



**Program — Listening To The Heart**  
February 2004

***OPENING MUSIC***

~ *music by Emma Horwood*

***LOVE***

- ~Christian Bible - *1st Epistle from St. Paul*
- ~World's Religious traditions - *Spiritual Love*
- ~Baha'i Writings - *Four Kinds of Love*

***MUSIC***

~ *performed by Emma Horwood*

***THE DIVINE ESSENCE***

- ~ Hindu Writings - The *Bhagavad-Gita*
- ~ Moslem Writings - *The Koran*
- ~ Buddhist Writings - *Teachings of Buddha*
- ~ Baha'i Writings - *The Almighty*

***MUSIC***

~ *performed by Emma Horwood*

***REFLECTING GOD'S LOVE***

- ~ Kahlil Gibran - *The Prophet*
- ~Tim Kimmel - *The Story of Catherine Lawes*
- ~ Mother Julian - *Celestial Love*

***MUSIC***

~ *performed by Emma Horwood*

***ATTRACTION OF THE HEARTS***

- ~ Baha'i Writings - *The Hidden Words*
- ~ Baha'i Writings - *The Seven Valleys*
- ~ Mother Teresa - *Love*
- ~ The Dalai Lama - *Compassion and Love*
- ~ Baha'i Writings - *Love*

***MUSICAL FINALE***

~ *performed by Emma Horwood*

# Love

Inasmuch as love grows in you,  
So in you beauty grows.  
For love is the beauty of the soul.  
*St. Augustine*

## MUSIC

*performed by Emma Horwood*

### **The First Epistle of St. Paul to the Corinthians**

Even though I speak in human and angelic language - but I have no love - I am as noisy and brass as a clashing cymbal. And although I have the prophetic gift and see through every secret and through all that may be known, and have sufficient faith for the removal of mountains - but I have no love - I am nothing. And though I give all my belongings to feed the hungry and surrender my body to be burned - but I have no love - I am not in the least benefited.

Love endures long and is kind. Love is not jealous. Love is not out for display. It is not conceited or unmannerly. It is neither self-seeking, nor irritable, nor does it take account of a wrong that is suffered. It takes no pleasure in injustice but sides happily with truth. It bears everything in silence, has unquenchable faith, hopes under all circumstances; endures without limit.

Love never fails. As for prophesying, they will pass away. As for tongues, they will cease. As for knowledge, it will lose its meaning. For our knowledge is fragmentary and so is our prophesying. But when the perfect is come then the fragmentary will come to an end.

When I was a child I talked like a child, I thought like a child, I reasoned like a child. But on becoming a man I was through with childish ways. For now we see indistinctly in a mirror, but then face to face. Now we know partly, but then we shall understand as completely as we are understood.

There remain then, faith, hope, love. These three; but the greatest of these is love.

## *Spiritual Love*

Christian

**Beloved, let us love one another, for love is of God, and everyone that loveth is born of God, and knoweth God.**

Confucianism

**To Love all men is the greatest benevolence.**

Buddhism

**Let a man cultivate towards the whole world a heart of love.**

Hinduism

**One can best worship the Lord through love.**

Islam

**Love is this, that thou shouldst account thyself very little and God very great.**

Taoism

**Heaven arms with love those it would not see destroyed.**

Sikhism

**God will regenerate those in whose hearts there is love.**

Judaism

**Thou shalt love the Lord thy God with all thy heart and thy neighbour as thyself.**

Jainism

**The days are of most profit to him who acts in Love.**

Zoroastrianism

**Man is the beloved of the Lord and should love Him in return.**

Baha'i

**Love Me that I may love thee. If thou lovest Me not My love can in no wise reach thee.**

Shinto

**Love is the representative of the Lord.**

### *Four Kinds of Love*

There are four kinds of love. The first is the love that flows from God to man; it consists of the inexhaustible graces, the Divine effulgence and heavenly illumination. Through this love the world of being receives life. Through this love man is endowed with physical existence, until, through the breath of the Holy Spirit—this same love—he receives eternal life and becomes the image of the Living God. This love is the origin of all the love in the world of creation.

The second is the love that flows from man to God. This is faith, attraction to the Divine, enkindlement, progress, entrance into the Kingdom of God, receiving the Bounties of God, illumination with the lights of the Kingdom. This love is

the origin of all philanthropy; this love causes the hearts of men to reflect the rays of the Sun of Reality.

The third is the love of God towards the Self or Identity of God. This is the transfiguration of His Beauty, the reflection of Himself in the mirror of His Creation. This is the reality of love, the Ancient Love, the Eternal Love. Through one ray of this Love all other love exists.

The fourth is the love of man for man. The love which exists between the hearts of believers is prompted by the ideal of the unity of spirits. This love is attained through the knowledge of God, so that men see the Divine Love reflected in the heart. Each sees in the other the Beauty of God reflected in the soul, and finding this point of similarity, they are attracted to one another in love. This love will make all men the waves of one sea, this love will make them all the stars of one heaven and the fruits of one tree. This love will bring the realization of true accord, the foundation of real unity.

‘Abdu’l-Baha from the Baha’i Writings

# The Divine Essence

Thou art the Almighty, the Self-Subsistent,  
the Giver, the Forgiving,  
the Pardoner, the Omniscient,  
the One Creator

*from a Baha’i Prayer*

## MUSIC

*performed by Emma Horwood*

Said Lord Supreme, "Behold Arjuna now my numerous and various divine and colourful forms. . . O Arjuna, behold in one place the entire universe - both dynamic and static - and also whatever you wish to see further. . . I will give you supernatural vision with which you can behold the wealth of My Yoga."

Having said thus . . . the Great Lord of Yoga, showed His divine splendour to Arjuna.

Innumerable mouths and eyes, numerous awesome visions, many divine ornaments . . .

Wearing many divine garlands and garments, smeared with many divine perfumes and creams, incredible was the form of God, unlimited and many faced. The splendour of the great Lord was like many thousands of suns ablaze in the sky at the same time.

There Arjuna could see in the universal form of the Supreme God, in one place the entire universe divided into many.

Then (having seen the form of God), Arjuna, struck with wonder, his hair standing stiff due to the feeling of ecstasy, bowed his head in reverence before God and spoke to Him with folded hands.

Said Arjuna, "I am able to see O Lord , in Your divine body all the gods and living entities.

Also Brahma, the creator sitting in the lotus flower, all the sages and many divine serpents.

I am seeing innumerable hands, bellies, mouths, and eyes. You are indeed everywhere with an unending form.

O Lord of the Universe, I am unable to see the beginning, the middle and the end of Your universal form. With Your crown, mace and weapon, Your effulgence is glowing in all directions, It is difficult for me to see your brilliance that is blazing everywhere like that of the sun which is immeasurable.

You are imperishable, the highest (knowledge) to be realized. You are the resting ground for this whole universe. You are the protector of the eternal dharma. It is my conviction that you are the most Ancient Being. I behold You as the One without a beginning, middle or end, with infinite energy, innumerable hands and eyes like the sun and the moon.

A blazing fire is coming out of Your mouth. And You are keeping the whole universe heated with Your inner glow.

*from the Yoga of the Vision of the Universal Self  
in the Upanishad of the divine Bhagavad-Gita*

In the Name of Allah, the Compassionate, the Merciful

HE created man and taught him articulate speech. The sun and the moon pursue their ordered course. The plants and the trees bow down in adoration.

HE raised the heaven on high and set the balance of all things, that you might not transgress it. Give just weight and full measure.

HE laid the earth for His creatures, with all its fruits and blossom-bearing palm, chaff-covered grain and scented herbs. Which of your Lord's blessings would you deny?

HE created man from potter's clay and the jinn from smokeless fire. Which of your Lord's blessings would you deny?

The LORD of the two easts is He, and the Lord of the two wests. Which of your Lord's blessings would you deny?

HE has let loose the two oceans: they meet one another. Yet between them stands a barrier which they cannot overrun. Which of your Lord's blessings would you deny?

Pearls and corals come from both. Which of your Lord's blessings would you deny?

HIS are the ships that sail like banners upon the ocean. Which of your Lord's blessings would you deny?

All who live on earth are doomed to die. But the face of your Lord will abide forever, in all its

majesty and glory.

*from the Koran Chapter 55*

The Perfect One sees the universe face to face and understands its nature. He proclaims the truth both in its letter and in its spirit, and His doctrine is glorious. . . The Perfect One lets His mind pervade the four quarters of the world with thoughts of love. And thus the whole wide world, above, below, around and everywhere will continue to be filled with love, far-reaching grown great, and beyond measure.

*from the teachings of Buddha*

. . . O Thou King of Kings!  
O Thou kind Lord! O Thou Source of ancient bounty, of grace, of generosity and bestowal! O Thou Healer of sicknesses! O Thou Sufficer of needs! O Thou Light of Light! O Thou Light above all Lights! O Thou Revealer of every Manifestation! O Thou Compassionate! O Thou the Merciful! . . . Of those endued with power, Thou, verily, art the most powerful. . . O thou rising sun! Do thou testify unto that which God hath testified of His own Self, that there is none other God besides Him, the Almighty, the Best Beloved.

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

# Reflecting God's Love

My first council is this  
Possess a pure, kindly and radiant heart

*From the Baha'i Writings*

**MUSIC**  
*performed by Emma Horwood*

When love beckons to you, follow him, Though his ways are hard and steep.

And when his wings enfold you yield to him, though the sword hidden among his pinions may wound you.

And when he speaks to you believe in him, though his voice may shatter your dreams as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning.

Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn he gathers you unto himself.

He threshes you to make you naked.  
He sifts you to free you from your husks.  
He grinds you to whiteness.  
He kneads you until you are pliant;

And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart.

*From the Prophet—Kahlil Gibran*

### **The Story of Catherine Lawes**

In 1921, Lewis Lawes became the warden at Sing Sing Prison. No prison was tougher than Sing Sing during that time. But when Warden Lawes retired some 20 years later, the prison had become a humanitarian institution. Those who studied the system said credit for the change belonged to Lawes. But when he was asked about the transformation, here's what he said: "I owe it all to my wonderful wife, Catherine, who is buried outside the prison walls.

Catherine Lawes was a young mother with three small children when her husband became the warden. Everyone warned her from the beginning that she should not set foot inside the prison walls, but that didn't stop Catherine! When the first prison basketball game was held, she went . . . Walking into the gym with her three beautiful kids and she sat in the stands with the inmates.

Her attitude was: "My husband and I are going to take care of these men and I believe they will take care of me! I don't have to worry!"

She insisted on getting acquainted with them and their records. She discovered that one convicted murderer was blind so she paid him a visit. Holding his hand in hers she said, "do you read Braille?"

"What's Braille?" he asked. Then she taught him how to read. Years later he would weep in love for her.

Later, Catherine found a deaf-mute in prison. She went to school to learn how to use sign language. Many said that Catherine Lawes was the body of Jesus came alive again in Sing Sing from 1921 to 1937.

Then, she was killed in a car accident. The next morning Lewis Lawes didn't come to work, so the acting warden took his place. It seemed almost instantly that the prison knew something was wrong.

The following day, her body was resting in a casket in her home, three-quarters of a mile from the prison. As the acting warden took his early morning walk, he was shocked to see the toughest, hardest-looking criminals gathered like a herd of animals at the main gate. He came closer and noticed tears of grief and sadness. He knew how much they loved Catherine. He turned and faced the men.

"Alright men, you can go. Just be sure you check in tonight!" Then he opened the gate and a parade of criminals walked, without a guard, the three-quarters of a mile to stand in line to pay their final respects to Catherine Lawes. And every one of them checked back in. Every one!

*Tim Kimmel*

## *Celestial Love*

And from that time that it was shown, I desired to learn what was our Lord's meaning.

And fifteen years after , and more, I was answered in ghostly understanding, saying thus:

Wouldst thou learn thy Lord's meaning in this thing? Learn it well: Love was His meaning. Who showed it thee? Love. What showed He thee? Love. Wherefore showed it thee? Love. Hold thee therein and thou shalt learn and know more in the same.

Thus I learned that Love was our Lord's meaning.

*Mother Julian of Norwich*  
Christian Mystic(1342-1416)

# Attraction of the Heart

Teach only love for that is what you are.  
*Gerald Jampolsky*

## **MUSIC**

*performed by Emma Horwood*

### O Son of Justice

Whither can a lover go but to the land of his beloved? And what seeker findeth rest away from his heart's desire? To the true lover reunion is life, and separation is death. His breast is void of patience and his heart hath no peace. A myriad lives he would forsake to hasten to the abode of his beloved.

### O Son of Being

Thy heart is my home, sanctify it for my descent. Thy spirit is my place of revelation; cleanse it for My descent.

*Baha'u'llah—from the Baha'i Writings*

### The Valley of Love

Now is the traveller unaware of himself, and of aught besides himself. He seeth neither ignorance nor knowledge, neither doubt nor certitude; he knoweth not the morn of guidance from the night of error. He fleeth both from unbelief and faith, and deadly poison is a balm to him.

The steed of this Valley is pain; and if there be no pain this journey will never end. In this station the lover hath no thought save the Beloved, and seeketh no refuge save the Friend. At every moment he offereth a hundred lives in the path of the Loved One, at every step he throweth a thousand heads at the feet of the Beloved.

O My Brother! Until thou enter the Egypt of love, thou shalt never come to the Joseph of the Beauty of the Friend; and until, like Jacob, thou forsake thine outward eyes, thou shalt never open the eye of thine inward being; and until thou burn with the fire of love, thou shalt never commune with the Lover of Longing.

A lover feareth nothing and no harm can come nigh him: Thou seest him chill in the fire and dry in the sea. Love accepteth no existence and wisheth no life: He seeth life in death, and in shame seeketh glory. To merit the madness of love, man must abound in sanity; to merit the bonds of the Friend, he must be full of spirit. Blessed the neck that is caught in His noose, happy the head that falleth on the dust in the pathway of His love. Wherefore, O friend, give up thy self that thou mayest find the Peerless One, pass by this mortal earth that thou mayest seek a home in the nest of heaven. Be as naught, if thou wouldst kindle the fire of being and be fit for the pathway of love.

Love setteth a world aflame at every turn, and he wasteth every land where he carrieth his banner. Being hath no existence in his kingdom; the wise wield no command within his realm. The leviathan of love swalloweth the master of reason and destroyeth the lord of knowledge. He drinketh the seven seas, but his heart's thirst is still unquenched, and he saith, "*Is there yet any more?*" He shunneth himself and draweth away from all on earth.

He hath bound a myriad victims in his fetters, wounded a myriad wise men with his arrow. Know that every redness in the world is from his anger, and every paleness in men's cheeks is from his poison. He yieldeth no remedy but death, he walketh not save in the valley of the shadow; yet sweeter than honey is his venom on the lover's lips, and fairer his destruction in the seeker's eyes than a hundred thousand lives.

Wherefore must the veils of the satanic self be burned away at the fire of love, that the spirit may be purified and cleansed and thus may know the station of the Lord of the Worlds.

And if, confirmed by the Creator, the lover escapes from the claws of the eagle of love, he will enter The Valley of Knowledge and come out of doubt into certitude, and turn from the darkness of illusion to the guiding light of the fear of God. His inner eyes will open and he will privily converse with his Beloved; he will set ajar the gate of truth and piety, and shut the doors of vain imaginings.

*from the Baha'I Writings - Baha'u'llah*

Spread love everywhere you go: first of all in your own house . . . Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.

*Mother Teresa*

. . . The more we desire to benefit others, the greater the strength and confidence we develop and the greater the peace and happiness we experience. If this still seems unlikely, it is worth asking ourselves how else we are to do so. With violence and aggression? Of course not. With money? Perhaps up to a point, but no further. But with love, by sharing with others' suffering, by recognizing ourselves in all others—especially

those who are disadvantaged and those whose rights are not respected—by helping them to be happy: yes. Through love, through kindness, through compassion we establish understanding between ourselves and others. This is how we forge unity and harmony.

Compassion and love are not mere luxuries. As the Source both of inner and external peace, they are fundamental to the continual survival of our species.

*The Dalai Lama*

Know thou of a certainty that Love is the secret of God's holy Dispensation, the manifestation of the All-Merciful, the fountain of spiritual outpourings. Love is heaven's kindly light, the Holy Spirit's eternal breath that vivifieth the human soul. Love is the cause of God's revelation unto man, the vital bond inherent, in accordance with the divine creation, in the realities of things. Love is the one means that ensureth true felicity both in this world and the next. Love is the light that guideth in darkness, the living link that uniteth God with man, that assureth the progress of every illumined soul. Love is the most great law that ruleth this mighty and heavenly cycle, the unique power that bindeth together the divers elements of this material world, the supreme magnetic force that directeth the movements of the spheres in the celestial realms. Love revealeth with unfailling and limitless power the mysteries latent in the universe. Love is the spirit of life unto the adorned body of mankind, the establisher of true civilisation in this mortal world and the shedder of imperishable glory upon every high aiming race and nation.

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

## **CLOSING MUSIC**

*performed by Emma Horwood*

### **2004 SOUL FOOD SCHEDULE**

*Every third Sunday of the month*

*11:00am-12:00pm*

*Art Gallery of South Australia*

18 January	Song of Unity
15 February	Listening to the Heart
21 March	Harmony - The Stream of Time
18 April	The Rose Garden
16 May	Reconciliation - Walking Together
20 June	New Seeds
18 July	Clearing in the Core
15 August	Ode to Giving
19 September	Peace - Planet Dreams

17 October	A Sense of Hours
21 November	Changeless Light upon Light
19 December	The Indelible Future