

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 18 July 2010 06:57 PM  
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## Don't seek the truth. Just cease to cherish opinions - Zen Buddhism

Let go of identification with your mind. Who you are beyond the mind then emerges by itself.

A lot of suffering is caused by the ego, although eventually suffering destroys the ego. Suffering has a noble purpose: the evolution of consciousness and the burning up of the ego. When you resist suffering, it is a slow process because the resistance creates more ego to burn up. When you accept suffering, there is an acceleration of the process brought about by the fact that you suffer consciously. In the midst of conscious suffering, there is already transmutation. The fire of suffering becomes the light of consciousness. Suffering, although largely ego-based, in the end is also ego-destructive. It is the fire in which ego burns itself.

The ego in its blindness is incapable of seeing the suffering it inflicts upon itself and others. Unhappiness is an ego-created mental-emotional disease that has reached epidemic proportions. It is the inner equivalent of the environmental pollution of our planet. Negative states such as anger, anxiety, hatred, resentment, discontent, envy, jealousy etc are often not recognized as negative, but are seen as totally justified, and are further misperceived not as self-created, but as caused by someone else or by some external factor. The ego holds others responsible for its pain. It does not see how its own interpretation of, and reaction to, the situation is the real cause of misery.

For, in the words of Buddhism: everything is "empty" of the labels and judgements we project onto them. In the words of Shakespeare: There is nothing either good or bad, but thinking makes it so. Things are as they are. Most of our suffering comes from our minds, and how we perceive a situation. If there is acceptance, our minds can remain at peace. There is only one perpetrator of evil on the planet: human unconsciousness. That realization brings forgiveness. With forgiveness your victim identity dissolves, and your true power emerges – the power of Presence. Instead of blaming the darkness, you bring in the light – of consciousness, of awareness.

The world is not divided into "good" and "bad" people. There are only good people, and potentially good people.

- Bishop-emeritus of Oudtshoorn, Rt Rev Edward Adams - at ordination ceremony of new Bishop

If in the midst of negativity you are able to realize: At this moment I am creating suffering for

myself, this awareness will raise you above conditioned egoic reactions. Awareness is the greatest agent for change. Once you clearly see what you are doing, you also see its futility, and then that unconscious pattern will come to an end. If there is awareness in you, you no longer need to believe every thought you think. It is an old thought, and not who you are – thinking is a tiny aspect of the totality of consciousness, the totality of who you are.

When you become aware of a negative state within yourself, it does not mean that you have failed. It means you have succeeded. Until that awareness happens, there is identification with inner states and such identification is ego. With awareness comes dis-identification from thoughts, emotions and reactions. Your sense of self undergoes a shift – before you were the thoughts, emotions and reactions; now you are the awareness, the conscious presence that witnesses those states. You are the light of presence – the awareness that is prior to and deeper than thoughts and emotions.

Based on: A New Earth by Eckhart Tolle

## Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

This week: BREAKING FREE

## Mindful Hatha Yoga

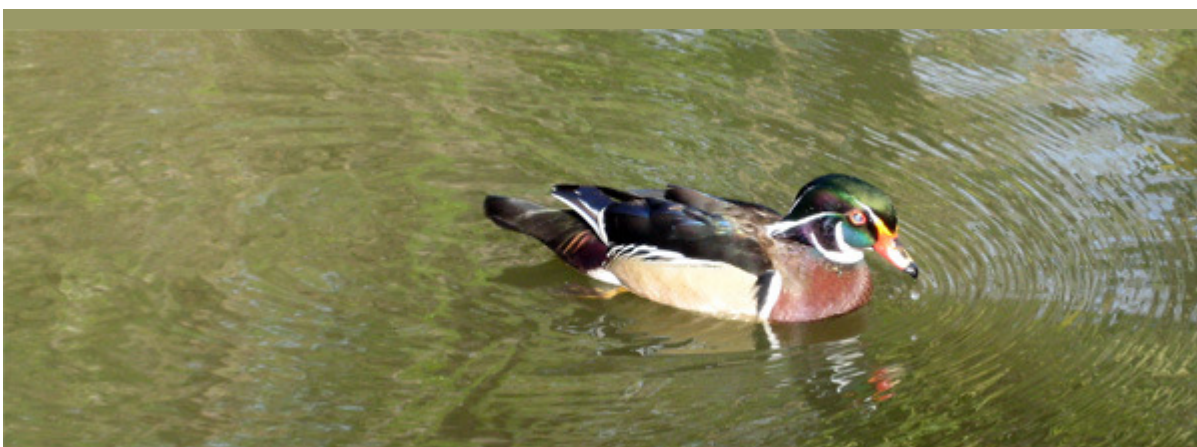
Tuesday evenings: 18h00 - 19h30

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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After ducks fight, they swim in opposite directions, flap their wings vigorously releasing all tension, and then float on peacefully. Can you let go, like water off a duck's back, instead of holding on?

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