

## Sat Chit Anand

---

**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 22 May 2011 02:06 PM  
**Subject:** Newsletter: 22 May 2011



### Personal: Confirmation

I have called you by name - you are mine.  
 You are precious in my sight, and honored,  
 and I love you - Isaiah 43

On a personal level ... There are over 1000 people on this mailing list. Some people have been commenting that my newsletters have become "very Christian" this year, so I thought an explanation was due: A spiritual path that is alive is in a constant state of dynamic unfolding into more wisdom, understanding, freedom and love. I write about my current areas of exploration, based on how my spiritual path is unfolding. For some time now, I have been drawn to re-embrace the religion of my birth, and events in my life have guided me in this direction. I am reminded of Kahlil Gibran's words: *And think not you can direct the course of love, For love, if it finds you worthy, directs your course.*

It gives me pleasure to announce that at the end of the month, I will be getting confirmed as a Catholic. I would like to make it clear that this is not a "conversion" but an inclusion, a move towards greater wholeness and inclusivity. The word "Catholic" in Greek is "Kataholos" which means: pertaining to the whole. As I enter into the study and practice of different religions, I do so with sincerity and totality. So when I studied Buddhism for 10 years, I took refuge vows, bodhisattva vows as well as various other empowerments. My being confirmed is a commitment to growing within the Christian tradition and participating more fully in its sacraments, especially the sacrament of holy communion. It is an expression of my opening my heart wider and joining the dance of love that exists at the heart of the Trinity.

This is where my spiritual journey is taking me and I am happily moving in this direction. I am fascinated by the interface between the world's great religions, and believe they have the capacity to learn from each other, thereby enriching and enhancing each other. So I will most likely continue to write "very Christian" newsletters as I continue to explore and enter more deeply into the great mysteries within this tradition. The Buddha said: do not accept my teachings as true merely because I said so, investigate them for yourselves, and only if you find them to be true for you, then accept them as true in your lives. I carry this same attitude of enquiry into my current exploration with the hope and intention of penetrating more deeply into the great sacred mysteries within the Christian tradition, and having aspects of them revealed to me, so that I can assimilate them, not through "blind faith" but through genuine understanding and acceptance. Truth has to be a personal revelation to make it meaningful and life-transforming. You are invited to continue sharing in this, the greatest journey that one can undertake in life.

For those of you who are not interested in the direction in which these newsletters are moving, let me know and I will remove your names from the mailing list. My writing is an expression of my passion in life, so I can only write about what I am currently interested in and engaged with. You are also free to simply delete the newsletters whose topics do not interest you. And of course, you might continue to read and hopefully learn something and be inspired by them ... Anyone who would like to attend my confirmation is invited to do so - I value your support. There will be a special ceremony conducted by the Bishop Fr Frank, followed by tea and cake in the Church Hall.

St Christopher's Catholic Church, Church Street, Sunday 29 May at 09h00

## Movie: Seven Spiritual Laws of Success

When we begin to experience our life as the miraculous expression of Divinity, then we will know the true meaning of success - Deepak Chopra

Law is the process by which the unmanifest becomes manifest. All of creation is the result of the unmanifest, unknown and invisible, transforming itself into the manifest, known and visible. The physical universe is nothing other than the Divine curving back within Itself to experience Itself as spirit, mind and matter. All processes of creation are processes through which Divinity expresses Itself. Consciousness in motion expresses itself as the objects of the universe in the eternal dance of life. The physical laws of the universe are actually this whole process of Divinity in motion. When we understand these laws and apply them in our lives, this brings about the fulfillment of our deepest desires.

Based on the best-selling book by Deepak Chopra and featuring music from Olivia Newton-John and beautiful cinematography. Includes powerful personal stories from Olivia Newton-John and others about challenges they've faced eg cancer, addiction, retrenchment, which placed them firmly on the path towards experiencing life's fullest potential. Their compelling narratives are intertwined with Deepak's essential teachings, distilled into seven simple yet profound principles that anyone can employ to create success in life.

Thursday 26 May at 19h00, Longstone Road, followed by tea and cake, all welcome

## Gentle Mindful Hatha Yoga

Includes asanas, guided relaxation, pranayama breathing and meditation

Tuesday evenings: 17h30 - 19h00

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

## Spiritual Retreats anytime

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

**INTERFAITH SPIRITUAL RETREAT CENTRE | RETREATS & HOLIDAYS | MEDITATION | YOGA  
| WELLNESS | BODYWORK TREATMENTS AND HEALING THERAPIES | STRESS REDUCTION**



*A new day dawns*

Please forward this email to friends who might be interested.  
Please notify us if you wish to be added or removed from our mailing list.