

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 19 September 2010 01:59 PM
Subject: Newsletter: 19 September 2010



Acceptance: Grant that I may accept the things I cannot change, change the things I can, and have the wisdom to know the difference.

The most important relationship in life is your relationship with the now. The present moment is inseparable from life (and life is inseparable from God), so your attitude to it determines your relationship to life. Ask yourself: What is my relationship with the present moment? Is it friendly, open, accepting? Or is it fearful, rejecting, resisting? Am I fighting against life: me / the ego vs the Universe. If you don't accept life and what it brings, you will experience life as hostile, negative and unsupportive. There will always be challenges but you don't have to make them into problems.

Ask yourself: *Can I accept this moment? Can I be the space for this?* As you become more accepting and peaceful of the moment, your energy field affects others and change happens. This is how one moves beyond the ego. By being aware. By being present. By making friends with the present moment. Ego has a dysfunctional relationship with the present moment – it ignores, resists, or devalues it. Ego doesn't want to be here and now. It always wants to be somewhere else, where illusory happiness might be found. When you live fully present, ego diminishes – it cannot survive in the present moment. So surrender negativity and resistance, which comes from the ego, as it arises. *Can I allow this moment to be as it is, knowing that all things are impermanent and will pass?*

Be true to life by being true to this moment. Life is always and eternally now. The present moment is sacred. If you don't honor the present moment, you are not honoring life. Your state of consciousness in the now, determines what will manifest in the future. Life is a gift – live every day as a thank you note. By being true to the now, life will become helpful, it will bring to you what you need. When you are in alignment, things fall into line. As you become more in tune (aligned) with life, you will experience more harmony and synchronicity. When you shut out the now, it can't support you. When you accept the now, changes often come about (almost miraculously). As you learn to trust this, there is less fear moving forward.

With acceptance comes spaciousness and peace. The peace that passes all understanding comes when you live fully at peace with the present moment ie there is acceptance and surrender. Acceptance doesn't mean that you do nothing. It means that you first make peace with the situation, before acting. Then your actions are more powerful. If you act from a place of acceptance, your actions are empowered by life, whereas if you act from a place of resistance, your actions are not empowered. Acceptance and surrender are keys to the greatest power in the Universe.

Based on: A NEW EARTH by Eckhart Tolle



Celebrate: International Peace Day 21 September Heritage Day 24 September

Peace is not something you wish for - it is something you make, something you do, something you are, something you give. Peace starts within and radiates into the world. The peace we create within ourselves creates the emergence of peace outside ourselves. Be the peace you wish to see in the world: extend more kindness, respect others, show more appreciation, offer your care, open your heart, be generous, have more compassion, this peace day and everyday. Let peace be our heritage. Om Shanti.

Talk: The Radiance of Everyday Life

Thursday evening:

30 September at 19h00

Cost: by donation

At the core of Buddhist teachings is an invitation to arrive fully and without hesitation in our present experience, whatever that might be. This talk will draw on the Lojong or Mind Training teachings of the Tibetan Buddhist tradition to highlight the profound wisdom, open-heartedness, and clarity available to us in the ordinary moments of everyday life. These teachings contain simple guidelines that help us to use our daily struggles and mishaps as the very ground and inspiration of our spiritual practice.

Charlotte Rotterdam and Pieter Oosthuizen are teachers in the Tibetan Buddhist tradition, and Charlotte is on the faculty of Naropa University in Boulder, Colorado. They served as Directors and are currently Board members of Tara Mandala Buddhist Retreat Center, and directed Naropa's School of Extended Studies for many years. Charlotte received her Masters degree from Harvard Divinity School; Pieter received an LLB from the University of Johannesburg.

NOTE: There will be nothing on Thursday 23 September. More details on this talk will be given in our next newsletter.

Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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