

## Sat Chit Anand

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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 19 November 2011 10:43 PM  
**Subject:** Newsletter: 20 November 2011



### In the hands of God - what do You want of me?



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I am Yours and born of You,  
 What do You want of me?

Majestic Sovereign, unending wisdom,  
 Kindness pleasing to my soul;  
 God sublime, one Being Good,  
 Behold this one singing her love to  
 you:  
 What do You want of me?

Yours, you made me, Yours, you  
 saved me,  
 Yours, you endured me, Yours, you  
 called me,  
 Yours, you awaited me, Yours, I did  
 not stray.  
 What do You want of me?

Good Lord, what do you want of me,  
 What work is this wretch to do?  
 Look at me, Sweet Love,  
 Sweet Love, look at me,  
 What do You want of me?

In Your hand I place my heart,  
 Body, life and soul,  
 Deep feelings and affections mine,  
 Spouse Redeemer sweet,

Myself offered now to you,  
 What do You want of me?

Give me death, give me life, health or sickness,  
 Honor or shame, war or swelling peace,  
 Weakness or full strength, yes, to these I say,  
 What do You want of me?

Give me wealth or want, delight or distress,  
 Happiness or gloominess, heaven or hell,

Sweet life, sun unveiled, to you I give all.  
What do You want of me?

Give me, if You will, prayer; or let me know dryness,  
And abundance of devotion, or if not, then barrenness.  
In you alone, Sovereign Majesty, I find my peace,  
What do You want of me?

Give me then wisdom. Or for love, ignorance,  
Years of abundance, or hunger and famine.  
Darkness or sunlight, move me here or there:  
What do You want of me?

If You want me to rest, I desire it for love;  
If to labor, I will die working:  
Sweet Love say: where, how and when.  
What do You want of me?

Give me desert or fruitful land;  
As Job in suffering, or John at Your breast;  
Barren or fruited vine, whatever be Your will:  
What do You want of me?

Be I chained, pained, or exalted high,  
Drowned or freed, silent or speaking,  
Fruitbearing or barren, sorrowing or exulting,  
You alone live in me:  
What do You want of me?

Yours I am, for You I was born:  
What do You want of me?



This poem was written by St Teresa of Avila (1515 - 1582), Carmelite nun, friend and contemporary of St John of the Cross, mystic and author of the classics: *The Way of Perfection*, and *The Interior Castle*. This poem is a supremely courageous prayer of yielding to the Divine. It is the fearless prayer of every true mystic: Teresa of Avila is saying, I exist only for You, and in You. I have no existence apart from You. Give me ease or give me suffering - I don't care, so long as You give me Yourself! What do You want of me, what do You want to experience through me? I don't care, so long as You give me Yourself! This is the fearless attitude that leads to transcending the ego and merging with the Divine. This is the approach that allows the Zen practitioner to stop the restless mind that is always caught in attachment and aversion, and simply to be, present to all that is, and to embrace the suchness of life. This is the state of mind that allows the Kali devotee to see beauty in that which terrifies. This is the total surrender that allows the Sufi to disappear into the embrace of the Beloved. This is the prayerfulness that allows the devout Christian

to discover the smiling Bridegroom even in suffering upon the cross: let Thy will be done and not mine, for *You alone live in me: What do You want of me?* This newsletter with thanks to Ivan of Poetry Chaikhana, and with prayers that we may live with trust, faith, surrender, acceptance, courage and wisdom.

*Lord, grant me the ability  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.*  
OM SHANTI, LOVE LEELA

## This week:

Tuesday: Faith Sharing 17h00 -18h30

Wednesday: Yoga 17h00 - 18h30

Thursday: Yoga 17h00 - 18h30

## Spiritual Retreats anytime

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

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