

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 04 December 2011 09:01 PM
Subject: Newsletter: 04 December 2011



Be a blazing fire of truth and a beautiful blossom of love



Love all and hate none.
 Mere talk of peace will
 avail you naught.
 Mere talk of God and
 religion will not take you
 far.
 Bring out all the latent
 powers of your being
 and reveal the full
 magnificence
 of your immortal self.
 Be overflowing with
 peace and joy,
 and scatter them
 wherever you are
 and wherever you go.
 Be a blazing fire of truth,
 be a beautiful blossom
 of love

and be a soothing balm of peace.
 With your spiritual light,
 dispel the darkness of ignorance;
 dissolve the clouds of discord and war
 and spread goodwill, peace, and harmony
 among all people.
 Your mission is to serve people.
 Carry it out dutifully and courageously.

As another year draws to a close, take some time to review the year, and assess how you lived it. Here are some pointers from the path of Jnana Yoga on living well and bringing more consciousness into daily life and with it more clarity, peace and joy:

Activate your witness consciousness, so you are at once observer and observed, noticing that when we shine the light of awareness on something it changes.

Cultivate a habit of gracious acceptance for life as it is rather than resisting the things we

can't change.

Do your best, then let go of your attachments to outcome and surrender up your preferences to God.

Come fully into your feeling nature, so you can be more present with your experiences and move through your lessons more quickly.

Know that we are totally responsible for the quality of our experience of life, and that how we respond in any situation is always our choice.

Realize that we can have no peace in the present without healing our past.

Appreciate and honor the sacredness of life as it is, and strive to see the sacred in all of creation.

Feel what it is to be a person of integrity, speaking truth, and being authentic.

Surrender your habit of control, so you can explore the frontiers of life's mysteries, rather than remaining in the safety of the known.

Realize that true joy is in living out our life's purpose as an instrument of God.

OM SHANTI, LOVE LEELA

Next week will be our last newsletter of the year.

Tuesday: Theology classes 17h00 - 18h30

Wednesday: Yoga 17h00 - 18h30

Thursday: Yoga 17h00 - 18h30

Spiritual Retreats anytime

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

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