

## Twelve Most Viewed Posts On

### Our Evolution

<http://amzuri.wordpress.com>

4 August 2008

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#### [Strong In The Broken Places](#)



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#### **Passion's Yield**

The tears will keep the  
Flame in check,  
The flame that's killing-  
Sweet.

My heart throbs white-  
Hot, molten  
Streams of  
Pain from  
Love beat down.

The tears will keep the  
Flame in check,  
The flame that's killing  
Me. But,

Dying is the only  
Way to keep my  
Heart unbound.

The tears will keep the  
Flame in check,  
Till death from  
Love  
Reveals that  
Love is  
Truth and only  
Pain from  
Love can set me  
Free.

The tears will keep the  
Flame in check,  
Will feed its lonely  
Heat till  
Love can do its  
Mystic work and make a  
Blind man  
See.

“The world breaks everyone and afterward many are strong in the broken places. But those that will not break it kills. It kills the very good and the very gentle and the very brave impartially. If you are none of these you can be sure it will kill you too but there will be no special hurry.”

Ernest Hemingway

“Not only a crusader for the addicted and the homeless, but also an alcoholic who presided over the church where Alcoholics Anonymous was founded, George Everett Ross was both revered for his good works and reviled for his personal failings.”

from the book, [Strong in the Broken Places](#)

~ ~ ~

“If others hurl their darts against you, offer them milk and honey in return; if they poison your lives, sweeten their souls; if they injure you, teach them how to be comforted; if they inflict a wound upon you, be a balm to their sores; if they sting you, hold to their lips a refreshing cup.”

‘Abdu’l-Bahá, Selections from the Writings of ‘Abdu’l-Bahá, p. 24

~~~~~

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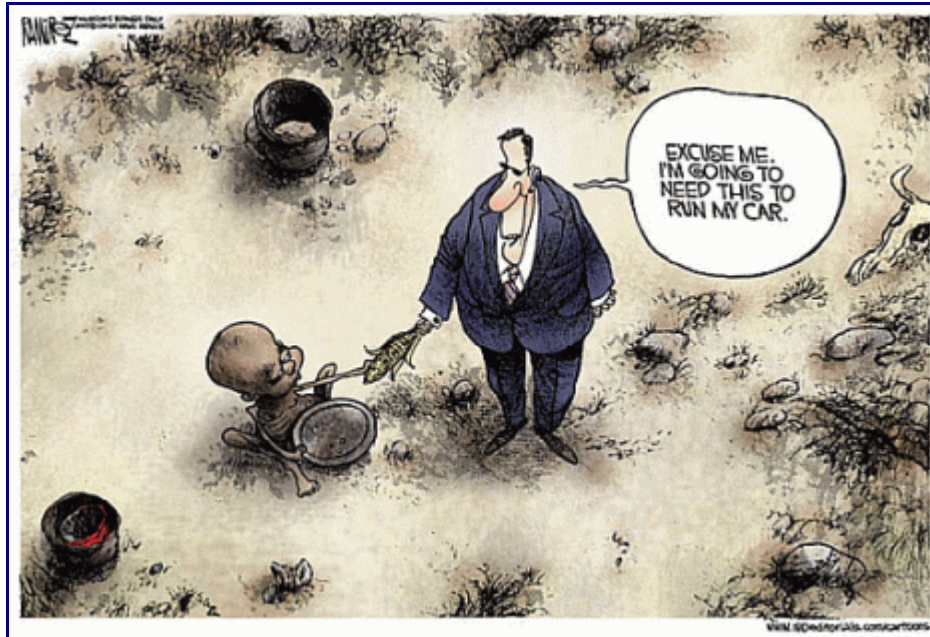
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- ...
- [Love Will Keep Us Together \(or How Love Will Tear Us Apart\)](#)

May 9, 2008 - Posted by [amzolt](#) | [Uncategorized](#) | [broken](#), [heart](#), [pain](#), [strong](#) | [1 Comment](#)

## How Hungry Are \*You\* ?



[image credit](#)

Cartoons can be brutal in their portrayals yet nowhere near as brutal as the facts.

Who's starving?

Who's well-fed and determined to stay that way, whatever the price?

Who deserves to starve?

Who's working to stop the inequities?

**From Reuters:** [Biofuels major driver of food price rise: World Bank](#) "Large increases in biofuels production in the United States and Europe are the main reason behind the steep rise in global food prices, a top World Bank economist said in research published on Monday."

**From OneWorld.Net:** [Trade Negotiations Cannot Solve Food Crisis Created by WTO and World Bank](#) "Trade negotiators are using the current food crisis as a Trojan Horse at the WTO negotiations to push an agribusiness agenda on farmers and rural communities around the world," stated Food & Water Watch Executive Director Wenonah Hauter. "Agriculture should be removed from WTO negotiations until international leaders fully examine the impact on developing countries' ability to feed themselves."

Hmmm...

The World Bank states one of the major problems then persists in striving toward a non-solution.

Why are people so subjugated they can't raise their own food? Why do the multinationals work so hard to deny human rights?

Let's see . . . Couldn't be massive greed, could it?

It took me most of 40 years to get the idea that we are One from my head to my heart. During that time, I committed actions that benefited me and ignored my brothers and sisters in our global family.

My head said I deserved what I could grab. I'd suffered and needed those material things to comfort me . . .

Now my heart aches with bleeding feelings that stun my sensibilities. The world's in the clutches of the temporally powerful. Temporal because the Spirit of humanity will survive and the materialistic "rulers" will turn to dust and be forgotten.

This post and its implications are so grief-ridden I'm reduced to a state of utter hope—*hope that my grandchild's children will see better days.*

What's your estimate of when things will turn from greed to compassion?

~~~~~

"Good God! Is it possible that, seeing one of his fellow-creatures starving, destitute of everything, a man can rest and live comfortably in his luxurious mansion? He who meets another in the greatest misery, can he enjoy his fortune? That is why, in the Religion of God, it is prescribed and established that wealthy men each year give over a certain part of their fortune for the maintenance of the poor and unfortunate. That is the foundation of the Religion of God and is binding upon all.

"And as man in this way is not forced nor obliged by the government, but is by the natural tendency of his good heart voluntarily and radiantly showing benevolence toward the poor, such a deed is much praised, approved and pleasing.

"Such is the meaning of the good works in the Divine Books and Tablets."

'Abdu'l-Bahá, *Some Answered Questions*, p. 276

"Unfortunately, the arbiters of human affairs have, instead of embracing the concept of the oneness of mankind and promoting the increase of concord among different peoples, tended to deify the State, to subordinate the rest of mankind to one nation, race or class, to attempt to suppress all discussion and interchange of ideas, or callously to abandon starving millions to the operations of a market system that all too clearly is aggravating the plight of the majority of mankind, while enabling small sections to live in an unprecedented condition of affluence."

Bahá'í International Community, 1989 Feb 09, *Right to Development*

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## [Sweet Words Are Crying Out For Potent Action](#)



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Working hard to be a lot nicer—in this blog and in my daily life—not just courteous and kind but proactively *NICE* {”refined or virtuous”}. So, since I’m building up to May15th and *Bloggers Unite for Human Rights*, here’s a sneak preview.

“On December 10, 1948 the General Assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights the full text of which appears [below]... Following this historic act the Assembly called upon all Member countries to publicize the text of the Declaration and ‘to cause it to be disseminated, displayed, read and expounded principally in schools and other educational institutions, without distinction based on the political status of countries or territories.’”

### **Preamble**

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and

freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, Therefore THE GENERAL ASSEMBLY proclaims THIS UNIVERSAL DECLARATION OF HUMAN RIGHTS as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

#### Article 1.

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

#### Article 2.

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any

other limitation of sovereignty.

Article 3.

Everyone has the right to life, liberty and security of person.

Article 4.

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5.

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6.

Everyone has the right to recognition everywhere as a person before the law.

Article 7.

All are equal before the law and are entitled without any discrimination to equal protection of the law.

All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8.

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9.

No one shall be subjected to arbitrary arrest, detention or exile.

Article 10.

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11.

- (1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.
- (2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12.

No one shall be subjected to arbitrary interference

with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13.

- (1) Everyone has the right to freedom of movement and residence within the borders of each state.
- 2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14.

- (1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.
- (2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15.

- (1) Everyone has the right to a nationality.
- (2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16.

- (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
- (2) Marriage shall be entered into only with the free and full consent of the intending spouses.
- (3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17.

- (1) Everyone has the right to own property alone as well as in association with others.
- (2) No one shall be arbitrarily deprived of his property.

Article 18.

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19.

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive



and impart information and ideas through any media and regardless of frontiers.

Article 20.

- (1) Everyone has the right to freedom of peaceful assembly and association.
- (2) No one may be compelled to belong to an association.

Article 21.

- (1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
- (2) Everyone has the right of equal access to public service in his country.
- (3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22.

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23.

- (1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
- (2) Everyone, without any discrimination, has the right to equal pay for equal work.
- (3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
- (4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24.

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25.

- (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and

the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.  
(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

#### Article 26.

(1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.  
(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.  
(3) Parents have a prior right to choose the kind of education that shall be given to their children.

#### Article 27.

(1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.  
(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

#### Article 28.

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

#### Article 29.

(1) Everyone has duties to the community in which alone the free and full development of his personality is possible.  
(2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.  
(3) These rights and freedoms may in no case be exercised contrary to the purposes and principles

of the United Nations.

Article 30.

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

## UNIVERSAL DECLARATION OF HUMAN RIGHTS

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[May 14, 2008](#) - Posted by [amzolt](#) | [Uncategorized](#) | [1948](#), [human](#), [human rights](#), [kind](#), [nice](#), [rights](#), [un](#), [united nations](#), [universal declaration of human rights](#) | [No Comments](#)

### **“Hope Springs Eternal...”**



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Here are the first ten links I found [9:22 pm edt, 2Aug08] using the word “hope” in Google’s News Search:

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[McCain tells Urban League that Obama talks about hope, but isn't ...](#)

All of them are about very Earthly hopes.

I don't expect today's news to carry items about Spiritual Hopes (unless they're buried under all the hopes of our materialistic cultures).

I'm now a Baha'i but was raised a Christian (I honor all Faiths...) and in their scripture is this Hope: *Thy kingdom come, Thy will be done in earth, as it is in heaven.* Matthew 6:10

This, to me, says that heavenly things should happen here; that, on planet earth, our wills should be directed by spiritual concerns.

By the way, to those who cringe at their will being oriented toward spirituality because it sounds like their earthly life is unimportant and their dearly loved material relationships should stop [*like I used to think*], my experience says:

Material concerns will never satisfy or bring profit if they have no spiritual core. Spirit drives the body, gives sight, allows dreams to soar...

I decided to include a poem from [Poet Seers—Poem of The Day](#). For those disinclined to read poetry, [please try this one](#). I've found that most good poetry needs more than one reading to have its full flavor develop; like a relationship . . .

#### **The Instinct of Hope**

Is there another world for this frail dust  
To warm with life and be itself again?  
Something about me daily speaks there must,  
And why should instinct nourish hopes in vain?  
'Tis nature's prophesy that such will be,  
And everything seems struggling to explain  
The close sealed volume of its mystery.  
Time wandering onward keeps its usual pace  
As seeming anxious of eternity,  
To meet that calm and find a resting place.  
E'en the small violet feels a future power  
And waits each year renewing blooms to bring,  
And surely man is no inferior flower  
To die unworthy of a second spring?

John Clare

#### ***One final spiritual quote:***

*“My hope is that through the zeal and ardour of the pure of heart, the darkness of hatred and difference will be entirely abolished, and the light of love and unity shall shine; this world shall become a new world; things material shall become the mirror of the divine; human hearts shall meet and embrace each other; the whole world become as a man's native country and the different races be counted as one race.”*

*‘Abdu'l-Bahá, 'Abdu'l-Bahá in London, p. 38*

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*'Abdu'l-Bahá, 'Abdu'l-Bahá in London, p. 38*

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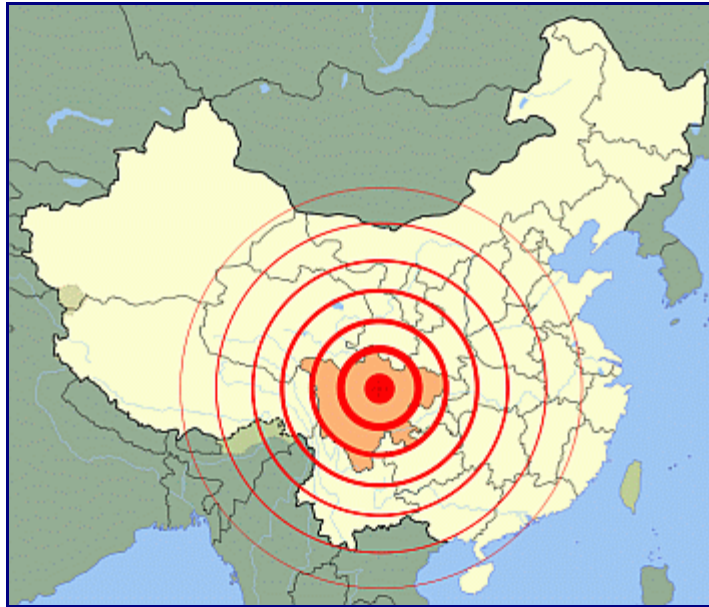
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## Can Youth Save Our World ?



[image credit](#)

Today I want to honor the youth of the world by introducing a youth from China.

**From OneWorld and Mercy Corps:** [The World's Youngest Principal - 17-year-old Zhang Yong](#)

“Before the earthquake, he was a student at one of the schools here in Jin Hua. That changed immediately in the disaster’s aftermath: he was asked by displaced families to help create a temporary school. He gathered 15 volunteers, 13-17 years old, to get started.”

“Our goal is to keep these kids safe and on a routine, so they don’t forget their studies or what life was like before the earthquake.’ Zhang Yong said.”

“We’re proud to work with determined, energetic individuals like Zhang Yong — local leaders who are full of resolve to not only rebuild, but also care for their communities when it’s needed most.”

What were you doing to help your fellow humans when you were 17?

I was trying to figure out the difference between my minister father and God and *that* challenge made everything else a total confusion.

When did it dawn on you that helping others is one of the most spiritual things you can do?

It took me over 60 years to get the idea from my head to my heart.

Can you imagine adolescents doing things that most folk think are just for adults?

I can because I've known a few.

How do you think youth can be helped best to understand the world?

How do you think adults can be educated to accept the power and creativity of youth?

“A spring wells up at the foot of the mountain:

The image of YOUTH.

Thus the superior man fosters his character

By thoroughness in all that he does.

“A spring succeeds in flowing on and escapes stagnation by filling up all the hollow places in its path. In the same way character is developed by thoroughness that skips nothing but, like water, gradually and steadily fills up all gaps and so flows onward.”

I Ching

“The cause of universal education deserves the utmost support, for no nation can achieve success unless education is accorded all its citizens. Such an education should promote the consciousness of both the oneness of humanity and the integral connection between humankind and the world of nature. By nurturing a sense of world citizenship, education can prepare the youth of the world for the organic changes in the structure of society which the principle of oneness implies.”

Bahá'í International Community, 1992 June 06, *Earth Charter*

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## Edification . . .



Oh, *SO* grateful for the Uplifting Enlightenment of my E-Friends.  
Massive proof to me that Soul Rules—never met them in person yet with them in Spirit . . .

~~~~~

With my body so wracked by the treatment to fight Hep C, I *work* to induge my soul in  
Seasons of Prayer.

~~~~~

I sent a prayer to Alexys Fairfield from a WebSite I'd discovered.

Not only was she grateful, she posted this:

**“Sometimes we need to hear them. We need to see them. We need to read them.  
We need to feel them. We need to be them.**

**“They are prayers. Words written to heal our Souls. Words written with a golden  
pen to infuse a little light into our life.”**

***Check out the Whole Post !***

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### **Possibly related posts: (automatically generated)**

- [Our Bodies...](#)
- [Hollow Paper](#)
- [True and Lies](#)
- [The Soul](#)

March 9, 2008 - Posted by [amzolt](#) | [Uncategorized](#) | [Alexys Fairfield](#), [body](#), [e-friend](#), [efriend](#), [enlightenment](#), [friend](#), [friends](#), [god](#), [grateful](#), [hep c](#), [pray](#), [prayer](#), [prayers](#), [praying](#), [soul](#), [spirit](#) | [1 Comment](#)

## Wordless Post

I had a major shock today and can't get my brain wrapped around the blog...

Tomorrow *truly* is another day, eh?

Here's a picture to fall into . . .



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## Depression and Living



Depression and Living

Peopleized by: [Alexander M Zoltai](#) - Saturday, 07 June 2008



Compelling and frank discussion of depression and manic depressive illness.

**Alex: What's your "definition" of depression?**

**Addy:** For my definition of depression you need to look beyond the common associations with the word...'I was depressed for a few days with all the stress of uni,' or 'Man, it's so depressing that XXX and I broke up,'...depression for me is a mental state which exists for a prolonged period of time that affects EVERY area of their life. Mentally, physically and emotionally!

It impairs the ability to think, work, emote, exercise, everything some people take for granted - it affects all the things we do and want to do, even to the point that we are doing exactly what makes us happy yet happiness is not felt. It's not something which can be snapped out of or fixed with a few self help books.

It is an illness which destroys lives and people need to start understanding it far more.

**Alex: What's the difference between depression and bi-polar?**

**Addy:** The depression for bipolar can be illustrated by merely looking at the alternative diagnosis for clinical depression, which is "unipolar depression".

In other words, depression has 'one pole' - which is that of feeling down, sad, completely pointless in life, desiring death because nothing feels good.

Whereas bipolar - which is having two poles - means you get twice the fun, so to speak! As well as dealing with the utter downs of depression you also get the extreme highs of mania, a state where you feel you're one of the greatest people to have ever lived. Your mind races with ideas, everything looks rosy, your sex drive goes through the roof, you don't need food or drink and you have limitless energy.

Both poles with bipolar are extremely dangerous, and the differences between the two illnesses are abundant, but then so are the similarities.

**Alex: Can depressed people "succeed" in life?**

Addy: Hell yeah!

Well known people who suffered from depression include:

Abraham Lincoln, Joanna Lumley, Kim Wilde, Paula Yates, Dyan Cannon (Singer), Dorothy Parker (author), Virginia Woolf (author), Sir Winston Churchill, Florence Nightingale, John Cleese, Tony Hancock (comedian), Sergei Rachmaninoff (composer), Clara Bow (1920's film star), Sarah Lancashire (actress), Trisha Goddard (tv presenter), Denise Welch (actress), Zach Braff (actor)

Then there's bipolar:

Spike Milligan, Nicola Pagett (actress), Vivien Leigh (actress) Jeremy Brett (actor), Freddie Starr (comedian), Sir James Goldsmith (businessman), Jess Yates (Tv presenter father of Paula Yates), Vincent Van Gogh, Robert Schumann (composer), Ludwig Van Beethoven, Stephen Fry (actor, comedian, raconteur)

Are you telling me these people didn't succeed in life???

Alex: **Does it make sense to say that society "causes" depression?**

Addy: Is society the sole cause of depression? No.

Does society contribute to the causes of depression, YES. Merely because very few members of society know what depression is.

A lot of people are so hung up on it being a 'weakness' or 'personality trait' or 'something someone needs to just snap out of' that they refuse to see it as an illness. As mentioned earlier it's the common misconception that depression is merely a passing period of the blues which causes the problem.

The stigma attached to admitting you suffer from it, or any mental illness, is HUGE. It can (and has) cost people their entire life! Jobs, family, friends, lovers, possessions, dreams, futures.

So it's not really society itself which is causing depression but the misconceptions within society, which is what I have been trying to do with my blog. Raise awareness of mental health, show people that those suffering from mental illness are not weak - but in fact are so very strong!

Alex: **Is depression something that "follows" creativity around?**

Addy: Much like with my answer to question 3, so many of the most creative minds you can think of have suffered from depression and/or bipolar at various times in their life that it has become a little "in" to say that bipolar (especially) is the creative illness. In fact it's become almost popular to suffer from bipolar that it is trivialising the seriousness of the illness.

More needs to be done to understand the illnesses - and more importantly, the PEOPLE who suffer from them - rather than just throwing labels on people.

Alex: **What else would you like to add?**

Addy: Much more work needs to be done to understand that people who suffer from mental illness are just that - PEOPLE. We are no more to blame for our illnesses than people who have diabetes, cancer or HIV. The misconceptions, judgements and labelling needs to stop. It's about time the stigma of mental illness gets the spanking it so rightly deserves! So drop by the blog and get to know ME, as well as learn a whole lot more about my life than you might want to know.

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**Possibly related posts: (automatically generated)**

- [“The spiritually learned...”](#)
- [You Might Just Save a Life](#)
- [Recognising Depression](#)
- [Depression](#)

June 7, 2008 - Posted by [amzolt](#) | [Uncategorized](#) | [bipolar](#), [broken](#), [depression](#), [depressive](#), [heart](#), [heart broken](#), [manic](#), [manic depression](#), [manic depressive](#), [unipolar](#), [unipolar depression](#) | [6 Comments](#)

## [Thunderbird Magic](#)



[image credit](#)

Today's post is a gift from Liara Covert who writes the [Dream Builders](#) blog. She shows us that ancient myths are alive and well, inside each of us...

~~~~~

The Thunderbird legend is timeless. Some people believe it began as a myth of Native American tribes in the Pacific Northwest and the Great Lakes. Yet, the legend spread much wider. This great creature has been sighted by non-native people on many different continents.

Native American myths suggest the sizable Thunderbird is a guardian Spirit with innate power to influence changes in the elements and energy shifts, in everything. It has penetrating vision and even changes form to help regenerate and stabilize the energy grids of the Earth.

Legend says the magical creature flew with a whole whale in its claws and saved a Chilkat tribe from starvation. As lightning shoots out from its eyes and thunder pearls from its wings, you might imagine everyone would hear it coming. Wisdom reveals the depth of your faith and the nature of your beliefs determine all you will sense and experience.

As it happens, the Lakota and other tribes believe that if you have repeated dreams of birds, the medicine or “alternative healing way” is part of your destiny. Yet, if you envision a Thunderbird, you are destined to be a ‘Heyoka,’ that is, to learn to channel and heal with electromagnetic energy.

According to Laughing Deer in the *Encyclopedia Mythica*, Heyoka is “one who does things backwards or opposite...Spirit chooses who is Heyoka; it is a very difficult path to follow.”

Of course, difficulty is relative. Conditioning may have also taught you choose your own destiny. With this in mind, you’re never alone. Discerning that the Thunderbird serves the Great Spirit beyond enables you to realize you are also guided in ways you hadn’t foreseen by forces you have yet to understand.

Some people believe a Heyoka is a trickster to be feared, ridiculed and revered. Negative perception does not recognize illusion is part of the teaching medicine of Heyoka. Human beings won’t grasp life in the same way. Heyoka practices are sacred and have magical meanings that carry over into your life. Will you be empowered to shift your consciousness?

Heyokas are said to embody divine strength. They are trusted interpreters of dreams and heal with innate insights that even they themselves underestimate. They may unexpectedly enter your dreams or your apparent reality. Why? To remind you not to get too serious about your current mental state, physical form, thoughts and beliefs. Human beings are encouraged to be humble, to detach from their conditions and to recognize Spirit wields all power. You only determine how you will react to a given set of impermanent circumstances.

Thunderbird magic itself relates back to the mythical bird’s role as a catalyst in the lives of human beings. It triggers revelation, transformation and energy shifts beyond superficial perception. Heyoka behavior, awakened by the Thunderbird, defies the status quo to awaken your senses to change your own behavior. The magic you hold within yourself enables you to initiate changes at the cellular level of your being. Thunderbird magic leads you back to rediscover the dormant magic within yourself.

After all, from birth, you master the art of producing your own illusions. Your perception is full of them. By extraordinary or mystical influence, you produce desired effects or results in every area of your life. How much of this do you realize? Supernatural elements are forces of your own nature. Thunderbird magic opens a doorway into another dimension of your soul. As you raise your awareness, you prepare to explore infinity.

[June 23, 2008](#) - Posted by [amzolt](#) | [Uncategorized](#) | [power](#), [spirit](#), [consciousness](#), [bird](#), [magic](#), [thunderbird](#), [thunder](#), [indian](#), [guardian spirit](#), [Native American](#), [Lakota](#), [Heyoka](#), [illusions](#), [illusion](#) | [4 Comments](#)

## Transcending the Murmur



Today we have a treat !

Isabella Mori, psychotherapist and owner of the blog, [Change Therapy](#), relates her spiritual insight . . .

~~~~~

In the late 90's, early 2000's, I was working in Vancouver's Downtown Eastside, Canada's "poorest urban postal code". I did outreach counselling and worked out of a number of places, one of them First United Church.

First United Church in Vancouver is a mission church – it focuses mostly on providing services to people who are extremely marginalized: morning soup for people who are homeless, foot care for people with disabilities, advocacy for single mothers, health care for survival sex trade workers, etc.

Now at First United Church they had this wonderful morning service. Right in the middle of people sleeping off their hangovers in the pews and drug users finding a moment's quiet for their overwrought minds, each weekday morning at 8:45, a handful of people would congregate to sing, read a bible verse and reflect and pray together. It was the most beautiful thing – church, I believe, as intended by Jesus.

Almost right from the beginning of me working out of First United, every day I'd be there – usually Wednesday and Friday mornings – I'd make sure to participate in these services. I loved the songs and the little discussions around the readings, mostly from the bible, sometimes from some other religious material.

Towards the end of each service, we'd say the Lord's Prayer, in different versions. I really enjoyed the Maori version. But when we said the "normal" version – I just didn't want to say it. I had a real problem with it, particularly when it comes to "... and lead us not into temptation." What do you mean, lead us not into temptation?? I imagined a God looking down at us thinking, hmmm, this Isabella down there, should I lead her into temptation today? That kind of God didn't look at all palatable to me, and I wasn't going to pray to him!

A few months into me participating in these services, the minister who usually led the service came up to me and said, "Listen, I've noticed you show up here every Wednesday. I'm going on vacation, it's summer, most everyone else is on vacation, too – could you lead the service

while I'm away?"

I was a bit flabbergasted but being the sport that I am I said, "Ah, sure, I guess." But then I remembered: "Wait, I can't do that! Haven't you noticed how I never say the Lord's Prayer?"

"No, I haven't. I thought you liked the Maori Prayer."

"I love it. But the other one, the usual version ... "

"What about it?"

I explained to him my conundrum. (What a blessing, now that I think of it. I felt so comfortable with this guy that I had no problem telling him what I thought of this God who's toying with me – "Should I lead her into temptation today? Shouldn't I?")

What he said next has made a huge difference in my life. Let me paraphrase:

"Isabella, there are many different ways of interpreting this. For example, you could see it as meaning, 'as I am going down the path of temptation, please help me steer away from it, lead me somewhere else.'

You can do this with anything in the Bible. As a matter of fact, I encourage you to do that. Read the Bible in such a way that it gives you the most benefit. Let the Bible be something that God has written for YOU. Make it your own!"

It was one of those moments where something that I had known intellectually for a long time all of a sudden made sense to me on a very deep, transformative level. It was as if Pastor Bruce had showed me a door that I had passed by for decades. All I needed to do was open it and walk through.

It opened the door for me to go back to and discover Christian texts – the Bible in its many translations, the beautiful words of the 13th-century woman mystic Julian of Norwich, the more contemporary writings by Brother Roger of Taizé, to name a few – as well as other spiritual texts that had heretofore not really touched me, most notably 12-step literature.

It changed my life.

Spirituality had always been an important part in my life but after this, I reached a level of commitment and passion that I had always longed for but could never completely feel in my bones. My lifelong interest in Buddhism deepened, I felt free to reclaim my strong Christian roots planted by my deeply religious Lutheran minister grandfather, I gained a deep appreciation of the wisdom of the 12 steps, and the Pagan stirrings that had been with me since the early 80s unfolded into a beautiful, nurturing and creative spiritual practice.

Why am I telling you all this? A while ago, I read some [moving words here on Alexander's blog](#). They moved me but ... I had a bit of a funny reaction to the specific use of language. Thankfully, I had a little conversation with Alexander about that and showed him my own rewrite of the quote. In response he quoted a Baha'i text:

"Reveal then Thyself, O Lord, by Thy merciful utterance and the mystery of Thy divine being, that the holy ecstasy of prayer may fill our souls - a prayer that shall rise above words and letters and transcend the murmur of syllables and sounds - that all things may be merged into nothingness before the revelation of Thy splendor."

Compilations, Bahá'í Prayers, p. 70

... and that reminded me of my experience with Pastor Bruce.

Yes.



Let's rise above words and letters and transcend the murmur of syllables and sounds - that all things may be merged into nothingness before the revelation of God's splendor.

~~~~~

Isabella Mori is Canada's blogging psychotherapist and talks about spirituality, psychology, creativity and social justice on her blog [Change Therapy](#).

[June 1, 2008](#) - Posted by [amzolt](#) | [Uncategorized](#) | [12-step](#), [12-step literature](#), [Bible](#), [blog](#), [blogging](#), [blogging psychotherapist](#), [Buddhism](#), [canada](#), [Change Therapy](#), [Christ](#), [Christian](#), [church](#), [creativity](#), [First United Church](#), [god](#), [guest](#), [guest post](#), [insight](#), [Isabella](#), [Isabella Mori](#), [Julian of Norwich](#), [Lord's Prayer](#), [Lutheran](#), [Maori Prayer](#), [meaning](#), [minister](#), [Mori](#), [pastor](#), [prayer](#), [psychology](#), [psychotherapist](#), [social justice](#), [spirit](#), [spiritual insight](#), [spiritual texts](#), [spirituality](#), [temptation](#), [the Lord's Prayer](#), [therapist](#), [therapy](#), [transcendence](#), [transcending](#), [Vancouver](#) | [4 Comments](#) |

## [A Little Help Can Go A Long Way](#)



Not much of my own comment in this particular post. I'll let the news sources and websites inform you about this Wonderful concept. As always, though, there will be a spiritual quote at the end...

**From OneWorld.Net:** [Microloans Pay Off for Planet, Investors](#)

“Mohammed Yunus, an economics professor from Bangladesh, is considered the father of microfinance. In 1983, Yunus founded the Grameen Bank to make small loans to impoverished entrepreneurs. Grameen Bank now has over 7 million borrowers. Yunus and the Bank received the Nobel Peace Prize in 2006.”

**From Wikipedia:** [Microcredit](#) “Microcredit is the extension of very small loans (microloans) to the unemployed, to poor entrepreneurs and to others living in poverty who are not considered bankable....Microcredit is a part of microfinance, which is the provision of a wider range of financial services to the very poor.”

**From Business Week:** [Micro Loans, Solid Returns](#) “With about \$200 of his own money and a \$1,500 loan, Vahid Hujdur rented space in the old section of Sarajevo and started repairing, then reselling discarded industrial sewing machines. Eight years and several loans later, Hujdur now has 10 employees building,

installing, and fixing industrial machinery.”

**From the KIVA website:** [We Let You Loan to the Working Poor](#) “Kiva is the world’s first person-to-person micro-lending website, empowering individuals to lend directly to unique entrepreneurs in the developing world. The people you see on Kiva’s site are real individuals in need of funding - not marketing material. When you browse entrepreneurs’ profiles on the site, choose someone to lend to, and then make a loan, you are helping a real person make great strides towards economic independence and improve life for themselves, their family, and their community. Throughout the course of the loan (usually 6-12 months), you can receive email journal updates and track repayments. Then, when you get your loan money back, you can relend to someone else in need.”

“The increasing disparity between the rich and the poor is a major destabilizing influence in the world. It produces or exacerbates regional and national conflicts, environmental degradation, crime and violence, and the increasing use of illicit drugs. These consequences of extreme poverty affect all individuals and nations. Increasingly we are becoming aware that we are all members of a single human family. In a family the suffering of any member is felt by all, and until that suffering is alleviated, no member of the family can be fully happy or at ease. Few are able to look at starvation and extreme poverty without feeling a sense of failure....

“A new economic order can be founded only on an unshakable conviction of the oneness of mankind. Discussions aimed at solving problems related to extreme poverty based on the premise that we are one human family rapidly expand beyond the current vocabulary of economics. They demand a wider context, one which anticipates the emergence of a global system of relationships resting on the principles of equity and justice.”

Bahá’í International Community, 1993 Feb 12, *Human Rights And Extreme Poverty*

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- [Setting Standards for Microfinance](#)

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## **[Detachment Means Never Having To Say You’re Sorry...](#)**

“We can appreciate without attaching ourselves to the things of this world. It sometimes happens that if a man loses his fortune he is so disheartened that he dies or becomes insane. While enjoying the things of this world we must remember that one day we shall have to do without them.”

‘Abdu’l-Bahá, *Divine Philosophy*, p. 134



I'm featuring two recent posts from UrbanMonk.net, both dealing with the widely recognized (and, frequently misunderstood) spiritual principle of Detachment.

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The first post, [Attachment: Understanding the Origen of Human Suffering](#), contains these ideas:

“This teaching is marvelous, for there is nothing in there that cannot be verified simply by looking into your own experience. Look deeply into your own life, the times you have cried, the times you have raged. What was the cause of it all? The next time you are in pain, pause, and look. Ask yourself – *why? What am I holding on to?*”

“Without attachment, suffering does not exist. Let go of your attachments, little by little. By and by you will see the freedom, the happiness that is there.”

“We have spent so much of our lives, every waking moment, following desire. We expend huge amounts of energy and time; we make extreme sacrifices, in the hope of finding happiness by attaining them. But as Lorne Ladner says in [The Lost Art of Compassion](#), rarely does it occur to us the very way we go about seeking happiness has been causing our problems.”

There is much more of interest !

Part Two, [How Our Cravings and Attachments Cause Our Pain and Suffering](#), goes even deeper into this vital spiritual principle:

“...when we crave, when we cling, we do not see people as they are. We are projecting our neediness, our sorrows – all the garbage inside us – onto them. And it is an insult. For them not to be seen as a human being; but for what they can do for us. *Make me feel good, make me feel loved, make me feel safe, feed me, take care of me, impress my friends.* That is all they are reduced to – a function, a service.


“And it is just as likely they are doing it to us too, and then what do we have? Not two human beings together, but two images, two roles, two cardboard cut-outs. Where has the humanity gone? This is so cruel, and yet so painstakingly common that it simply seems normal.”

“A rich man could have everything he wanted, and enjoy them **all the more** without the cravings, the attachments. There is nothing wrong with having most of the things we desire. Naturally, some cravings are just plain nasty – wanting to hurt another person is a fine example. But if you want money, or love, or any of those, then go for it. Does removing your attachment to health mean you stop exercising, stop looking after yourself?

“Most definitely not! Chasing new joys, setting new goals, all of these can still be pursued, but **from a place of freedom**, and not from the unease of craving.”

There is also much more of interest in this second post of the series !

Reading the full articles would reap great spiritual profit; *just be careful you don't become*

*attached to what's said...* 

“Our greatest efforts must be directed towards detachment from the things of the world; we must strive to become more spiritual, more luminous, to follow the counsel of the Divine

Teaching, to serve the cause of unity and true equality, to be merciful, to reflect the love of the Highest on all men, so that the light of the Spirit shall be apparent in all our deeds, to the end that all humanity shall be united, the stormy sea thereof calmed, and all rough waves disappear from off the surface of life's ocean henceforth unruffled and peaceful.”

‘Abdu’l-Bahá, *Paris Talks*, p. 87

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- [Buddha Economics](#)

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