

THEME: THE TRIALS AND THE REFUGE OF THE INNER LIFE

Readings Selected by Siraja Stephanie Nuria Sabato

HINDU SCRIPTURE

Katha Upanishad

Part Two- Chapter I

1. Yama said: The self—existent Supreme Lord inflicted an injury upon the sense organs in creating them with outgoing tendencies; therefore a man perceives only outer objects with them and not the inner Self. But a calm person, wishing for Immortality, beholds the inner Self with his eyes closed.
2. Children pursue outer pleasures and fall into the net of widespread death; but calm souls, having known what is unshakable Immortality, do not covet any uncertain thing in this world.
3. It is through Atman that one knows form, taste, smell, sounds, touches and carnal pleasures. Is there anything that remains unknown to Atman? This, verily, is That.
4. It is through Atman that one perceives all objects in sleep or in the waking state. Having realised the vast, all—pervading Atman, the calm soul does not grieve.

BUDDHIST SCRIPTURE

Samyutta Nikāya | Paticca Samuppāda

Dependent Origination in terms of “happiness”

The Buddha says:

Suffering leads to Confidence;

Confidence to Rapture;

Rapture to Joy;

Joy to Tranquility;

Tranquility to Happiness;

Happiness to Concentration;

Concentration to Knowledge and Vision of things

as they truly are;

The Knowledge and Vision of things as they truly are

to Repulsion;

Repulsion to Non-attachment

Non-attachment to Deliverance;

Deliverance to the Extinction of Passions to Sainthood.

•This important passage clearly indicates how suffering can lead to happiness and ultimately to Sainthood.

**ZENDAVESTA-Forward To The Divine Songs of
Zarathushtra by Rabindranath Tagore**

The outer expression of truth reaches its white light of simplicity through its inner realization. In the primitive stage of spiritual growth, when man is dimly aware of the mystery of the infinite in his life and the world, when he does not fully know the inward character of his relationship with this truth, his first feeling is either that of dread or of a greed of gain.

From the Amesha Spentas meaning the “bountiful immortals”, which the guiding principles in truth.

1. The Highest Truth describes how the World ought to be in its ideal form, according to it the highest form of Righteousness.
2. The Good-Mind is mental capacity to comprehend Asha, to understand the nature of our actual world, and recognize the resulting disparity between the ideal and the real. It is thus the instrument of moral cognition.

3. The Holy Attitude is the attitude of Piety toward the Source of Being and the Ultimate Truth; Ethically, it is the attitude of Benevolence, a concern for the Good and Right-Mindedness.
4. The Ideal Dominion. It is the ideal social structure of the human world. In human terms, we may call it the ideal society. It is the Kingdom of Heaven.
5. The state of complete Well-being, physical and spiritual integrity. In its full form it is a state of perfection on earth.
6. The state of Immortal Bliss.

HOLY BIBLE – OLD TESTAMENT

Psalm 27 - Psalm of David [27:1, 27:8, 27:14]

The LORD is my light and my salvation; whom shall I
fear? The LORD is the strength of my life; of whom shall
I be afraid?

Thou answered, Seek ye my face; and my heart said unto
thee, Thy face, LORD, will I seek.

Wait on the LORD: be of good courage, and the Lord
shall strengthen thine heart.

HOLY BIBLE – NEW TESTAMENT

1 Corinthians [3:16-3:23]

Know ye not that you are the temple of God, and [that] the Spirit of God dwells within you?

Let no man deceive himself. If any man among you seems to be wise in this world, let him become a fool, that he may be wise.

For the wisdom of this world is foolishness with God.

Whether Paul, or Apollos, or Cephas, or the world, or life, or death, or things present, or things to come; all are yours;

You are Christ's; and Christ is God's.

THE KORAN

18. The Cave [18.32-18.39]

In the name of God, the Beneficent, the Merciful.

And set forth to them a parable of two men; for one of them
We made two gardens of grape vines, and We surrounded them
both with palms, and in the midst of them We made cornfields.

Both these gardens yielded their fruits, and We caused a river
to gush forth in their midst,

And one man possessed much wealth; so he said to his
companion: I have greater wealth than you, and I am mightier
in followers.

With these words he entered his. He said: I do not think that
this will ever perish.

And I do not think the hour will come, and even if I am
returned to my Lord I will most certainly find a returning place
better than this.

His companion said to him: Do you disbelieve in God Who
created you from dust, then from a small seed, then made you a
perfect man?

As for me, God, is my Lord, and I do not associate anyone or
anything with my Lord.

... there is no power other than God?

GAYAN

The human soul calling upon the beloved God.

How shall I thank Thee for Thy mercy and compassion upon my soul?

Thou came with Thy lighted torch and illuminated my path. Frozen with the coldness of the world's hardness of heart I sought refuge in Thee, and Thou consoled me with Thine endless love. I knocked at Thy gate when I had no answer from anywhere in the world, and Thou readily answered the call of my broken heart.