

## Sat Chit Anand

**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
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## A Blessed Christmas and New Year to all



*From the point of Light  
 within the Mind of God  
 Let Light stream forth into  
 the minds of men.  
 Let Light descent on Earth*

*From the point of Love  
 within the Heart of God  
 Let Love stream forth into  
 the hearts of men.  
 May Christ return to Earth*

*From the centre where the  
 Will of God is known  
 Let Thy will guide the little  
 wills of men,  
 The purpose which the  
 Masters know and serve*

*May the Plan of Love and  
 and Light work out  
 And may it seal the door  
 where evil dwells  
 May Light and Love and  
 Power restore the Plan  
 on Earth.*

At the end of the Heart Sutra is the line: Gaté Gaté, Para Gaté, Parasam Gaté, Bodhi Swaha. Gaté means gone, gone beyond, gone even further than beyond. Bodhi Swaha has a meaning like Amen or hallelujah. It points towards life being a journey. The poet T. S. Eliot puts it nicely: *"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time."* Life is a journey. Is there a meaning to this journey? If so, what meaning? Is there a goal, a purpose, an end? We can do many things to give life meaning, but more than this, the meaning is the journey itself. How do you life? The "how" is important. It is the quality of your life that matters.

Zen is also a journey. We talk about awakening and all such things, but it is a journey. There is a Sufi saying: *"There is a time when you journey towards God and there is a time*

*when you journey within God."* A journey towards God, seeking and struggling, and when you reach there - what happens? Still it is a journey, only you journey within God. Even if you are enlightened, still you journey, it does not finish, all your life is a journeying. The important point remains: how do you live, how do you relate to life, what is the quality of your life. St John of the Cross, a Christian mystic said: *"In the evening of life you will be judged by love."* So it will not be about how much you did, but that in the twilight of life you will be judged by love, by how much you loved, by how much you gave of yourself in love to God, to others and to life.

Richard Rohr talks about 3 eyes within the Christian tradition. The 1st eye is the eye of flesh, which involves feeling, enjoying and experiencing on a physical level. The 2nd eye is the eye of reasoning. This means seeing causal connections, origins / causes and effects (in Buddhism referred to as karma), and seeing the interdependent nature of all things. The 3rd eye is called the eye of understanding, in Buddhism called pranja - supreme wisdom and non-dual knowledge. The eye of understanding is the eye of wisdom. Richard Rohr calls it wonder and mystery - you realise there is depth and mystery to reality. It is not just reasoning or causal conditioning. It goes much deeper - with the eye of wisdom the spirit opens up, and it becomes unknowing, a mystery, a miracle, a marvel!

All 3 eyes are important. The wisdom eye is necessary and mystery is a beautiful term. The 3rd or spiritual eye has to be opened to realize this. The point is though, that you should not neglect any of the levels. Spirituality has dangers. Some talk about body and mind and interdependence as if this is all there is to it. No, that is not enough. The other extreme is also not good. Some say that you are only spirit. That is also not enough. You are on many levels, yet the Ultimate self is beyond all levels. This is the mystery - it is unknowing, wonder, a miracle. Your whole life is a mystery and a miracle!

From Dharma talk by Fr AMA Samy, Jesuit priest and Zen Master. This is the last newsletter this year. Newsletters are now on our website, see: <http://www.satchitanand.co.za/newsletters.htm> The Spiritual Centre closes at the end of this week until mid-January, as I depart for India again in a short while for my annual retreat. Last year I went to a Hindu-Catholic Ashram called Saccidananda (Holy Trinity) in South India, and this year I am going to a Zen Centre run by a Jesuit Catholic priest called Bodhi Zendo, also in South India, see: <http://www.bodhizendo.org/> With prayers for the safety and wellbeing of all during this Christmas season, may everyone be blessed abundantly with health and happiness, may peace prevail on earth, may the Light of Spirit illuminate your hearts and minds, and special prayers for those who are sick and/or dying, including Fr Johan's mother, Cora Strydom, may you be held in God's hands until such time as you are healed and/or lifted up into his Presence. I end with a beautiful prayer from Ephesians, love Leela:



*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, and that Christ may dwell in your hearts through faith. And I pray that you, being rooted and grounded in love, may have the power to comprehend with all the saints, what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled with all the fullness of God.*

*Now to him who by the power at work within us is able to do*

*far more abundantly than all that we ask or think, to him be glory for ever and ever. Amen.*

*[Ephesians 3:16-21]*

If there is light in the soul, there will be beauty in the person.  
If there is beauty in the person, there will be harmony in the house.  
If there is harmony in the house, there will be order in the nation.  
If there is order in the nation, there will be peace in the world.  
[Chinese Proverb]

**Tuesday: Theology classes 17h00 - 18h30**

**Thursday: Yoga last class 17h00 - 18h30**

## **Spiritual Retreats anytime**

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

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