

Sat Chit Anand

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Peace is every step

Walking meditation

Life is only possible in the present moment. In the past I have discarded the present moment in my search for an illusory happiness in the future. Now, thanks to the teaching of dwelling happily in the present moment, I have begun to wake up. My mindful breathing and walking bring me back to the present, and in this moment I am able to experience the wonders of life, here and now.

From now on I shall practice so that every step I take will bring me back to the present moment, to life, and to my true home. Whenever I take a step I shall be aware of my breathing and the wonderful contact between the sole of my foot and the surface of the Earth. I shall not speak during walking meditation. While I am walking I shall put all my heart into every step and nourish the happiness that will refresh and heal my body and mind.

I want each of my steps to contain the energy of solidity and freedom, bringing me back to the present moment. I vow that every one of my steps will help me to be in touch deeply with life and the wonders of life. I know that I am alive, I have two healthy feet, and to walk as a free person on this planet Earth is the true miracle. I shall practice mindful walking everywhere I go, so that I can express my love, respect and care for our precious Earth.

When I make steps with mindfulness, peace and joy, the Pure Land of the Buddha manifests immediately; the Kingdom of God becomes available right away. All the wonders of life are available in this moment – the budding leaves, the pebbles, the streams, the sound of the birds, the breeze, the ray of sunlight, the moon, the sparkling stars in the midnight sky. Yet, because I have often been pushed and pulled in many directions as I walk, I have not always been able to touch these wonderful things of life.

I want to walk on this planet Earth as a free person. Around me are people who do not walk as free people. They only know how to run. They run into the future because they think that happiness cannot be found in the present moment. They are walking on the Earth but their minds are up in the clouds. They walk like sleepwalkers, without awareness of where they are going. I also have the habit to lose my peace and freedom as I walk.

In the past I had the habit of walking as if someone were chasing me. I just wanted to arrive quickly and did not have stability and inner freedom while walking. I shall organize my daily life so that whenever I need to go somewhere on foot I shall walk mindfully, whether the distance is near or far. In the forest, by the bank of a river, or in the marketplace, I shall

practice walking meditation, so that I can produce and radiate the energy of ease, freedom, stability, peace and joy wherever I go.

I want to walk as someone who is awake, peaceful and free. With every step I take my feet will truly touch the Earth and I shall be aware that I am walking on the ground of reality and not in a dream. Walking like that, I am in touch with everything that is wonderful and miraculous in the universe. I vow to walk in such a way that my feet will impress on the Earth the seal of freedom and peace. I know that steps taken like this have the capacity to heal my body and mind as well as the planet Earth itself. [Thich Nhat Hanh: Touching the Earth]

Talk: Walking the Camino

Thursday evening:

16 September at 19h00

Cost: by donation

Camino is a Spanish word meaning "the Way" and refers to a pilgrimage which is over a thousand years old. There are a number of routes in Europe, all culminating in Santiago de Compostela in North West Spain. St James is the patron saint of Spain and it is believed that his remains were buried there.

STEPHNE ROCHE from Plett did the historic route starting at Le Puy en Velay on August 29th 2005. Le Puy is an old university city approximately 200 km south of Paris in France. It has a lovely cathedral which holds a mass every day to bless pilgrims and wish them godspeed on their way. She arrived in Santiago 1500 km later on 17th November and then continued for another 90 km to Finisterre (which means 'end of the earth' in Latin) on the Atlantic ocean.

STEPHNE will be giving a talk on WALKING THE CAMINO, with slide presentation and stories of some of the highlights and hardships that are experienced on such a pilgrimage. The talk will be followed by Q&A, tea and biscuits. All are welcome, whether you are interested in walking the Camino yourself, or simply being an armchair pilgrim!

"Do not loose your desire to walk - everyday. I walk myself into a state of wellbeing and walk myself away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. Thus, if one just keeps on walking, everything will be alright." [Soren Kierkegaard]

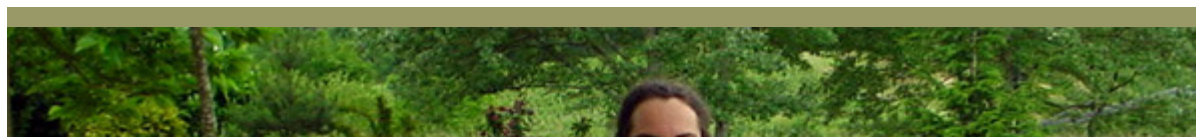
Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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There

is nothing to stop you
from being in touch
with life in the present moment.

The question is, do you have
eyes that can see the sunset
feet that can touch the earth?

Plum Village Monastery in France where we did walking meditation with Thich Nhat Hanh every day

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