

SOULFOOD

reflective moments

We have *flown the air* like birds
and *swum the sea* like fishes,
but have yet to learn the simple act of
walking the earth as brothers.
— Dr Martin Luther King (1967)

reconciliation
walking together



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.

Email: adelaide@sa.bahai.org.au
Web: www.bahai.org.au
Phone: 8267 4407 / 0434 094170

Opening Presentation

RECONCILIATION: A Song of Understanding

At the dawn of this millennium, tribal peoples of the world still echo the voices of their Elders as they encourage us to respect each other. In their timeless wisdom lie the seed of hope and the promise of tomorrow yet to come.

This program is dedicated to the celebration of our Aboriginal heritage. With love and acknowledgement of Kaurna people, the traditional custodian of Adelaide plains.

Look up, my people,
The dawn is breaking,
The world is waking
To a new bright day
Where none defame us,
No restriction tame us,
No color shame us,
No sneer dismay.

—*A Song of Hope by Oodgeroo of the tribe Noonuccal*

Scratch beneath the skin
of every struggle
and feel at the heart of it all
a love of life
of humanity
the roots
of the tree of progress

—*Heather Robertson South African Artist*

Excerpt from the speech by Lillian Holt at the first anniversary of the national apology to the stolen generations – 13 February 2009 – Adelaide:

Much of which I speak about today has informed my own journey which has been informed by my Aboriginality, but not necessarily confined by it or to it....

For if I have learned anything over the past 40 years from the arenas of the Referendum and Reconciliation, both of which speak to race relations in this country, it is that the spirit of the law is just as important as the letter of the law when it comes to human relationships....

So let us look within. For it is in you! It is in me! It is in us all! And it is accessible when we wish to avail ourselves of it. Therefore, we don't have to look outside of ourselves.

Furthermore, the beauty of the spirit of the law as opposed to the letter of law does not require committees, or bureaucracies, or hierarchies. Nor leaders. Nor experts! ...

In deed for me, the spirit beckons us to ponder on ourselves as player in the process of the healing of race relations in this rich but racialised land we all share.

I use the word “racialised” because I have no doubt that the Referendum and Reconciliation process and all else pertaining to Aboriginal Australia, including the Apology, arose as a result of an underlying and un-interrogated racism.

A racism which I choose to call “ the gangrene of soul” of this nation. In which we are all implicated. And by which we are all diminished.

For “what has diminished me as an Aboriginal person has also diminished you as a non-Aboriginal’

I, personally happen to believe that if we can grasp Gandhi's words “when one is diminished we are all diminished” we can have not only practical reconciliation but profound reconciliation.

Hence, I am hopeful that if we can understand the inherent issues of implication and diminishment spiritually, rather than merely intellectually – that is not just from the head but the heart – we are well on the way to moving away from disconnectedness to connectedness. A disconnectedness which has feasted upon denial, shame, guilt and fear....

Being an opportunist as well as an optimist, I am looking for kindred spirits to join me in the fearless journey of Physician Heal Thyself in which both the spirit of Reconciliation as well as the letter of it is equally honoured.

Equally honoured as exemplified in the following wise words written on a 17th Century English tombstone which state:

A VISION WITHOUT A TASK IS A DREAM
A TASK WITHOUT A VISION IS DRUDGERY
BUT A VISION WITH A TASK IS THE HOPE FOR THE WORLD

—*Lillian Holt*

Learn from the past.
Learn from the sadnesses,
The disappointments,
The tears,
The successes,
The joys.
And release them all.
Do not carry them
In your mind
And in your heart
Instead
See anew.
Feel anew.
Create wonders.

— *Clear Water*

Musical Reflection

RECONCILIATION: A Song of Unity

The first reality man must realize is the reality of oneness. Already the sings of this awareness is multiplying. Never have the famous lines of John Donne Conveyed more meaning than today:

No man is an island, entire to itself;
every man is a piece of the continent, a part of the main;
any man's death diminishes me, because I am involved in mankind;
and therefore never send to know for whom the bell tolls;
it tolls for thee.

—*John Donne*

The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord.

If you meet those of different race and color from yourself, do not mistrust them and withdraw yourself into your shell of conventionality but, rather, be glad and show them kindness. Think of them as different coloured roses growing in the beautiful garden of humanity and rejoice to be among them...

There are no whites and blacks before God. All colors are one, and that is the color of servitude to God. Scent and color are not important. The heart is important. If the heart is pure, white or black or any color makes no difference. God does not look at colors; He looks at the hearts.

He whose heart is pure is better. He whose character is better is more pleasing...In the realm of existence colors are of no importance.

— *Abdu'l-Baha, from the Baha'i Writings*

Thence did arise, to fill this world,
the races of mankind...
Yea! knowing Me the source of all,
by Me all creatures wrought...
And, all for the love of them, within their
darkened souls I dwell,
And, with bright rays of wisdom's lamp,
their ignorance dispel.

—*The Bhagavad-Gita, Chapter X*

Recompense to no man evil for evil. Provide things honest in the sight of all men. If it be possible, as much as lieth in you, live peaceably with all men.

—*Romans 12:17, from the Bible*

Let no one deceive another,
Let no one despise another in any situation,
Let no one, from antipathy or hatred, wish evil to anyone,
Just as a mother, with her own life, protects her only son from hurt,
So within yourself foster a limitless concern for every living creature.
Display a heart of boundless love for all the world
In all its height and depth and broad extent,
Love unrestrained, without hate or enmity.
Then as you stand or walk, sit or lie, until overcome by drowsiness,
Devote your mind entirely to this; it is known as living here life divine.

—*Buddhist Enlightenment*

Seek for mankind that of which you are desirous for yourself, that you may be a believer; Treat well as a neighbour the one who lives near you, that you may be a Muslim. That which you want for yourself seek for mankind. The most righteous of men is the one who is glad that men should have what is pleasing to himself, and who dislikes for them what is for him disagreeable. Whatever you abhor for yourself, abhor it also for others, and whatever you desire for yourself desire also for others.

—*Attributed to Muhammad*

Musical Reflection

RECONCILIATION: A Song of Love

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*

In this age of wonders no one will say that a thing or an idea is worthless because it is new. To say it is impossible because it is difficult is again not in consonance with the spirit of the age.

Things undreamt of are daily being seen, the impossible is ever becoming possible. We are constantly being astonished these days at the amazing discoveries in the field of violence. But I maintain that far more undreamt of and seemingly impossible discoveries will be made in the field of nonviolence.

I have no message to give except this: that there is no deliverance for any people on this earth or for all the people of this earth except through truth and nonviolence in every walk of life without any exceptions. Non violence is the greatest force humanity has been endowed with. Truth is the only goal humanity has. For God is none other than Truth.

I believe that the religion of non violence springs from the fact that the advancement of one promotes the advancement of all, and the fall of one implies the fall of all. We have therefore been enjoined to show compassion to every living being. The way of peace is the way of truth. Truthfulness is even more important than peacefulness. Truthful people cannot long remain violent.

—*Mohandas K. Gandhi*

Musical Reflection

The day will come when, after harnessing the winds, the tides, and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, man will have discovered fire.

—*Teilhard de Chardin*

Yesterday is but a dream, and tomorrow is only a vision,
but today well-lived makes every yesterday
a dream of happiness, and every tomorrow
a vision of hope.
Look well, therefore, to this day.

— *Baghavat-Gita, from the Hindu Scriptures*

If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow.

—*Elizabeth Kubler-Ross*

In today's highly interdependent world, individuals and nations can no longer resolve many of their problems by themselves. We need one another. We must therefore develop a sense of universal responsibility . . . It is our collective and individual responsibility to protect and nurture the global family, to support its weaker members, and to preserve and tend to the environment in which we all live.

—*The Dalai Lama*

So intensely hath the glory of Divine Unity penetrated souls and hearts that all are now bound one to another with heavenly ties, and all are even as a single heart, a single soul. Wherefore reflections of the spirit and impressions of the Divine are now mirrored clear and sharp in the deep heart's core. I beg of God to strengthen these spiritual bonds as day followeth day, and make this mystic oneness to shine ever more brightly, until at last all shall be as troops marshalled together . . . within the sheltering shade of the Word of God; that they may strive with all their might until universal fellowship, close and warm, and unalloyed love, and spiritual relationships, will connect all the hearts in the world.

Let all your striving be for this, to become the source of life and immortality, and peace and comfort and joy, to every human soul, whether one known to you or a stranger, one opposed to you or on your side. Look ye not upon the purity or impurity of his nature: look ye upon the all-embracing mercy of the Lord, the light of Whose grace hath embosomed the whole earth and all who dwell thereon, and in the plenitude of Whose bounty are immersed both the wise and the ignorant. Stranger and friend alike are seated at the table of His favour.

— *Abdu'l-Baha, from the Baha'i Writings*

Musical Finale

join us for the next **SOULFOOD** program

Sunday the 21st of June, 11am
Art Gallery of South Australia
Radford Auditorium

'Shades of Green'
dedicated to
World Environment Day