

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 08 August 2010 02:29 PM
Subject: Newsletter: 08 August 2010



The Yoga of Action

The wise man works unselfishly for the good of all the world.

Action creates karma. We cannot escape action, so we are constantly putting karma into motion. The way to escape the bonds of karma is to dedicate our work as a service or offering to the Divine. Let go of attachment to the outcome of our work ie let go of what happens in the future, and live in the here and now, the eternal present moment. This is how to go beyond feeling the effects of karma, and our minds can be at peace. *This man of harmony surrenders the reward of this work and thus attains final peace; the man of disharmony, urged by desire, is attached to his reward and remains in bondage. [BG 5:12]*

We also go beyond karma when we act from our inner being, which is still, harmonious, integrated and united with God; and then from that inner stillness all action flows. Then the action is harmonious according to the law of God and the law of nature. That is 'action in inaction'. It is something that is largely lost today, and as a result people are bound by karma, by their actions. The only escape is to free ourselves from the body, from the mind, and discover the centre of peace within. *The man who in his work finds silence, and who sees that silence is work, this man in truth sees the Light and in all his works finds peace. [BG 4:18]*

When one acts from that centre, and one's actions are done without desire for reward, then there is no egoism in them and they have no binding force. They simply flow from the Self, from the Spirit within and eventually they are a work of God in us. That is the real goal. No action is perfect until it reaches the state where we can say: 'I am not the doer; the Divine is working in me.' That is perfect action, and it is actually inaction. The inner self is totally surrendered and the action is not coming from the small self (ego). It is coming from God. The ideal is to live in the world, to serve, and at the same time to be one with God. *[Extracts from: River of Compassion: A commentary on the Bhagavad Gita by Father Bede Griffiths.]*

News

In March, we celebrated the Inauguration and Blessing Ceremony of THE SANCTUARY, our new Interfaith Meditation Chapel. The Sanctuary has a beautiful garden setting and is now also available for small independently run workshops of up to 10 people. We invite those workshops that resonate with our mission and purpose: to inspire, uplift, enlighten, heal, transform, connect you with your Divine essence, bring out the very best in you that is waiting to be discovered and revealed, so that your inner light may shine, bringing peace and love into the world. See <http://www.satchitanand.co.za/workshops.htm> for more

details.

Weekend Workshop: Sat 14 and Sun 15 August

Family Constellations: The Present Holds the Past

Time: 09h00 for 09h30 - 18h00

Cost: R1150

Family Constellations is a method that can be used to reveal the underlying hidden dynamics that operate within families as a result of unresolved or unacknowledged issues or past traumas in the wider family system. These unresolved issues or traumas may result in an interrupted flow of energy, or entanglement within the family that may be passed down through several generations. The process can offer insights and perceptions that can help to ease the entanglement and allow the energy and love within the family to flow more easily. Each individual and the family as a group may then move towards resolution. The constellation circle provides a warm, intimate and safe holding quality. This will be an open issues workshop where we will explore how the echoes or resonance of the past can affect your life in the present. Who is missing, who belongs, who is excluded in a family system? We will explore how "invisible loyalties" to the wider family system may continue to affect your life and the life of your children in the present generation.

Enquiries and bookings: contact Robyn Lewis

Cell: 083 260 5567 Email: admin@theinnerprocess.com Web: www.theinnerprocess.com

NOTE: This is an independently run workshop, and is not affiliated to SAT CHIT ANAND.

Spiritual Teachings

Thursday evenings: 19h00 - 21h00

Cost: by donation

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

This week: THE DISCOVERY OF INNER SPACE

Abundance and scarcity are inner states that manifest as your reality. Deep down you think you are small (the ego, the small self). This is a lack of abundance. To receive abundance, start by recognizing it externally, especially in nature. Have gratitude for the abundance that is already in your life, and this will draw more to you. Acknowledging the good that is already in your life is the foundation for all abundance. To get more, give more. Give what you most want. Jesus said: give and it will be given to you. I want you to have fullness of life. I came to give abundant life. He was referring to the dimension within you. True abundance exists within you – the source of all abundance. True abundance and joy come from the formless dimension which is inside you, and not from form (external things). But people are so absorbed in the content of their lives that they have forgotten the essence of life. They are not in touch with the essence of their being. Knowing yourself is being yourself, being in touch with the I AM that is the essence of your being, which is simply: I AM ... joy, peace, happiness.

Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

Classes include some teachings on yoga philosophy, a sequence of basic asanas (yoga poses), guided relaxation, pranayama (breathing exercises), and meditation

Last Wednesday we enjoyed a wonderful gentle mindful yoga class - thank you Annemarie! Yoga teachers visiting Plett, who teach a similar style of yoga, and wish to give a class here, please contact us ...

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Sat Chit Anand Sanctuary is by request now also available for small private workshops

Please forward this email to friends who might be interested.
Please notify us if you wish to be added or removed from our mailing list.