

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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Enthusiasm: creative energy that is connected to the Source Nothing great has ever been achieved without enthusiasm - Emerson

Enthusiasm means there is deep enjoyment in what you do, plus a goal or vision that you are working towards. Even though you have a future goal, there is no stress to arrive there, and the present moment remains your focal point. If there is stress, this is usually a sign that egoic wanting has returned, with its attendant struggle and strain to achieve. Stress diminishes both the quality and effectiveness of what you do under its influence. There is a strong link between stress and negative emotions such as anxiety, frustration, anger. Stress also disconnects you from the creative power of the Universe, which is a power of grace. The Universe has all eternity, so there is no stress!

Enthusiasm has a high energy frequency that resonates with the creative power of the Universe. The word enthusiasm comes from ancient Greek - *en* and *theos*, meaning God. And the related word *enthousiazerein* means to be possessed by God. With enthusiasm you find that you don't have to do it all by yourself - in fact, there is nothing of significance that you can do by yourself. As Jesus said in John 5:30: I can of my own self do nothing. Enthusiasm is creative energy that is connected to the Source. It is born of the Spirit, and it brings something into the world. When you let the greater Spirit direct your life, this brings enormous empowerment into what you do.

Some qualities of enthusiasm: it never opposes - it is non-confrontational. Its activity does not create winners and losers - it is based on inclusion and not exclusion of others. It does not use or manipulate people, because it is the power of creation itself, so it does not need to take energy from a secondary source. Enthusiasm gives out of its own abundance. It wants nothing because it lacks nothing. Enthusiasm knows where it is going, but at the same time, it is deeply one with the present moment, which is its source of aliveness, joy and power. Even though there is dynamic activity, you don't lose yourself in the activity, and there remains a core of peace at the center of your being.

Through enthusiasm you enter into full alignment with the creative principle of the Universe, but without identifying with the creations ie without ego claiming credit for them. When there is no identification, there is no attachment and the attendant suffering that this brings. When you work with enthusiasm, you do it for the benefit and well-being of the whole, which is more important than the part. You feel that you are an opening through which energy flows from the unmanifested Source of all life for the benefit of all.

Humanity is transforming into a new species: a more enlightened being, which manifests in more enlightened doing. Over the last few weeks, we have looked at some qualities of awakened activity: acceptance, enjoyment and enthusiasm. May they become an

integral part of your life. The good news is that once the awakening process starts, it is irreversible. The below photograph depicts the emergence of the human butterfly - this gigantic crop circle (530 meters x 450 meters) appeared in the Netherlands in August 2009. It is the biggest crop circle ever reported and suggests that humans are evolving ...

Based on: A NEW EARTH by Eckhart Tolle



I am the One Source of all:
the evolution of all comes
from me.

The wise think this and they
worship me in adoration of
love.

Their thoughts are on me,
their life is in me, and they
give light to each other.

Forever they speak of my
glory: and they find peace
and joy.

In all living beings I am the light of consciousness.

- Bhagavad Gita chapter 10, verses 8, 9 and 22

Talk: Self Knowledge postponed

Thursday evening:
14 October at 19h00
Cost: by donation

Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30 ... with Leela
Wednesday afternoons: 16h30 - 18h00 ... with Leela
Friday mornings: 09h00 - 10h30 ... with Richard
Cost: R50 per class

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