

Soul Food

Truthfulness – The Foundation of all Virtues



Truthfulness

July 2016

Truthfulness – The Foundation of all Virtues

This program presents truthfulness as the foundation for all other virtues and a necessary basis for harmony in all human relationships.

Program:



Micaela Moore- Eurhythmy, Sue Bushnell Piano

01. *Prayer*
02. *Alex Haditaghi*
03. *Bahá'í Teachings*
04. *Buddhist Writings*
05. *John Locke*
06. *Barbara De Angelis*
07. *Bahá'í Writings*



Luke Frost – Piano

08. *James D Connolly*
09. *Stephen Crane*
10. *Christian Writings*
11. *Bahá'í Writings*
12. *Shirley Wang*
13. *Suzy Kassem*
14. *Unknown Source*



Micaela Moore- Eurhythmy, Sue Bushnell – recitation and piano

15. *William Shakespeare*
16. *Truth and Reconciliation*
17. *Linda Popov*
18. *Dan Brown*
19. *Bahá'í Writings*



Luke Frost – Piano

Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed.

***If people all over the world...would do this,
it would change the earth.***

William Faulkner

Truthfulness is the foundation of all human virtues.

Without truthfulness progress and success, first in all the worlds of God, are impossible for any soul. When this holy attribute is established in man, all the divine qualities will also be acquired.

'Abdu'l-Baha

Theme and Variation from Sonata K331 - Mozart

Micaela Moore – Eurhythmy

Sue Bushnell – recitation and piano

01. My God, my Adored One, my King, my Desire! What tongue can voice my thanks to Thee? I was heedless, Thou didst awaken me. I had turned back from Thee, Thou didst graciously aid me to turn towards Thee. I was as one dead, Thou didst quicken me with the water of life. I was withered, Thou didst revive me with the heavenly stream of Thine utterance which hath flowed forth from the Pen of the All-Merciful.

O Divine Providence! All existence is begotten by Thy bounty; deprive it not of the waters of Thy generosity, neither do Thou withhold it from the ocean of Thy mercy. I beseech Thee to aid and assist me at all times and under all conditions, and seek from the heaven of Thy grace Thine ancient favor. Thou art, in truth, the Lord of bounty, and the Sovereign of the kingdom of eternity.

~Baha'u'llah



***Integrity is telling myself the truth.
And honesty is telling the truth to other people.
Spencer Johnson***

02. Truth is like a bright full moon in a dark country sky. Powerful, bright and undeniable. Lies are like clouds that continually try to cover that moon. Sometimes they might be able to cover the moon, but only temporarily. The truth will always outshine the clouds.
~ Alex Haditaghi

***It takes strength and courage to admit the truth.
Rick Riordan***

03. Truthfulness and trustworthiness involve much more than not telling lies; they embody the overarching capacity to discern, value, and uphold truth itself. Without these spiritual qualities, neither individual nor social progress is possible. Justice is vital to the establishment of unity and harmony at all levels of society, as it provides the standard by which individual conduct and collective effort are judged. A requirement for living a life of service to humanity, then, is constant effort to develop truthfulness, trustworthiness, and justice, ensuring that they are ever-present in thought and action.
“We beseech Him - exalted be He - to aid everyone to become the essence of truthfulness, and to draw nigh unto Him”.
~Bahá'í Teachings

***No legacy is so rich as honesty.
William Shakespeare***

04. There, someone avoids lying, and abstains from it. He speaks the truth, is devoted to the truth, reliable, worthy of confidence, is not a deceiver of men. Being at a meeting, or amongst people, or in the midst of his relatives, or in a society, or in the king's court, and called upon and asked as witness, to tell what he knows, he answers, if he knows nothing: "I know nothing"; and if he knows, he answers: "I know"; if he has seen nothing, he answers: "I have seen nothing," and if he has seen, he answers: "I have seen." Thus, he never knowingly speaks a lie, neither for the sake of his own advantage, nor for the sake of another person's advantage, nor for the sake of any advantage whatsoever.
~Buddhist Writings

05. It is hard to know what other way men can come to truth, to lay hold of it, if they do not dig and search for it as for gold and hid treasure; but he that does so, must have much earth and rubbish, before he gets the pure metal; sand, and pebbles, and dross usually lie blended with it, but the gold is nevertheless gold, and will enrich the man that employs his pains to seek and separate it.
~John Locke

***Understanding comes with compassion and
compassion comes with truthfulness.
Amit Abrahamv***

o6. Living with integrity means: Not settling for less than what you know you deserve in your relationships. Asking for what you want and need from others. Speaking your truth, even though it might create conflict or tension. Behaving in ways that are in harmony with your personal values. Making choices based on what you believe, and not what others believe.

~Barbara De Angelis

o7. Likewise, when you meet those whose opinions differ from your own, do not turn away your face from them. All are seeking truth, and there are many roads leading thereto. Truth has many aspects, but it remains always and forever one.
Do not allow difference of opinion, or diversity of thought to separate you from your fellow-men, or to be the cause of dispute, hatred and strife in your hearts.

Rather, search diligently for the truth and make all men your friends.

~Bahá'í Writings

Search others for their virtues, thyself for thy vices.

Ben Franklin



Nocturne in Db major - Chopin

Luke Frost – Piano

o8. **Truth**

Truth is something no one can truly hold,
whether they believe they do or not.

Truth only exists in degree.

Truth is not something that can be used anytime simply
because it is truth.

Truth must be used in relativity.

In humility we can learn more.

In silence and action we can learn more.

In reflection we can learn more.

In awaiting knowledge we can be surprised and feel joy.

The joy of discovery is an eternal gift.

So be less right,

and couch your truth only in love and kindness.

Be less greedy for knowing,

and enjoy the magic of life in the continued unfoldment of
new understanding.

~James D Connolly

Truth makes all things beautiful.

Edward Counsel

9.

Truth ...
Is a breath, a wind,
A shadow, a phantom;
Long have I pursued it,
But never have I touched
The hem of its garment.
Stephen Crane

10. Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. If ye had known me, ye should have known my Father also: and from henceforth ye him, and have seen him.
~Christian Writings

***Beauty is truth, truth beauty, that is all
ye know on earth, and all ye need to know.***
John Keats

11. The purpose of the one true God in manifesting Himself is to summon all mankind to truthfulness and sincerity, to piety and trustworthiness, to resignation and submissiveness to the Will of God, to forbearance and kindness, to uprightness and wisdom. His object is to array every man with the mantle of a saintly character, and to adorn him with the ornament of holy and goodly deeds.
~Bahá'í Writings

***My little children, let us not love in word,
neither in tongue; but in deed and in truth.
Christian Writings***

12. **Teaching Children to be Truthful**
To teach children not to lie, extolling the virtues of honesty may be more effective than focusing on the punishing consequences of deception.
After listening to how a young George Washington admitted to chopping down a cherry tree- "I cannot tell a lie," he famously said- children were significantly less likely to lie about their own dishonesty than if they heard "The Boy Who Cried Wolf" or "Pinocchio."
The difference? Unlike the fairy tales with their grisly punishments, George Washington is lauded for telling the truth. "I always thought stories such as 'The Boy Who Cried Wolf' would have far more impact, because they're so threatening and negative, and kids must

be afraid of the consequences,” said psychologist Kang Lee of the University of Toronto. “But it was the other way around.”

Lee’s new study, published in June in the journal *Psychological Science*, is the latest installment in his decades-long research on deception in children. He was inspired by the question: Do classic, morally instructive tales of honesty, so often told by parents and teachers, actually work?

To test this, Lee and colleagues devised a scenario that tempted children to lie. As they sat with their backs to an unseen toy on a table, an experimenter played a sound associated with the toy—a quacking rubber duck, a barking plastic dog - and asked the child to guess its identity. If they guessed correctly, they’d win a prize. After a few rounds, the experimenter would put a different toy on the table, instruct the child not to peek at it, and briefly leave the room. A few minutes later the experimenter would return, read aloud one of four classic children’s stories, and ask the child whether he or she peeked. Unbeknownst to the kids, however, a hidden camera in the wall had recorded their activities. The researchers knew if they lied.

Lee’s group ran the experiment with 3-to-7-year-old Canadian children, both boys and girls, each of whom heard one story. Those who heard “The Tortoise and the Hare”—which isn’t about honesty, and was used to set a baseline for comparison—told the truth about peeking roughly 30 percent of the time.

That number barely changed if they’d heard “Pinocchio,” and rose to about 35 percent after “The Boy Who Cried Wolf.” But if the story was of George Washington and the cherry tree, 48 percent told the truth. Lee suspected the jump might be linked to the story’s positive emphasis. Washington’s is a tale about virtue rewarded rather than misbehavior punished.

~Shirley Wang

Selflessness. Humility. Truthfulness.
These are the three marks of an honorable man.
Suzy Kassem

13. Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies.
~ Suzy Kassem

Truth never damages a cause that is just.
Mahatma Gandhi

14. The TRUTH: It may not lead you to where you thought you were going, but it will always lead you somewhere better. When ignored, it will eventually show itself. The closeness of your relationships is directly proportional to the degree to which you have revealed the truth about yourself. It can be painful.
~Unknown Source

Before speaking, consult your inner-truth barometer, and resist the temptation to tell people only what they want to hear.
Wayne W. Dyer



Wisdom-wielding Spirit of Will
Weaving the Spirit-Worlds throughout,
Working through Spirit-Beings,
Working in the depths of my being to:
Weld with the fire of thy Love
My inner being with thy light and strength
That finding Thee I may find myself.
~Rudolf Steiner
"Winter" from the Four Seasons – Vivaldi

Micaela Moore - Eurhythmy
Sue Bushnell – recitation and piano

15. When my love swears that she is made of truth
I do believe her, though I know she lies,
That she might think me some untutor'd youth,
Unlearned in the world's false subtleties.
Thus vainly thinking that she thinks me young,
Although she knows my days are past the best,
Simply I credit her false speaking tongue:
On both sides thus is simple truth suppress'd.
But wherefore says she not she is unjust?
And wherefore say not I that I am old?
O, love's best habit is in seeming trust,
And age in love loves not to have years told:
Therefore I lie with her and she with me,
And in our faults by lies we flatter'd be.
~William Shakespeare - Sonnet 138

***One should not ignore the truth of any matter, rather one should give
expression to that which is right and true.***
Baha'u'llah

16. **Canadian Truth and Reconciliation Commission**

Truth and Reconciliation Commissions have been established in a number of countries following past conflict and human rights abuses. They are tasked with seeking the truth about past wrongdoings in the hope of resolving conflicts.

One such official form of truth-seeking was set up in Canada to examine the system of residential schools which had seen indigenous children removed from their homes, families, traditions and cultures. These schools oversaw the ill-treatment of children for more than a century and resulted in a form of cultural genocide. A damning report followed a six-year examination of the schools. Three individuals who led the charge in learning and documenting the truth about Canada's residential schools were honored with the 2016 Calgary Peace Prize: Senator Murray Sinclair, Chief Wilton Littlechild, and Marie Wilson, the three members of the Truth and Reconciliation Commission who shared the award.

"It means so much to me because I know we are receiving it on behalf of the some 70,000 to 80,000 residential school survivors who are still alive in Canada, and who have been at the heart of our work over the last six and a half years," said Wilson, who will accept the award on behalf of all recipients at the Bella Concert Hall.

But she also expressed hope regarding the calls to action that emerged from the Commission's work.

She commended Justin Trudeau for his swift launch of a national inquiry into missing and murdered indigenous women, and she was pleased that one chapter of the entire federal budget was dedicated to creating a better future for indigenous peoples .

She wants to see Alberta make good on its commitment to develop a new curriculum that will include First Nations, Métis and Inuit perspectives, and she wants Indigenous people to be involved in that process.

"We've all been in a way victim to the distortions of how we've told our history to ourselves," she said.

"We have to start getting to know each other in a real way."

~Adapted from CBC News Calgary, April 2016

***Three things cannot be long hidden:
the sun, the moon and the truth.
Buddha***

17 . The practice of Truth:

- I live from my deepest truthfulness.
- I tell myself the truth about the issues in my life.
- I seek the truth within my spirit.
- I tell the truth to others, aware that we are one.
- I stand on a foundation of truthfulness.
- I am ready to discern what is real and true in my life.

I am thankful for the gift of truthfulness. It sets me free.

~Linda Popov

18. Truth has power. And if we all gravitate toward similar ideas, maybe we do so because those ideas are true ... written deep within us. And when we hear the truth, even if we don't understand it, we feel that truth resonate within us ... vibrating with our unconscious wisdom. Perhaps the truth is not learned by us, but rather, the truth is re-called ... re-remembered ... re-cognized ... as that which is already inside us.

~Dan Brown


The sum of your word is truth, and every one of your righteous ordinances endures forever.

Psalm 119:160

19. Let integrity and uprightness distinguish all thine acts. Be a home for the stranger, a balm to the suffering, and a tower of strength for the fugitive. Be eyes to the blind, and a guiding light unto the feet of the erring. Be an ornament to the countenance of truth, a crown to the brow of fidelity, a pillar of the temple of righteousness, a breath of life to the body of mankind, an ensign of the hosts of justice, a luminary above the horizon of virtue, a dew to the soil of the human heart, an ark on the ocean of knowledge, a sun in the heaven of bounty, a gem on the diadem of wisdom, a shining light in the firmament of thy generation, a fruit upon the tree of humility.
~ Bahá'í Writings

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty.

Bahá'í Writings

 ***Etude in C Minor, Opus 10 No. 12 - Chopin***
Luke Frost – Piano

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 neighborhood. 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 call Sandhya 0448507285, email sandhya_keenoo@hotmail.com

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, 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 ☎0404352047 or email him james.pepperell@gmail.com

May we invite you

to join us:

for the next program:

“A Path of Light of Shade”

Sunday August 7th 3pm

Dates for 2016

September 4 th	Breaths of the Spirit of Peace
October 2 nd	Blessings Shared
November 6 th	Children – Shining Lamps of the Future
December 4 th	A Sense of Time

World Religion Day 15th JANUARY 2017

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

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.