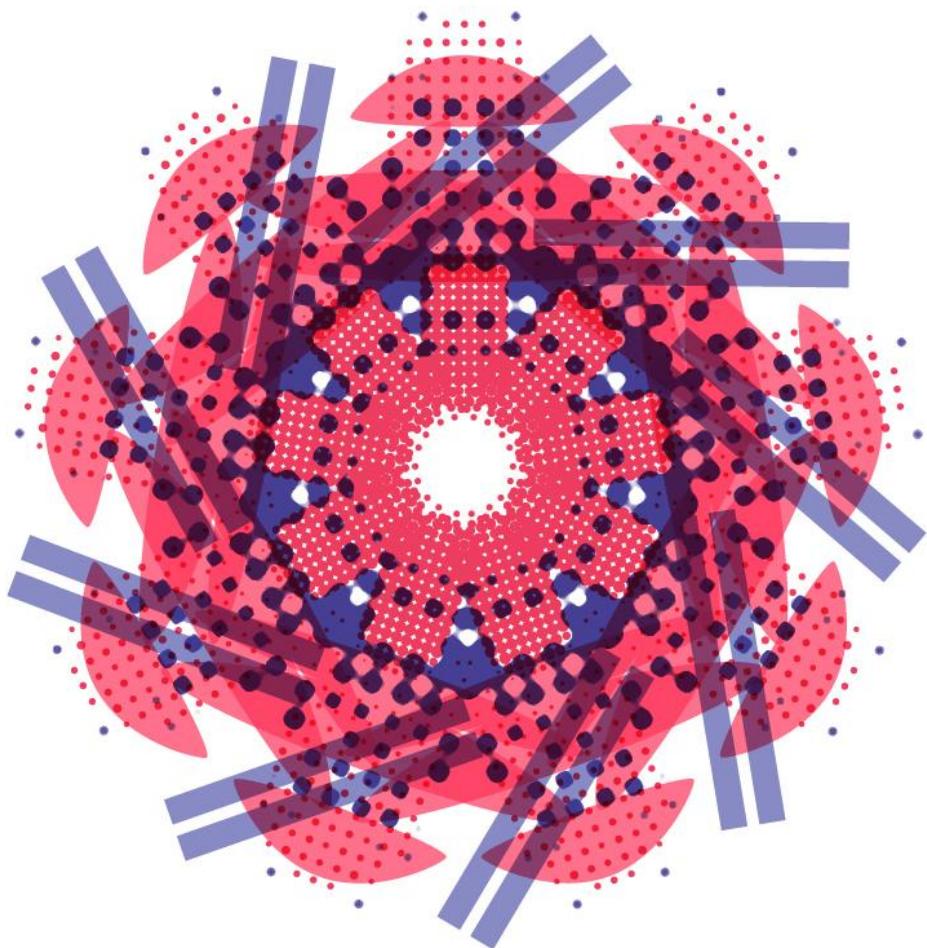


Soul Food

Visions of Oneness



Visions of Oneness

Program

~Introductory Music~

01. *Hindu Prayer, from the Rig-Veda*
02. *Dhammapada, Sayings of the Buddha*
03. *Langston Hughes, Dream Variations*
04. *From the New Testament*
05. *Rosemary Plummer, Aboriginal poem from Central Australia*
06. *Buddhism*

~Musical Interlude~

07. *Bahá'í Writings*
08. *Joseph Morrell Dodge*
09. *From the Old Testament*
10. *Eulalie Zarb, The Rainbow Serpent*

~Musical Interlude~

11. *'Abdu'l-Bahá, from the Bahá'í Writings*
12. *Wilfred Gibson*
13. *Bahá'u'lláh, from the Bahá'í Writings*
14. *Words by Clear Water*

~Musical Interlude~

15. *Michael Paul*
16. *Lao Tzu Hua Hu Ching*
17. *A Song of Hope*
18. *Mohandas Gandhi*
19. *'Abdu'l-Bahá, "The Promulgation of Universal Peace"*

~Closing Music~

**Cherish your vision and your dreams as they are the children
of your soul; the blueprints of your ultimate achievements.**

– Napoleon Hill

01. God Let us be united;
Let us speak in harmony;
Let our minds apprehend alike.
Common be our prayer; common be the end of our assembly;
Common be our resolution;
Common be our deliberations.
Alike be our feelings;
Unified be our hearts;
Common be our intentions; perfect be our unity.

– Hindu Prayer, from the Rig-Veda

02. 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

**Grandfather, Great Spirit, all over the world the faces of living ones
are alike... Teach us to walk the soft earth as relatives to all that live.**

– Native American, Sioux prayer

03. Dream Variations

To fling my arms wide
In some place of the sun,
To whirl and to dance
Till the white day is done.
Then rest at cool evening
Beneath a tall tree
While night comes on gently,
Dark like me –
That is my dream!
To fling my arms wide
In the face of the sun,
Dance! Whirl! Whirl!
Till the quick day is done.
Rest at pale evening ...
A tall, slim tree ...
Night coming tenderly
Black like me.

– Langston Hughes, from Dream Variations

04. Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing, some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering.

– New Testament, Hebrews 13:1-3

**Let us consider how we may spur one another
toward love and good deeds**

- Hebrews 10:24, Bible

05. Black mother you are beautiful your skin black like a crow in a tree.
Black mother you've a warm gentle heart like the spirits that walked upon this place
Created in the Dreamtime.
Black mother
Black mother you're beautiful like the kangaroos who carry and feed joeys in their pouch.
Oh! what more can I say except this—
Is there a part which I owe you
Or perhaps a sentimental path
Making us lifelong friends?

– *Rosemary Plummer, Aboriginal poem from Central Australia*

**We have become not a melting pot but a beautiful mosaic.
Different people, different beliefs, different yearnings,
different hopes, different dreams.**

– *Jimmy Carter*

06. But the gentle mind of the Buddha was offended at the unnecessary cruelty performed on the altars of the gods. He said: 'Ignorance only can make these men prepare festivals and hold vast meetings for sacrifices. Far better to revere the truth than try to appease the gods by shedding blood. What love can a man possess who believes that the destruction of life will atone for evil deeds? Can a new wrong expiate old wrongs? And can the slaughter of an innocent victim blot out the evil deeds of mankind? This is practicing religion by neglect of moral conduct. Purify your hearts and cease to kill; that is true religion.

– *The Teachings of Buddha*

**Vision looks inwards and becomes duty. Vision looks
outwards and becomes aspiration. Vision looks
upwards and becomes faith.**

– *Stephen Samuel Wise*

07. [Leaders of the nations of the world] must make the Cause of Peace the object of general consultation, and seek by every means in their power to establish a Union of the nations of the world. They must conclude a binding treaty and establish a covenant, the provisions of which shall be sound, inviolable and definite. They must proclaim it to all the world and obtain for it the sanction of all the human race. This supreme and noble undertaking – the real source of the peace and well-being of all the world – should be regarded as sacred by all that dwell on earth... In this all-embracing Pact the limits and frontiers of each and every nation should be clearly fixed, the principles underlying the relations of governments towards one another definitely laid down, and all international agreements and obligations ascertained... Should this greatest of all remedies be applied to the sick body of the world, it will assuredly recover from its ills and will remain eternally safe and secure.

A few, unaware of the power latent in human endeavour, consider this matter as highly impracticable, nay even beyond the scope of man's utmost efforts. Such is not the case, however. On the contrary, thanks to the unfailing grace of God, the loving-kindness of His favoured ones, the unrivalled endeavours of wise and capable souls, and the thoughts and ideas of the peerless leaders of this age, nothing whatsoever can be regarded as unattainable. Endeavour, ceaseless endeavour, is required.

Nothing short of an indomitable determination can possibly achieve it. Many a cause which past ages have regarded as purely visionary, yet in this day has become most easy and practicable... Surely the day will come when its beautiful light shall shed illumination upon the assemblage of man.

– Shoghi Effendi, from the Bahá'í Writings

08. What every man needs, regardless of his job or the kind of work he is doing, is a vision of what his place is and may be. He needs an objective and a purpose. He needs a feeling and a belief that he has some worthwhile thing to do. What this is no one can tell him. It must be his own creation. Its success will be measured by the nature of his vision, what he has done to equip himself, and how well he has performed along the line of its development.

– *Joseph Morrell Dodge*

09. If there be among you a poor man of one of thy brethren within any of thy gates in thy land which the LORD thy God giveth thee, thou shalt not harden thine heart, nor shut thine hand from thy poor brother: but thou shalt open thine hand wide unto him, and shalt surely lend him sufficient for his need, in that which he wanteth. Thou shalt surely give him, and thine heart shall not be grieved when thou givest unto him: because that for this thing the LORD thy God shall bless thee in all thy works, and in all that thou putteth thine hand unto.

For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land.

– *Old Testament, Deuteronomy 15:7-11*

**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)*

10. A Mythic Dreaming

Plumed serpent
Sending forth a clarion call To Peace
Leaping the mountain tops
Swooping low into teeming vales
Calling 'Peace'
Circling the boundaries of the earth
Taking in the shapes, the patterns, the colours
Designs
Lace work of the ages
Songs, rhythms, beats, harmonies,
Drawing them deeply within the feathered plumes
Each clan, each tribe, each heartbeat and hope
Each primal rhythm and nuance of colour
Woven now in the plumes of Love and Peace
Every life-giving element woven now into
Rainbow Feathers
Love in Diversity
Peacing the Globe in new dancing
New weavings and blendings,
New stories
New songs
Out of the ancient towards tomorrow now!
The Rainbow Serpent.

– *Eulalie Zarb, The Rainbow Serpent*

11. For one another must ye give up even life itself. To every human being must ye be infinitely kind. Call none a stranger; think none to be your foe. Be ye as if all men were your close kin and honoured friends. Walk ye in such wise that this fleeting world will change into a splendour and this dismal heap of dust become a palace of delights. Such is the counsel of 'Abdu'l-Bahá, this hapless servant.

– *'Abdu'l-Bahá, from the Bahá'í Writings*

12. When the cooling tyre contracts
Round the fellowe of the wheel,
Do not spokes that once where boughs
In close knitting fibers feel
A glow in being ironbound
In unity secure and round
For conquest of untravelled ground?

– *Wilfred Gibson*

13. 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 marshaled 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.

Then will all humankind, because of this fresh and dazzling bounty, be gathered in a single homeland. Then will conflict and dissension vanish from the face of the earth, then will mankind be cradled in love for the beauty of the All-Glorious. Discord will change to accord, dissension to unison. The roots of malevolence will be torn out, the basis of aggression destroyed. The bright rays of union will obliterate the darkness of limitations, and the splendours of heaven will make the human heart to be even as a mine veined richly with the love of God.

– *Bahá'u'lláh, from the Bahá'í Writings*

14. Learn from the past.
Let no one deceive another,
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.

– *Words by Clear Water*

Dream lofty dreams, and as you dream, so you shall become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.

– *James Allen*

15. **Living Zen**

One day, in front of a large crowd on Vulture Peak Mountain in Northern India, the Buddha, instead of giving a discourse, simply held up a lotus flower without saying a word. All the onlookers stared at Him with incomprehension except one disciple, Kashyapa, who broke into a smile. For he alone had understood the Buddha's action: that it was a transmission of the truth, or dharma—a teaching without words, from mind to mind, from heart to heart. Transmission of truth 'beyond words' was passed down through the centuries from master to disciple and is still recognized as one of the fundamental methods of Zen teaching. However, in Zen, the word translated into English as 'transmission' literally means 'being as one' - that is, being in spiritual harmony with one another. Consequently, the term implies more of a shared experience between teacher and student than the transference of the truth. For the Buddha stressed that the truth cannot simply be handed down from person to person. Instead, we must all find the truth for ourselves, inside our hearts.

– *Michael Paul*

16. Do you wish to free yourself of mental and emotional knots and become one with the Tao?

If so, there are two paths available to you.

The first is the path of acceptance.

Affirm everyone and everything.

Freely extend your goodwill and virtue in every direction, regardless of circumstances.

Embrace all things as part of the Harmonious Oneness, and then you will begin to perceive it.

The second path is that of denial.

Recognize that everything you see and think is a falsehood, an illusion, a veil over the truth.

Peel all the veils away, and you will arrive at the Oneness.

Though these paths are entirely different, they will deliver you to the same place: spontaneous awareness of the Great Oneness.

Once you arrive there, remember: it isn't necessary to struggle to maintain unity with it.

All you have to do is participate in it.

– *Lao Tzu Hua Hu Ching*

17. 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 colour shame us,
No sneer dismay.

– *A Song of Hope by Oodgeroo of the tribe Noonuccal (formerly Kath Walker)*

The utterance of God is a lamp, whose light is these words: Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony, with friendliness and fellowship. So powerful is the light of unity that it can illuminate the whole earth.

– *Bahá'u'lláh*

18. [God] is the greatest democrat the world knows, for He leaves us “unfettered” to make our own choice between evil and good. He is the greatest tyrant ever known, for He often dashes the cup from our lips and under cover of free will leaves us a margin so wholly inadequate as to provide only mirth for Himself at our expense. Therefore it is that Hinduism calls it all His sport (*lila*), or calls it all an illusion (*maya*)... Let us dance to the tune of His flute (*bansi*), and all would be well.

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 Gandhi*

19. God, the Almighty, has created all mankind from the dust of earth. He has fashioned them all from the same elements; they are descended from the same race and live upon the same globe. He has created them to dwell beneath the one heaven. As members of the human family and His children He has endowed them with equal susceptibilities. He maintains, protects and is kind to all. He has made no distinction in mercies and graces among His children. With impartial love and wisdom He has sent forth His Prophets and divine teachings. His teachings are the means of establishing union and fellowship among mankind and awakening love and kindness in human hearts. He proclaims the oneness of the kingdom of humanity. He rebukes those things which create differences and destroy harmony; He commends and praises every means that will conduce to the solidarity of the human race. He encourages man in every step of advancement which leads to ultimate union.

– ‘Abdu’l-Bahá, *“The Promulgation of Universal Peace”*

**Let your vision be world-embracing, rather than
confined to your own self.**

– *Baha’u’llah from the Bahá’í Writings*



All Soul Food programs are available for free download from

<http://www.srcf.ucam.org/bahai/soul-food>

Other Festival of Ideas events organised by the Bahá'í Society



Frontiers in a changing world: Global challenges, inner transformations

Frontiers are what divide us, but also what connect us. They are the meeting point of self and other, of experience and imagination, actuality and potential. Frontiers can fence off life from its becoming, hearts from encounter, prejudices from insight, minds from curiosity. But they can also mark the junctures at which progress is possible. They are the starting points of exploration, gateways to discovery, signals to reconciliation, beginnings of transcendence, the exact places where ignorance and isolation end and contact begins.

What are the planet's most critical frontiers today? How are they shifting? What frontiers will each of us choose to establish or break as we face the meeting and the clash, the birth and death of frontiers across the world?

A talk by Ismael Velasco.

3pm - 4pm, Saturday 2nd November
Latimer Room, Clare College

The Final Frontier: Reflections on the Life of the Spirit

Death is the most elusive frontier, yet conceptions of what lies beyond shape our intentions and day to day actions. May Hofman explores insights from the Bahá'í Writings on the nature of human reality.

3pm - 4pm, Sunday 3rd November
Latimer Room, Clare College

Events are free and open to all. Organised by the Cambridge University Bahá'í Society as part of the Multi-Faith series.

About Soul Food

Soul Food is a monthly event organized by the Cambridge University Bahá'í Society for members of the University and the community at large. Consisting of readings from the world's religions, from poets and thinkers—indigenous, ancient and modern—musical interludes, and audio-visual pieces, Soul Food is a time to reflect in a tranquil environment and expand the frontiers of mind and spirit.

Soul Food's purpose is to inspire us to transform our lives, our neighborhoods and communities, with actions that promote the unity and betterment of society.

Soul Food Upcoming Dates

Saturday, 16th November

Saturday, 14th December

Both in the Latimer Room from 4pm - 5pm

About the Bahá'í Society

The Cambridge University Bahá'í Society is a welcoming space for students of all faiths and backgrounds. It aims to provide a forum for students to explore the Writings of the Bahá'í Faith and reflect upon their relevance to contemporary issues. The Society also provides opportunities for community service, interfaith outreach, academic publishing, and artistic & musical collaborations. The founding principles of the Bahá'í Faith include the oneness of humankind, oneness of religion, equality between men and women, universal education, and eradication of extremes of wealth and poverty.

For more information visit:

<http://www.srcf.ucam.org/bahai/>

<http://bahai.org>