

Soul Food

Lights of Divine Revelation



April 2016

Lights of Divine Revelation

This program is about the light the Manifestations of God bring to the world through the rejuvenation of our spiritual lives.

Program

 **Teresa Drozd -piano**


01. *Prayer*
02. *Mary Perkins*
03. *Muslim Writings*
04. *Black Elk*
05. *Zoroastrian Writings*
06. *Hindu Writings*
07. *Bahá'í Writings*

 **Teresa Drozd -piano**

08. *Michael Strassfeld*
09. *Christian Writings*
10. *The Most Great Festival*
11. *Hermann Hesse*
12. *Antonio Machado*
13. *Emily Dickinson*

 **Teresa Drozd -piano**

14. *Bahá'í Writings*
15. *Logion 77*
16. *Dan Custer*
17. *Diane Ackerman*
18. *Robert Fanney*
19. *Bahá'í Writings*

 **Angela Bryan and friends - Vocal**

I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

John 8:12



'Reflections at Seven' - Teresa Drozd

Teresa Drozd -piano

01.

O God, Who art the Author of all Manifestations, the Source of all Sources, the Fountainhead of all Revelations, and the Wellspring of all Lights! I testify that by Thy Name the heaven of understanding hath been adorned, and the ocean of utterance hath surged, and the dispensations of Thy providence have been promulgated unto the followers of all religions.

I beseech Thee so to enrich me as to dispense with all save Thee, and be made independent of anyone except Thyself. Rain down, then, upon me out of the clouds of Thy bounty that which shall profit me in every world of Thy worlds. Assist me, then, through Thy strengthening grace, so to serve Thy Cause amidst Thy servants that I may show forth what will cause me to be remembered as long as Thine own kingdom endureth and Thy dominion will last.

Thou, in truth, art the God of strength and power, Who art meet to answer them that pray Thee. There is no God save Thee, the All-Knowing, the All-Wise.

- Bahá'u'lláh

02. Bahá'ís believe that all the great religions of the world are divine in origin. They have all been revealed by God to men in different places and different ages according to the evolving needs and capacities of the people. No age has ever been without guidance from God and as long as there are men on earth, God will give them guidance. God himself is above and beyond human understanding. His guidance is given to men through his messengers, perfect and stainless souls who are referred to as Manifestations of God. The Manifestations of God are not God themselves but are like perfect mirrors reflecting the light of God to men. They are like the rays of the sun which transmit the light of the sun to earth. They are the intermediaries between God and humanity. They reflect, in their lives and teachings the perfections of God. Through these manifestations, God causes man to know and love him. Knowledge of God is only possible for man through these Manifestations and the knowledge of their perfections is the fullest knowledge of God to which finite minds can attain.
- The appearance of a manifestation of God on earth is so rare an event in human history that we only have the names of a few: Krishna, Abraham, Zoroaster, Moses, Buddha, Jesus, Muhammad, the Báb, Bahá'u'lláh. Each one of them has founded a religion and inspired civilization. Each one was bitterly opposed, ridiculed, scorned and ill-treated by the people among whom they first appeared. Only a few of their contemporaries recognized them. After their life on earth was over, they were and still are loved, revered and followed by millions. Alone and unaided by any earthly power, they established their sovereignty over the hearts of men. They are the true educators of humanity whose purpose is to draw men ever nearer to God and to assist in the advancement of human civilization.

~Mary Perkins – The Bahá'í Faith

***There are two ways of spreading light:
to be the candle or the mirror reflecting it.***

Edith Wharton

03. In the name of God, the Compassionate, the Merciful. God is the light of the heavens and the earth; His light is as a niche in which is a lamp, and the lamp is in a glass, the glass is as though it were a glittering star; it is lit from a blessed tree, an olive neither of the east nor of the west, the oil of which would well-nigh give light though no fire touched it, -light upon light! - God guides to His light whom He pleases; and God strikes out parables for men, and God all things doth know.
~Muslim Writings

***To abandon what is harmful, to adopt what is wholesome,
to purify the heart and mind:***

This is the teaching of the Buddha.

Buddha

04. I am blind and do not see the things of this world; but when the light comes from the above, it enlightens my heart and I can see, for the Eye of my heart sees everything; and through this vision I can help my people. The heart is the sanctuary at the center of which there is little space, wherein the Great Spirit dwells, and this is the Eye. This is the Eye of the Great Spirit by which He sees all things, and through which we see Him. If the heart is not pure, the Great Spirit cannot be seen.
~ Black Elk

***When in doubt about whether an action is good or bad,
abstain from it.***

Zoroaster

- o5. A righteous government is of all the most to be wished for, bearing of blessing and good fortune in the highest, guided by the law of Truth, supported by dedication and zeal, it blossoms into the Best of Order, a Kingdom of Heaven! To effect this I shall work now and ever more.

~Zoroaster

- o6. Be fearless and pure; never waver in your determination or your dedication to the spiritual life. Give freely. Be self-controlled, truthful, sincere, loving, and full of the desire to serve. Realize the truth of the scriptures, learn to be detached and to take joy in renunciation. Do not get angry or harm any living creature, but be compassionate and gentle, show good will to all. Cultivate vigor, patience, will, purity; avoid malice and pride.

~Hindu Writings

You're here to be light, bringing out the God-colors in the world.

Matthew 5:14.

- 07 The religion of God is one, and it is the educator of humankind, but still its needs must be made new. When thou dost plant a tree, its height increaseth day by day. It putteth forth blossoms and leaves and luscious fruits. But after a long time, it doth grow old, yielding no fruitage any more. Then doth the husbandman of truth take up the seed from that same tree, and plant it in a pure soil; and lo, there standeth the first tree, even as it was before.
~Bahá'í Writings

***How far that little candle throws his beams!
So shines a good deed in a weary world.
William Shakespeare***



***'Summer Rain' - Kerin Bailey
Teresa Drodz -piano***

08. Light gives itself freely, filling all available space.
It does not seek anything in return:
It asks not whether you are a friend or foe.
It gives of itself and is not thereby diminished.
~Michael Strassfeld

***"How does one become a butterfly?" she asks pensively.
"You must want to fly so much that you are willing to give up
being a caterpillar."
Trina Paulus, Hope for the Flowers***

09. **The Beatitudes**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak and taught them, saying:

Blessed are the poor in spirit,
for theirs is the kingdom of heaven..

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
or theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

~Christian Writings

You have to find what sparks a light in you so that you in your own way can illuminate the world.

Oprah Winfrey

10. The Most Great Festival

The Festival of Ridvan (April 21-May 2) termed by Bahá'u'lláh the "Most Great Festival" and the "King of Festivals", provides the occasion for the holiest days of the Bahá'í year.

In 1863 Bahá'u'lláh proclaimed His mission – in a garden of Baghdad, called by Bahá'ís the garden of Ridvan. This period signals the commencement of what has come to be recognized as the holiest and most significant of all Bahá'í festivals. During the twelve days that Bahá'u'lláh remained in the garden of Ridvan, great numbers came to pay their respects to Him from all over Baghdad and to say goodbye to Him – for He was about to be exiled again. Nabil has left to posterity the following vivid description of the joyous atmosphere of that historic time:

Every day ere the hour of dawn, the gardeners would pick the roses which lined the four avenues of the garden, and would pile them in the center of the floor of His blessed tent. So great would be the heap that when His companions gathered to drink their morning tea in His presence, they would be unable to see each other across it. All these roses Bahá'u'lláh would, with His own hands, entrust to those whom he dismissed from his presence every morning to be delivered, on His behalf, to His Arab and Persian friends in the city... One night, the ninth night of the waxing moon, I happened to be one of those who watched beside His blessed tent. As the hour of midnight approached, I saw Him issue from His tent, pass by the places where some of His companions were sleeping, and begin to pace up and down the moonlit, flower-bordered avenues of the garden. So loud was the singing of the nightingales on every side that only those who were near Him could distinctly hear His voice. He continued to walk until, pausing in the midst of one of these avenues, he observed: "Consider these nightingales. So great is their love for these roses, that sleepless from dusk till dawn, they warble their melodies and commune with burning passion with the object of their adoration."

~Bahá'í Writings

***I am going to use all my energies to develop myself,
to expand my heart out to others,
to achieve enlightenment for the benefit of all beings.
Dalai Lama***

11. Thus Gotama [Buddha] walked toward the town to gather alms, and the two samanas recognized him solely by the perfection of his repose, by the calmness of his figure, in which there was no trace of seeking, desiring, imitating, or striving, only light and peace.
~ Hermann Hesse, Siddhartha

***Man cannot discover new oceans unless he has the courage to lose
sight of the shore.
Andre Gide***

12. Last night as I was sleeping,
I dreamt—marvelous error!
that a spring was breaking
out in my heart.
I said: Along which secret aqueduct,
Oh water, are you coming to me,
water of a new life
that I have never drunk?

Last night as I was sleeping,
I dreamt—marvelous error!—
that I had a beehive
here inside my heart.
And the golden bees
were making white combs
and sweet honey
from my old failures.

Last night as I was sleeping,
I dreamt—marvelous error!—
that a fiery sun was giving
light inside my heart.
It was fiery because I felt
warmth as from a hearth,
and sun because it gave light
and brought tears to my eyes.

Last night as I slept,
I dreamt—marvelous error!—
that it was God I had
here inside my heart.
~Antonio Machado

13. The sun just touched the morning;
The morning, happy thing,
Supposed that he had come to dwell
And life would be all spring.
~Emily Dickinson

Love is not consolation. It is light.
Simone Weil



'Letters from Earth No.3; The Calm' - Teresa Drozd
Teresa Drozd

14. Every prophet Whom the Almighty and Peerless Creator
hath purposed to send to the peoples of the earth hath been
entrusted with a Message, and charged to act in a manner which
would best meet the requirements of the age in which He appeared.
God's purpose in sending His Prophets unto men is twofold.
The first is to liberate the children of men from the darkness
of ignorance, and guide them to the light of true understanding.
The second is to ensure the peace and tranquility of mankind,
and provide all the means by which they can be established.
~Bahá'í Writings

15. I am the Light that is above them all.
I am the All; the All came forth from Me
and the All attained to Me.
Cleave a piece of wood. I am there;
Lift up the stone and you will find Me there.
~Logion 77

Life starts now, live, love, laugh and let your light shine.
Rob Liano

16. Every morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new. I have lived all my life up to this present moment, to come to this day. This moment – this day, is as good as any moment in eternity. I shall make of this day – each moment of this day – a heaven on earth. This is my day of opportunity.
~Dan Custer. Morning Meditation
17. When I set a glass prism on a windowsill and allow the sun to flood through it, a spectrum of colors dances on the floor. What we call "white" is a rainbow of colored rays packed into a small space. The prism sets them free. Love is the white light of emotion.
~ Diane Ackerman. A Natural History of Love

18. In the depth a light will grow,
A silver shine no shadows know,
Like wings unfolding in the sky,
That circle 'round a gleaming eye,
Turning darkness all away,
Even depths will know their day,
For every shadow has its end,
In light!
Life will return again!
~ Robert Fanney

***Through love of Man, through Service and through Truth
Raise Thou our souls into the Realms of Light.
Zoroaster***

19. **The Hour of Unity**

Today the light of Truth is shining upon the world in its abundance; the breezes of the heavenly garden are blowing throughout all regions; the call of the Kingdom is heard in all lands, and the breath of the Holy Spirit is felt in all hearts that are faithful. The Spirit of God is giving eternal life. In this wonderful age the East is enlightened, the West is fragrant, and everywhere the soul inhales the holy perfume. The sea of the unity of mankind is lifting up its waves with joy, for there is real communication between the hearts and minds of men...

This is a new cycle of human power. All the horizons of the world are luminous, and the world will become indeed as a garden and a paradise. It is the hour of unity of the sons of men and of the drawing together of all races and all classes. You are loosed from ancient superstitions which have kept men ignorant, destroying the foundations of true humanity.

The gift of God to this enlightened age is the knowledge of the oneness of mankind and of the fundamental oneness of religion. War shall cease between nations, and by the will of God the Most Great peace shall come...

~Bahá'í Writings

O Son of Being!

Thou art My Lamp and My light is in thee.

Get thou from it thy radiance and seek none other than Me.

Bahá'í Writings



Unity Prayer

Vocal – Angela Bryan and friends

Please join us for refreshments

Soul Food

Soul Food is an open community devotional event hosted at the Bahá'í Centre of Learning on the first Sunday of each month. It provides an occasion to be inspired and reflect on uplifting themes. Our programs feature live music, audio-visual pieces and readings from various authors, sources and Faiths - indigenous, ancient and modern- from all over the world.

Soul Food was initiated by the Bahá'í community in Adelaide and now occurs in places around Australia and as far afield as Botswana, Africa. It is also proudly supported by the Victorian Multicultural Commission.

Original programs are available for free download from www.soulfood.com.au/tas/

Soul Food

Venue: Bahá'í Centre of Learning, Hobart

Time: 3.00pm – 4pm

Upcoming Dates

Titles

June 5th

Our Planet – Our Future

July 3rd

Truthfulness – the Foundation of Human Virtues

August 7th

A Path of Light and Shade

September 4th

Breaths of the Spirit of Peace

October 2nd

Blessings Shared

November 6th

Children – Shining Lamps of the Future

December 4th

A Sense of Time

join us:

for the next program "*Family – Fortress of Well-being*"

Sunday May 1st 3pm

Study Circles

The Bahá'í Community is offering a series of life-changing circles of study. The purpose of these study circles is to provide participants with the knowledge, spiritual insights and skills to enable them to contribute to the betterment of society, starting with their own neighborhood. This is done through systematic study of a sequence of courses based on the Bahá'í Writings using the courses of the Rumi Institute. The first in the sequence of seven books is called Reflections on the Life of the Spirit. It examines spiritual matters such as prayer, meditation, life and death and the development of the soul. Study circles are held all around Australia in an uplifting environment conducive to the spiritual empowerment of individuals, who come to see themselves as active agents of their own learning. The role of the study circle facilitator is not to impart knowledge, but to assist discussion. Study circles feature participatory learning, involving discussion with others, the use of the arts and are open to all. You are invited to take inspiration from the Bahá'í teachings, benefitting from whatever gems of wisdom and knowledge will help you to address the challenges you face. For inquiries or more information please email Shirin at shirin@iinet.net.au

Children's classes in the Neighborhood

Regular children's classes are held in communities around Australia and aim to nurture the hearts and minds of children with an emphasis on helping them to reflect on, and apply, inner gifts and spiritual principles - such as love, unity and justice - to their own lives and the lives of others. Based on the teachings of Baha'u'llah, the Founder of the Baha'i Faith, the classes seek to inspire in children a love of God and His Messengers, and of humanity in all its diversity. Classes include short lessons, story-telling, art projects, games, as well as prayer and memorization of quotes from Sacred Texts to engage the whole child. Baha'i children's classes are open to all children, subject to parental approval. All teachers are certified under the Baha'i Child Protection Policy, which includes a mandatory police check.

For inquiries or more information please call Solmaz on 0423 656 669

"Children are even as a branch that is fresh and green; they will grow up in whatever way you train them. Take the utmost care to give them high ideals and goals, so that once they come of age, they will cast their beams like brilliant candles on the world..."

~ from the Writings of the Bahá'í Faith

Junior Youth Groups

The junior youth spiritual empowerment program is open to young people aged between 11 and 14, and assists them to navigate through a crucial stage in their lives. Those in their early adolescent years possess altruism, a sense of justice, eagerness to learn about the universe, and a desire to contribute to the construction of a better world. Young people's spiritual capacity, the basis for their own happiness and sense of well-being, is a powerful force for social change. The program helps them form a strong moral identity and empowers them to contribute to the well-being of their communities and the world at large. By developing their spiritual qualities (virtues), their intellectual capabilities and their capacities for service to society, the participants come to see that they can become agents of positive change in the world. The program adopts a participatory mode of learning where the facilitator (animator) and participants learn from each other. Groups of participants engage in activities such as artistic expression, discussion, drama, cooperative games, and study of literature, storytelling and acts of community service. The junior youth program explores themes from a Baha'i perspective, but is not a formal religious education program. Junior youth groups meet on a regular basis, is open to all, subject to parental approval, and there is no written homework. All program facilitators are certified under the Baha'i Child Protection Policy, which includes a mandatory police check. Parents are welcome to meet with an animator to learn more about the program.

For enquiries or more information, please call James Pepperell ☎️ 0404352042 or email him james.pepperell@gmail.com

The Bahá'í Faith

You can find out more about the Bahá'ís and their world embracing vision at www.bahai.org.au or feel free to call 03 6234 7654 for more information.

All Soul Food programs are available for free download from
www.soulfood.com