

## Sat Chit Anand

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## Peace Meditation

Sit in a comfortable position and relax your body and mind. Let go of any thoughts you might have in your mind - let them drift away and keep your mind focused in the present, the here and now, on the meditation you are doing, without being distracted by anything else ... Now visualise in the space in front of you, a figure or image that represents absolute purity, goodness, peace, universal love and compassion, all fully-perfected positive qualities. This figure could be Maitreya Buddha, the embodiment of loving-kindness, or any other Buddhist figure. If you are Christian, it could be Jesus, Mary, or one of the saints. Or it could be a figure from any other religious tradition which represents these positive qualities. It could be just light, a beam of radiant white or golden light. Choose whatever image of purity you are most comfortable with, and imagine this image in front of you. The important thing is to feel that it is really there; that you are sitting in the presence of this representation of all goodness, perfection, purity, universal loving-kindness and compassion. Feel the loving-kindness and compassion emanating from this image to yourself ...

Now visualise light streaming from this image in front of you into yourself, coming through all the pores of your body, and filling your body like it was an empty vase being filled with liquid. The light flows down to the tips of your toes and fingers, filling you up all the way to the top of your head. It fills every cell, atom and particle of your body. This pure radiant light purifies all your troubles - your pain: physical pain and sickness; as well as mental pain and suffering: unhappiness, fears, worries, anger or any other negative thoughts and feelings you might have in your mind. This pure light cleanses and washes away all the negative things you have done in the past - your karma and all imprints of hurtful and wrong actions you did in the past that you are still carrying with you. All of these are completely purified. Everything negative in your body and mind completely disappears and becomes non-existent, as you are filled with this blissful, radiant light.

Imagine that your body becomes clean and clear like a piece of crystal. Imagine that your mind becomes calm and clear, free of all negative thoughts and worries, and full of feelings of loving-kindness and compassion. Then imagine that you, yourself, become one with the image in front of you - the embodiment of loving-kindness and compassion. You yourself become just like that - totally positive, totally loving and compassionate, peaceful and blissful. Enjoy this wonderful feeling of being so pure and positive and filled with goodness.

Now generate in your mind the wish to share this peaceful, loving energy with others, so that they too can become free of suffering, and can become loving, peaceful and positive. Imagine the energy of loving-kindness radiating out from you, from your heart, going out in all directions like rays of light going out from the sun. Imagine that it first touches the people close to you, in the house or building you are in. Imagine that they become filled with the

energy of loving-kindness. Then send it out further to all the people in your neighbourhood and town, so that they all become filled with this light of loving-kindness. Continue to send it out further to all the people in your country, then to other countries, all around the world, so that gradually all people everywhere become filled with the energy of loving-kindness. Then imagine sending it out to the entire universe to all beings everywhere, so that they become filled with loving-kindness. Their minds become free of negative thoughts and filled with loving thoughts, so that there is peace everywhere. Enjoy this wonderful feeling of peace and love and harmony everywhere as long as you wish.

Before finishing the meditation, in order not to lose the energy generated during the meditation, mentally dedicate this energy that it will bring peace and love to everyone, everywhere, to all beings in the universe: may they all be happy and free from suffering. May they all become perfectly filled with loving-kindness. May the minds of all beings everywhere become free of all thoughts of intolerance, anger, hatred and the wish to harm others, and may their minds be filled instead with thoughts of tolerance, respect, loving-kindness, and the wish only to benefit others.

This meditation comes from the Maitreya Project Heart Shrine Relics Tour. We felt so blessed to have the precious Relics at our Centre. May the blessings of the Buddhas, enlightened beings, realized Masters and Saints become like a shower of blessings raining down upon all beings everywhere. The blessings, love, and grace of God is always there, manifesting in countless ways - we just have to open our hearts to receive it.

To read a longer article I wrote on the Relics visit, see <http://www.satchitanand.co.za/august2011newsletter.htm>

OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

PS: yoga classes continue as normal, and will only be mentioned if any changes are made

## Spiritual Retreats

<http://www.satchitanand.co.za/programme.htm>

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*Ven Paula and holy relics on display at Sat Chit Anand*

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