



CLEARING IN THE CORE

CLEARING IN THE CORE

PROGRAM

OPENING MUSIC

~ *by Chakrini*

FINDING THE MIRROR

~ *Prayer from Baha'i Writings*

~ *Islam: Traditions of the Prophet*

~ *Judaism: Wisdom of Solomon*

~ *from the Qur'an*

~ *Chandogya Upanishad*

~ *J.R.R. Tolkien*

~ *A. Ling from A History of Religions*

MUSIC

~ *by Scott Rees*

POLISHING THE MIRROR

~ *Wendy Heller Coyote and Woodpecker*

~ *Confucius*

~ *Reinhold Niebuhr Serenity Prayer*

~ *Baha'u'llah from the Baha'i Writing*

~ *Lao Tzu Hua Hu Ching*

- ~ **Buddhist Teachings *Dhammapada***
- ~ **Kahlil Gibran *from The Prophet***
- ~ **Abdu'l-Baha *on Meditation***
- ~ **Baha'i tradition *Dynamics of Prayer***

MUSIC

~ *by Chakrini*

REFECTION IN THE MIRROR

- ~ **Baha'u'llah, *Baha'i Writings***
- ~ ***Ancient Egyptian epithet***
- ~ **Sikh writings: *The Guru Granth***
- ~ **Marcus Aurelius**
- ~ **Omar Khayyam**
- ~ ***Nag Hammadi manuscripts***
- ~ **Victor Frankl**
- ~ **'Abdu'l-Baha *Advice to Baha'is***

MUSICAL FINALE

~ *by Chakrini*

MUSIC
by Chakrini

Finding the Mirror

I will try to find a lift by which I may be raised to
God, for I am too small to climb the steep stairway to
perfection

St. Therese of Lisieux

From the sweet-scented streams of Thine eternity give me to drink, O my God, and of the fruits of the tree of Thy being enable me to taste, O my Hope! From the crystal springs of Thy love suffer me to quaff, O my Glory, and beneath the shadow of Thine everlasting providence let me abide, O my Light! Within the meadows of Thy nearness, before Thy presence, make me able to roam, O my Beloved, and at the right hand of the throne of Thy mercy, seat me, O my Desire! From the fragrant breezes of Thy joy let a breath pass over me, O my Goal, and into the heights of the paradise of Thy reality let me gain admission, O my Adored One! To the melodies of the dove of Thy oneness suffer me to hearken, O Resplendent One, and through the spirit of Thy power and Thy might quicken me, O my Provider! In the spirit of Thy love keep me steadfast, O my Succorer, and in the path of Thy good pleasure set firm my steps, O my Maker! Within the garden of Thine immortality, before Thy countenance, let me abide forever, O Thou Who art merciful unto me, and upon the seat of Thy glory stablish me, O Thou Who art my Possessor! To the heaven of Thy loving-kindness lift me up, O my Quickener, and unto the Daystar of Thy guidance lead me, O Thou my Attractor! Before the revelations of Thine invisible spirit summon me to be present, O Thou Who art my Origin and my Highest Wish, and unto the essence of the fragrance of Thy beauty, which Thou wilt manifest, cause me to return, O Thou Who art my God!

Potent art Thou to do what pleaseth Thee. Thou art, verily, the Most Exalted, the All-Glorious, the All-Highest.

Baha'u'llah, from Baha'i Writings

God has declared: I am close to the thought
That my servant has of Me,
And I am with him wherever he recollects Me.
If he remembers Me in himself,
I remember him in Myself,
And if he remembers Me in a gathering
I remember him better
Than those in the gathering do,
And if he approaches Me
By as much as one hands length,
I approach him by a cubit,
And if he approaches Me by a cubit,
Then I draw nigh to him by two hands length.
If he takes a step towards me, I run towards him.

Islam: Traditions of the Prophet. *Traditions of sanctity*

**Wisdom is radiant and unfading,
and she is easily discerned by those who love her,
and is found by those who seek her.
She hastens to make herself known to those who desire her.
He who rises early to seek her will have no difficulty,
for he will find her sitting at his gates.
To fix one's thoughts on her is perfect understanding,
and he who is vigilant on her account will soon be free from
care,
because she goes about seeking those worthy of her,
and she graciously appears to them in their paths,
and meets them in every thought.**

Judaism: Wisdom of Solomon chapter 6

A blessed Book have we sent down to thee, that man may meditate its verses, and that those endued with understanding may bear it in mind.



Each hath a succession of Angels before him and behind him, who watch over him by God's behest. Verily, God will not change his gifts to men, till they change what is in themselves....

from the Qur'an

When one sees nothing but the One,
hears nothing but the One,
knows nothing but the One-
there is the Infinite.

Where one sees another,
hears another, knows another –
there is the finite.

The Infinite is immortal,
the finite is mortal.

It is written,

He who has realized eternal Truth
does not see death, nor illness, nor pain;
he sees everything as the Self,
and obtains all.

Chandogya Upanishad

**The Road goes ever on and on
Down from the door where it began
Now far ahead the Road has gone
And I must follow if I can
Pursuing it with weary feet
Until it joins some larger way
Where many paths and errands meet
And whither then? I cannot say.**

J.R.R. Tolkien

The Buddhist way has three principal features: morality, meditation and wisdom. Morality is the indispensable basis of the system. The essence of Buddhist morality is contained in the five precepts (pancasila): to abstain from taking life, from falsehood, from taking what is not given . . . , from sexual misconduct, and from using intoxicants and drugs, which tend to cloud the mind. Upon the foundation of a serious resolve to keep these precepts can then be built the practice of meditation, or concentration (Samadhi)

A. Ling A History of Religions East and West p. 88

MUSIC

by Scott Grees

Polishing the Mirror

O God, my God, my Beloved, my heart's Desire

The Bab Baha'i Prayer

Coyote and Woodpecker

Coyote and his family lived near a forest. In the forest was a great old hollow tree, and Woodpecker and his family lived there. One day, as Coyote was walking he met Woodpecker.

“How are you today, my friend?” said Coyote.

“Very well, thank you,” replied Woodpecker. “And how are you?” They talked together for a while. Then Coyote said, “Friend Woodpecker, bring your wife and children tonight and join my family for supper.”

“Than you, friend Coyote,” said Woodpecker. “We will gladly come.”

That evening, Woodpecker and his family went to the coyotes’ home. The fluttered to the ground and then, as they always do after flying, the woodpeckers stretched themselves. As they lifted their wings, the coyotes could see their pretty red and yellow feathers underneath. And as the woodpeckers ate supper, whenever they raised their wings, their bright feathers could be seen.

After the woodpeckers had eaten they thanked their host politely. “Please come to our house tomorrow for supper, friend Coyote,” said Woodpecker. And Coyote said yes, he and his family certainly would.

After the woodpeckers left, Coyote turned to his family and said, “Did you see how those woodpeckers showed off their bright red and yellow feathers? No doubt they think they are more beautiful than we are, and they want to be sure we know it. Well, we will show them that coyotes are just as beautiful as woodpeckers.”

The next day, Coyote made all his family work hard gathering many loads of firewood. When evening came, he built a big fire and called his family there. He tied a burning stick to each of them, under their arms, so that the burning end pointed forward. Then he did the same to himself.

“Now we coyotes will show those woodpeckers who has beautiful colours!” he told his family. “And don’t you forget to raise your arms often, to be sure they see we are just as good as they are!” then the coyotes went to the woodpeckers’ house.

When they came to the hollow tree, Woodpecker welcomed them and invited them in very politely. Together, the woodpecker family and the coyote family sat down to supper. As they ate, the coyotes kept raising their arms to show the bright fire underneath. But suddenly one of Coyote’s sons yelled, “Aye! My fire is burning me, papa!”

“Hush!” said Coyote. “Don’t give us away.”

“Ah!” sighed one of Coyote’s daughters. “My fire is out!” This was too much for Coyote, and he scolded her.

The Woodpecker spoke. “Tell me, Friend Coyote,” he said, “Why is it that your colors are bright red and yellow at first but later become ash grey?”

“Oh, that,” said Coyote, smiling pleasantly although he was very angry inside. “That is the best thing about our colors, for they do not stay the same – as other people’s do – but turn many shades.”

Coyote made an excuse so that he and his family could leave, for they were all smarting from their burns.

After they left, Woodpecker gathered his family around and said, “Now, my children, you have seen what Coyote has tried to do. Never pretend to be what you are not. Always be just what you really are, and you will never need to put on false colors.”

Wendy Heller
from Thoughts- Education for Peace and One World

The superior man has nine subjects of thoughtful consideration.
In regards to the use of the eyes, he is anxious to see clearly.
In regards to his ears, he desires to hear distinctly.
As to his countenance, he is anxious that it should be benign.
In regards to his demeanor, he is anxious that it should be respectful.
In regards to his speech, that it should be sincere.
In conducting business, he is anxious that it should be reverently careful.
In regards to matters of doubt, he is anxious to question others.
When he is angry, he thinks of the difficulties his anger may involve him in.
When he sees that he may acquire gain, he thinks of righteousness.

Confucius.

Serenity Prayer

God grant me the serenity to accept the things that cannot be
changed
Courage to change the things I can
And the wisdom to know the difference
Living one day at a time
Enjoying one moment at a time
Accepting hardships as the pathway to peace
Taking this sinful world as it is
Not as I would have it
Trusting that you will make all things right if I surrender to your
will
That I may be reasonably happy in this life
And supremely happy with you forever in the next

Reinhold Niebuhr

O Son of Spirit!

I created thee rich, why dost thou bring thyself down to poverty? Noble I made thee, wherewith dost thou abase thyself? Out of the essence of knowledge I gave thee being, why seekest thou enlightenment from anyone beside Me? Out of the clay of love I moulded thee, how dost thou busy thyself with another? Turn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting.

Baha'u'llah *From the Hidden Words*

The Tao doesn't come and go.
It is always present everywhere, just like the sky,
But that doesn't mean it isn't there.

All misery is created by the activity of the mind.
Can you let go of words and ideas, attitudes
and expectations?
If so, then the Tao will loom into view.
Can you be still and look inside?
If so, then you will see that the truth is always available, and responsive.

Lao Tzu *Hua Hu Ching*

Gems from Buddhist Teachings

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 back-
wards.

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

On Self-knowledge

And a man said, Speak to us of Self-Knowledge

And he answered, saying:

Your hearts know in silence the secrets of the days and the nights.

But your ears thirst for the sound of your hearts knowledge.

You would know in words that which you have always know in thought.

You would touch with your fingers the naked body of your dreams

And it is well you should.

The hidden well-spring of your soul must needs rise and run murmuring to the sea;

And the treasure of your infinite depths would be revealed to your eyes.

But let there be no scales to weigh your unknown treasure;

And seek not the depths of your knowledge with staff or sounding line.

For self is a sea boundless and measureless.

Say not, "I have found the truth," but rather, "I have found a truth."

Say not, "I have found the path of the soul."

Say rather, "I have met the soul walking upon my path."

For the soul walks upon all paths.

The soul walks not upon a line, neither does it grow like a reed.

The soul unfolds itself, like a lotus of countless petals.

Kahlil Gibran *The Prophet*

Meditation

Meditation is the key for opening the doors of mysteries. In that state man abstracts himself: in that state man withdraws himself from all outside objects: in that subjective mood he is immersed in the ocean of spiritual life and can unfold the secrets of things- in – themselves. To illustrate this, think of man as endowed with two kinds of sight: when the power of insight is being used the outward power of vision does not see.

This faculty brings forth from the invisible plane the sciences and arts. Through the meditative faculty inventions are made possible, colossal undertakings are carried out; through it governments can run smoothly. Through this faculty man enters into the very Kingdom of God.

Nevertheless some thoughts are useless to man: they are like waves moving in the sea without result. But if the faculty of meditation is bathed in the inner light and characterized with divine attributes, the results will be confirmed.

The meditative faculty is akin to the mirror: if you put it before earthly objects it will reflect them. Therefore if the spirit of man is contemplating earthly subjects he will be informed of these.

But if you turn the mirror of your spirits heavenwards, the heavenly constellations and the rays of the Sun of Reality will be reflected in your hearts, and the virtues of the Kingdom will be obtained. Therefore let us keep this faculty rightly directed- turning it to the heavenly Sun and not to earthly objects- so that we may discover the secrets of the Kingdom, and comprehend the allegories of the Bible and the mysteries of the spirit.

May we indeed become mirrors reflecting the heavenly realities, and may we become so pure as to reflect the stars of heaven.

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

Dynamics of Prayers

First Step:

Pray and meditate about it. Use the prayers of the Manifestations as they have the greatest power. Then remain in the silence of contemplation for a few minutes.

Second Step:

Arrive at a decision and hold this. This decision is usually born during contemplation. It may seem almost impossible of accomplishment but if it seems to be as answer to a prayer or a way of solving the problem, then immediately take the next step.

Third Step:

Have determination to carry the decision through. Many fail here. The decision, budding into determination, is blighted and instead becomes a wish or a vague longing. When determination is born, immediately take the next step.

Fourth Step:

Have faith and confidence that the power will flow through you, the right way will appear, the door will open, the right thought, the right message, the right principle, or the right book will be given you. Have confidence and the right thing will come to your need. Then as you rise from prayer, take at once the 5th step.

Fifth Step:

Act as though it had all been answered. Then act with tireless, ceaseless energy. And as you act, you, yourself, will become a magnet, which will attract more power to your being, until you become an unobstructed channel for the Divine power to flow through you.

Many pray but do not remain for the last half of the first step. Some who meditate arrive at a decision, but fail to hold it. Few have the determination to carry the decision through, still fewer have the confidence that the right thing will come to their need. But how many remember to act as though it had all been answered? How true are these words "Greater than the prayer is the spirit in which it is uttered" and greater than the way it is uttered is the spirit in which it is carried out.

Shoghi Effendi (Pilgrim note)

From Baha'i tradition

MUSIC

by Chakrini

Reflection in the Mirror

Create in me a pure heart, O my God, and renew a
tranquil conscience within me, O my Hope!

From the Baha'i Writings

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

God hath made the universe, And He hath created all that therein is: He is the Creator of what is in this world, And of what shall be. He is the Creator of the world, And it is He Who fashioned it with His hands Before there was any beginning; And He established it with that which went before Him. He is the Creator of the heavens, And the earth, and the deep; And the waters, and the mountains. God hath stretched out the heavens and founded the earth. What His heart conceived came to pass straightway, And when He had spoken, His word came to pass, And it shall endure for ever.

Ancient Egyptian epithet

If the Lord's Name holds one's mind,
Then, wander through the world as one may, one is Fulfilled.
By good Fortune, we Sing the Lord's Praise,
O Lord, as Thou Blessest us, so do we attain.
Enshrine the Lord's Feet in thy heart, O man,
For, thus one crosses the Sea of Fear.
Keep thou the society of the Saints,
And thou art for ever Saved and art never in Sorrow.
Through loving Adoration, Meditate thou on the Treasure of virtue,
And thus attain thou the Glory at the Lord's Court.

Sikh writings: The Guru Granth

Is any man afraid of change?
Why, what can take place without change?
What then is more pleasing or more suitable to the universal nature?
And can you take a bath unless the wood undergoes a change?
And can you be nourished unless the food undergoes a change?
And can anything else that is useful be accomplished without change?
Do you not see then that for yourself also to change is just the same,
and equally necessary for the universal nature.

Marcus Aurelius

Suppose the world goes well with you, What then?
When life's last page is read and turned, What then?
Suppose you live a hundred years of bliss,
Yea, and a hundred more to boot,
What then?

Omar Khayyam

Jesus saw the little ones being fed.
He addressed His disciples:
These babes being nursed
Are like those entering the Kingdom.
They asked: "Shall we enter the Kingdom?
We are small."
When you make two into one
And what is within like what is without,
And what is without like what is within.
And what is above like what is below,
And when you unite male and female in one
So that the male is no longer male,
And the female is no longer female,
When you make eyes in place of an eye
And a hand in place of a hand,
And a foot in place of a foot
And an image in place of an image,
Then you shall enter the Kingdom.

Nag Hammadi manuscripts: *The Gospel according to Thomas*

This young woman knew she was going to die in the next few days. But when I talked to her she was cheerful in spite of this knowledge. "I am grateful that fate has hit me so hard," she told me. "In my former life I was spoiled and did not take spiritual accomplishments seriously." Pointing through the window of the hut, she said, "This tree is the only friend I have in my loneliness." Through the window she could see just one branch of a chestnut tree, and on the branch were two blossoms. "I often talk to this tree," she said to me. I was startled and didn't quite know how to take her words. Was she delirious? Did she have occasional hallucinations? Anxiously I asked her if the tree replied, "Yes." What did it say? She answered, "It said to me—I am here—I am here—I am life, eternal life.

Victor Frankl.

Be As a Lamp . . . ‘Abdu’l Baha’s Advice to Baha’is

You must manifest complete love and affection toward all mankind.

Do not exalt yourselves above others, but consider all as your equals, recognizing them as the servants of one God.

Know that God is compassionate toward all; therefore, love all from the depths of your hearts, prefer all religionists before yourselves, be filled with love for every race, and be kind toward the people of all nationalities.

Never speak disparagingly of others, but praise without distinction. Pollute not your tongues by speaking evil of another.

Recognize your enemies as friends, and consider those who wish you evil as the wishers of good. You must not see evil as evil and then compromise with your opinion, for to treat in a smooth, kindly way one whom you consider evil or an enemy is hypocrisy, and this is not worthy or allowable. You must consider your enemies as your friends, look upon your evil-wishers as your well-wishers and treat them accordingly.

Act in such a way that your heart may be free from hatred. Let not your heart be offended with anyone. If someone commits an error and wrong toward you, you must instantly forgive him.

Do not complain of others. Refrain from reprimanding them, and if you wish to give admonition or advice, let it be offered in such a way that it will not burden the bearer.

Turn all your thoughts toward bringing joy to hearts.
Beware! Beware! Lest ye offend any heart.

Assist the world of humanity as much as possible.
Be the source of consolation to every sad one, assist every weak one,
be helpful to every indigent one, care for every sick one, be the
cause of glorification to every lowly one, and shelter those who are
overshadowed by fear.

In brief, let each one of you be as a lamp shining forth with the light
of the virtues of the world of humanity. Be trustworthy, sincere, af-
fectionate and replete with chastity. Be illumined, be spiritual, be
divine, be glorious, be quickened of God, be a Baha'i

Promulgation of Universal Peace, pp 452-453

MUSICAL FINALE

Chakrini

Please join us for refreshments after the program

2004 SOUL FOOD SCHEDULE

*Every third Sunday of the month
11:00am-12:00pm
Art Gallery of South Australia*

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

www.soulfood.com.au
Bahá'í Community of Adelaide
8267 1301(Ingrid)