

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 29 August 2010 02:41 PM
Subject: Newsletter: 29 August 2010



The Perennial Philosophy is the ancient wisdom That underlies all religions from the earliest times.

The Perennial Philosophy is the ancient wisdom which underlies all religions from the earliest times. All are based on the Perennial Philosophy, developed under different situations and in different circumstances, and all embody in their different ways this ancient wisdom and the wholeness of life. These different traditions will one day be seen as interrelated and interdependent, each giving a particular and new insight into Ultimate truth and reality. We are not seeking a syncretism in which each religion will lose its individuality, but an organic growth in which each religion has to purify itself and discover its own inmost depth and significance, and then relate itself to the inner depth of other traditions. This is one way which we can advance towards that unity in truth which is the ultimate goal of mankind.

But it is only realized when we pass beyond the external forms of religion and encounter the hidden depth in each religion – the mystical tradition – which is at the heart of all genuine religion. As long as we remain on the level of external religion with its dualities of time and space, of subject and object, of good and evil, of truth and error, of God and man, we shall never overcome the conflicts of religion. It is only in the mystical tradition of each religion that we can rise above the dualities, neither confusing the opposites, nor separating them, but recognising the mystery of the transcendent non-dual Reality, in which alone the answer to all human problems can be found. The perception of reality revealed in mystical experience is the same for all human beings, because it is the one reality that is perceived, independent of culture and faith. All opposites are eventually reconciled in the universal truth, since they are all partial expression of the one reality, the one God.

Father Bede stripped back all doctrine and dogma and found the same core essence in all religion. He said: The message I am trying to convey is the unity behind all diversity ... I have tried to show how all the main religious traditions – Hindu, Buddhist, Taoist, Sikh, Muslim, Jewish and Christian – all converge on advaita, on non-duality, as the Ultimate truth and reality. We are emerging now into this new consciousness where we realize the unity of creation, the unity of humanity. The only way to reach this state of differentiated wholeness is to go beyond duality; and the only way to go beyond duality, to transcend conflicts, is meditation, the art of going beyond the mind. This leads to contemplation, the goal of all Christian life, which he called 'knowledge by love'.

The mystery of Christ is the Ultimate truth, the reality towards which all human life aspires. And this mystery is known by love. Love is going out of oneself, surrendering the self, letting the reality, the truth, take over ... it is not something we achieve for ourselves. It is something that comes when we let go. We have to abandon everything – all words,

thought, hopes, fears, all attachment to ourselves or to any earthly things, and let the divine mystery take possession of our lives. It feels like death, and it is, in fact, a sort of dying. It is encountering the darkness, the abyss, the void. It is facing absolute nothingness and it is the union of the nothing with the Nothing. This is the negative aspect of contemplation. The positive aspect is, of course, the opposite. It is total fulfillment, total wisdom, total bliss, the answer to all problems, the peace which passes understanding, the joy which is the fullness of love.

Our search today is for this experience of non-duality, the ultimate truth in all religions. God and the world are not two. The Buddhist – and the deeper Christian view – is that God and this world are not two. They are not one and they are not two. This has a relative reality. Its whole being is from and in and through the Divine, which is the Ultimate reality and we must try to reach that. The Supreme is present among us, and we must be aware that at every moment and in every place, we are in the presence of that Divine mystery.

With extracts from BEYOND THE DARKNESS: A BIOGRAPHY OF BEDE GRIFFITHS

Note

* Several people kindly pointed out that the beautiful quote: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure ..." commonly attributed to Nelson Mandela is actually by Marianne Williamson in her book: "A Return to Love: Reflections on the Principles of a Course in Miracles".

* Our movie last week: "The Shadow Effect" was enjoyed very much by all. If you missed any of our great movies, most of them can be purchased from: Music to Nourish, tel 021 701 2241, email info@musictonourish.com

* Thank you to Dr Jenny Gardy, who is one of the few Shadow Work Integrative Coaches certified by the Debbie Ford Institute in SA, who kindly made herself available for Q&A after the movie. Thanks Jenny, that was a bonus!

* A BIG thank you to Stephne, who ever so kindly donated two church pews to the Centre. Our interfaith aspect is slowly building up: interfaith meditation chapel, beautiful painting of Jesus on the cross entitled "surrender", and now 2 church pews! This is very exciting! ... Inviting a beautiful angel statue to grace our gardens ...

Spiritual Teachings

A NEW EARTH: DVDs with Eckhart Tolle and Oprah

The last teaching session will be split over 2 weeks

Thursday evenings: 19h00 - 21h00

Cost: by donation

Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Wednesday afternoons: 16h30 - 18h00

Cost: R50 per class

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



There are many paths to climb a mountain, but they all reach the same peak.
Photo by Tim O'Hagan, Hout Bay, Cape Town

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.