

Sat Chit Anand

From: "Sat Chit Anand" <satchitanand@global.co.za>
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The River of God

*Spiritual aspirants ask their teacher:
 What is the cause of the cosmos?
 From where do we come? By what do we live?
 Where shall we find peace at last?
 What power governs the duality of pleasure and pain
 By which we are driven?*

*Time, nature, necessity, accident,
 Elements, energy, intelligence –
 None of these can be the first cause.
 They are effects, whose only purpose
 Is to help the self to rise above pleasure and pain.*

*In the depths of meditation,
 Sages saw within themselves the Lord of Love,
 Who dwells in the heart of every creature.
 Deep in the hearts of all he dwells.
 Hidden behind the gunas of law, energy, and inertia.
 He it is who rules over time, space and causality.*

*The world is the wheel of God, turning round and round
 With all living creatures upon the wheel.
 The world is the river of God,
 Flowing from him and flowing back to him.*

*On this ever-evolving wheel of life,
 The individual life goes round and round,
 Believing itself to be a separate creature,
 Until it sees its identity with the Lord of Love,
 And attains immortality in the invisible whole.*

*He is the eternal reality, sing the scriptures,
 And the ground of existence.
 They who perceive him in every creature merge in him
 And are released from the wheel of birth and death.*

*The Lord of Love holds in his hand the world,
 Composed of the changing and the changeless,*

*The manifest and the unmanifest.
The individual self, not yet aware of the Lord,
Goes after pleasure, to become bound more and more.
When it sees the Lord, there comes the end of its bondage.*

*All is change in the world of the senses,
But changeless is the supreme Lord of Love.
Meditate on him, be absorbed in him,
Wake up from this dream of separateness.*

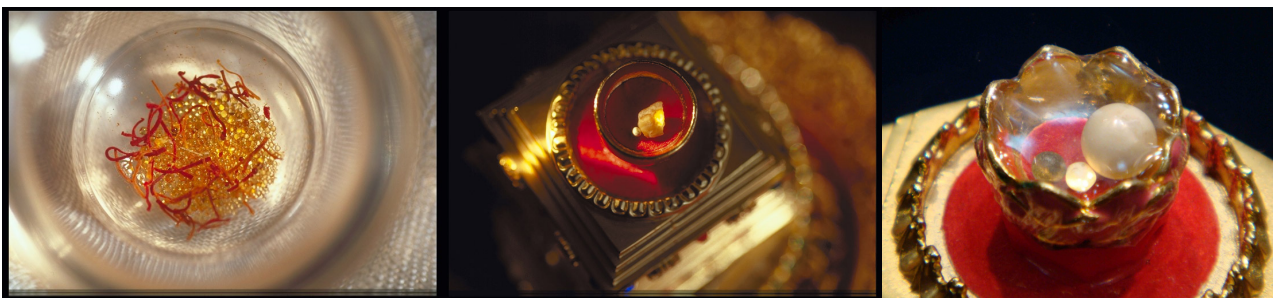
*Know God and all fetters will fall away.
No longer identifying yourself with the body,
Go beyond birth and death.
All your desires will be fulfilled in him
Who is one without a second.*

*Know him to be enshrined within your heart always.
Truly there is nothing more to know in life.
Meditate and realize the world is filled
With the presence of God.*

*The Supreme Self is hidden in the hearts of all.
Realize the Self in the depths of meditation –
The Lord of Love, the Supreme reality
Who is the goal of all knowledge.*

*This is the highest mystical teaching.
This is the highest mystical teaching.
SHVETASHVATARA UPANISHAD*

Heart Shrine Relics talk and mini-exhibition, Thursday 28 July 7pm



Relics are beautiful pearl-like crystals found in the ashes of Buddhist Masters and highly evolved beings after they have been cremated. It is believed that 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 ... NB: Talk and mini-exhibition of precious relics in Plett not to be missed ... More details next week.

All your desires will be fulfilled in him who is one without a second.

*Know him to be enshrined within your heart always.
Truly there is nothing more to know in life.*

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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