

## Health

is a state of complete  
**physical, mental and social well-being,**  
and not the absence of disease or infirmity.

*-World Health Organization, 1948*

**HEALING:**  
restore the balance

Proudly presented by the Baha'i community of Adelaide

The Baha'i Faith celebrates the unity and diversity of the human family,  
the essential harmony of all religions and the oneness of the Universal Creator

Web: [www.bahai.org.au](http://www.bahai.org.au)  
E-mail: [adelaide@sa.bahai.org.au](mailto:adelaide@sa.bahai.org.au)  
Phone: 8267 4407 / 0434 094170

This program is dedicated to 'World Health Day'

## *Opening Music*

# SPIRITUAL & PHYSICAL HEALING

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.

- *Baha'u'llah, from the Baha'i writings*

There are two ways of healing sickness, material means and spiritual means. The first is by the use of remedies, of medicines; the second consists in praying to God and in turning to Him. Both means should be used and practiced.

- *Abdu'l-Baha, from the Baha'i writings*

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.

- *Shoghi Effendi, from the Baha'i writings*

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*

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*

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

- *B.K.S. Iyengar*

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*

It may be possible to incorporate laughter into daily activities, just as is done with other heart-healthy activities, such as taking the stairs instead of the elevator. The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day.

- *Dr Michael Miller, Center for Preventive Cardiology, University of Maryland Medical Center.*

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.

- *Abdu'l-Baha, from the Baha'i writings*

*Musical Reflection*

# NUTRITION

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 a special 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.

The majority of the diseases which overtake man also overtake the animal, but the animal is not cured by drugs. In the mountains, as in the wilderness, the animal's physician is the power of taste and smell. The sick animal smells the plants that grow in the wilderness; he eats those that are sweet and fragrant to his smell and taste, and is cured. The cause of his healing is this: when the sugar ingredient has become diminished in his constitution, he begins to long for sweet things; therefore, he eats an herb with a sweet taste, for nature urges and guides him; its smell and taste please him, and he eats it. The sugar ingredient in his nature will be increased, and health will be restored.

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.

- *Abdu'l-Baha, from the Baha'i writings*

The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.

- *Deepak Chopra*

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

- *Doug Larson*

The deviation of man from the state in which he was originally placed by nature seems to have proved to him a prolific source of disease.

- *Edward Jenner*

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, Wayne Fields, What the River Knows, 1990*

## *Musical Reflection*

# MEDITATION & FASTING

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'u'llah, from the Baha'i writings*

Wake up! It is time to wake up!  
You are young, strong – why do you waver,  
Why are you lazy and irresolute?  
This is not the way to wisdom.  
Be strict with speech, control your mind,  
Let not the body do evil.  
This is the way to wisdom.  
These the three roads leading to it.  
Meditation brings wisdom,  
Lack of meditation is folly.  
These are the two roads,  
One leading forward and one leading backwards.  
Choose the right one,  
The one that leads to wisdom.  
Not one tree – cut down the whole forest!  
There is danger in the forest.  
Cut down the forest of desires, O Bhikkus,  
And discover the road to liberation

- *Dhammapada, from the Buddhist 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 writer*

Happy is the man that hath not walked in the counsel of the wicked, nor stood in the way of sinners, nor sat in the seat of the scornful. But his delight is in the law of the Lord; And in His Law doth he meditate day and night. And he shall be like a tree planted by streams of water, that bringeth forth its fruit in its season, And whose leaf doth not wither: And in whatsoever he doeth he shall prosper.

- *Psalm 1: 1-3, from the Bible*

Most people think that aging is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of aging, through correction of diet, through anti-oxidants, through removal of toxins from the body, through exercise, through yoga and breathing techniques, and through meditation.

Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there - buried under the 50,000 thoughts the average person thinks every day.

- *Deepak Chopra*

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*

By fasting we are losing nothing financially; we are blessing ourselves physically; and we are gaining greater spiritual power to withstand the temptations that we meet in life; and, best of all, in giving to the poor we are practicing the very essence of our religion.

There is a spiritual strength derived from the subjecting of the physical appetite to the will of the individual. "He who reigns within himself and rules passions, desires, and fears is more than king." If there were no other virtues in fasting but gaining strength of character, that alone would be sufficient justification for its universal acceptance.

- *David McKay, 9<sup>th</sup> President of the Mormon Church*

*Musical Reflection*

# FRIENDSHIP & LOVE

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing.

- *Larry Dossey*

We should all visit the sick. When they are in sorrow and suffering, it is a real help and benefit to have a friend come. Happiness is a great healer to those who are ill. In the East it is the custom to call upon the patient often and meet him individually. The people in the East show the utmost kindness and compassion to the sick and suffering. This has greater effect than the remedy itself. You must always have this thought of love and affection when you visit the ailing and afflicted.

- *Abdu'l-Baha, from the Baha'i writings*

*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 cause 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*

Being optimistic, having a sense of humor, being physically fit, and being religious or spiritual are all part of the (anti-stress) package and none is more important than another. It's a lifestyle that combines all these factors that will help you in the long run... The more types of friends you have, the better... Seek out friends from a variety of settings, including your family, your workplace, and your place of worship. It doesn't matter much where, so long as you get out there and mingle.

- *Dr Bruce Rabin, University of Pittsburgh Medical Center Health Enhancement Program*

Praised be Thou, O Lord my God! I implore Thee, by Thy Most Great Name through which Thou didst stir up Thy servants and build up Thy cities, and by thy most excellent titles, and Thy most august attributes, to assist Thy people to turn in the direction of thy manifold bounties, and set their faces towards the Tabernacle of Thy wisdom. Heal Thou the sicknesses that have assailed the souls on every side, and have deterred them from directing their gaze towards the Paradise that lieth in the shelter of Thy shadowing Name, which Thou didst ordain to be the King of all names unto all who are in heaven and all who are on earth. Potent art Thou to do as pleaseth Thee. In Thy hands is the empire of all names. There is none other God but Thee, the Mighty, the Wise.

I am but a poor creature, O my Lord; I have clung to the hem of Thy riches. I am sore sick; I have held fast the cord of Thy healing. Deliver me from the ills that have encircled me, and wash me thoroughly with the waters of Thy graciousness and mercy, and attire me with the raiment of wholesomeness, through Thy forgiveness and bounty. Fix, then, mine eyes upon Thee, and rid me of all attachment to aught else except Thyself. Aid me to do what Thou desirest, and to fulfill what Thou pleasest.

Thou art truly the Lord of this life and of the next. Thou art, in truth, the Ever-Forgiving, the Most Merciful.

*-Baha'u'llah, from the Baha'i writings*

*Musical Finale*

*join us* for the next program

**Sunday the 17th of May, 11am**  
Radford Auditorium,  
Art Gallery of South Australia