

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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Prayer and Meditation



*No hymn can do you honour,
 no word can tell, or thought express your
 glory;
 you are the Source of every word and every
 thought!*

*By what name shall I call you -
 you who have all names,
 and whom no name can name!
 You who are beyond, beyond all -
 what other name befits you?*

[Hymn to God, by Gregory of Nazianzen]

God has not created us merely to work with our hands and our brain, but rather to adore in the deep silence of the heart. Even beyond adoring him, we are called to plunge into that infinite silence, to lose ourselves there, unable finally to utter a single word, even of praise or adoration, for no word can express the mystery of God, our own mystery face to face with God ...

This mystery is present in every human heart. In the place where God abides, no-one is separated from his brothers and sisters. At the very centre of his heart, where God is and where God alone is, one finds mysteriously present the whole human family and all creation. All times are present in that moment of which you are consciously aware - all that was, all that is, all that will be, and also all that transcends the three times. There too is the very consummation and fulfilment of the Universe, as well as its origin. Anyone who has made his home at his own true centre is by that very fact established at the source and origin of God's self-manifestation.

[Abhishiktananda: Prayer, pg 51. Abhishiktananda (French Benedictine monk, Hindu sanyassin, and mystic) is one of the founders, along with Fr Bede Griffiths, of Saccidananda Ashram in India]

The glorious duty of man is to pray and to love. If you pray and love, that is where a man's happiness lies. Prayer is nothing else but union with God. When one has a heart that is

pure and united with God, he is given a kind of serenity and sweetness that makes him ecstatic, a light that surrounds him with marvelous brightness. In this intimate union, God and the soul are fused together like two bits of wax that no one can ever pull apart. This union with God is a lovely thing. It is a happiness beyond understanding. Through prayer we receive a foretaste of heaven and something of paradise comes down upon us. Prayer never leaves us without sweetness. It is honey that flows into the soul and makes all things sweet. [St John Vianney, Fr Johan's patron saint and the one who gave him the message: ALL IS WELL]

Union with the beloved is ecstatic sweetness, happiness beyond understanding.
The religion of love is apart from all religions.
The lovers of God have no religion but God alone.
Rumi (extract from The Shepard's Prayer)

Talk by Zen Master Dae Bong Thursday 08 September 19h00

Zen Master Dae Bong Sunim has lived and trained in meditation centers and temples in the US, Europe, and Asia for over 30 years. He has travelled extensively throughout the world teaching Zen. Currently, Zen Master Dae Bong is the Head Spiritual Teacher at Mu Sang Sa - Gyeryong Mountain International Zen Center in South Korea. He is visiting SA in September, and will be giving a talk at our Centre. This is a wonderful opportunity to meet an authentic Zen Master and ask all the questions you want about the challenges of walking a spiritual path, Buddhism, meditation, transformation etc. Dae Bong Sunim is very conversant with all the Zen Teachings and the sutras and scriptures. He enjoys talking on topical subjects which are relevant to today. NB diarize this date!

OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA

Photo: our new PRAYING BUDDHA statues which sit on either side of our front entrance.

Spiritual Retreats anytime

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

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