

## Sat Chit Anand

**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 30 October 2010 09:21 PM  
**Subject:** Newsletter: 31 October 2010



## Plett for Peace Candle Concert

A peace gathering and music celebration  
 Friday 05 November, Central Beach, Plett  
 Main event starting at 7pm

*Plett for Peace Presents*  
**CANDLE CONCERT**  
 Peace Gathering & Music Celebration  
**FRIDAY - 5 NOVEMBER - 5.30PM**  
 Plett Central Beach

The Reggae Ambassadors, Brent Kozak  
 Simon (Bitou Kikka Opera), Chrissie  
 Phakamisani School Kids, Heather Waters  
 Drum Nexus Afrika, Chris Morningstar  
 Martin Wolfheart, Svetadvip Prabhu  
 Ben Badenhorst, Fire & Belly Dancing

**FREE ENTRY - DONATIONS WELCOMED**  
**MEALS AVAILABLE FROM ONLY R5**  
**NO ALCOHOL ALLOWED**

[www.PlettForPeace.wordpress.com](http://www.PlettForPeace.wordpress.com)  
[www.GreenSkin.org.za](http://www.GreenSkin.org.za)  
 Contact Vinthi 082 825 9811

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A celebration of light over darkness. Bring your passion for positive over negative, love over hatred, peace over war, good over evil.

For the young and young at heart, splash out with some green paint or green clothes to support the GREEN SKIN INITIATIVE, which aims to eradicate racism and fear and promote harmony as one human race.

There will be peace addresses by FATHER JOHAN from St Christophers Catholic Church, and LEELA from the Buddhist Centre, as well as candle lighting by the crowd.

Festivities will include drumming, belly dancing, fire dancing, and live music with many great musicians including Reggae Ambassadors, Brent Kozak f. Lorette Pagel, Chris Morningstar, Heather Waters (CPT), Patrick & His Drums, Simon (Bitou Kikka Opera), Phakamisani

School Kids, Chrissie, Ben Badenhorst, Martin Wolfheart.

Entry is free, although donations are welcome. Food stalls from only R5. No alcohol allowed - this is an alcohol free event. Come and enjoy an evening of sharing and fun that expresses our desire for peace and unity. All welcome! For more information see [www.plettforpeace.wordpress.com](http://www.plettforpeace.wordpress.com) or contact Vinni 082 825 9811

## Diwali Festival of Light

The spiritual meaning points us to awareness of the inner light. Beyond the physical body and mind there is something which is pure, infinite and eternal. Diwali is the celebration of

the inner light, the knowing of which outshines darkness and ignorance, awakening the individual to one's true nature. With this realization comes universal love, compassion and awareness of the oneness of all things. This higher knowledge brings Ananda, inner joy and peace. The essence of Diwali is to rejoice in this inner light which is the underlying reality of all things. This essence is universal: we all have this inner light that is our true nature. It doesn't matter what you call it - Brahman, Atman, Buddha nature, God, or simply our Divine essence. This is who we are beyond the limitations of this body and this life. Diwali is the celebration of the inner light that is always there, always present, shining, luminous, pure and untainted no matter what the circumstances of our life. This is cause to rejoice and celebrate!

## The One

There is ultimately only the One Supreme that is manifesting in the whole creation – in the earth, the sky, the sea, in man, in animals, in plants – everything is a manifestation of the One Supreme. All humanity and human consciousness is a reflection of this one consciousness. Wisdom is the realization of the one Spirit in all. When we see everything in the light of the Spirit, we see the Truth. When we see everything in the light of the ego, we are victims of error and illusion. If we know the inner Spirit, the point of union with God, we have supreme knowledge. When we realize: I am not this body, I am not this mind, I am this inner Spirit living and active and breathing in me, then we attain wisdom and salvation.

He is invisible: he cannot be seen. He is far and he is near, he moves and he moves not, he is within all and he is outside all. [Bhagavad Gita 13:15]

He is, as St Augustine said in a wonderful phrase: 'Higher than my highest being and more intimate than my innermost self.' He is at once both immanent and transcendent. God is infinitely beyond and yet immanent in every particle of matter. God is not far away up there, he is within all and he is outside all. He is ONE in all. The whole purpose of creation is that the human being should develop his capacity until he receives the fullness of divine consciousness into himself. That is our goal: to develop beyond our human consciousness with its limitations to the divine consciousness, when we become aware of the Divine within and all our actions reflect this. Then we are realized souls. That is our goal, to be one with the One who appears as many.

He is the Light of all lights. [Bhagavad Gita 13:17]

By his light all things are illuminated and his radiance illumines all creation. The one light is shining through all things and they have no light in themselves. All the powers of nature depend on the One Supreme and do not act of themselves. It is the same with human beings – no one does anything of his own power. There is a cause behind everything and that cause is the presence of God. Everything comes from the light. The light of God is shining through the whole creation, through everyone, and is the source of all.

And when a man sees that the God in himself is the same God in all-that-is, he hurts not himself by hurting others: then he goes indeed to the highest Path. [Bhagavad Gita 13:28]

That is the Hindu, Buddhist and Christian understanding – that the One Supreme is the same in every human being. If I hurt another I hurt myself, because there is only one Self in all. This is why we are commanded to love our neighbour as our self, because in Ultimate Reality, we are one with our neighbour. It is this knowledge that leads to love for all. Every being becomes transparent to every other being; each one mirrors the other and the whole. All is transparent, light runs through light and each contains all within itself, and at the same

time sees all in every other, so that everywhere there is all, and infinite the glory. [With extracts from Fr Bede Griffiths]

## Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30 ... with Leela

Wednesday afternoons: 16h30 - 18h00 ... with Leela

Friday mornings: 09h00 - 10h30 ... with Richard

Cost: R50 per class

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*Young monk at Kopan Tibetan Buddhist Monastery in Nepal making candle offering*

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