

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 27 March 2011 12:06 PM  
**Subject:** Newsletter: 27 March 2011



## Movie Night: Oneness: the Heart of the World

I am he whom I love; he whom I love is me - Sufi tradition

There is no other – there is only this extraordinary oneness to which we all belong. We are all part of the interconnected web of life. We have this knowing in our hearts. We touch it through prayer and meditation, and then we need to bring it into our life and into the world. Everything is the Divine presence. The mystery of the Divine is present in every human being. There is a spark of light in every heart. This is the most precious thing we have. It is the place where God comes to know himself. It is our spiritual heritage. It is what is real inside of us. Rumi says: *“Why do you sell yourself for so little, you who are so precious in God’s eyes?”*

Return to the Divine spark that exists in the core of your being. When this spark in the heart is ignited, it becomes the Divine fire that consumes you. This is God taking you back to God. Your heart is the place where Divine remembrance takes place. Your heart is the place where the mystery of Divine incarnation takes place. All you have to do is say “yes”. It is our consent that draws down the grace. Get closer to what it means to be a human being; to be an incarnation of the Divine. Enter into the Divine love affair. This love is waiting to be lived. It is a demanding love, and it can also be painful, because it breaks all illusion. It wants to reveal to us who we really are.

In each of us there is this extraordinary presence waiting to come alive. We are an embryo in the Divine and our purpose is to grow into a fuller expression. There is no greater miracle than realizing the Divine within your own heart, and awakening to this oneness, which is expressed as love, peace, joy. The even greater miracle is when you see God in everyone and everything – wherever you turn you see the face of God, because there is no other. We are given the opportunity to live in this miracle, to see and experience the Divine in our lives, and to participate in the Divine life. Once you have a glimpse of the Divine, you have a responsibility to live it. When you live it, you live it for the whole.

The greatest contribution you can make to life is to live this mystery. We live in a culture that is starved of the miraculous. The world has forgotten the sacred. We have forgotten that the world belongs to God. The ego wants to take over and be the person in control. But without the Divine presence, nothing has meaning, life becomes meaningless. When you begin to share your life with the Divine that is when miracles start to happen. We have forgotten that the very foundation of life is the miraculous – life itself is a miracle. Life is Divine and the Divine is a miracle. That miracle is in our own hearts – it is the great Oneness that lies at the heart of the world.

This unique and inspiring meeting of two mystical traditions explores the oneness that is at the heart of all spiritual traditions, and the contribution it can make at this present time of global transition. Topics include the power of silent prayer / meditation, duality and non-duality, honouring the feminine, forgiveness, atonement, the role of sacrifice, the paradox of fear, and working with oneness. With Father Thomas Keating and Llewellyn Vaughan-Lee. Recorded in 2008 in Boulder, Colorado. Father Thomas Keating is a trappist monk and priest, and founder of the Centering Prayer movement and Contemplative Outreach. *"Silence grows just by hanging out in it. And silence and God are one and the same thing."* Llewellyn Vaughan-Lee is a Sufi mystic and lineage successor, extensive lecturer and author of several books about Sufism, mysticism, dreamwork and Jungian spirituality.

Thursday 31 March at 7pm, Longstone Road  
followed by tea and cake, all welcome, tel 044 533 0453  
by donation, proceeds to St Christophers Organ Fund

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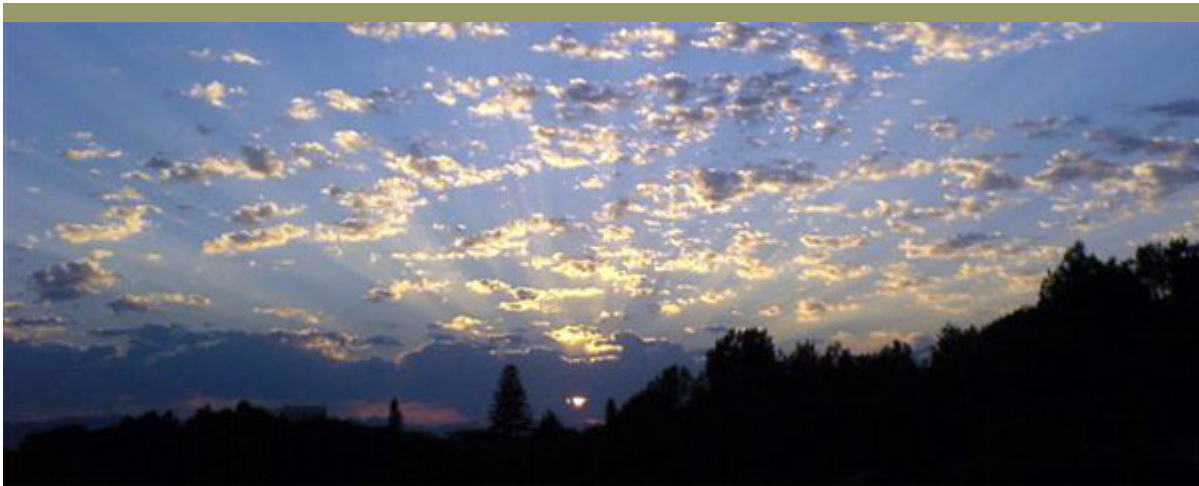
## Gentle Mindful Hatha Yoga

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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*Oneness expresses itself through the many, as the sun is one, but its rays are many.  
See the oneness in the many. We are one and we are many = paradox of creation.*

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