

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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Self-knowledge is knowing your true nature

It is absurd to think that we can enter Heaven without first entering our own souls - without getting to know ourselves - St Teresa of Avila



Those who are ignorant about themselves live in the realm of blinding darkness. Nothing satisfies you for long, and you will be tortured by life. Nothing can satisfy you because you are looking for happiness and security in things that can never provide it. If you seek happiness in external things, this comes with suffering; this comes with dissatisfaction; this comes with bondage. We have been brainwashed into believing that we need these things to be happy. This is a great delusion that some people live their whole lives under.

Some say ignorance is bliss. But ignorance doesn't solve the problem. The cure for ignorance is knowledge - but not any knowledge, we are talking about Self-knowledge and not relative knowledge. You can have knowledge how to make your life more pleasurable and comfortable, but eventually this leads to more frustration. A rich man who has

everything can be more unhappy than a poor man because the poor man still has hope, while the rich man is disillusioned. Relative knowledge doesn't solve the problem and can even make things worse - we have unprecedented technical knowledge in the world today, but there is also unprecedented suffering in the world today. It is very rare to hear that the answer lies in Self-knowledge. People try to solve problems by looking at what you have, and not at what you are. To be exposed to Self-knowledge, or knowledge of the Absolute, is a great blessing, but this knowledge must be experiential and not intellectual otherwise it won't help.

In reality you are ever-existing Sat (being, Truth), and you want to go back to this reality, the truth of your being. Nobody wants to die. Nobody is content with mortality. Everybody

searches for immortality, like a river running towards the ocean. Everybody wants happiness (ananda) which comes through Self-knowledge. Sat Chit Ananda is our natural condition, so naturally everybody wants it, and is seeking it. The desire for Truth, for God, for our deepest true nature, is written in the human heart, and it calls us. But people are lost in opposite ideas: I am the body, I am the mind, I am the thoughts, happiness is found outside of myself, happiness is found through the senses. The whole world propagates and perpetuates this delusion. Ignorance is prevalent. People think they are mortal, finite etc, not immortal, infinite, ever-existing eternal Life. They are completely lost in the idea: I am this body. You must know your true Self: I am not this body, I am not this mind, these thoughts etc. Absolute knowledge is knowing the truth of the I, who you really are.

It is difficult to believe that I am the happiness. It is difficult to believe that the source of happiness is within. Delusion is so strong. Before you will be prepared to seek happiness within, you must be tired of seeking happiness outside of yourself. Then you hear: I am the happiness! You don't believe it, but there is hope! That is why people come to India, as this is the only place you are told this! If you find the source of happiness that is within yourself, then there is no suffering as you are never separated from your Self; there is no dissatisfaction as your very nature is happiness; there is no dependence because you are it. The search begins with yourself and ends with your Self - the seeker is the focus of seeking. Knowledge of Self and knowledge of God are indivisible. St Teresa (Christian mystic and author of *The Interior Castle*, one of the great classics of mystical life) said: "We shall never succeed in knowing ourselves unless we seek to know God." Self-knowledge is not limited to the Vedanta tradition. It applies to all traditions, because it is only within the depths of our very own being, that we will find the truth and happiness that we never stop searching for.

Based on teachings by Swami Suddhananda, Tiruvannamalai, India
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Movie: Father Bede Griffiths: The Human Search

Thursday 24 February at 7pm in St Christophers Church Hall

The life story and spiritual search of Fr Bede Griffiths, Benedictine monk who went to India to "discover the other half of my soul". There he put on the saffron robes of a Hindu monk and became spiritual head of a Catholic Ashram with Hindu affiliation in Southern India called Saccidananda. He became a leading figure in Christian-Hindu dialogue and understanding, and is author of several books including: *The Golden String*, *The Marriage of East and West*, *Return to the Centre*, *The Cosmic Revelation*, *Christ in India*, *River of Compassion*, a commentary on the *Bhagavad Gita*. Fr Bede presents a vision of Christianity that is reformed by exposure to the philosophy and spirituality of the East, and he promotes a world in which the boundaries between religions are transcended by the search for Truth that is universal. Leela will introduce the movie, and will be available for questions afterwards, having recently spent a few weeks at Saccidananda Ashram, where she became an Oblate and is now spiritually affiliated to the Ashram. More details in next newsletter.

Gentle Mindful Hatha Yoga

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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