

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 16 October 2011 07:05 PM  
**Subject:** Newsletter: 16 October 2011



## I Am



I turn away from the world about me,  
to the world of consciousness that  
lies within.

I shut out all memories of the past,  
create no images of the future.

I concentrate on my being, on my  
awareness.

I slide into the very recesses of my  
soul to a place of utter repose.

Here I perceive fact in the making,  
am conscious of the One Being from  
which all beings spring.

I know that this is my immortal self,  
this is God, this is me.

I am, I always was, I always will be.  
All men, all things, all space and time  
and life

are here in the depths of my soul.  
Smaller than small, greater than  
great, meet and unite in me.

That which I thought I was, ego, I  
never was at all,  
for it was a changing thing, mirroring  
the seasons and the tides,  
a thing to be born and grow and die.

I am not a thing of time and

circumstance.

I am spirit, pure and eternal, birthless, deathless and changeless.

I am patient, for I contain all time.

I am wise, for I contain knowledge of all things.

I know not pain, for I see there is no beginning and no end,  
and who suffers pain must see beginning and end.

I love and am beloved, for all things are myself and I am all things.

I am one with the Universal Mind.

I am love and God is love. I am one with God.

[Unknown]

OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA  
Photo: And I saw an angel (thanks Lawrence)

## Yoga: note new summer times

Wednesday afternoons: 17h00 - 18h30

Thursday afternoons: 17h00 - 18h30

Cost: R50 per class

## Spiritual Retreats anytime

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

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