

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 19 June 2011 09:55 PM  
**Subject:** Newsletter: 19 June 2011



## Trinity Sunday

*My Lord and my God,*

- *give me everything that leads me to Thee*
- *take everything from me that keeps me away from Thee*
- *take me away from me and give me to Thee.*

*[Nicholas of Flue]*

Today is Trinity Sunday. There is a trilogy in Christianity, Hinduism and Buddhism, and it is interesting to reflect on possible parallels that are expressed in vastly differing language. It has to be remembered that words are only pointers, and what they point to is beyond words and expressions ... In the Christian tradition we have the Trinity (Father-Son-Holy Spirit). In the Hindu religion we have the concept of Sat-Chit-Ananda (Being-Consciousness-Bliss). In the Buddhist tradition we have the 3 kayas (Dharmakaya-Sambhogakaya-Nirmanakaya). We have on many occasions shown how Sat-Chit-Ananda equates to the Trinity: Sat = the ground of being; Chit = the Christ consciousness; and Ananda = the Bliss or Spirit of Love. This newsletter will attempt to compare the Christian Holy Trinity and the 3 Kayas of Buddhism.

### THE CHRISTIAN TRINITY:

"God is the one power which brings all things into being; Christ is the one Son through whom all things come to be (manifestation); and the Spirit is the one gift of perfect hope. Nothing is wanting in this flawless union: in Father, Son and Holy Spirit, there is infinity of endless being, perfect reflection of the divine image, and mutual enjoyment of the gift." [From a treatise On the Trinity by Saint Hilary, Bishop, Divine Office Readings for Lenten Season, page 876]

The qualities of the Trinity are that all 3 aspects are (1) distinct and unique; (2) equal; and (3) in a relationship of love with each other. We are made in the image and likeness of God. Understanding God helps us to better understand ourselves. We share the same qualities of the Trinity: we are all (1) distinct and unique; (2) equal ie no-one is greater / lesser, higher / lower, our being or essence is the same; and (3) our essence is love. We seek love and we need love. It is difficult to exist without it. The most important thing in life is to love and to be loved. We should strive to know the Trinity – to know that I am in the Father and the Father is in me. We should strive to greater spiritual life, which embraces the mystical aspect and the aspect of contemplation (meditation) so that we can participate in the life of the Trinity. Contemplation leads to greater participation in both our inner and exterior life, and we will come to reflect the Trinity more fully. [From the Silver Jubilee Celebration this morning for Fr Richard Menatsi]

## THE TRIKAYA OF BUDDHISM:

The Trikaya or three Kayas are the three bodies which represent three aspects of Buddhahood in Mahayana Buddhism. Like the Trinity, they are not 3 different entities but existential states of being that are one in essence, yet diverse in their expression.

THE DHARMAKAYA = the unmanifest, the formless, the transcendent, the Ultimate Truth. The Dharmakaya is the Absolute, the Essence, the Unity of all things and beings in their unmanifested states. It is the basis of original unbornness, and the fundamental truth of emptiness. It is beyond all concepts, and is characterized by completion and perfection, out of which all forms arise. It is the "emptiness" out of which all creation manifests. *The Dharmakaya relates to God the Father in the Christian tradition*, the Source of all creation. As per newsletter dated 08 May 2011 (on website): There are two aspects of God: His transcendence and His immanence. In His transcendence, God remains beyond our knowledge and imagining – He is the greatest Mystery.

THE NIRMANAKAYA = the manifest, the form. This is the historical Buddha who is the embodiment of the essence of Buddhist Truth and Ultimate Reality. *The Nirmanakaya relates to God the Son in the Christian tradition*. In His immanence, God comes to us and desires to make Himself known to us – He is self-revealing, self-communicating, self-giving and self-sacrificing. In His immanence He reveals himself and comes to us in the physical aspect of enlightened beings, such as the Buddha or Jesus Christ Son of God. The function of such holy and enlightened emanations is to act as saviours and bring us back to God, our Divine true nature and the Source from where we came.

THE SAMBHOgakAYA = the bliss body / enjoyment body. *The Sambhogakaya relates to the Holy Spirit in the Christian tradition*. It is always present and is connected with communication on all levels, both verbal and non verbal. The Love and Light that burns within the heart of the Trinity desires to be in relationship with mankind. Both the Sambhogakaya and the Dharmakaya aspects are embodied within each sentient being. Khenchen Thrangu Rinpoche says: "[Our] nature is emptiness together with self-knowing clarity ... The Sambhogakaya is the nature of clarity, which can arise as anything whatsoever ..." [An Ocean of the Ultimate Meaning, pg 173]

"Because the Sambhogakaya and Dharmakaya aspects are not historically situated, we cannot attribute any kind of temporality to them. The Sambhogakaya teachings are not a personal matter, and in some sense they cannot even be said to be Buddhist. The Sambhogakaya has embodied its meanings right from the beginning, before the time of the Buddha. It embodies them now, and it will embody them again in the future for the auspicious coincidence of time is never ceasing". [Quote from *The Three Kayas: The Bodies of the Buddha* by Traleg Rinpoche] It is submitted that the 3 Kayas and the Trinity are timeless fundamental truths that belong to all religions, whether Buddhist, Christian or Hindu.

Thanks to Jenny Watson and Tracy Sowter who gave thoughtful input on this topic.  
OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

## Yoga and Meditation

Tuesday evenings: 17h30 - 19h00

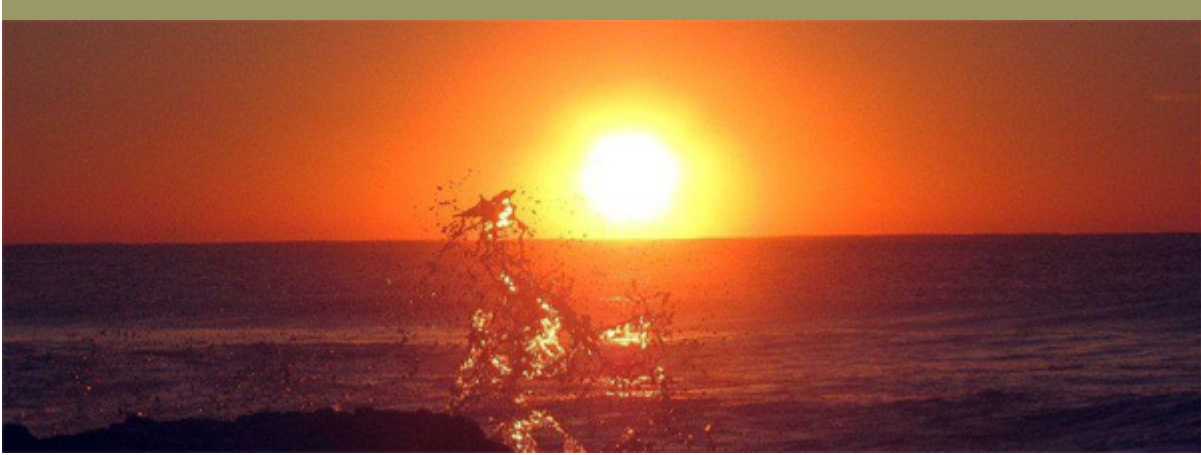
Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

## Spiritual Retreats anytime

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

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*We are all sons in the son.*

*Photo from Lawrence :-)*

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