

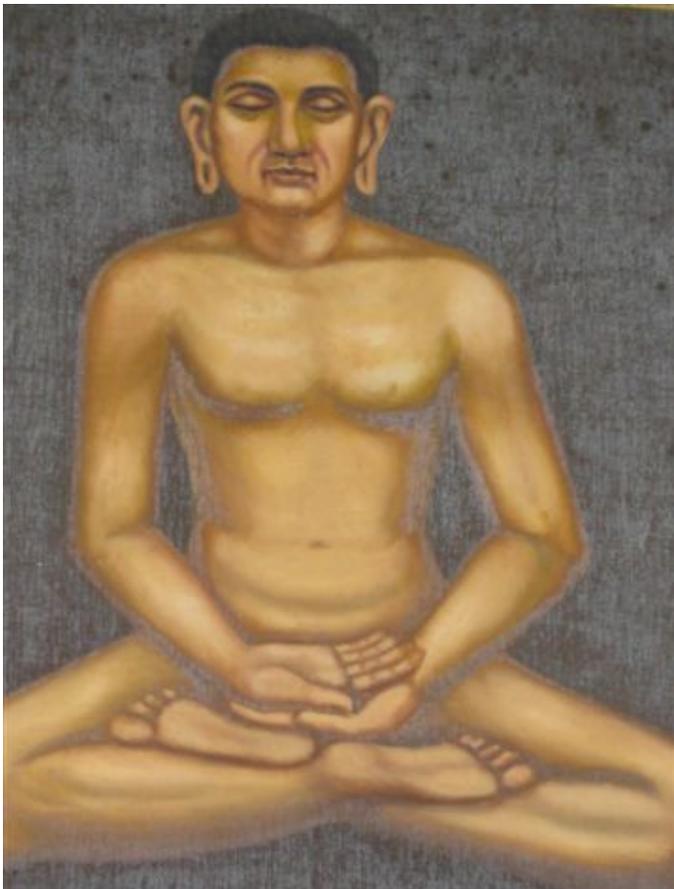
## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 27 February 2011 12:29 PM  
**Subject:** Newsletter: 27 February 2011



The responsibility to change your mind rests on you.  
 Nobody can do it for you.



Thoughts exist in consciousness. They scream in your consciousness and drive you crazy! What have you done about it? You are very aware of the faults of others, but you are blind to your own faults. It is up to you to practice until you no longer identify with the body, thoughts and emotions, but reside in your true Self. Then you can smile at the pranks of the mind. You can have fun with your mind – let the monkey dance! The mind is like a restless monkey, always pushing you around. The I-thought is the monkey that is restless, bored, frustrated etc.

Consciousness is always in Samadhi. Remember that you are consciousness itself. Practice seeing this – that you are the happiness – when you are with your true Self, you are happy. See this. See also that the mind will oppose this. The I forgets its own nature and drags its projections onto itself all the time. It loses itself in thoughts. If you are

overtaken by any thought or emotion, whether good or bad, then you have lost sight of your Self.

Ignorance creates the I-thought. Knowledge knows that the I-thought is not required in order to be. It is only needed functionally. Understand thoughts and don't create a dependency on them. Meditation is needed in order to stop identifying with the I-thought. Don't meditate just to relax, have visions, feel blissful, get silent etc. The purpose of meditation is to be aware of your Self, and stop jumping into roles. In the beginning, be with your Self for short periods of time, and then gradually extend this.

See that the I-thought is a false entity and counteract it. Nothing else bugs you except the I-

thought. So drop it – drop the relative I and focus on the Absolute I. If the mind won't cooperate, give it a mantra to recite so it doesn't go into habitual thinking and negativity. When you dwell on misery, then you are identifying with it and strengthening it. Practice counteracting your old conditioning and mind patterns. Meditate on your Self which is happiness and extend that, strengthen that. Who you are is uncaused, uninduced happiness. Remember your true nature: you are pure awareness. This must become an effortless undercurrent: I am Sat-Chit-Ananda.

Based on teachings by Swami Suddhananda, Tiruvannamalai, India  
OM SHANTI, LOVE LEELA

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