

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 09 October 2011 12:19 PM  
**Subject:** Newsletter: 09 October 2011



### Wise words

Live and strive for the highest ideal, but do not despair with lack of achievement. The answer is in striving and doing, not in results. For results rest with God, but seeking rests with man. Meet life without expectation, entanglement or shirking: everything can show the way to your goal, but remember that real beauty is beneath the surface. It is your right to be happy and yet you can create unhappiness in a perpetual restlessness of wanting. That which is meant and best for you will come; that which is real and true for you will remain.

Listen to all who talk from the heart. But do not follow their saying blindly, because your truth, your own truth, is within you. Obey the dictates of your heart therefore, and do not be afraid, because it will not lead you astray. The heart is the treasure-house of wisdom; the mind is the treasure-house of learning. So look to the balance between mind and heart: and what is felt as an inner, clear conviction, hold fast to that before all and do not waver. Yet as wavering will sometimes come because we are human, turn in quietness to your own depths and seek the Friend who ever dwells there, ever ready to encourage and inspire.

Be open and generous one with another. Practice those actions which will bring mind and emotion under control. Real happiness lies in making others happy, and the best way to increase your wisdom is by putting into practice that wisdom you have. Try not to worry. Be happy. [Sayings of Meher Baba]

Nurture strength of spirit to shield you in sudden misfortune. Do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. [Desiderata by Max Ehrmann]

Whatever we are waiting for – peace of mind, grace, contentment – will come when we are ready to receive it with an open mind and grateful heart. What you believe has more power than what you wish or dream or hope for. The happiness you feel is in direct proportion to the love you give. The value of personal relationship is that it creates intimacy, and intimacy creates understanding, and understanding creates love.

Do not fear mistakes – it takes as much courage to have tried and failed, as it does to have tried and succeeded. Knowledge rests not only upon truth, but upon error too. Birds sing after a storm. Every day brings a chance to start over. Failure is a signpost to turn you in another direction. Don't let today's disappointments cast a shadow on tomorrow's dreams. When you don't know what to do, be still and the answers will come. Worrying is wasted energy – use the energy to do something about what is worrying you. Trust your instinct,

intuition doesn't lie. Your gut is your inner compass. The only cure for fear is courage. It is not the mountain we conquer, but ourselves.

The ultimate measure of a man is not where he stands in times of comfort, but where he stands in times of challenge and controversy. Do not pray for an easy life. Pray to be stronger. Do not pray for tasks equal to your powers, pray for powers equal to your tasks. Then the doing of the work shall be no miracle, but you shall be the miracle. People will forget what you said, they'll forget what you did, but they won't forget how you made them feel. Dream as if you will live forever, live as if you will die today. [Anonymous]

Wisdom knows we are one  
Love is how it feels  
Compassion is how it acts

OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

## Yoga: note new summer times

Wednesday afternoons: 17h00 - 18h30

Thursday afternoons: 17h00 - 18h30

Cost: R50 per class

## Spiritual Retreats anytime

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

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*Young monks at Tergar Tibetan Buddhist Monastery, Bodhgaya, India, learning to be wise taken during mahamudra meditation retreat and teachings by Mingyur Rinpoche in Dec 2008*

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