

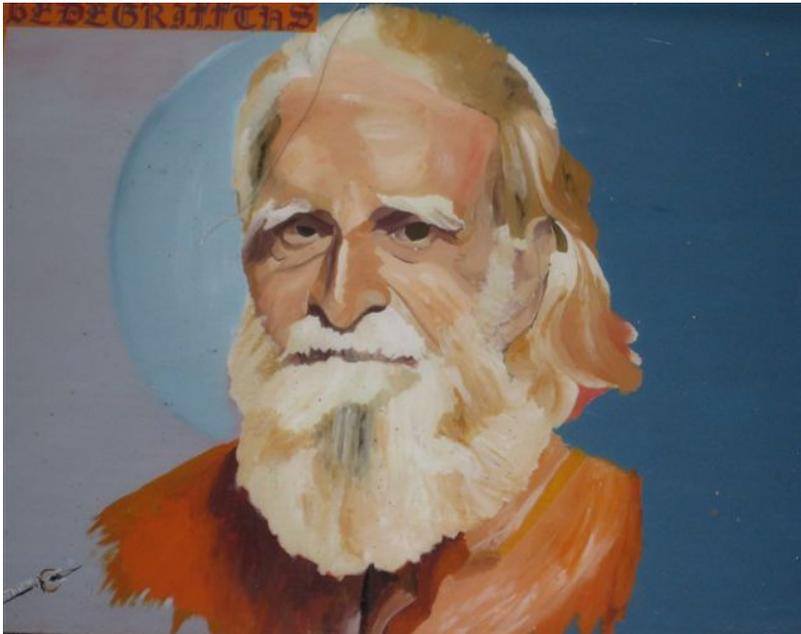
Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 20 February 2011 12:02 PM
Subject: Newsletter: 20 February 2011



You will know the Truth, and the Truth will make you free.
 [John 8:32]

Only when we have broken with the illusion of this world and faced the reality which is hidden in the depths of our being will we find peace.



The whole question is, what is the true centre of man's being? Is it the ego, making itself independent, seeking to be master of the world, or is there something beyond this, a deeper centre of being, which is grounded in the Truth, which is one with the universal Being? This is the great discovery of Indian thought: the discovery of the Self, the Atman, the ground of personal being, which is one with Brahman, the ground of universal being. It is knowing this Truth that will make you free. This is redemption, to be set free from the senses and

the material world, and to discover their ground and source in the Self / God.

The fall of man is the fall from this ground, from this centre of freedom and immortality, into subjection and slavery to the senses and the material world, where the connection to the Divine is lost. How then to recover from this fall, how to return to the centre? This was Father Bede's consuming passion and quest, and it took him on the greatest spiritual adventure of all: return to the Source. He provides a guiding light to all in search of Ultimate Truth.

Father Bede points to the Transcendent Mystery that is present everywhere, in everything, yet it escapes our grasp. It is the ground of all existence, from which all things come, and to which all things return, but which itself never appears. It is smaller than the small, greater than the great, hidden in the heart of every creature [Upanishads]. This mystery lies behind all religion. It is hidden in the heart of every man, and it is the deepest desire of the heart to find it.

The whole world is a sign of this mystery, which is everywhere and nowhere. God is the name that we use for this inexpressible mystery. Father Bede first discovered this mysterious presence in nature, which gradually disclosed itself as the infinite and eternal Being, of whose beauty all the forms of nature are but a passing reflection. *"I remember the feeling of awe which came over me. I felt inclined to kneel on the ground, as though I had been standing in the presence of an angel; and I hardly dared to look on the face of the sky, because it seemed as though it was but a veil before the face of God."*

OM SHANTI, LOVE LEELA

Movie: Father Bede Griffiths: The Human Search

Thursday 24 February at 7pm in St Christophers Church Hall

The life story and spiritual search of Fr Bede Griffiths, Benedictine monk who went to India to "discover the other half of my soul". There he put on the saffron robes of a Hindu monk and became spiritual head of a Catholic Ashram with Hindu affiliation in Southern India called Saccidananda, where he lived until his death. He became a leading figure in Christian-Hindu dialogue and understanding, and is author of several books including: *The Golden String, The Marriage of East and West, Return to the Centre, The Cosmic Revelation, Christ in India, River of Compassion*, a commentary on the Bhagavad Gita. Fr Bede presents a vision of Christianity that is reformed by exposure to the philosophy and spirituality of the East, and he promotes a world in which the boundaries between religions are transcended by the search for Truth that is universal. *"One of the greatest needs of humanity today is to transcend the cultural limitations of the great religions and to find a wisdom, a philosophy, which can reconcile their differences and reveal the unity which underlies all diversity."* [Father Bede] Leela will introduce the movie, and will be available for questions afterwards, having recently spent a few weeks at Saccidananda Ashram, where she became an Oblate and is spiritually affiliated to the Ashram.

Spiritual Teachings on Meditation

A series of 6 DVD teachings by Swami Suddhananda

Starting in March

Thursday evenings: 19h00 - 21h00

Cost: by donation

Gentle Mindful Hatha Yoga

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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