

Sat Chit Anand

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Sent: 26 June 2011 01:07 PM
Subject: Newsletter: 26 June 2011



Blessed are the pure of heart / mind



*To find God
 Means always to search for
 him.
 And indeed, searching and
 finding are the same.
 Because the reward of the
 seeker
 Is to search on and on.
 The longing of the soul is
 fulfilled
 In remaining insatiable,
 Because to really behold God
 Means not to tire in one's
 longing for him.
 [St Gregory of Nyssa]
 photo from Lawrence*

Blessed are the pure of heart, for they shall see God. Blessedness does not lie in knowing something about God, but rather in possessing God within oneself. The man who cleanses his heart will see the image of the divine nature in the beauty of his own soul. If you wash away the film of dirt that covers your heart, then the divine beauty will shine forth in you. Take a piece of iron as an illustration. Although it might have been black before, once the rust has been scraped off with a whetstone, it will begin to shine brilliantly and to reflect the rays of the sun. So it is with the interior man, which is what the Lord means by the heart. Once a man removes from his soul the dirt that has formed on it, he will regain his likeness to his Archetype and be good. For what resembles the supreme Good is itself good. If he then looks into himself, he will see the vision he has longed for.

This is the blessedness of the pure of heart: in seeing their own purity they see the divine Archetype mirrored in themselves. You will find what you seek within yourself, provided you return to the beauty and grace of that image which was originally placed in you. For God is purity. If this can be said of you, then God will surely be within you. If your mind is untainted and purified from all stain, then indeed are you blessed, because your sight is keen and clear. Once purified, you see things that others cannot see. When the mists of sin no longer

cloud the eye of your soul, you see that blessed vision clearly in the peace and purity of your own heart. That vision is nothing else than the holiness, the purity, the simplicity and all the other glorious reflections of God's nature, through which God himself is seen. [St Gregory of Nyssa]

Buddha nature is within you. It is your inherent goodness, your innate purity. If you were inherently bad then this would be a problem. For example, charcoal is black. No matter how much you wash it, charcoal will never become white. But a diamond is a diamond whether it is covered in mud or whether it adorns the crown jewels. The mud is not part of the diamond. That is why you can remove it. We all have diamond inside. But this diamond is covered with mud. Your Buddha nature is naturally pure, naturally positive. But these natural qualities are obscured by ignorance, disturbing thoughts and negative emotions. Your Buddha nature is obscured, like a diamond covered in mud. You can't recognize it because the mud of your obscurations obscures your true nature. Luckily these obscurations are temporary and can be removed. A diamond is clear and clean even if buried in the ground and covered with mud. You can wash away the dirt and thereby allow your good, awesome, marvelous nature to manifest. [Mingyur Rinpoche]

Namaste, i bow to the Divine God Buddha nature within you.
OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

Yoga and Meditation

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

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