

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 16 May 2010 11:38 AM  
**Subject:** Newsletter: 16 May 2010



### Who am I? The most important question you can ask ...

You have to move into stillness in order to experience the truth of who you are.



We are ignorant of our true nature, our real identity. We don't know who we really are. This is because we have not experienced ourselves directly. We have never stayed 'home' long enough to experience the truth about ourselves. We have never been encouraged to do this. We have never been encouraged to find out for ourselves, so we believed what other people told us. And unfortunately, we were taught by people who, through no fault of their own, did not actually know. So we formed a self-image based on other people's contradictory evaluations of who we are. From early on, a fundamental conflict was introduced into our psyches revolving around this basic and important issue.

Who am I really? When you let go of all the ideas you hold about yourself, and allow yourself to experience yourself as you actually are, you will encounter a very different you from the one you thought you were! What a relief! You are not who you thought you were! When you sit silently and let go of every false identification, of everything you think you know about who you are, and just be with what's left, what remains is the untarnished presence of who you've always been and still are. This untarnished presence manifests - shines - as pure, clear awareness and unconditional love.

As you settle into stillness, you will discover the peace and stillness of your own being. As you relax inside and feel the energy you are made of, you will begin to feel loved, because love is the substance of your being. The more you know this, the less you will hate yourself, the less you will feel unworthy, unlovable and undeserving. When you experience the essence of your being, you will feel this natural loving-goodness without having to do anything. Because it is there - it is your true nature, just waiting to be discovered.

And when you feel and accept this loving-goodness inside yourself as yourself - as who and what you really are - you will acquire a new self-appreciation. You will realize there is no basis for being self-critical and self-condemnatory. The way you feel about yourself

determines how you think, act, and interact with the world. It is the basic factor that governs the quality of your life. When your self-evaluation changes, everything starts to change. When you get in touch with your inherent loving-goodness, you start to feel good about yourself and your life.

We can only love others as we love ourselves. Hence the need to love ourselves - to get in touch with our essence which is love, peace, happiness. Our essence is innately pure and good. We are all made of God-substance, consciousness, love. You are the infinite Oneness in specific self-expression. The exquisite deep peace within you is the experience of God, Buddha Nature, Supreme Self, or the harmony of Oneness felt within you. It is the feeling-tone of being, or Existence, and it is the truest thing about who you are.

This newsletter inspired by: "Yoga, the Spirit and Practice of Moving into Stillness"  
Photo: young Indian girl by Sybille Kolaric taken during yoga teacher training retreat

## 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

## Self-knowledge Teachings

Thursday evenings: 19h00 - 21h00  
Cost: by donation

"I, the Ultimate Pilgrimage"  
A series of DVD teachings by Swami Suddhananda  
Followed by Q&A, discussion and short meditation

## Self-retreats and healing holidays

Available anytime: see [www.satchitanand.co.za/wellness\\_retreats/htm](http://www.satchitanand.co.za/wellness_retreats/htm)

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