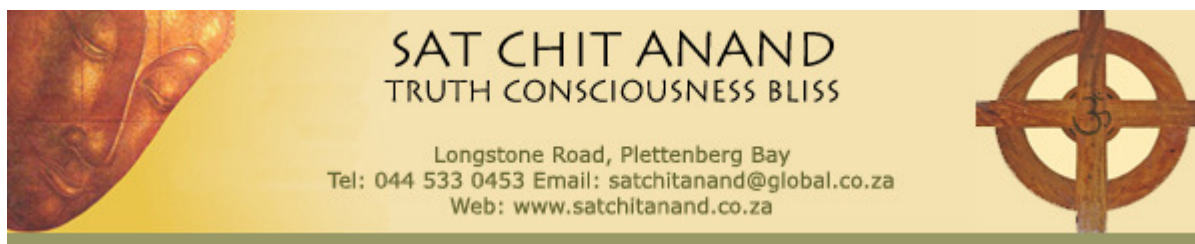


## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 31 July 2011 02:41 PM  
**Subject:** Newsletter: 31 July 2011



Do not commit any non-virtuous actions  
 Practice perfect virtue, subdue your mind.  
 This is the teaching of the Buddha.

Thinking that the source of life's suffering and problems is external is the problem. Separating your own mind from the origin of problems and blaming external sources, such as other people or objects, only brings more problems. Thinking in this way - thinking that happiness comes from outside - we do nothing with our own mind. This mind that has been unsubdued for beginningless rebirths is left alone, still unsubdued. Nothing is developed, nothing is changed, nothing is transformed. Constantly we create the causes of suffering in future lives, as well as problems in this life. Subduing delusions (anger, jealousy, desire, pride, ignorance) is the teaching of the Buddha. Delusions make the mind unsubdued, unhappy and unpeaceful.

One definition of Dharma, is any remedy for the delusions. If an action done in the name of Christianity or some other religion is a remedy for the delusions - subduing anger, attachment, ignorance and selfishness - it is Dharma - which is anything that mends or fixes the mind. Delusions have to be eliminated - there is no way to improve the mind without decreasing the delusions. To subdue your own mind is the source of happiness. It is the main teaching of the Buddha. It is the unmistakable path that guides us to happiness and to understand how to create the causes to have happiness in the future, right up to liberation and enlightenment.

The Buddha helps us to develop our potential, our Buddha-nature. Everything, including happiness and suffering, is dependent upon the mind. If you do not subdue your mind, suffering arises. Your own mind produces this suffering. By subduing your mind - practicing patience, tolerance, acceptance, forgiveness, loving-kindness etc - you experience happiness and a peaceful mind. Therefore we have to give up wrong thoughts, which are the cause of suffering and which bring problems to ourselves and others. The more we eliminate these false conceptions, the more happiness there is. Watch your mind and see

for yourself, how negative thoughts and emotions agitate and upset your mind; and how positive ones bring peace and happiness. Then you know what to do.

Not allowing the mind to run after negative thoughts, anger, desire, greed, fear, ignorance, and so forth, means that you stop creating negative karma. When you prevent your mind from being controlled by delusions, you don't create negative karma, so you don't experience the result of other beings harming you. As long as the mind is unsubdued, there is always outside harm. Once the mind is subdued, when there is no anger in the mental continuum, there is no outside enemy. An outside enemy only exists if there is anger inside. Protecting your mind from getting caught up in negative emotions is the most important conduct, otherwise you cannot stop your problems and achieve happiness. Your mind is the source of all your suffering and happiness. If you neglect to protect your mind, you can neither close the door to suffering nor open the door to happiness.

How do we open the door to happiness? Real happiness and satisfaction starts when you begin to live your life for others. When your attitude is transformed so that you do everything for others, to pacify their suffering and obtain their happiness, there is real satisfaction and peace in your heart. When you are cherishing yourself, thinking only of yourself - how can I be happy? how can I be free of problems? - there is only worry and fear. You see only problems and your mind is not relaxed. But in the very moment that you change your object of concern to another sentient being, suddenly your heart is released from self-cherishing, like limbs released from chains. As soon as your object of concern changes from yourself to someone else, your heart is released from the bondage of the self-cherishing thought. Suddenly there is peace in the depths of your heart. Right in the very moment that your mind changes from self-cherishing to cherishing others, there is liberation, freedom from the tight bondage of the selfish mind.

Extracts from The Door to Satisfaction by Lama Zopa Rinpoche  
OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA



## Heart Shrine Relics Talk

Monday 1st August at 7pm

Seating limited to 40 persons, so come early!

Don't miss this extremely rare opportunity!

Venerable Paula, Buddhist nun and Relics Tour manager, will be giving the talk. The purpose of the Heart Shrine Relics Tour is to inspire people of all spiritual traditions to experience the blessings of the relics. It is an inter-faith celebration that focuses on our shared human

qualities – love, compassion, and the importance of having a good heart.

Seeing holy objects and images has the effect of purifying the mind and planting seeds of enlightenment. You cannot attain enlightenment without creating the causes of enlightenment, namely, following a spiritual Path. Holy objects leave very positive imprints on the mind. They have great powers of purification. They have the power to purify non-virtuous states of mind (wrong attitudes and motivations). Just like atom bombs have great powers to destroy, holy objects have great powers to purify the mind and plant seeds of enlightenment. We get limitless skies of benefit from holy objects! [Lama Zopa Rinpoche]

## Spiritual Retreats

<http://www.satchitanand.co.za/programme.htm>

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

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Please notify us if you wish to be added or removed from our mailing list.