

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 09 May 2010 03:12 PM
Subject: Newsletter: 09 May 2010



2 types of gain in life

If water is turbulent, it loses its reflection. As soon as water settles, the reflection becomes clear. As soon as the mind settles, the Self is there. It is only temporarily obscured. Know that anytime you can come back to your Self. Happiness is your nature – it doesn't exist in time, it doesn't begin or end.



There are 2 types of gain in life: to gain something which is yet to be gained, and to gain something which is already gained. Most struggles in life relate to the first category – we want something that we don't have. This is the entire range of human struggle. It is subject to limitation – if anything is gained in time, it will be lost in time; if it begins it will end. This is in accordance with the Law of Impermanence. Separation will take place. This is a universal principle of the Universe.

Either the thing or person will go, or you will go (die). If you find happiness in time, it is just a matter of time and you will lose it. But people look for happiness in things and expect them to last. The happiness that lasts forever, cannot be found in time, because things change all the time. We change all the time. We like something, then we get tired of it, we get bored with it. If your happiness depends on something, then problem.

There is no one time / place / object which makes everybody happy. This dismisses the whole world of relativity as the source of happiness. Every role you pick up will be lost. But we cling to our roles. You retire but you cling to your role as MD. You get divorced or widowed but you cling to your role as wife and suffer. If you try to pick a role for your security, you will never be secure because all roles are insecure. You cannot rely on them.

Only the actor remains. You cannot be with something or someone all the time. But you can be with your Self all the time. If you are happy in your Self, then you are secure. Then you can enjoy the changes, because you don't need things to be the same for your security.

You can be the formless and enjoy the changing forms. Be immortal and live with mortality.

The second pursuit in life, is to gain something which is already gained. Your Self, your essence, your Divine nature, falls into the second category that is already present. You already have it - you have just lost touch with it. You have forgotten who you really are, and you have got lost in a temporary role that you identify with as being me, myself, I. This is ignorance.

Ignorance is beginningless – you don't know when it began. But it comes to an end with knowledge. Darkness can be there for a million years, but strike a lamp and it goes immediately. Ignorance (believing I am the small self, I am this body and mind) creates distance between you and your true Self. Knowledge takes away ignorance. It gives you a new perspective, which is much vaster and grander. It helps you to transcend the limiting confines of the small self, and start reclaiming the truth, beauty and goodness of who you really are.

Based on Satsang by Swami Suddhananda, Tamil Nadu, South India
Photo: ancient wall carving at the Temple of Eternal Sunrise

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

Self-knowledge Teachings

Thursday evenings: 19h00 - 21h00
Cost: by donation

"I, the Ultimate Pilgrimage"
A series of DVD teachings by Swami Suddhananda
Followed by Q&A, discussion and short meditation

Self-retreats and healing holidays

Available anytime: see www.satchitanand.co.za/wellness_retreats/htm

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

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.