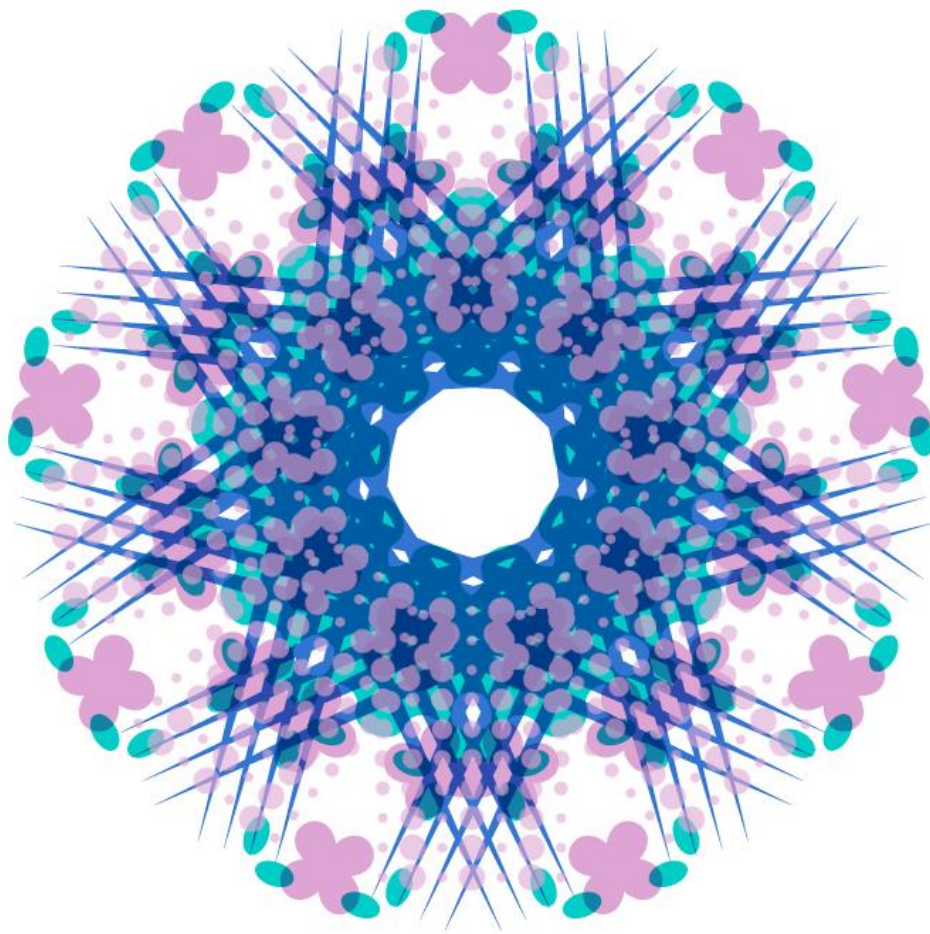


Soul Food

The Inner Balance



October 2015

The Inner Balance

This month's program will explore how our spiritual wellbeing affects the equilibrium of our health and physical wellbeing.

Program



Maya Ramdin - vocal

01. **Prayer – Vocalist Angela Bryan**
02. *Bahá'í Writings*
03. *Buddhist Writings*
04. *Islamic Scripture*
05. *Baha'i Writings*
06. *Baha'i Writings*
07. *Dr Dean Ornish*
08. *Native America Healing Prayer*



Niloufar Pepperell – flute, Erica Davidson - piano

09. *Bahá'í Writings*
10. *Nursery rhyme quoted by Wayne Fields*
11. *Jim Stovall*
12. *Brian Dyson*
13. *Marian Cunningham*



Niloufar Pepperell – flute, Erica Davidson - piano

14. *Too Young To Be A Widow*
15. *Baha'i Writings*
16. *Martin Luther King jr.*
17. *Christian Writings*
18. *Buddhist Prayer*
19. *Bahá'í Writings*



Niloufar Pepperell – flute, Erica Davidson - piano

The best and safest thing is to keep balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

Euripides



Tera Nam (O Thou God) – Hindi
Maya Ramdin - vocal



Angela Bryan

01. Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.
- Bahá'u'lláh

02. The Prophets of God should be regarded as physicians whose task is to foster the well-being of the world and its peoples, that, through the spirit of oneness, they may heal the sickness of a divided humanity. To none is given the right to question their words or disparage their conduct, for they are the only ones who can claim to have understood the patient and to have correctly diagnosed its ailments. No man, however acute his perception, can ever hope to reach the heights which the wisdom and understanding of the Divine Physician have attained. Little wonder, then, if the treatment prescribed by the physician in this day should not be found to be identical with that which he prescribed before.
How could it be otherwise when the ills affecting the sufferer necessitate at every stage of his sickness a special remedy? In like manner, every time the Prophets of God have illumined the world with the resplendent radiance of the Day Star of Divine knowledge, they have invariably summoned its peoples to embrace the light of God through such means as best befitted the exigencies of the age in which they appeared. They were thus able to scatter the darkness of ignorance, and to shed upon the world the glory of their

own knowledge. It is towards the inmost essence of these Prophets, therefore, that the eye of every man of discernment must be directed, inasmuch as their one and only purpose hath always been to guide the erring, and give peace to the afflicted. These are not days of prosperity and triumph. The whole of mankind is in the grip of manifold ills. Strive, therefore, to save its life through the wholesome medicine, which the almighty hand of the unerring Physician hath prepared.

~ Baha'i writings

***It is health that is real wealth and
not pieces of gold and silver.
Mahatma Gandhi***

03. Every human being is the author of his own health and disease. To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

~ Buddhist writings

04. In the name of God, the Compassionate, the Merciful
The Lord of the Worlds,
Who hath created me, and guideth me,
Who giveth me food and drink;
And when I am sick, he healeth me,
And who will cause me to die and again quicken me,
And who, I hope, will forgive me my sins in the day of reckoning.

~ Islamic Scripture

***Health is a large word. It embraces not the body only,
but the mind and spirit as well; and not today's pain or
pleasure alone, but the whole being and outlook of a man.***

James H. West

- o5. Healing through purely spiritual forces is undoubtedly as inadequate as that which materialist physicians and thinkers vainly seek to obtain by resorting entirely to mechanical devices and methods. The best result can be obtained by combining the two processes: spiritual and physical.
~ Baha'i writings
- o6. O thou distinguished physician!... Praise be to God that thou hast two powers: one to undertake physical healing and the other spiritual healing. Matters related to man's spirit have a great effect on his bodily condition. For instance, thou shouldst impart gladness to thy patient, give him comfort and joy, and bring him to ecstasy and exultation. How often hath it occurred that this hath caused early recovery. Therefore, treat thou the sick with both powers. Spiritual feelings have a surprising effect on healing nervous ailments.
~ Baha'i writings

***The recommendation for a healthy heart may one day be to exercise,
eat right and laugh a few times a day.***

Michael Miller

- o7. Dr. Dean Ornish, in his book, "Love and Survival," addresses the importance of friendship in maintaining good health, which, he laments, both physicians and the media want to discount. He is best known for his amazing medical breakthrough in not only halting but actually reversing cardiopathology in heart attack victims:
Love and intimacy are at the root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads to healing. If a new drug had the same impact, virtually every doctor in the country would be recommending it for their patients. It would be mal practice not to prescribe it -- yet, with few exceptions, we doctors do not learn much about the healing power of love, intimacy, and transformation in our medical training.
~ Dr Dean Ornish

o8. Native American Healing Prayer

Grandfather.
Sacred one,
Teach us love and compassion
and honor,
That we may heal the earth
And heal each other.
~Obijway Prayer

***Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23***



***Clair de Lune
~ Claude Debussy
Niloufar Pepperell – Flute
Erica Davidson - Piano***

09. The science of medicine is still in a condition of infancy; it has not reached maturity. But when it has reached this point, cures will be performed by things which are not repulsive to the smell and taste of man — that is to say, by aliments, fruits and vegetables which are agreeable to the taste and have an agreeable smell. For the provoking cause of disease — that is to say, the cause of the entrance of disease into the human body — is either a physical one or is the effect of excitement of the nerves.

But the principal causes of disease are physical, for the human body is composed of numerous elements, but in the measure of an especial equilibrium. As long as this equilibrium is maintained, man is preserved from disease; but if this essential balance, which is the pivot of the constitution, is disturbed, the constitution is disordered, and disease will supervene.

For instance, there is a decrease in one of the constituent ingredients of the body of man, and in another there is an increase; so the proportion of the equilibrium is disturbed, and disease occurs....when by remedies and treatments the equilibrium is reestablished, the disease is banished. So if the sugar constituent increases, the health is impaired; and when the doctor forbids sweet and starchy foods, the sugar constituent diminishes, the equilibrium is reestablished, and the disease is driven off. Now the

readjustment of these constituents of the human body is obtained by two means — either by medicines or by aliments; and when the constitution has recovered its equilibrium, disease is banished. All the elements that are combined in man exist also in vegetables; therefore, if one of the constituents which compose the body of man diminishes, and he partakes of foods in which there is much of that diminished constituent, then the equilibrium will be established, and a cure will be obtained. So long as the aim is the readjustment of the constituents of the body, it can be effected either by medicine or by food.

It is, therefore, evident that it is possible to cure by foods, aliments and fruits; but as today the science of medicine is imperfect, this fact is not yet fully grasped. When the science of medicine reaches perfection, treatment will be given by foods, aliments, fragrant fruits and vegetables, and by various waters, hot and cold in temperature.

~ Baha'i writings

***Let your food be your medicine,
and your medicine be your food.
Hippocrates***

10. The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.
~Nursery rhyme quoted by Wayne Fields

11. I've seen people recover physical abilities, yet never get over emotional trauma after a serious accident. I've seen other people overcome the psychological and emotional trauma of a serious illness even though they may never fully regain their physical capabilities. Which is the greater healing? Which is the better recovery? If I had the option of choosing between a mediocre life with eyesight or the life I have today, even though I am blind, I'd stay blind and keep the life I have.
~ Jim Stovall

Look deeply into your soul. You have enough grace and strength to overcome any struggle.
Lailah Gifty Akitav

12. Imagine life as a game in which you are juggling five balls in the air. You name them – work, family, health, friends, and spirit – and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends, and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life.
~ Brian Dyson
13. We're fed more than food when we eat with others. Instead of taking a solitary trip through life, when you dine with family you learn to share and care for others, as well as practice social skills, tradition, and ritual. Talk begins to flow, feelings are expressed, and a sense of well-being takes over.
~ Marion Cunningham

*If thou wouldst preserve a sound body, use fasting and walking;
if a healthful soul, fasting and praying. Walking exercises the body;
praying exercises the soul; fasting cleanses both.*

Francis Quarles, English Poet



Fantaisie Pastorale

~Hongroise Op 26 – Francis Doppler

Niloufar Pepperell – Flute

Erica Davidson - Piano

14. Too Young to be a Widow

It is with anguish that I recall my friend bossily announcing that I “really wasn’t a widow,” just before Christmas, only a few months after my husband’s death, because I was “too young,” thus depriving me of the one descriptor that provided some lucidity to my surreal experience. Or, the fact that my five year old cousin Melissa was the only one in my family who dared acknowledge my husband’s absence at the holiday dinner table that year, running up to me to tell me that she missed him too.

My status as someone who was abandoned by their spouse through death was the most painful reality I ever had to accept. Yet, I was told by everyone surrounding me, my safety net, that I was not allowed to be it or feel it.

I began to surrender to the emotional pain, while consciously embracing things I loved during that first holiday season alone. Commingled with my misery was a growing curiosity about what it would be like to feel happy and alive again. Because I no longer rejected misery and, as Buddhist nun Pema Chodron taught me, I “made friends” with my pain, I became curious about it.

I prayed and suffered with Christ hanging on the cross during Mass on Sunday. I suffered publicly, but appropriately, crying openly in church or seeking out clergy who could explain my suffering to me. I also became more focused on this nebulous, strange thing called love, wondering more deeply about the nature of love and its genesis. I held my pet rabbits, Lepus and Emily, in my lap closely and in a way that I never had before.

I discovered that love was not just a verb, it was a noun, an energy that we feel and is transmitted through space and time. I tried to bridge the divide of loss and love. Questions nagged, especially that first holiday season. If I still loved my husband and he still loved me, I was sure of it, am I still married? How could I be married and widowed at the same time?

These were concepts I had to process, wonder about, and struggle with, and did so for years afterward. By opening myself simultaneously to both love and loss that first Christmas, however, I became stronger and was able to begin my new life, not without my husband, but with him in my heart.

~Melinda Moore

***The cure for all the ills and wrongs,
the cares, the sorrows
and crimes of humanity,
all lie in that word 'love'.
It is the divine vitality that
produces and restores life.
To each and every one of us
it gives the power of working miracles, if we will.
Linda M. Child***

15. Meditate profoundly, that the secret of things unseen may be revealed unto you, that you may inhale the sweetness of a spiritual and imperishable fragrance, and that you may acknowledge the truth that from time immemorial even unto eternity the Almighty hath tried, and will continue to try, His servants, so that light may be distinguished from darkness, truth from falsehood, right from wrong, guidance from error, happiness from misery, and roses from thorns
~ Baha'i writings

***What we have to learn, in both meditation and in life,
is to be free of attachment to the good experiences, and free
of aversion to the negative ones.
Sogyal Rinpoche, Tibetan Buddhist***

16. As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation – either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course
~Martin Luther King Jr.
17. And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.
And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: And he opened his mouth, and taught them, saying,
Blessed are the poor in spirit: for theirs is the kingdom of heaven.
Blessed are they that mourn: for they shall be comforted.
Blessed are the meek: for they shall inherit the earth.
Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.
Blessed are the peacemakers: for they shall be called the children
of God.
Blessed are they which are persecuted for righteousness' sake:
for theirs is the kingdom of heaven.
~Christian Writings

***Discover your deep inner-self and from that place spread love in
every direction.***

Amit Ray

18. **Golden Chain**

I am a link in Lord Buddha's golden chain of love that stretches around the world.

I must keep my link bright and strong.

I will try to be kind and gentle to every living thing, and protect all who are weaker than myself.

I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends my happiness and misery.

May every link in Lord Buddha's golden chain of love become bright and strong and may we all attain perfect peace.

~ Buddhist prayer

19. There are two ways of healing sickness, material means and spiritual means. The first is by the treatment of physicians, the second consisteth in prayers offered by the spiritual ones to God and in turning to Him. Both means should be used and practised.

Illnesses which occur by reason of physical causes should be treated by doctors with medical remedies; those which are due to spiritual causes disappear through spiritual means. Thus an illness caused by affliction, fear, nervous impressions, will be healed more effectively by spiritual rather than by physical treatment. Hence, both kinds of treatment should be followed; they are not contradictory. Therefore thou shouldst also accept physical remedies inasmuch as these too have come from the mercy and favour of God, Who hath revealed and made manifest medical science so that His servants may profit from this kind of treatment also. Thou shouldst give equal attention to spiritual treatments, for they produce marvellous effects.

Now, if thou wishest to know the true remedy which will heal man from all sickness and will give him the health of the divine kingdom, know that it is the precepts and teachings of God. Focus thine attention upon them.
~ Bahá'í Writings

It is indeed a good and praiseworthy thing to progress materially, but in so doing, let us not neglect the more important spiritual progress, and close our eyes to the Divine light shining in our midst.

'Abdu'l-Bahá



Pan et les Bergers
~Jules Mouquet
Niloufar Pepperell – Flute
Erica Davidson - Piano

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.soulfood.com.au/tas/

Study Circles

The Bahá'í Community offers a series of life-changing circles of study. These small informal groups of like-minded individuals are an opportunity to explore and learn collaboratively about meaningful topics such as the individual's inner reality and their capacity to integrate their spiritual and personal transformation with that of their communities towards the betterment of humankind.

The first series is titled "*Reflections on the Life of the Spirit*" and is a 3 unit exploration on the following themes: Understanding the Bahá'í Writings, Prayer & Meditation, and Life & Death. If you enjoy Soul Food then a study circle may appeal to you.

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 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 Solmaz's mobile 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

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

Soul Food - First Sunday of each month.

Venue: Bahá'í Centre of Learning, Hobart

Time: 3.00pm – 4pm

join us

for the next program Sunday November 1st

“Children – Tender Plants of Life”

Upcoming Dates	Titles
December 6 th	Reflections

Please Note: There will be no Soul Food in January 2016.

We invite you to join us as we celebrate WORLD RELIGION DAY

Jan 24th 3pm at the Bahá'í Centre of Learning for Tasmania (here).

The next Soul Food program will be Sunday February 7th 2016

Another exciting program held every Tuesday
afternoon 12.30pm – 1.30pm in the
Boardroom upstairs is a short Devotional
designed to lift up our spirits and so is called:

“Lunchtime Lift”

We would love to share this with you.

The Bahá'í Faith

You can find out more about the Baha'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.tasbcl.com.au/Soulfood