

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
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### The flowering of human consciousness

Heaven is not a location, but a realm of consciousness. A new heaven is the emergence of a transformed state of human consciousness, and a new earth is its reflection in the physical realm.



Underneath the surface differences of religions, there are two core insights that most of them agree upon: Firstly, the so-called "normal" condition of mankind contains a strong element of disfunction, even madness. This is what causes humans to inflict violence on each other, on animals, and on this planet. Driven by greed, ignorant of their connectedness to the whole, and of the fundamental oneness of all life, humans persist in behavior that, if it continues, will result in

our destruction. Hinduism calls this disfunction *maya* (the veil of delusion); Buddhism calls it *dukkha* (suffering); and Christianity calls it sin.

The second insight is that radical transformation of human consciousness is possible. In Hinduism and Buddhism, this is called enlightenment, awakening, liberation, freedom from suffering; and in Christianity, it is called salvation. This is not a belief system, but a becoming. You become good by finding the goodness that is already within you, and allowing that goodness to emerge. But it can only emerge if something fundamental changes in your state of consciousness. When you realize the fundamental oneness of all life, then it is no longer possible to hurt and harm.

Once there is a certain degree of Presence, of still and alert attention in human beings' perceptions, they can sense the divine life essence, the one indwelling consciousness or spirit in every creature, every life-form, recognize it as one with their own essence and so love it as themselves. Until this happens, however, most humans see only the outer forms, unaware of the inner essence, just as they are unaware of their own essence and identify

only with their own physical and psychological form.

A new spirituality – the transformation of consciousness – is arising. Spirituality is an inner flowering. It has nothing to do with what you believe, but everything to do with your state of consciousness. It is this that determines how you act in the world and interact with others. A profound shift in planetary consciousness is destined to take place in the human species. This is the spiritual awakening that we are beginning to witness now.

We are in a crisis situation on this planet. Our very survival is threatened. We can either continue as we have done, and been, in the past and become extinct, or we can make an evolutionary leap. Evolve or die! Stay as you are or become part of the new earth predicted a long time ago: *And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away. [Revelation 21:1]*

Extracts from: A New Earth by Eckhart Tolle - our new series which is based on his best-selling book

Photo: Seeing beauty in nature can awaken us to our own inner beauty

## Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVD's with Eckhart Tolle and Oprah

This week: THE FLOWERING OF HUMAN CONSCIOUSNESS

## 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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