

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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I give you the end of a golden string;
 Only wind it into a ball,
 It will lead you in at heaven's gate,
 Built in Jerusalem's wall.

- William Blake



We all have mystical experiences sometimes, times when the mundane reality of this world is momentarily replaced by something other-worldly. Often these experiences take place in nature - we are suddenly aware of the incredible beauty and aliveness of all things, and we feel a sense of the Sacred shining through. Time seems to stand still and we enter into a timeless dimension. We feel a sense of unity with all of Existence, and our hearts open like flowers unfolding to the sun, releasing the fragrance of love ...

Father Bede describes such a mystical experience in nature: I remember now the feeling of awe which came over me. I felt inclined to kneel on the ground, as though I had been standing in the presence of an angel; and I hardly dared to look on the face of the sky, because it seemed as though it was but a veil before the face of God.

There can be few people to whom such an experience does not come at some time, but it is easy to let it pass, and to lose its significance. The old habits of thought reassert themselves; our world returns to its normal appearance and the vision which we have seen fades away. But these are the moments when we really come face to face with reality; in the language of theology they are moments of grace. We see our life for a moment in its true perspective in relation to eternity. We are freed from the flux of time and see something of the eternal order which underlies it. We are no longer isolated individuals in conflict with our surroundings; we are parts of a whole, elements in a universal harmony.

This is the 'golden string' of Blake's poem. It is the grace which is given to every soul, hidden under the circumstances of our daily life, and easily lost if we choose not to attend

to it. To follow up the vision which we have seen, to keep it in mind when we are thrown back again on the world, to live in its light and to shape our lives by its law, is to wind the string into a ball, and to find our way out of the labyrinth of life.

But this is no easy matter. It involves a readjustment to reality which is often a long and painful process. The experience is a challenge to work out one's religion for oneself. For most people today this has become almost a necessity. For many people the very idea of God has ceased to have any meaning. Before it can begin to have meaning for them, they have to experience this reality in their lives. They will not be converted by words or arguments, for God is not merely an idea or a concept in philosophy, but the very ground of existence. We have to encounter this as a fact of our existence. To discover God is not to discover an idea but to discover oneself. It is to awake to that part of one's existence which has been hidden from sight and which one has refused to recognize. The discovery may be very painful; it is like going through a kind of death. But it is the one thing which makes life worth living.

This rediscovery of religion / spirituality is the great intellectual, moral and spiritual adventure of our time. It is something which calls for our energy, and involves both labour and sacrifice. But it cannot be a mass movement. The discovery has to be made by each individual for himself. Each one approaches it from a different angle and has to work out his / her own particular problem. Each alike is given the golden string and has to find his / her own way through the labyrinth.

With extracts from: THE GOLDEN STRING: AUTOBIOGRAPHY OF BEDE GRIFFITHS

From the unreal, lead me to the real.
 From darkness, lead me to the light.
 From death, lead me to immortality.
 - Isha Upanishad

Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30 ... with Leela

Wednesday afternoons: 16h30 - 18h00 ... with Leela

Friday mornings: 09h00 - 10h30 ... with Richard

Cost: R50 per class

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