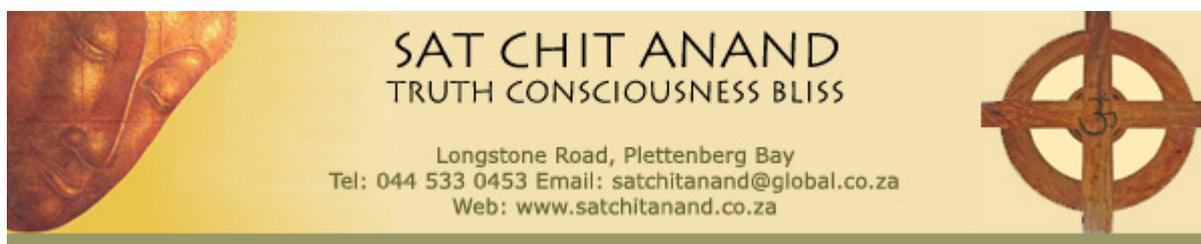


Sat Chit Anand

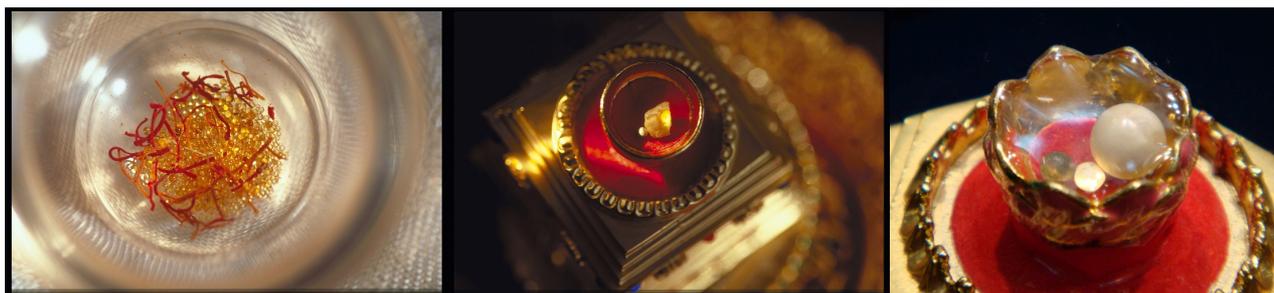
From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 24 July 2011 12:01 PM
Subject: Newsletter: 24 July 2011



Heart Shrine Relics Talk, Monday 01 August at 7pm Sat Chit Anand, Longstone Road, Plett

The purpose of the Heart Shrine Relics Tour is to inspire people of all spiritual traditions to experience the blessings of the relics.

It is an inter-faith celebration that focuses on our shared human qualities – love, compassion, and the importance of having a good heart.



The Relics Tour is linked to the Maitreya Project initiated by one of my revered teachers, Tibetan Buddhist Master, Lama Zopa Rinpoche. Maitreya is the future Buddha - the next Buddha to manifest, and he represents loving-kindness. By meditating on loving-kindness, peace naturally arises in our hearts and in our surrounding world.

A unique and precious collection of more than 1000 sacred Buddhist relics will be permanently displayed in the Heart Shrine of the Maitreya Buddha statue currently being built in Kushinagar, India. Meanwhile, it is the wish of the Spiritual Director of the Maitreya Project, Lama Zopa Rinpoche, that the collection should travel throughout the world to bring the blessings of the relics, and the message of loving-kindness, to people everywhere. The collection includes relics of the historical Buddha (given by His Holiness the Dalai Lama), and the Buddha's closest disciples, as well as many other well-known Buddhist masters from different Buddhist traditions.

About the Relics



Relics are beautiful pearl-like crystals found in the ashes of Buddhist Masters and highly evolved beings after they have been cremated. Buddhists believe these relics are produced as a result of the master's spiritual qualities of compassion and wisdom. Since we can all develop these qualities, the relics are a reminder of our own essential nature of purity

and our inner potential to manifest that. Viewing holy relics inspires us to develop our own hearts and minds, to develop loving-kindness and compassion and to understand spiritual teachings.

The relics are extremely rare and precious, and bring the blessings of the enlightened energy that they carry. Visitors often report experiences of inspiration and healing when in the presence of the relics. While some are inspired to pray for world peace and to develop their inner wisdom, others are overcome by emotion as the powerful effects of the relics open their hearts to compassion and loving-kindness.

Benefits of seeing the Relics



"I have seen thousands of people transformed by the presence of these relics. I have felt them transform my own mind ... They emit some sort of transmission that can make a person open to their hearts and to the hearts of others. I don't know how, but the relics seem to connect people to the enlightened experience, what we call Buddha's blessings." - Venerable Paula Chichester, Relic Tour Manager Africa 2009

When the Buddha lived in India in approximately 563 BCE the people of that time had the opportunity to actually see and hear him, to be blessed by him in his human form. In approximately 483 BCE the Buddha left the Earth by passing into nirvana (the enlightened state). At that time he compassionately left relics so that today we still have the opportunity to receive blessings of the Buddha directly. *"The Buddha emanated many kinds of relics out of compassion for us, in order to help us sentient beings generate faith in our mindstreams as a cause to receive blessings, purify our negativities, and accumulate merit." - Lama Zopa Rinpoche*

Spiritual masters throughout history have blessed the world with their relics in this way and this phenomenon is still happening today. For instance, in 2001, Geshe Lama Konchog passed away at Kopan Monastery in Nepal. After his body was cremated those attending the funeral rites were astonished to find hundreds of crystal-like relics among the ashes. *PERSONAL NOTE: I did a one-month meditation retreat with Lama Zopa Rinpoche at Kopan Monastery in 2002, and saw the relics of Geshe Lama Konchog. They were unbelievably beautiful - if I had not seen these relics with my own eyes, I would not have believed it.*

Relics Tour in Zimbabwe, Namibia and South Africa

Monday 1st August: Plettenberg Bay

Seating limited to 40 persons, so come early!

Dont miss this extremely rare opportunity!

5, 6, 7 August: Port Elizabeth

Contact: Lee Morgutti

Email: leemorgutti1@gmail.com

Telephone: 041 368 7068

12, 13, 14 August: Durban

Contact: Elizabeth Gaywood

Email: cormkt@mweb.co.za
Telephone: 031 701 4307 / 083 551 3709

Hatha Yoga

Tuesday mornings: 08h00 - 09h00 at Market Square gym

Wednesday afternoons: 16h30 - 18h00 at Sat Chit Anand

Thursday afternoons: 16h30 - 18h00 at Sat Chit Anand

Cost: R50 per class

Spiritual Retreats

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

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Please notify us if you wish to be added or removed from our mailing list.