

TRANSFORMING THE BODY, HEART, & MIND

Educating the Heart.

Universal Worship, May 14, 2023

HINDUISM:

When shall my heart, anxiously longing
For a new experience of tender devotion,
Abandon all else
And come to touch you?
Of you alone enamored,
Having as my only treasure
The worship of your feet,
When shall I make you visible, O Lord,
Before these very eyes?
When shall my mind
Indifferent to all else through love's intensity
Tear off the great door latch
With a loud bang
And finally arrive in your presence, O Lord?
Through the power of your devotion, O Lord,
When shall I overcome all of the gods
Who reside in my heart,
The core of consciousness?
When shall I enjoy the bounteous celebration
Of the rapture of devotion,
Where the elements of the objective world
Become filled with the bliss of consciousness?
-Shivastotravali of Utpaladeva 9:1-5 (trans. CR Bailly)

BUDDHISM:

We all appreciate in others the inner qualities of kindness, patience, tolerance, forgiveness, and generosity, and in the same way we are all averse to displays of greed, malice, hatred, and bigotry. So actively promoting the positive inner qualities of the human heart that arise from our core disposition toward compassion, and learning to combat our more destructive propensities, will be appreciated by all.
-the Dalai Lama, *Beyond Religion*

ZOROASTRIANISM:

O Lord of Life and Wisdom, I will for ever uphold Thy Divine Law and Thy Good Mind. Teach me Thyself, through Thy spoken Word which springs from the Spirit, and with Thy very own Mouth, whence life first came into being.

-Yasna 28:11 (trans. FA Bode)

TAOISM:

Higher Virtue isn't virtuous
thus it possesses virtue
Lower Virtue isn't without virtue
thus it possesses no virtue
Higher Virtue involves no effort
or the thought of effort
Higher Kindness involves effort
but not the thought of effort
Higher Justice involves effort
and the thought of effort
Higher Ritual involves effort
and should it meet with no response
then it threatens and compels
virtue appears when the Way is lost
kindness appears when virtue is lost
justice appears when kindness is lost
ritual appears when justice is lost
ritual marks the waning of belief
and the onset of confusion
augury is the flower of the Way
and beginning of delusion
thus the great choose thick over thin
the fruit over the flower
thus they pick this over that
-Taoteching 38 (trans. Red Pine)

INDIGENOUS:

The longest journey we will ever make as human beings is the journey from the mind to the heart.

-Angaangaq Angakkorsuaq, from Kalaalit Nunaat (Greenland)

JUDAISM:

Trust in the LORD with all your heart,
And do not rely on your own understanding.
In all your ways acknowledge Him,
And He will make your paths smooth.
Do not be wise in your own eyes;
Fear the LORD and shun evil.
It will be a cure for your body,
A tonic for your bones.
-Proverbs 3:5-8 (trans. JPS 1985)

CHRISTIANITY:

O flame of living love,
That dost eternally
Pierce through my soul with so consuming heat,
Since there's no help above,
Make thou an end of me,
And break the bond of this encounter sweet.
O burn that burns to heal!
O more than pleasant wound!
And O soft hand, O touch most delicate,
That dost new life reveal,
That dost in grace abound,
And, slaying, dost from death to life translate!
O lamps of fire that shined
With so intense a light,
That those deep caverns where the senses live,
Which were obscure and blind,
Now with strange glories bright,
Both heat and light to his beloved give!
With how benign intent
Rememberest thou my breast,
Where thou alone abidest secretly;
And in thy sweet ascent,
With glory and good possessed,
How delicately thou teachest love to me!
-St. John of the Cross (trans. Arthur Symons)

ISLAM:

Look at a chickpea in the pot, how it leaps up when it is subjected to the fire. At the time of its being boiled, the chickpea comes up continually to the top of the pot and raises a hundred cries, Saying, "Why are you setting the fire on me? Since you bought and approved me, how are you turning me upside down?"

The housewife goes on hitting it with the ladle. "No!" says she: "boil nicely and don't jump away from one who makes the fire. I do not boil you because you are hateful to me: nay, 'tis that you may get taste and savour, So that you may become nutriment and mingle with the spirit: this affliction of yours is not on account of being despised. You, when green and fresh, were drinking water in the garden: that water-drinking was for the sake of this fire."

-Rumi, Mathnawi III, 4159ff (trans. Nicholson)

TRUTH:

All the virtues that the priest can teach and prescribe, all the virtues that one is told to practice in life, come naturally when the heart opens. One need not learn virtue; virtue becomes one's own. Virtues that are taught, how long do they last? If there is any virtue it must come by itself; spirituality is natural.