Soul Food

Fragrant Breezes of Happiness

February 2016

Fragrant Breezes of Happiness -This program explores the principle that true happiness for the individual and humanity comes from following the paths of justice, kindness and concern for others as expressed in the Divine Teachings.

Program:

𝄞 ***Heart and Soul***

01. Prayer
02. Ancient Wisdom
03. Bahá'í Writings
04. Balai Lama
05. Christian Writings
06. Bahá'í Writings
07. Unknown Author

𝄞 ***Heart and Soul***

08. Willa Cather
09. Carol S Pearson
10. Rumi
11. Ratana Sutta
12. Tumbir happy quote
13. Frederick Keon.
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15. J.D. Meiers
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18. Lawrence G. Lovasik
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𝄞 ***Angela & Adrian Bryan***

Happiness is spiritual, born of truth and love.
It is unselfish; therefore it cannot exist alone,
but requires all mankind to share it.
Mary Baker Eddy

Flame - J Henry & J Jarvis
Heart and Soul

01. Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! Through the spirit of power confirm Thou me in Thy Cause, O my Best-Beloved, and by the light of Thy glory reveal unto me Thy path, O Thou the Goal of my desire! Through the power of Thy transcendent might lift me up unto the heaven of Thy holiness, O Source of my being, and by the breezes of Thine eternity gladden me, O Thou Who art my God! Let Thine everlasting melodies breathe tranquility on me, O my Companion, and let the riches of Thine ancient countenance deliver me from all except Thee, O my Master, and let the tidings of the revelation of Thine incorruptible Essence bring me joy, O Thou Who art the most manifest of the manifest and the most hidden of the hidden!
~ Bahá'u'lláh

True happiness comes from the joy of deeds well done,
the zest of creating things new.
Antoine De Saint-Exupery

02. **Ancient Wisdom**

When we talk about happiness in modern life, we are often referring to the feeling we get after the first lick of a delicious ice cream cone or when spending an afternoon with good friends. This way of thinking about happiness as pleasure suggests that it is a subjective, emotional state, susceptible to the moment-to-moment experience we are having.

Although feeling good is a part of happiness, many ancient schools of thought defined happiness more broadly. In particular, Aristotle believed that the ultimate aim of human life was a concept ancient Greeks called eudaimonia, often translated as "happiness" but more likely meaning "human flourishing" or "a good life".

Rather than an emotion or mood that changes, eudaimonia is better assessed by asking ourselves, "What do I want to be remembered for when my life is over?" Aristotle's prescription for living a good life was to exercise virtue. To be kind, humble, wise, and honest consistently in our actions. Being a good person, in other words, is the recipe for a happy life.

Happiness is the spiritual experience of living every minute with love, grace, and gratitude.
Denis Waitley

03. Happiness consists of two kinds; physical and spiritual. The physical happiness is limited; its utmost duration is one day, one month, one year. It hath no result. Spiritual happiness is eternal and unfathomable. This kind of happiness appeareth in one's soul with the love of God and suffereth one to attain to the virtues and perfections of the world of humanity. Therefore, endeavour as much as thou art able to illuminate the lamp of thy heart by the light of love.
~Abdu'l-Baha

04. We begin from the recognition that all beings cherish happiness and do not want suffering. It then becomes both morally wrong and pragmatically unwise to pursue only one's own happiness oblivious to the feelings and aspirations of all others who surround us as members of the same human family. The wiser course is to think of others when pursuing our own happiness.
~Dalai Lama

Take time to be friendly – It is the road to happiness.
Old English

05. For as the rain and the snow come down from heaven
and do not return there until they have watered the
earth, making it bring forth and sprout,
giving seed to the sower and bread to the eater, so shall my
word be that goes out from my mouth; it shall not return to me
empty, but it shall accomplish that which I purpose, and succeed
in the thing for which I sent it.
For you shall go out in joy, and be led back in peace; the mountains
and the hills before you shall burst into song, and all the trees of
the field shall clap their hands.
Instead of the thorn shall come up the cypress;
Instead of the brier shall come up the myrtle; and it shall be to the
Lord for a name, for an everlasting sign that shall not be cut off.
~ Christian Writings

Nothing brings me more happiness than trying to help the most vulnerable people in society. It is a goal and an essential part of my life - a kind of destiny. Whoever is in distress can call on me. I will come running wherever they are.

Princess Diana

06. You must live in the utmost happiness. If any trouble or vicissitude comes into your lives, if your heart is depressed on account of health, livelihood or vocation, let not these things affect you. They should not cause unhappiness, for Bahá'u'lláh has brought you divine happiness. He has prepared heavenly food for you; He has destined eternal bounty for you; He has bestowed everlasting glory upon you. Therefore, these glad tidings should cause you to soar in the atmosphere of joy forever and ever. Render continual thanks unto God so that the confirmations of God may encircle you all.

~Ábdu'l-Bahá

07. It all began back in 2008. I was feeling really down. I knew in my head that all was well, but I really wasn't enjoying life!
I started seeing a nun who did life-coaching and counselling.
She told me the secret to happiness: according to her it was all about *reflection* and *gratitude*. She asked me to try it out each night and write something down about my day that I was grateful for.
It really amazed me how quickly I began to notice things that I otherwise would have missed. I remember sitting on my bed one night and realizing that the little moments I was thinking through were really special and if I had not taken the time to notice them they would be lost forever.

I decided to take the idea seriously and bought a beautiful album and enough film to see me through a year long photographic project!

Taking one photo every day of something I was grateful for really re-programmed my brain. Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too. The idea has spread all over the world and it has been amazing to see how the practice of gratitude has helped people of all different walks of life.
~Unknown

Your happiness is a spark that will ignite global change.
Ross Arnston

Fields of Gold – G. M. Sumner (Sting)
Heart and Soul

08. The history of recorded thought is strewn with evidence that happiness lives in the most ordinary of moments. And yet no matter how universal a human aspiration it may be, articulating happiness in those rare moments when it is perfectly attained remains an elusive art. For Albert Camus, it was a moral obligation; for Mary Oliver, a kind of seizure; for Kurt Vonnegut, a sense of "enoughness".

In the following passage, Cather's narrator is lying in his grandmother's garden, drowsy and drunk with life under the warm autumn sun:
The earth was warm under me, and warm as I crumbled it through my fingers. Queer little red bugs came out and moved in slow squadrons around me. Their backs were polished vermilion, with black spots. I kept as still as I could. Nothing happened. I did not expect anything to happen. I was something that lay under the sun and felt it, like the pumpkins, and I did not want to be anything more. I was entirely happy. Perhaps we feel like that when we die and become a part of something entire, whether it is sun and air, or goodness and knowledge. At any rate, that is happiness; to be dissolved into something complete and great. When it comes to one, it comes as naturally as sleep.

The truth and beauty of this vignette never left the soul from which it sprang. Cather requested that her grave site bear the inscription: "*...that is happiness; to be dissolved into something complete and great.*"
~Willa Cather

Hope smiles from the threshold of the year to come, whispering "it will be happier"...
Alfred Tennyson

09. By affirming that we have what we want, we call it to us. My friend gave me a "perfect happiness" affirmation and explained to me that I could affirm just about anything, like prosperity, the perfect lover, or one's true work, but that I should never ask for anyone else's money, joy or husband or lover. That is, I never should affirm anything at anyone else's expense. To help me stay in that mentality, she reminded me of the abundance of the universe and that I never need to take from another in order to have what I need.

I tried affirming perfect happiness and initially I felt ridiculous and presumptuous. First of all, saying affirmations – how silly! Beyond that, who did I think I was, affirming happiness? Wisdom, maybe. Strength. Compassion. But happiness seemed so selfish. Then I thought that through and realised how the ripple effect works. If I am unhappy, look dour, act in a grouchy manner, I certainly pass that attitude on to my children, my husband, my friends, my students, and my colleagues. If I am happy and smile at them, the people around me are likely to smile back and carry that smile on to their other interactions during the day. Happiness breeds more happiness, so that happiness – like prosperity and love – can radiate outward to benefit others.

~Carol S Pearson

10. Joyous, blissful moment, sitting on the porch, you and I
two forms, two faces, yet one soul together, you and I

The groves' gift, the birds' songs give us the water of ever
lasting life, when we come to the garden together, you and I

The stars of the night sky witness us
we show them the moon together, you and I

You and I united as one in the ecstasy and delight
cast aside absurd stories and nonsense, you and I

The parrots of the sky eat sugar when we're
in the veranda, laughing together, you and I

How amazing we're here this moment in this corner
yet we're also together in Irâq and Khorâsân, you and I

We're in one form on the earth and in another in the
everlasting land of honey - the paradise, you and I.
~Rumi

Be thou the rainbow in the storms of life.
The evening beam that smiles the clouds away,
and tints tomorrow with a prophetic ray.
Lord Byron

11. **Happiness**

Whatsoever beings are here assembled,
Those of the earth or those of the air,
May all of them be happy!
Let them all listen attentively to my words!

Listen here, all beings!
Show your love to those humans
Who, day and night, bring offerings to you.
Therefore, guard them diligently.

Whatever treasure there be,
Either here or in the world beyond,
Or whatever precious jewel there be in the heavens;
Yet there is none comparable to the Accomplished One.
In the Buddha is this precious jewel found.
On account of his truth
May there be happiness!

The tranquil Sage of the Sakyas
realised cessation, freedom from passion,
immortality, excellence.
In the Dhamma is this precious jewel found.
On account of this truth
May there be happiness!
~Ratana Sutta, Pali Text

12. With you I am comfortable
I know I can talk about anything,
Or sit by your side in complete silence.
You see me at my worst but only talk about my best.
I can be happy about my achievements,
while you know my deepest insecurities.
I'm comfortable with you,
and you should know that means everything to me.
~Tumbir Happy Quote

To forgive is the highest, most beautiful form of love.
In return, you will receive untold peace and happiness.
Robert Muller

13. Being happy doesn't mean that everything is perfect.
It means that you've decided to look beyond the imperfections.
We tend to forget that happiness doesn't come as a result of
getting something we don't have, but rather of recognizing and
appreciating what we do have.
~Frederick Keon

14. May the warm winds of heaven blow softly upon your house.
May the Great Spirit bless all who enter there.
May your moccasins make happy tracks in many snows,
and may the rainbow always touch your shoulder.
~Native American

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is.
Maxim Gork

Calon Lân - Welsh Hymn – John Hughes
Words – Daniel James
Heart and Soul

15. **The Meaningful Life**.
When you live a meaningful life, you make your actions, your choices, and your moments count. You achieve this by deciding who you want to be, and what experiences you want to create.

A simple strategy to focus on fulfillment is to focus on "the greater good" and give your best where you have your best to give. It's about playing to your unique strengths, and sharing your gifts with the world, or more specifically, YOUR world. This will help you rise above the trials and tribulations of daily living, and help you find a higher ground.

Do more meaningful things, by making meaning in the things that you already do, and choose to do. You are the most significant meaning maker in your life. A simple way to add more meaning is to identify a mission or a cause or a message you believe in.
J.D. Meiers

If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.
Dalai Lama

16. The holy Manifestations of God, the divine prophets, are the first teachers of the human race. They are universal educators and the fundamental principles they have laid down are the causes and factors of the advancement of nations. Forms and imitations which creep in afterward are not conducive to that progress. On the contrary these are destroyers of human foundations established by the heavenly educators. These are clouds which obscure the Sun of Reality. If you reflect upon the essential teachings of Jesus you will realize that they are the light of the world. Nobody can question their truth. They are the very source of life and the cause of happiness to the human race.
~Ábdu'l-Bahá

17. I order you, Maalik, always to keep the fear of Allah in your mind, to give priority to His worship and to give preference to obeying His Commands over every other thing in life, to carefully and faithfully follow the commandments and interdictions as are given by the Holy Book and the traditions of the Holy Prophet (s) because the success of a man to attain happiness in this world and in the next depends upon these qualities, and a failure to achieve these attributes brings about total failure in both the worlds.
~Muslim Writings

Happiness is the meaning and the purpose of life,
the whole aim and end of human existence.
Aristotle

18. Try to make at least one person happy every day. If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime!
Lawrence G. Lovasik

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.
Ralph Waldo Ermerson

19. It is a day of joy, a time of happiness, a period of spiritual growth. I beg of God that this divine spiritual civilization may have the fullest impression and effect upon you. May you become as growing plants. May the trees of your hearts bring forth new leaves and variegated blossoms. May ideal fruits appear from them in order that the world of humanity, which has grown and developed in material civilization, may be quickened in the bringing forth of spiritual ideals. Just as human intellects have revealed the secrets of matter and have brought forth from the realm of the invisible the mysteries of nature, may minds and spirits, likewise, come into the knowledge of the verities of God, and the realities of the Kingdom be made manifest in human hearts.
~Ábdu'l-Bahá

The happiness of man is in the fragrance of the love of God.
Ábdu'l-Bahá

Happy – Pharrel Williams
Angela Bryan - Vocal
Adrian Bryan - Guitar

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Please join us for refreshments

Soul Food
Soul Food is an open community devotional event hosted at the Bahá'í Centre of Learning in Hobart 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, California and Kansas. It is also proudly supported by the Victorian Multicultural Commission in Victoria, Australia. Original programs are available for free download from www.soulfood.com.au/tas/
Venue: Bahá'í Centre of Learning, Hobart
Time: 3.00pm – 4pm

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 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 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 in Tasmania 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 Neighbourhood

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

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"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, 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. 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

May we invite you

to join us:

for the next program:

"Two Wings of a Dove"

Sunday March 6th 3pm

Dates for 2016

April 3rd	**Lights of Divine Revelation**
May 1st	**Family – Fortress of Well-being**
June 5th	**Our Planet – Our Future**
July 3rd	**Truthfulness – the Foundation of Human Virtues**
August 7th	**A Path of Light of 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**

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

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.