

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 15 August 2010 09:41 PM
Subject: Newsletter: 15 August 2010



This is my commandment

That you love one another. That is the whole gospel.



And I have felt

A presence that disturbs me with the joy
 Of elevated thoughts; a sense sublime
 Of something far more deeply interfused,
 Whose dwelling is the light of setting suns,
 And the round ocean and the living air,
 And the blue sky, and in the mind of man.

WORDSWORTH

FATHER BEDE GRIFFITHS, Benedictine monk, was Spiritual Director of SACCIDANANDA ASHRAM in Tamil Nadu, South India. The name is derived from the Hindu name for the Godhead, from the Sanskrit words Sat (truth / being), Chit (consciousness / awareness), and Ananda (bliss): SAT CHIT ANANDA. The Hindu quest for God, enshrined in this ancient word, finds a parallel in the Christian Trinity. The ashram is a place where people of all religions could come and experience the contemplative life. Fr Bede wished to bring Indian spirituality, with its emphasis on interiority, to Christian life, as he felt that the ideal of contemplation – of direct experience of God in prayer – had been lost.

MEDITATION: The aim of all meditation should be to pass beyond the limits of the rational consciousness and wake up to the inner life of the Spirit, that is to the indwelling presence of God. People were no longer satisfied with theories about God, but longed for direct experience; longed to learn a method of prayer, a way to reach the centre, the point beyond thought – the one reality beyond all, a reality found in all religions.

All meditation should lead into silence, into the world of non-duality, when all the differences and conflicts in this world are transcended – not that they are simply annulled, but that they are taken up into a deeper unity of being in which all conflicts are resolved – rather like colours being absorbed into pure white light, which contains all the colours but resolves their differences.

LOVE: Behind all words and gestures, behind all thoughts and feelings, there is an inner

centre of prayer where we can meet one another in the presence of God. It is this inner centre which is the real source of all life and activity and of all love. If we could learn to live from this centre we should be living from the heart of life and our whole being would be moved by love. Here alone can all the conflicts of this life be resolved and we can experience a love which is beyond time and change.

We are not fulfilled until we pass over into that state where there is neither I nor you but a oneness which yet contains both the I and the you, where you feel that you are in me and I am in you ... How can I say I love you when I have ceased to be. You have ceased to be. We are both caught up and transcended into a new awareness where everything is silent because there is nothing to answer. All is perfect and at one, and in the perfect one there is perfect silence of bliss. Fr Bede quoting D H Lawrence: Women in Love. That is Saccidananda, the fullness of bliss.

With extracts from BEYOND THE DARKNESS: A BIOGRAPHY OF BEDE GRIFFITHS
Next week: Fr Bede on religions.

Workshops

The first workshop was successfully held this weekend. SAT CHIT ANAND SANCTUARY has a beautiful garden setting and is now available for small independently run workshops. We invite those workshops that resonate with our mission and purpose: to inspire, uplift, enlighten, heal, transform, connect you with your Divine essence, bring out the very best in you that is waiting to be discovered and revealed, so that your inner light may shine, bringing peace and love into the world. See <http://www.satchitanand.co.za/workshops.htm> for more details.

Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

This week: YOUR INNER PURPOSE

The true or primary purpose of life cannot be found on the outer level. It does not concern what you do, but what you are - in other words, your state of consciousness. Your primary concern must be your inner state – all is well with my soul – this is the most important thing. Life has an inner and an outer purpose. Inner purpose concerns being and is primary. Outer purpose concerns doing and is secondary. When your inner and outer purpose are aligned, then you are in harmony, and you are expressing that harmony in the world. The secret of happiness is being one with life. Life is the dancer and you are the dance ...

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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