

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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Blessed are they who come in the name of the Divine
 for you are the light of the world.



Some weeks I will share some wonderful teachings from India, and sometimes I will share something personal. I usually don't know in advance what is going to be in the next newsletter, but when I sit down at my computer it comes to me ... the quote at the bottom made it feel right to share this with you today ...

Because of our move towards becoming an interfaith spiritual centre (you will have noticed the inclusion of the cosmic cross in our letterhead with OM sign in the center) I wanted to include something connected to the Christian tradition in our Meditation Hall. I thought it would be nice to have an Icon of the Trinity hanging above one of the altars. I mentioned to Fr Johan that I was looking for picture of the Trinity to hang in our Meditation Hall. The next day I got an email from him: I have a Trinity Icon as a gift for you so please see me after Mass. It was a beautiful service on the beautiful

beatitudes: Blessed are the poor in spirit, blessed are the meek, blessed are those who seek righteousness, blessed are the merciful, blessed are the peacemakers, blessed are the pure in heart etc. Blessed are you ... rejoice, and be exceedingly glad: for great is your reward in heaven. [Matthew 5:3-12]

So last week after Mass, he gave me a small Icon of the Trinity. It looks lovely hanging in our Meditation Hall, like it belongs there. I can't believe how miraculously it manifested, like it wanted to be here. I thought of wanting to hang an Icon of the Trinity in our Meditation Hall and 3 days later (note the 3!) it was hanging there. This was like a miracle, as these icons are not easy to find here. Apparently a true icon always finds who it wants to belong to. We have always had the Sat-Chit-Ananda Trinity here, and now blessed are we for the Holy Spirit is moving in this place: *Be still for the presence of the Lord the Holy One is here. Be still for the glory of the Lord is shining all around. Be still for the power of the Lord is moving in this place. [Song]*

During Mass, I had an intuition of the Trinity's mystery and tremendous power. I didn't experience this tremendous power, but I intuitively knew it with wordless knowledge that brought tears to my eyes. When one is deeply touched, the heart responds with tears, as this is the only way of expressing how you feel. The beatitudes tell us blessed are the meek, the humble, the egoless. We have no power of our own (acknowledge our nothingness), but when we are in touch with God's power, then that power becomes ours as well (blessed are you). This is our best power and security. Through our ignorance we believe we are separate entities, and through our arrogance we believe in our own power, and don't trust the power of God. I intuitively felt that tremendous power, and I wept. Sometimes I think when one gets enLIGHTened I would cry and cry - forget about bliss, I would cry an ocean of tears!

After meditation the next morning, I was thinking of the experience of intuitively sensing that power during Mass, as I went downstairs. I switched on the kitchen lights and all of them blew. There are 10 low-voltage lights in the kitchen and not just one of them, but the whole circuit, blew. This was like a sign of confirmation that it is so powerful that a full experience of it would blow our circuits! It is too powerful for us to handle. We can only handle little glimpses and intuitions. May Divine Light touch your heart and light up your soul, so that you become a light, and radiate light into the world: *You are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick: and it gives light to all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.* [Matthew 5:14-16]

OM SHANTI, LOVE LEELA

Gentle Mindful Hatha Yoga

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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