

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
Sent: 14 November 2010 08:54 PM
Subject: Newsletter: 14 November 2010



I saw a new heaven and a new earth, for the first heaven and the first earth had passed away ... Revelation of St John

Last week we looked at the possibility of using our free will to serve our own purposes. This is the basis of the ego-centric approach, and it leads to walking the path of ignorance and darkness. The other possibility is that we use our freedom of choice to serve higher purposes. Instead of turning away from the light of the One Spirit that pervades all beings, we turn towards walking towards the light. Instead of turning outwards to the reflected beauty of the material world, as reported by his senses, we turn inwards to the true beauty of the Divine. We turn to the life of the Spirit, to the inner source of godness.

There has to be a turning around, a change in focus. In the beginning, the outward pull seems more real and desirable than the inward pull to Truth or Reality or God or Self. Most people are likely to be pulled both ways and throughout this process it may seem like sacrificing what seems to be real happiness (that comes from without) for presumptive happiness (that comes from within). We need encouragement to make this transition. By not making it, one becomes more weak and distracted and subject to outer influences. By making it, one become more happy and peaceful, strong and radiant, and better able to help others.

The path of light involves turning our back on the values of the world, which are so prevalent and enticing. They are represented externally by materialism, consumerism, money, power etc, and internally by desire, greed, self-gratification at all cost, anger, hatred, fear etc. We renounce these forces and turn towards the values of the Spirit – kindness, generosity, love, compassion, forgiveness. Forgiveness does not mean that you condone something, but that you don't bear hatred and thereby increase hatred in the world. As the Buddha said: Hatred never ceases by hatred, but by love alone is healed. This is the ancient and eternal law.

The path of light leads us to recover our lost unity with the Source of all life. So we see the importance of exercising our free will to make the right choices. This is done over and over, until it becomes natural and spontaneous. In the world today, the contrast between these two paths is visible more clearly mabey than ever before – we are faced with a crisis situation on this planet that threatens our very survival as a species. So it is crucial that we learn to use our intelligence to serve the whole and not the part. We have to subjugate our ego-centric selfish will to the will of the Spirit. This is following the higher path that leads to life and resurrection. The karmic consequences of our actions are increasingly becoming

visible: darkness, death and destruction, or redemption and life, a return to unity consciousness, to creating a New Earth where beings can live together in harmony and peace.

We are all creators. We are creating all the time. We are responsible for creating the kind of world that we live in. As the Buddha said: If you want to know your future, look into your present actions. Let us create a better future based on love not fear, on giving not getting, on helping not harming, on supporting not exploiting, on building up not breaking down, on creating conditions for happiness not suffering. Then we can all live in the Pure Land, the prophesised New Earth. The Bible begins with the mythological story of creation in the book of Genesis, and ends with the story of the new creation in the book of Revelations. The biblical revelation can be seen as a gradual unfolding of this mystery of a 'new creation', a passage beyond this present world into a new state of being and consciousness.

A profound shift in planetary consciousness is taking place in the human species. This is the spiritual awakening we are beginning to witness. A new stage in evolution must transcend our present state of consciousness. Every religious tradition reveals something of this transcendent state. It is the destiny of human consciousness to be transformed by Divine consciousness, and to enjoy conscious participation in the Divine mode of being. Due to the power of interdependence, the whole creation will also undergo a radical transformation, as it participates in the transformation of human consciousness. 'For the creation itself will be set free from its bondage to decay and obtain the glorious liberty of the children of God.' [Romans 8:21]

Gentle Mindful Hatha Yoga

Tuesday evenings: 18h00 - 19h30

Note: No Wed class this week

Friday mornings: 09h00 - 10h30

Cost: R50 per class

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



Paradise regained is the fulfillment of creation: 'Behold, I create a new heavens and a new earth, and the former things shall not be remembered or come into mind.' [Isaiah 65: 17]

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.