

The Heart

Builth Wells Weekend School 11th - 13th May 2018

O SON OF SPIRIT!

My first counsel is this: Possess a pure, kindly and radiant heart, that thine may be a sovereignty ancient, imperishable and everlasting.

‘Love from the heart to the heart with the heart!’

Bahá'u'lláh: O My servants! Deprive not yourselves of the unfading and resplendent Light that shineth within the Lamp of Divine glory.

Bahá'u'lláh: Cleanse yourselves thoroughly, O people of Bahá, from the defilement of the world, and of all that pertaineth unto it...The things of the earth ill beseem you. Cast them away unto such as may desire them, and fasten your eyes upon this most holy and effulgent Vision.

The hearts that yearn after Thee, O my God, are burnt up with the fire of their longing for Thee, and the eyes of them that love Thee weep sore by reason of their crushing separation from Thy court...But for the burning of their souls and the sighing of their hearts, they would be drowned in the midst of their tears, and but for the flood of their tears they would be burnt up by the fire of their hearts

The bright and burnished mirror of your heart
Your heart belongs to...WHO?
Uniting the world one heart at a time!

MIRRORS (90mins)

Bestow upon me a pure heart like unto a pearl
Hovallah khodaya ghalbeh saafi chon dorr ataa farmaa

Bahá'u'lláh: Cleanse the mirrors of your hearts from the dross of the world and all that is therein, that they may reflect the resplendent light of God.

...let us not, with the dark clouds of our illusions, our selfish interests, blot out the glory that streameth from the Abha Realm! Let us not be as barriers that wall out the rolling ocean of Almighty God.

Bahá'u'lláh: Purge thou thy heart that We may cause fountains of wisdom and utterance to gush out therefrom

I supplicate God to illuminate thy heart through the light which is shining from the Supreme Concourse...

And I beseech Him to make thy breast a clear mirror to reflect the light of the spirit of God.

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Proverbs 27:19 Just as water mirrors your face, so your face mirrors your heart.

So we are here to do four things

1. we will enter Paradise and leave our selves behind...
2. we will discover fountains of Wisdom
3. we will become angels of light
4. we will unite the world, one heart at a time.

Radiant faces...the face reflects the condition of the heart! The heart is the centre and provider of the physical universe. All organs derive their very existence from it!

John Lennon's heart!

The Centre of our Spiritual Being. Water cleanses both the physical is a reflection of the spiritual world.

The function of the heart is to give to serve and supply and this is an expression of love. The purpose of the heart is to love and provide.

Love is the heart of all spiritual attributes. Love supplies life to all spiritual attributes and characteristics.

So we can say what use are our eyes without a heart our ears our mind our legs etc...

And what use is wisdom, patience service without love, what is authority or generosity without love forgiveness, tranquility, humility, honesty, gratitude etc

Love is the heart of all these essential attributes of a being of light, a messenger of love and angel!

The heart needs and yearns to love...that is its function and here's the thing if it has nothing to turn to it will turn to itself and become self serving and self loving. In the absence of a Master it will love itself. And that is the stranger and the enemy that Baha'u'llah refers to...
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'Abdu'l-Bahá : Thus it becomes the most effective barrier to the individual's acquisition of faith. In such circumstances the heart becomes filled with love of the world and its own self, for it is a characteristic of the heart to love. If it is not allowed to love God, it will love itself and its worldly possessions. And this is one significance of the 'stranger' that Bahá'u'lláh refers to in The Hidden Words: O My Friend in word! Ponder awhile. Hast thou ever heard that friend and foe should abide in one heart? Cast out then the stranger, that the friend may enter His home.

Bahá'u'lláh: Wash from your hearts all earthly defilements, and hasten to enter the Kingdom of your Lord, the Creator of earth and heaven

Bahá'u'lláh: Thine heart is My treasury, allow not the treacherous hand of self to rob thee of the pearls which I have treasured therein.

Bahá'u'lláh: Where is Paradise, and where is Hell?' Say: 'The one is reunion with Me; the other thine own self. . . .'

Bahá'u'lláh: Wert thou to cleanse the mirror of thy heart from the dust of malice, thou wouldst apprehend the meaning of the symbolic terms revealed by the all-embracing Word of God made manifest in every dispensation and would discover the mysteries of divine knowledge.

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Cleansing the mirror of the heart...if we didn't wash for days on end...we begin to smell a bit and we know we need a shower...we are spiritual beings having a spiritual experience...and the physical world is a reflection of the spiritual world...if we do not bath ourselves in the spiritual water we begin to stink spiritually as people...we become

selfish, impatient, snappy, downright unpleasant to be around...we need to take a spiritual shower! And that is what we are concerned with here in this section...cleansing the mirror of the heart which is synonymous with the soul. we need to drink water or we will die and we need to drink spiritual water or we will die spiritually.

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Bahá'u'lláh: Doest thou reckon thyself only a puny form when within thee the universe is folded?

Bahá'u'lláh: a true knowledge of your own selves - a knowledge which is the same as the comprehension of Mine own Being.

Bahá'u'lláh: Turn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting

‘Abdu’l-Bahá : Verily pure hearts are as clear and brilliant mirrors which imprint the one on the other, and hearts discover the secrets of hearts. Therefore, they chant the verses of longing and recite the odes of glorification and praise. Consequently, the recourse is to pages of hearts, not pages filled with written lines.

‘Abdu’l-Bahá : One heart may possess the capacity of the polished mirror; another be covered and obscured by the dust and dross of this world. Although the same Sun is shining upon both, in the mirror which is polished, pure and sanctified you may behold the Sun in all its fullness, glory and power revealing its majesty and effulgence, but in the mirror which is rusted and obscured there is no capacity for reflection although so far as the Sun itself is concerned it is shining thereon and is neither lessened nor deprived.

‘Abdu’l-Bahá : a burnished heart will mirror forth the comely face of truth.

‘Abdu’l-Bahá: 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.

How do we clean and polish the mirror of the heart...??

For love of God and spiritual attraction do cleanse and purify the human heart and dress and adorn it with the spotless garment of

holiness; and once the heart is entirely attached to the Lord, and bound over to the Blessed Perfection, then will the grace of God be revealed.

Rumi: If you dont like to be rubbed how will you be polished!

TESTS AND TRIALS

The Servant who loved his King...

Melinda Mooney.

we endure in order to be cleansed...the gold is purified in the fire...

SAQ Free Will we have no choice but to endure certain things, they are ordained and a fixed matter.

Rumi: If you don't like to be rubbed how will you be polished!

'Abdu'l-Bahá: Through suffering he will attain to an eternal happiness which nothing can take from him.

Bahá'u'lláh: Anyone can be happy in the state of comfort, ease, health, success, pleasure and joy; but if one be happy and contented in the time of trouble, hardship and prevailing disease, that is the proof of nobility.

The more difficulties one sees in the world the more perfect one becomes. The more you plough and dig the ground the more fertile it becomes. The more you cut the branches of a tree the higher and stronger it grows. The more you put the gold in the fire the purer it becomes.

The more storms the Captain of a ship endures the better Captain he is!

Your heart belongs to WHO?? (45mins)

James 4:5 He yearns jealously over the spirit that he has made to dwell in us.

The HEART is GODS

Bahá'u'lláh: Open the doors of your hearts. He Who is the Spirit verily standeth before them.

In the Black Pit a Maid of Heaven appeared to Baha'u'llah:

Bahá'u'lláh: Verily, We shall render Thee victorious by Thyself and by Thy Pen...Erelong will God raise up the treasures of the earth—men who will aid Thee through Thyself and through Thy Name, wherewith God hath revived the hearts of such as have recognized Him.”

Bahá'u'lláh: All that is in heaven and earth I have ordained for thee, except the human heart, which I have made the habitation of My beauty and glory; yet thou didst give My home and dwelling to another than Me; and whenever the manifestation of My holiness sought His own abode, a stranger found He there, and, homeless, hastened unto the sanctuary of the Beloved.

Bahá'u'lláh: O Son of the Wondrous Vision! I have breathed within thee a breath of My own Spirit, that thou mayest be My lover. Why hast thou forsaken Me and sought a beloved other than Me?”

Hast thou ever heard that friend and foe should abide in one heart? Cast out then the stranger, that the friend may enter His home.

O friend, the heart is the dwelling of eternal mysteries, make it not the home of fleeting fancies

O SON OF BEING! Love Me, that I may love thee. If thou lovest Me not, My love can in no wise reach thee. Know this, O servant.

My love has made in thee its home, it cannot be concealed.

Baha'u'llah: My love is in thee, know it, that thou mayest find me near unto thee.

Bahá'u'lláh: Thy heart is My home; sanctify it for My descent. Thy spirit is My place of revelation; cleanse it for My manifestation.

Bahá'u'lláh: My love has made in thee its home, it cannot be concealed!

I shall come like a thief in the night

Bahá'u'lláh: By the righteousness of God! It is not Our wish to lay hands on your kingdoms. Our mission is to seize and possess the hearts of men. Upon them the eyes of Baha are fastened.

Bahá'u'lláh: Out of the whole world He hath chosen for Himself the hearts of men—hearts which the hosts of revelation and of utterance

can subdue.

Bahá'u'lláh: The things He hath reserved for Himself are the cities of men's hearts, that He may cleanse them from all earthly defilements, and enable them to draw nigh unto the hallowed Spot which the hands of the infidel can never profane.

The City of the heart

Bahá'u'lláh: Open, O people, the city of the human heart with the key of your utterance. Thus have We, according to a pre-ordained measure, prescribed unto you your duty.

‘Abdu’l-Bahá : ...by the grace and bounty of God, we may enter the celestial City:

Bahá'u'lláh: the lilies of ancient wisdom can blossom nowhere except in the city of a stainless heart.

Bahá'u'lláh: Therein he will discern the wonders of His ancient wisdom, and will perceive all the hidden teachings from the rustling leaves of the Tree which flourisheth in that City

Bahá'u'lláh: Sow the seeds of My divine wisdom in the pure soil of thy heart, and water them with the water of certitude, that the hyacinths of My knowledge and wisdom may spring up fresh and green in the sacred city of thy heart.

Bahá'u'lláh: Therefore must no stranger find his way into the city of the heart, so that the Incomparable Friend may come unto His own place.

Everyone, then, who desireth "**victory**" must first subdue the city of his own heart with the sword of spiritual truth and of the Word, and must protect it from remembering aught beside God: afterwards let him turn his regards towards the cities of [others'] hearts. This is what is intended by "victory"

Uniting the world one heart at a time (75mins)

This is a mystery that can only be conveyed heart to heart

‘Abdu’l-Bahá : Be unto the world...as suns of truth; be a celestial army, and you shall indeed conquer the city of hearts.

Charging the heart with love and light, filling the heart with the Water of Life, the Light of the World...the heart becomes a reservoir of energy, wisdom, love, light...its purpose then is to connect...having once connected to the source (like a battery in a charger has to be plugged in) How do we connect (Plug in) to the source.

The dishonesty Test...and the Word of God

well first we must look around for a source of electricity. A pure source...

Intone O my Servants the verses of God that have been received by thee...

The knowledge of God

Bahá'u'lláh: The source of all learning is the knowledge of God, exalted be His Glory, and this cannot be attained save through the knowledge of His Divine Manifestation

The Love of God

Were it not for the love of God the hearts of men would be bereft of life and deprived of the stirrings of conscience.

To be God's lover! That is the sole object of life for the Bahá'í. To have God as his closest companion and most intimate friend, his Peerless Beloved, in Whose Presence is fullness of joy! And to love God means to love everything and everybody, for all are of God. The real Bahá'í will be the perfect lover. He will love everyone with a pure heart, fervently. He will hate no one. He will despise no one, for he will have learnt to see the Face of the Beloved in every face, and to find His traces everywhere. His love will know no limit of sect, nation, class or race.

Were it not for the love of God no real connection could exist between human hearts.

The essence of love is for man to turn his heart to the Beloved One, and sever himself from all else but Him, and desire naught save that which is the desire of his Lord.

In the world of existence there is indeed no greater power than the power of love.

Prayer and Fasting

Connecting with the source.

PRAYER

Bahá'u'lláh: Whoso reciteth, in the privacy of his chamber, the verses revealed by God, the scattering angels of the Almighty shall scatter abroad the fragrance of the words uttered by his mouth, and shall cause the heart of every righteous man to throb.

The greatest happiness for a lover is to converse with his beloved, and the greatest gift for a seeker is to become familiar with the object of his longing

‘Abdu’l-Bahá: Supplication to God at morn and eve is conducive to the joy of hearts, and prayer causes spirituality and fragrance. Thou shouldst necessarily continue therein.

Bahá'u'lláh: Cling firmly to obligatory prayer and fasting. Verily, the religion of God is like unto heaven; fasting is its sun, and obligatory prayer is its moon.

Bahá'u'lláh: As for obligatory prayer, it hath been sent down by the Pen of the Most High in such wise that it setteth ablaze the hearts and captivateth the souls and minds of men.

‘Abdu’l-Bahá: There is nothing sweeter in the world of existence than prayer. Man must live in a state of prayer. The most blessed condition is the condition of prayer and supplication. Prayer is conversation with God. The greatest attainment or the sweetest state is none other than conversation with God. It creates spirituality, creates mindfulness and celestial feelings, begets new attractions of the Kingdom and engenders the susceptibilities of the higher intelligence.

‘Abdu’l-Bahá: Mayst thou ever be in a prayerful attitude. In all the worlds of existence there is nothing more important than prayer. Prayer confers spirituality upon the heart.

ANGELS

Then we become mirrors of the Mirror of God...we are Manifestations of Baha'u'llah...messengers of love Angels of the Kingdom

Angels Greek messenger of good news. Arch Angel The Primal Mirror.

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory.

The heaven of every religion has been rent and the earth of human understanding...and the angels of God are seen descending.

I have come in the shadow of the clouds of Glory and am invested by God with invincible sovereignty .

This is the day in which mankind can behold the Face and hear the Voice of the Promised One

The Best Beloved has come in His right hand is the sealed wine of His Name.

Muhammad: Knowledge is a light which God casteth into the heart of whomsoever He willeth.

The meaning of "Angels" is the confirmations of God and His celestial powers. Likewise Angels are blessed beings who have severed all ties with this nether world have been released from the chains of self and the desires of the flesh and anchored their hearts to the heavenly realms of God.

Those souls that in this day enter the divine kingdom and attain everlasting life, although materially dwelling on earth, yet in reality soar in the realm of heaven, their bodies may linger on the earth but their spirits travel in the immensity of space. For as thoughts widen and become illumined they acquire the power of flight and transport man to the kingdom of God.

Bahá'u'lláh: And now concerning His words: "And He shall send His angels...(Koran 3.119) By Angels is meant those who, reinforced by the power of the spirit, have consumed, with the fire of the love of God, all human traits and limitations, and have clothed themselves with the attributes of the most exalted Beings and of the Cherubim...And now, inasmuch as these holy beings have sanctified themselves from every human limitation, have become endowed with the attributes of the spiritual, and have been adorned with the noble traits of the blessed, they therefore have been designated as angels.

For these divine injunctions tame every ferocious beast, transform the creeping insect into a soaring bird, cause human souls to become angels of the Kingdom, and make the human world a focus for the qualities of mercy.

O ye who are the chosen ones of the Abha Kingdom...From amongst all mankind hath He chosen you, and your eyes have been opened to the light of guidance and your ears attuned to the music of the

company above; and blessed by abounding grace, your hearts and souls have been born into new life.

Thank ye and praise ye God that the hand of infinite bestowals hath set upon your heads this gem studded crown, this crown who's lustrous jewels will forever flash and sparkle down all the reaches of time...Raise ye a clamour like unto the roaring sea; rain down the grace of heaven. Lift up your voices and sing out the songs of the Abha Realm.

For I say unto you that He has chosen you to be His messengers of love throughout the world.

I hope you may be quickened and vivified by the breaths of the Holy Spirit. Then shall ye indeed become the angels of heaven whom Christ promised would appear in this Day to gather the harvest of divine planting. This is my hope. This is my prayer for you.

...now is the time that you may divest yourselves from the garment of attachment to this phenomenal realm, be wholly severed from the physical world, become angels of heaven and travel and teach through all these regions

Ye are the angels, if your feet be firm, your spirits rejoiced, your secret thoughts pure, your eyes consoled, your ears opened, your breasts dilated with joy, and your souls gladdened.

SPEAK

Arise for the triumph of My Cause, and, through the power of thine utterance, subdue the hearts of men.

O people of Baha! Subdue the citadels of men's hearts with the swords of wisdom and of utterance.

Rest assured that the breathings of the Holy Spirit will loosen thy tongue. Speak, therefore; speak out with great courage at every meeting. When thou art about to begin thine address, turn first to Bahá'u'lláh, and ask for the confirmations of the Holy Spirit, then open thy lips and say whatever is suggested to thy heart; this, however, with the utmost courage, dignity and conviction.

Bahau'llah: Intone, O My servant, the verses of God that have been received by thee, as intoned by them who have drawn nigh unto Him, that the sweetness of thy melody may kindle thine own soul, and attract the hearts of all men.

Bahá'u'lláh: Open, O people, the city of the human heart with the key of your utterance. Thus have We, according to a pre-ordained measure, prescribed unto you your duty.

Bahá'u'lláh: O My Name! Utterance must needs possess penetrating power. For if bereft of this quality it would fail to exert influence. And this penetrating influence dependeth on the spirit being pure and the heart stainless. Likewise it needeth moderation, without which the hearer would be unable to bear it, rather he would manifest opposition from the very outset. And moderation will be obtained by blending utterance with the tokens of divine wisdom which are recorded in the sacred Books and Tablets. Thus when the essence of one's utterance is endowed with these two requisites it will prove highly effective and will be the prime factor in transforming the souls of men. This is the station of supreme victory and celestial dominion. Whoso attaineth thereto is invested with the power to teach the Cause of God and to prevail over the hearts and minds of men.

Bahá'u'lláh: Purge thou thy heart that We may cause fountains of wisdom and utterance to gush out therefrom, thus enabling thee to raise thy voice among all mankind. Unloose thy tongue and proclaim the truth for the sake of the remembrance of thy merciful Lord. Be not afraid of anyone, place thy whole trust in God, the Almighty, the All-Knowing.

Speak, and hold not thy peace.

We must loose our tongues till we set the wide world's heart afire, and with bright rays of guidance blot out the armies of the night, and then, for His sake, on the field of sacrifice, fling down our lives.

...why silent, why leaden and dull? Ye must shine forth like the lightning, and raise up a clamouring like unto the great sea.

If their task is to be confined to good conduct and advice, nothing will be accomplished. They must speak out, expound the proofs, set forth clear arguments, draw irrefutable conclusions establishing the truth of the manifestation of the Sun of Reality.

...with the decisive blade of the tongue, and the sure arrows of knowledge, let us defeat the hosts of self and passion, and hasten onward to the site of martyrdom, to the place where we die for the Lord. And then, with flying flags, and to the beat of drums, let us pass into the realm of the All-Glorious, and join the Company on high. Well is it with the doers of great deeds.

Expend your every breath of life in this great Cause and dedicate all your days to the service of Baha, so that in the end, safe from loss and deprivation, ye will inherit the heaped-up treasures of the realms above.

The Pen of the Most High hath decreed and imposed upon every one the obligation to teach this Cause.

Should the work of teaching lapse, these confirmations would be entirely cut off, since it is impossible for the loved ones of God to receive assistance unless they teach.

SONGS

Take my heart
I me mine
Every Day Baha'u'llah
Lisa Lisa
Every Body Gotta Love somebody
Ya Baha!
Allahuabha x 95
Glory glory alleluia (American Trilogy)
What place is there for anyone to flee to
Sympathy
Don't rock the boat