of who you are. It is the deeper, true I AM that I AM. Jesus tried to convey this when he said: I AM the way, the truth and the life. These words uttered by Jesus are one of the most powerful and direct pointers to the Truth if understood correctly. He speaks of the innermost I AM, the essence identity of every man and woman and every life-form. Christian mystics have called it the Christ within; Buddhists call it your Buddha nature; for Hindus it is Atman the indwelling God. When you are in touch with this dimension within yourself, all your actions and relationships will reflect the oneness of all life that you sense deep within.

Extracts from: A New Earth by Eckhart Tolle

## Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

This week: ROLE PLAYING - THE MANY FACES OF EGO

## 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

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Sunrise viewed from Kopan Monastery, Kathmandu, Nepal, during one-month retreat 2002

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