

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 12 June 2011 02:28 PM
Subject: Newsletter: 12 June 2011



Veni Sancta Spiritus: Come Holy Spirit

One alone is my dove, my perfect one [Song of Songs]



*Come, Spirit, who is our light.
 Shine among the shadows within
 Warm and transform our hearts.*

*Come, Spirit, who makes a home in us.
 Draw us to the treasures of your dwelling
 Reveal to us the inner journey of love.*

*Come, Spirit, consuming fire of love.
 Fill us with enthusiasm for your vision
 May the desire for Truth be vibrant in us.*

*Come, Spirit, of wisdom and insight.
 Draw us toward your goodness and light
 Direct our growth and guide our ways.*

*[Extract from poem by Joyce Rupp]
 Photo from Lawrence :-)*

The spiritual path of a human being and his liberation consist in again becoming conscious of the divine origin of his soul and merging into this ocean of divine existence. It is God himself who wants the return of our soul, that tiny drop out of the limitless ocean of divine being. It is God's grace that infuses the longing into the human heart. The glory of the Spirit is given to us that we may be one in Spirit: *me in them and you in me, perfectly one*. He is that perfect dove upon whom the eyes of the bridegroom rest.

You saw how I carried you on eagle's wings and brought you to myself. From this you know

that now, if you obey my voice and hold fast to my covenant, you shall be my very own, for all the earth is mine. [Exodus]

The Spirit comes gently and makes itself known by its fragrance. It is light, very light. Rays of light and knowledge stream before it as it approaches. The Spirit comes with the tenderness of a true friend and protector to save, heal, teach, counsel, strengthen, console. Light floods the soul of the man counted worthy of receiving. The Spirit comes to enlighten the mind of the one who receives it, and then through him, the minds of others. It is the light of our minds and the splendour that irradiates our understanding. You receive power when the Holy Spirit comes upon you, and your life is transformed into a spiritual existence.

Light immortal, fire divine, with your love our hearts refine. Come our inmost being fill, make us all to do your will. Goodness you alone can give, grant that in your grace we live. Ever let your love descend, give us joys that never end ... [Hymn]

The whole of the Spirit is present to each individual. Though shared by many, he remains unchanged; his self-giving is no loss to himself. The Spirit pours forth his grace in full measure. To all creatures that share in him he gives a delight limited only by their own nature, not by his ability to give. The Spirit raises our hearts to heaven. As clear, transparent substances become very bright when sunlight falls on them and shine with a new radiance, so souls in whom the Spirit dwells, and who are enlightened by the Spirit, become spiritual themselves and a source of grace for others. From the Spirit comes foreknowledge of the future, understanding of the mysteries of faith, insight into the hidden meaning of Scripture, and other special gifts. Through the Spirit we become citizens of heaven, we are admitted to the company of angels, we enter into eternal happiness and abide in God. Through the Spirit we acquire a likeness to God, indeed, we attain what is beyond our most sublime aspirations – we become God. *[From a treatise On the Holy Spirit by Saint Basil the Great, Bishop]*

The Spirit of the Lord will take possession of you and you will be changed into another man. As we behold the glory of the Lord with unveiled faces, that glory transforms us into his own likeness, from one degree of glory to another ... [prophet Samuel]

Send your Spirit, the longed-for guest of our hearts. Through the Spirit unite us with yourself. Set our hearts on fire with love, take possession of our souls and make them your own. Let the light of the Spirit inflame our hearts and keep us always in your love. Light immortal, light divine, visit thou these hearts of thine, and our inmost being fill. Thou art the One with whom every soul longs to be re-united with. The Spirit of God is the spirit of love - whoever remains in love remains in God and God in him, and our love is brought to perfection.

Thy love is better than wine ... I found him whom my soul loveth: I held him and would not let him go ... Thou hast ravished my heart ... I am my Beloveds, and my Beloved is mine ... [Song of Songs]

Selected readings from the Divine Office and with blessings on Pentecost
OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

Yoga and Meditation

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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

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