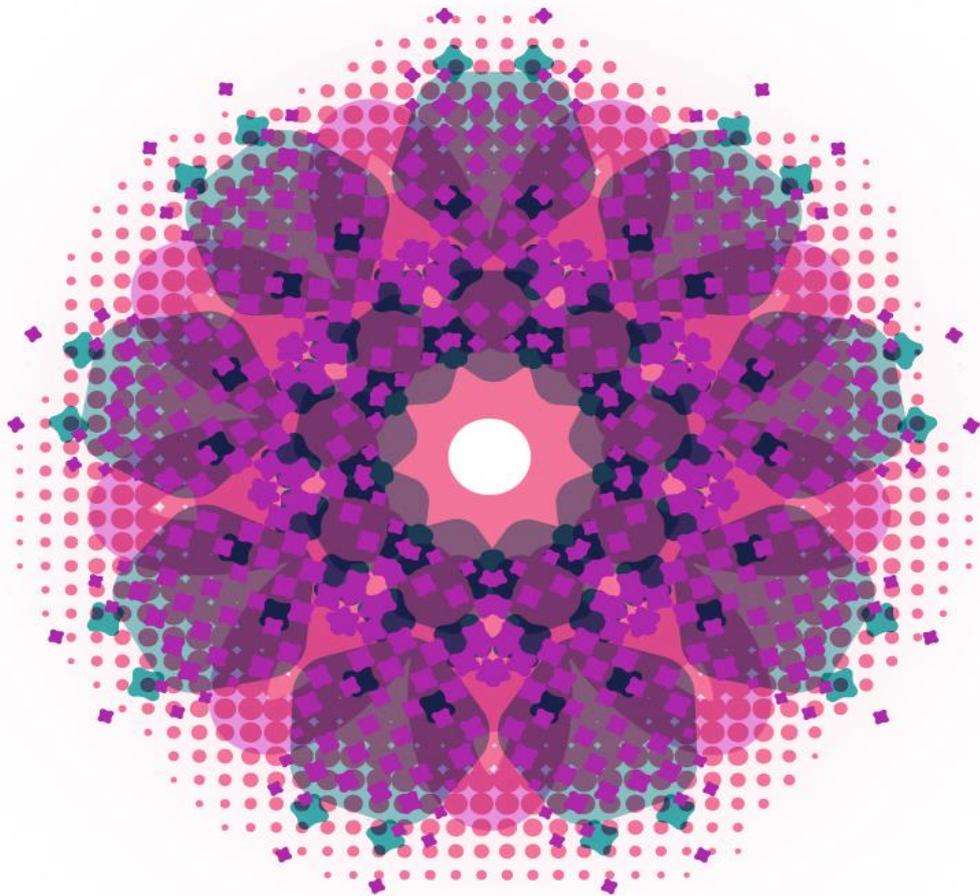


SOUL FOOD

Key to Loving



February 2015

Key to Loving

Aims to reflect the essential spiritual nature of love

February 2015

Program



Music - Allan Badalassi (Piano), Roman Astra (Sitar, Indian Violin)

1. Bahá'í Prayer
2. Albert Einstein
3. Buddhist Writings
4. Baha'í Writings
5. Mother Julian of Norwich
6. Kahlil Gibran
7. Christian Writings



Music - Allan Badalassi (Piano), Roman Astra (Sitar, Indian Violin)

8. Christian Writings
9. Mother Teresa
10. 'Abdul-Bahá – Promulgation of Universal Peace
11. From the Sacred Scriptures
12. Bahá'í Writings
13. Helen Steiner Rice
14. Sikh Shri Guru Granth Sahib.



Music - Allan Badalassi (Piano), Roman Astra (Sitar, Indian Violin)

15. Fedor de Fretes
16. William Shakespeare
17. Ann Bradstreet
18. Enya
19. The Dalai Lama
20. Ábd'ul-Baha



Music - Allan Badalassi (Piano), Roman Astra (Sitar, Indian Violin)

*In as much as love grows in you,
so in you beauty grows.
For love is the beauty of the soul.
St. Augustine*



"Eagle"

Allan Badalassi –Piano, Roman Astra – Sitar/ Indian Violin

01. O my Lord! O my Lord! This a lamp lighted by the fire of Thy Love and ablaze with the flame which is ignited in the tree of Thy mercy.
O my Lord! Increase his enkindlement, heat and flame, with the fire which is kindled in the Sinai of Thy Manifestation.
Verily, Thou art the Confirmer, the Assister, the Powerful, the Generous, the Loving.
~ 'Abdu'l-Bahá.

02. A human being is a part of the whole that we call the universe, a part limited in time and space.
He experiences himself, his thoughts and feelings, as something separated from the rest - a kind of optical illusion of his consciousness. This illusion is a prison for us, restricting us to our personal desires and to affection for only the few people nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living beings and all of nature.
~Albert Einstein.

03. Undisturbed shall our mind remain, no evil words shall escape our lips; friendly and full of sympathy shall we remain, with heart full of love, and free from any hidden malice; and that person shall we penetrate with loving thoughts, wide, deep, boundless, freed from anger and hatred.
~Buddha.

***My first counsel is this:
Possess a pure, kindly and radiant heart.
Bahá'í Writings***

04. **O Son of Man!**
Veiled in My immemorial being and in the ancient eternity of My essence, I knew My love for thee; therefore I created thee, have engraved on thee Mine image and revealed to thee My beauty.

O Son of Being!
Love Me, that I may love thee. If thou lovest Me not, My love can in no wise reach thee. Know this, O Servant.

O Son of Man!
I loved thy creation, hence I created thee. Wherefore, do thou love Me, That I may name thy name and fill thy soul with the spirit of life.
~Baha'u'lláh.

***Teach only love for that is what you are.
Gerald Jampolsky***

05. **Celestial Love**

And from that time that it was shown, I desired to learn what was our Lord's meaning.

And fifteen years after, and more, I was answered in ghostly understanding, saying thus:

Wouldst thou learn thy Lord's meaning in this thing?

Learn it well:

Love was His meaning.

Who showed it thee?

Love. What showed He thee?

Love. Wherefore showed it thee?

Love. Hold thee therein and thou shalt learn and know more in the same.

Thus I learned that Love was our Lord's meaning.

~Mother Julian of Norwich - Christian Mystic (1342-1416).

06. When love beckons to you, though his ways are hard and steep.
And when his wings enfold you yield to him, though the sword hidden among his pinions may wound you.
And when he speaks to you believe in him, though his voice may shatter your dreams as the north wind lays waste the garden.
For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth.
Like sheaves of corn he gathers you unto himself.
He threshes you to make you naked.
He sifts you to free you from your husks.
He grinds you to whiteness.
He kneads you until you are pliant;
And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.
All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart.
~Kahlil Gibran.

*In the lamp of thy heart; put the oil of dispassion,
insert the wick of devotion,
and kindle the light of knowledge,
by constant meditation; the darkness of ignorance will be
dispelled and you will be fully illumined.
Swami Sivananda*

07. Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love,
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved, as to love.

For it is in giving that we receive,
It is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
~ St. Francis of Assisi.



"Bruny Island"

Allan Badalassi –Piano, Roman Astra – Sitar/ Indian Violin

o8. Love those with whom you share this world.
Where love is present, no one is harmed.
Love fulfils God's longing for the world.
We know the urgent mystery of this time,
The hour has come to wake from sleep,
Insight calls.
Night is over; day is near.
Lay aside whatever lingers in the shadows.
Dress yourself in the robes of light.
Live honorably.
In celebration of this day,
Let your life be worthy of its light.
~Christian Writings

o9. Spread love everywhere you go: first of all in your own house . . .
Let no one ever come to you without leaving better and happier.
Be the living expression of God's kindness; kindness in your face,
kindness in your eyes, kindness in your smile, kindness in your
warm greeting.
~Mother Teresa

***Love never claims, it ever gives; love never suffers, never resents;
never revenges itself. Where there is love there is life;
hatred leads to destruction.
Mahatma Gandhi***

10. Four Kinds of Love

There are four kinds of love.

The first is the love that flows from God to man; it consists of the inexhaustible graces, the Divine effulgence and heavenly illumination. Through this love the world of being receives life.

Through this love man is endowed with physical existence, until, through the breath of the Holy Spirit—this same love—he receives eternal life and becomes the image of the Living God. This love is the origin of all the love in the world of creation.

The second is the love that flows from man to God. This is faith, attraction to the Divine, enkindlement, progress, entrance into the Kingdom of God, receiving the Bounties of God, illumination with the lights of the Kingdom. This love is the origin of all philanthropy; this love causes the hearts of men to reflect the rays of the Sun of Reality.

The third is the love of God towards the Self or Identity of God. This is the transfiguration of His Beauty, the reflection of Himself in the mirror of His Creation. This is the reality of love, the Ancient Love, the Eternal Love. Through one ray of this Love all other love exists.

The fourth is the love of man for man. The love which exists between the hearts of believers is prompted by the ideal of the unity of spirits. This love is attained through the knowledge of God, so that men see the Divine Love reflected in the heart. Each sees in the other the Beauty of God reflected in the soul, and finding this point of similarity, they are attracted to one another in love.

This love will make all men the waves of one sea, this love will make them all the stars of one heaven and the fruits of one tree. This love will bring the realization of true accord, the foundation of real unity.

~Abdu'l-Bahá.

***Accustomed long to contemplating Love and Compassion
I have forgotten all difference between myself and others.***

Milarepa

11. SPIRITUAL LOVE

One can best worship the Lord through love.

~Hinduism

To love all men is the greatest benevolence.

~Confucianism

Heaven arms with love those it would not see destroyed.

~Taoism

Man is the beloved of the Lord and should love Him in return.

~Zoroastrianism

Let a man cultivate towards the whole world a heart of love.

~Buddhism

God will regenerate those in whose hearts there is love.

~Sikhism

Thou shalt love the Lord thy God with all thy heart and thy neighbour as thyself.

~Judaism

Beloved, let us love one another, for love is of God, and everyone that loveth is born of God, and knoweth God.

~Christian

Love is this, that thou shouldst account thyself very little and God very great.

~Islam

Love Me that I may love thee. If thou lovest Me not My love can in no wise reach thee.

~Bahá'í

***Love is an act of faith and whoever is of little faith
is also of little love.***

Erich Fromm

12. The Valley Of Love

Now is the traveller unaware of himself, and of aught besides himself. He seeth neither ignorance nor knowledge, neither doubt nor certitude; he knoweth not the morn of guidance from the night of error. He fleeth both from unbelief and faith, and deadly poison is a balm to him. The steed of this Valley is pain; and if there be no pain this journey will never end. In this station the lover hath no thought save the Beloved, and seeketh no refuge save the Friend. At every moment he offereth a hundred lives in the path of the Loved One, at every step he throweth a thousand heads at the feet of the Beloved.

O My Brother! Until thou enter the Egypt of love, thou shalt never come to the Joseph of the Beauty of the Friend; and until, like Jacob, thou forsake thine outward eyes, thou shalt never open the eye of thine inward being; and until thou burn with the fire of love, thou shalt never commune with the Lover of Longing.

A lover feareth nothing and no harm can come nigh him: Thou seest him chill in the fire and dry in the sea. Love accepteth no existence and wisheth no life: He seeth life in death, and in shame seeketh glory. To merit the madness of love, man must abound in sanity; to merit the bonds of the Friend, he must be full of spirit. Blessed the neck that is caught in His noose, happy the head that falleth on the dust in the pathway of His love.

Wherefore, O friend, give up thy self that thou mayest find the Peerless One, pass by this mortal earth that thou mayest seek a home in the nest of heaven. Be as naught, if thou wouldst kindle the fire of being and be fit for the pathway of love.

~ Bahá'í Writings.

13. **Let Not Your Heart Be Troubled.**

Whenever I am lonely and lost in deep despair,
I bundle all my troubles up and go to God in prayer.
I tell him I am heartsick and lost and lonely too,
that my mind is deeply burdened and I don't know what to do.
But I know He stilled the tempest and calmed the angry sea,
so I humbly ask if in His love He'll do the same for me.
~ Helen Steiner Rice.

14. The Great Giver keeps on giving, while those who
receive grow weary of receiving.
Throughout the ages consumers consume.
The Commander, by His command, leads us to walk on the Path.
O Nanak, He blossoms forth, carefree and untroubled.
True is the Master, true is His Name – speak it with infinite love.
People beg and pray, “Give to us, give to us”, and the Great Giver gives
His gifts.
So what offering can we place before Him, by which we might
see the Darbaar of His Court?
What words can we speak to evoke His love?
In the Amrit Vaylaa, the ambrosial hours before dawn, chant
the true name and contemplate His Glorious Greatness.
By the karma of past actions, the robe of this physical body is
obtained.
By His Grace, the Gate of Liberation is found, O Nanak, know this well:
the True One Himself is All.
He cannot be established, He cannot be created.
He Himself is Immaculate and Pure.
Those who serve Him are honoured.
~Sikh Shri Guru Granth Sahib

Life isn't a matter of being first. It is a matter of keeping your heart right in every situation.

Unknown author



"For Tammy and John"

Allan Badalassi –Piano, Roman Astra – Sitar/ Indian Violin

15.

I Trust The Voice Within

I trust the voice within.
It tells me to be myself
and stand up for the
things I believe in most.
It tells me to be free
and to express my
talents and creativity.
It tells me to be love
and stop running from
the things I'm scared of.
I trust the voice within.
~ Fedor de Fretes

16. Let me not to the marriage of true minds
admit impediments. Love is not love
which alters when it alteration finds,
or bends with the remover to remove:
O no! it is an ever-fixed mark
that looks on tempests and is never shaken;
it is the star to every wandering bark,
whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
within his bending sickle's compass come:
Love alters not with his brief hours and weeks,
but bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.
~William Shakespeare

17. If ever two were one, then surely we,
If ever man were lov'd by wife, then thee;
If ever wife was happy in man,
Compare with me ye women if you can.
I prize thy love more than whole mines of gold,
Or all the riches that the East doth hold.
My love is such that rivers cannot quench,
Nor ought but love from thee, give recompense.
Thy love is such I can no way repay,
The heavens regard thee manifold I pray.
Then while we live, in love let's so persevere,
That when we live no more we may live ever.
~Ann Bradstreet.

***It is with the Heart that one sees rightly;
what is essential is invisible to the Eyes.
Antoine De Saint-Exupery***

18. **On Your Shore**

Strange how my heart beats to find myself upon your shore.
Strange how I still feel my loss of comfort gone before.
Cool waves wash over and drift away with dreams of youth.
So time is stolen I cannot hold you long enough.
And so this is where I should be now
Days and nights falling by
Days and nights falling by me.
I know of a dream I should be holding
Days and nights falling by
Days and nights falling by me.
Soft blue horizons reach far into my childhood days as you are
rising to bring me my forgotten ways.
Strange how I falter to find I'm standing in deep water,
Strange how my heart beats
To find I'm standing on your shore.
~Enya

19. . . The more we desire to benefit others, the greater the strength and confidence we develop and the greater the peace and happiness we experience. If this still seems unlikely, it is worth asking ourselves how else we are to do so. With violence and aggression? Of course not. With money? Perhaps up to a point, but no further. But with love, by sharing with others' suffering, by recognizing ourselves in all others— especially those who are disadvantaged and those whose rights are not respected— by helping them to be happy: yes.
Through love, through kindness, through compassion we establish understanding between ourselves and others.
This is how we forge unity and harmony.
Compassion and love are not mere luxuries. As the source both of inner and external peace, they are fundamental to the continual survival of our species.
~The Dalai Lama

***Love one another and you will be happy.
It is as simple as that. There is no other way.
Leunig***

20. So far as ye are able, ignite a candle of love in every meeting, and with tenderness rejoice and cheer ye every heart. Care for the stranger as for one of your own; show to alien souls the same loving kindness ye bestow upon your faithful friends.
- Should any come to blows with you, seek to be friends with him; should any stab you to the heart, be ye a healing salve unto his sores; should any taunt and mock at you, meet him with love.
- Should any heap his blame upon you, praise ye him; should he offer you a deadly poison, give him the choicest honey in exchange; and should he threaten your life, grant him a remedy that will heal him evermore.
- Should he be pain itself, be ye his medicine; should he be thorns, be ye his roses and sweet herbs.
- Perchance such ways and words from you will make this darksome world turn bright at last; will make this dusty earth turn heavenly, this devilish prison place become a royal palace of the Lord – so that war and strife will pass and be no more, and love and trust will pitch their tents on the summits of the world.
- Such is the essence of God's admonitions; such in sum are the teachings for the Dispensation of Bahá.
- ~Abdu'l-Bahá

***Mankind's role is to fulfil his heaven-sent purpose
through a sincere heart that is in harmony with all creation
and to love all things.
Morihei Ueshiba***



***"Celtic Waltz"
Allan Badalassi –Piano, Roman Astra – Sitar/ Indian Violin***

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Please join us for refreshments

Soul Food

Soul Food is an open community event hosted on the first Sunday of each month and whose purpose is to inspire us to transform our lives, our neighbourhoods and our communities with actions that promote the unity and betterment of society. Set in the tranquil setting of the Baha'i Centre of Learning, it provides an occasion to be inspired and reflect on uplifting themes with our neighbours. 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.tasbcl.com

Soul Food - First Sunday of each month.

Venue: Bahá'í Centre of Learning, Hobart

Time: 3.00pm – 4pm

Dates for 2015:

| | | | |
|-----------|-----------------|---|---|
| March | 1st | - | Earth Angels |
| April | 5 th | - | Gateway to Happiness |
| May | 3 rd | - | The Spiritual Home |
| June | 5 th | - | Trustees of Earth |
| July | 5 th | - | Sweet Scents of Friendship |
| August | 2 nd | - | Youth: Bridge to the Future |
| September | 4 th | - | The Light of Universal Peace |
| October | 4 th | - | The Inner Balance – Spiritual Health |
| November | 6 th | - | Children -Tender plants in the garden of life |
| December | 3 rd | - | Reflections |

Children's classes in the Neighbourhood

Regular children's classes are held in communities around Tasmania and provide moral, spiritual and virtues-based training essential in nurturing the inner capacities of children. The classes aim to build a strong moral framework which will assist children to achieve excellence in material, intellectual, and spiritual aspects of life. For inquiries or more information please call Shohreh's mobile 0419 585 453.

"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

Developed for youth between the ages of 12 and 15, these programs are designed to empower and equip young people with the knowledge and concepts that will encourage the expression of their personal potential, and develop the skills and attitudes necessary to become agents of change - for themselves and their communities. Through engagement in service initiatives, artistic and extracurricular activities they foster a sense of world citizenship and a lifelong commitment to serve humanity.

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.

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 and participants learn from each other.

Groups of participants engage in activities such as artistic expression, discussion, drama, cooperative games, study of literature, story telling and acts of community service.

The junior youth program explores themes from a Baha'i perspective, but is not a formal religious education program. It is open to all, subject to parental approval. Junior youth groups meet on a regular basis 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 the facilitators to learn about the program.

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

Study Circles

The Bahá'í Community is offering a series of life-changing circles of study.

The purpose of Bahá'í 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 neighbourhood. This is done through systematic study of a sequence of courses based on the Bahá'í Writings using the courses of the Ruhi Institute. The first in the sequence of 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 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. Study circles are held in an uplifting environment conducive to 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 discussions with others and the use of the arts.

For inquiries or more information please email Shirin at shirin@iinet.net.au.

join us for the next program –

“Earth Angels”

Sunday the 1st of March, 3pm

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.au