

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 27 November 2010 09:40 PM  
**Subject:** Newsletter: 28 November 2010



## Last newsletter this year ...

Another year has passed. From March to November, there have been 9 months of weekly events happening at the Centre. The year started with the Blessing Ceremony of our Interfaith Meditation Chapel by Father Johan, and satsang with Swami-ji which was a highlight of the year. This was followed by weekly teachings, sharings and discussions, meditation and yoga. We showed interesting and inspiring movies every month end (thank you Erika from Exploring Consciousness), as well as hosting a few talks. This year saw us taking a break from holding retreats (after having hosted over 25 retreats over the last 5 years).

Not having to prepare for retreats freed up time for other things, and gave me space to do some writing which manifested in a weekly newsletter every week for 36 weeks. The newsletters were a joy to put together, and have been well-received, going to a mailing list of over 1 000 people, who also fw to other people. Thank you to all those who wrote emails thanking me for the newsletters - i saved all your letters and counted 161 of them - they make me very happy to know that the newsletters are touching people's lives in a positive way. Thank you all for so graciously receiving my ongoing newsletters, which will now stop for some time.

I am now leaving for India for my annual personal retreat. I am going to South India again, and will be spending time on 2 ashrams. First stop will be to Swami-ji's lovely ashram near Tiruvannamalai for a 2-week advanced self-knowledge meditation retreat with Swami-ji based on the Vedanta teachings. Then to a Hindu-Christian ashram founded by a French benedictine monk and mystic, and subsequently headed by Father Bede Griffiths until he died. The ashram is called Saccidananda (similar to our name) - the Hindu name for the Godhead which i have always loved, and which this year more than ever has come alive in meaning and significance for me.

This year has seen us move towards becoming an interfaith Spiritual Centre, embracing the truth and beauty that is found in the Buddhist, Vedanta and Christian traditions. Buddhism's teachings on the mind and meditation and the nature of reality are unsurpassed. It provides methods "how to" apply the spiritual teachings, which form the basis of living in a mindful and aware way. The Vedanta teachings on Self-knowledge are easy to understand. Christianity allows one to feel devotion to God, opening one's heart to Divine Love. In the eloquent words of Father Bede:

*All the love in human nature, all powers of affection and devotion, all the joy of intimacy and self-surrender are manifestations of a love which is hidden in the depths of the Godhead. We can experience this love in depth, discover the power of this infinite love, transcending our human capacity and awakening us to the presence of the divine being in us. This is mystical love, the point at which the human and the divine meet. The divine being, the absolute reality, is love, it is a communion, a self-giving in love. God gives himself to man, communicates his own spirit, his inner self to man.*

*The very purpose of creation was that the One should be able to communicate himself to the many, that finite and temporal beings should come to participate in the infinite and eternal being and consciousness of the One and experience the bliss – the Saccidananda – of the Supreme. And this bliss is a bliss of love. Love seeks to communicate itself, and the purpose of love would not be satisfied if there were no one to share that love. There is a mutual self-giving which takes place at a deep level of consciousness, where there is a complete in-dwelling, I in you and you in me. Through this communion, human consciousness is raised to participation in the divine consciousness.*

Glory be to Sat-Chit-Ananda (being, consciousness, bliss)  
to the Father, the transcendent, the Divine ground of being  
to the Son the immanent, the Christ consciousness  
and to the Holy Spirit, that unites us in love and truth and beauty  
May peace be with you, and may love surround you.  
Till next year, love Leela xx

NOTE: The spiritual side of the Centre closes at the end of November for several months. We are open during Dec and Jan for holiday rentals, and the Healing Centre continues as usual.

**INTERFAITH SPIRITUAL RETREAT CENTRE | RETREATS & HOLIDAYS | MEDITATION | YOGA  
| WELLNESS | BODYWORK TREATMENTS AND HEALING THERAPIES | STRESS REDUCTION**



*Go,  
an  
encount  
awaits  
you  
With  
whom?*

*Perhaps  
with  
your  
own  
Self.  
Go,  
your  
steps*

*will be your words  
the journey your song  
your fatigue your prayer  
and your silence will at last speak.  
Go, another is coming to meet you  
and is searching for you  
so that you can find him  
in the sanctuary at the end of the pilgrimage  
in the sanctuary deep inside your heart*

*he is your joy, he is your peace.  
Go, it is the Divine who goes with you.*

*Leela in Dancing Shiva yoga pose :-)*

*Poem from the Camino Pilgrim's Credential*

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