

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 13 June 2010 12:55 PM  
**Subject:** Newsletter: 13 June 2010



### Thoughts are suggestions and not commands

Decide whether to take them or not. Become the master instead of being the slave to your thoughts.



Thoughts are very powerful. One thought can make you do something. One thought can sabotage your life. You can have 1000s of thoughts, but if you get obsessed with 1 thought it can destroy your life. Nobody tortures you like your own thoughts. If you can handle your thoughts, you can handle the whole world. The problem is that nobody teaches you how to handle thoughts. They tell you what to think, but not how to handle your thoughts. We can't control the thoughts that come to us, but we can control what we do with them. This is the difference that makes all the difference.

Out of habit we engage our thoughts, we hold onto them. Because of our strong tendency of grasping onto thoughts, we have to practice learning to let them go. Many people are so identified with their thinking, they think this is who they are: I think therefore I am. Of course, this well-known statement by Descartes is the wrong way around: I am therefore I think. We have to realize that we are much more than our

thoughts and that we don't have to listen to them. Meditation helps to still our minds and in that stillness we experience ourselves apart from thought. As the realization - I am not my thoughts - grows stronger, thoughts start losing their power over us.

Thoughts should be treated as suggestions and not as commands. Then you can choose whether to follow them or not. When your cellphone rings, you look at the number to see who is calling and then you decide whether to take the call or not. Do this with your thoughts. But your thoughts are more like commands – they push you, they seem to force you to listen to them. So it happens that people come to hate their thoughts.

Thoughts are a blessing. Be comfortable with your thoughts. Thoughts are needed. Don't try to get rid of them. Don't make enemies out of your thoughts. This will cause problems.

Understand they are not real. A picture / image / thought of fire cannot burn you. Only a real fire can burn you. Thoughts are just thoughts – they are not the real thing. Being afraid of thoughts is like being afraid of a picture. The picture of a snake is not a snake. The thought of fire is not warm. The thought of chocolate is not sweet.

Have a friendly mind. If you can do this with your thoughts this is wonderful. Remain untouched by your thoughts. Be like space. Water cannot drown space. Fire cannot burn space. A sword cannot cut space. Nothing can harm it. Space accommodates everything. Space is not afraid of clouds. Consciousness is not afraid of thoughts. So don't fight with your thoughts – be the witness, the awareness. The open sky of awareness does not grasp at or resist the clouds of thought. Just like birds fly through space leaving no footprint in space, thoughts fly through your mind leaving no footprint in your inner sky. Consciousness accommodates everything. Nothing can harm it. Be untouched. Be unaffected. Be free.

This newsletter is dedicated to a friend of a friend who listened to the thought to commit suicide last week, with prayers that through God's grace, compassion and blessings, may his negative karma be purified and removed, may he be forgiven for all harm thought and done, and may his death be transformed into peace and redemption. Om Shanti - may peace be with him, may he be healed and free from all suffering, may he dissolve into light, and his consciousness soar up to merge with the Divine.

Based on Satsang by Swami Suddhananda, Tamil Nadu, South India  
Photo: Bodhi tree outside Sri Ramana Maharshi's meditation cave

## Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah  
This week: EGO THE CURRENT STATE OF HUMANITY

The word "I" embodies the greatest error and the deepest truth, depending on how it is used. In normal usage, "I" refers to a misperception of who we are, an illusory sense of identity known as the ego. Ego is identification with form: external forms such as things and bodies, and the more subtle thought forms that continuously arise in the field of awareness. Our sense of I, of beingness – which is formless consciousness – has become mixed up, entangled and identified with form. This is forgetfulness of who I really am – our essential identity is formless, all-pervasive Presence, Being, prior to all forms and identifications. Our true identity is consciousness itself, and not what consciousness has identified with. The ultimate truth of who you are is not I am this, or I am that, but simply I am. The "I am" which is consciousness itself. Knowing this brings the peace which passeth all understanding.

## 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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