

## **The Heart**<sup>1</sup>

By Emma Jones

I would like to share with you this afternoon some thoughts on the heart of man. The heart is something we take for granted until something goes wrong ~ this applies to our spiritual heart as well as our physical heart.

The heart is a small muscular organ situated in the left side of the chest. It is a single organ — we have two eyes, two ears, two lungs, two kidneys, etc. but only one heart. Without it's functioning we could not live. It is a single organ, but it has two halves — inlet and outlet. It's function is to pump the life force carried in the bloodstream throughout the entire body. If not sufficient force or energy is forthcoming from the heart's action, we see conditions of disease or imperfection become manifest. It is necessary for it to be constantly nourished in order to perform perfectly. The lungs take in the breath of life or oxygen but it is the heart's job to force it throughout the body.

There is a polarity in the body — the negative and the positive and an inlet and outlet. This applies to the spiritual consciousness as well.

The scriptures teach us about the two worlds — the physical and the spiritual — as above as below - “Thy Kingdom come on earth as it is in Heaven”. The Kingdom couldn't be on earth as it is in heaven if the earth and Heaven were not similar — similar conditions common to both.

The scriptures teach also that the Kingdom of God is within us. Now how can the Kingdom of God be within us — man?

In our search for the answer we find that the heart is used as a symbol for the love of God manifest to and through mankind.

In Romans 10, V9 & v10 — we are told the heart of man believeth — Peter 3, V3 & v4 - the hidden man of the heart in that which is not corruptible, even the ornament of a meek and quiet spirit.

In this day the same truth is stated by Bahá'u'lláh — “O Son of Dust. 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.”

It is interesting to note in the old and new Testaments the kinds of heart man is subject to. There is the hard heart, the stony heart, the double heart, the bitter heart, the fearful heart, the adamant heart and the understanding heart, the large heart, the soft heart, the meek and lowly heart, the sound heart.

These are all qualities of the heart — qualities that being expressed, color the actions and re-actions of the one giving out.

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<sup>1</sup> Transcribed with minor typographical and spelling corrections from scanned photographic images of typewritten copy. Document from the Emma Maxie Jones Collection, [https://bahai-library.com/emma\\_maxwell\\_jones\\_collection](https://bahai-library.com/emma_maxwell_jones_collection) , prepared by E. Jones and J. Winters (2021-22).

Baha'u'llah shows us some of the functions of the heart as well as describing the qualities of the heart. He likens it unto a tablet upon which things can be inscribed — it can also be a mirror — reflecting whatever it is focusing on. He likewise likens it to soil in which can be planted seeds that will bring forth their kind. He also refers to the cities of men's hearts. In analyzing this analogy we discover a city is a center of great activity — has much light and energy. It is the hub or heart for the surrounding area. It is a focal point from which is generated many ideas and activities.

The physical heart and the spiritual heart are one. The human heart is one in that the heart in every man has the same muscular formation, the same purpose, the same need and is subject to the same qualities. It does not matter what part of the earth one lives in or what color of skin the body may be wrapped in. The hearts are one in nature and function.

We speak of the heart of mankind — kind means species — so we speak of the species of man. There are all kinds of men — just like we have all kinds of trees. There's a kind of man that has a short body and long legs, or the reverse, there's the fat kind of man, or the thin kind of man, the tall, the short, the selfish, the generous kind of man — all kinds of man. These men all have the same kind of heart subject to the same kinds of qualities. We have all kinds of color in these various kinds of men. The long legs or the red color do not keep him from being man. He still belongs to the species and is one of the various kinds of men.

Also we find all kinds of qualities amongst mankind — loving, honest, generous, lazy, lying. These qualities show the color of the heart of men. "As a man thinketh, in his heart, so is he". Let's say this differently — As a man thinketh in his heart, so is he. Both give the same coloring to the quality of the man. His heart's nature discloses the nature of the man. His every act, or thought expressed is colored by his feelings.

The heart is the seat of emotions. We cannot give out what we do not have stored within. It is not ours to give because we do not have it. We cannot give out selfishness if we are free from that quality.

We discover through our study of the scriptures the heart of man and it's condition has been the theme of all the messages given by the prophets. From the time of Adam up until now the prophets have all come for the purpose of enlightening the hearts of men and lifting them up and away from the earthly attachments.

They have lived taught and pleaded for the regeneration of men's hearts — for the second birth, the awareness or consciousness of the world beyond. If you start on a journey you should have an idea of where you are going.

Baha'u'llah said one of the paradoxes was that man was to live in the world, but not be of it. Our struggle is to keep our hearts or the centers of our affections from being attached to the earth. The prophets have given us many teachings on this subject. They have always drawn their followers, by word and life toward a higher affection. Man was created for love, and because he is a manifestation of love he has to express love. Love is the motivating power of the world. It is expressed by cohesion in the mineral realm; and in other forms in the other realms. Man is the highest expression of love, so, therefore, to be true to his kind, he has to express the highest love, and that is to love without any barriers or limitations.

In order to have love to express we must open up the receptacles of love in our heart and turn them toward the source of the outpouring of love - as we would open up our hands and lift up our face towards the sky if we wanted to catch rain or sunshine. We have to connect with the source in order to have a supply. And if we do this just now and then, we have love to give out only now and then. In order to have love to enjoy within ourselves and to express to others, we have to keep the channel open in order for it to come into our hearts and pass through on to others.

God sets the standard for us in our expression of love. All men, regardless of their type or color, have access to the same sunshine, rain, wind, cold, heat, need for shelter and clothing — all can call on His Divine Mercy for forgiveness, all can rely upon Him for guidance, all can pray to Him, all receive his outpouring of love. And when one expresses love to another by thought, expression or deed, the vibration is the same. It is love expressed, regardless of the type of person, God's love is the same in the east as it is in the west. All the prophets have told of the One God, one creation, one earth, one humanity and, love summons people to the one God. The heart of all the Religions has been love, and religion is the attitude toward God reflecting in life. Religion is love expressed.

In the scriptures we find many references to the conditions that will exist at the time of fulfillment, and the condition of men's hearts is dwelt upon. Mention was made earlier of the hard heart and the stone heart. Also the scriptures tell us of the failing of the hearts in the latter days because of fear. Heart disease is the number one killer in our country, not the world. We consider ourselves a leader among the nations because of our material progress, and we have become perhaps the most materialistic nation — thereby being the least concerned with our spiritual condition or progress. Hearts are afflicted with fear — the fear of not having enough money, or having security - and afflicted because we do not have faith and confidence in the Almighty provider. We do not know God's love. The world is full of fear and hate. This is the age of suspicion and mistrust — because the amalgamating force — love which binds together — is no longer present. Conflict and combat are the products of fear.

Men have come to fear everything, other religions, other cultures, other classes, other races. There is no love of God being expressed today, so we have suspicion and fear to combat. If we had love we would have understanding.

Our own country is in strife today because we do not understand that color of skin does not have anything to do with the color of the heart, neither does it qualify the love expressed by the heart encased in a colored skin.

Nowhere in the scriptures do we read about God creating the different races and which one was created first and which one was more important. All we can find is a statement of His having created man. Is it not possible to realize that grief is just as real to a yellow mother who has lost her babe as it is to a white mother? When they both cry out in anguish and say "Oh God spare my little one", have we any reason to believe there is any difference in God's response? Aren't the tears shed by a red skin just as wet as those shed by the black skin?

In a family I know, there is a set of twins — one is very dark and the other is blonde. Was this a cause for discord? Is either one discriminated against because of the difference in

coloring? No — we think because they were born into the same family they should be equally loved and cared for. Cannot we apply this on a wider area?

The Divine teachings tell of the separating of the families or tribes and their scattering over the face of the earth. They also tell the time when these families shall be re-united again into one fold with one shepard.

This is the time of fulfillment. There are not many who doubt it or even those who professedly know little of the scriptures, are aware of the time in which we live. This is the time when the prophecies are to be fulfilled, when the spirit is to guide us unto all truth. The time when we will have one fold and one shepard, one lord and His name one. You see the scriptures say it will be the time of oneness — one fold, one shepard, one Lord one home.

Baha'u'llah, the Glory of God, proclaims this to be the time of oneness. He proclaims, among other things, we must become conscious of our oneness. All the barriers of differences that man has built up over the past centuries — differences such as languages, boundaries, cultures, customs, etc. — these barriers have fallen one after another in approximately 100 years.

Do we think we can hold out against God? God decreed centuries ago that at a certain time this oneness would come about. Does not history record the futility of man in trying to escape the Divine Decree? Why not acquiesce and say Thy will be done. The urge of the age is oneness. Why are people so afraid of the color of the skin? It does not rub off. We should be more concerned with the coloring of hearts, because that coloring does rub off.

As a man thinketh, in his heart, so is he. Let us think loving thoughts. Let our hearts be mirrors and reflect love to our fellow men that God bestows upon us.

The Holy writings state:

Love is of God

Love worketh no ill

There is no fear in love

Love is as strong as death

Owe no man anything, but to love

Love covereth all sins

Let us think about our hearts. We have been told we are to be called to account for our doings. Can we freely respond? Are our hearts filled with love - are they the fortified city?

Let us beware lest our hearts become fearful and contracted - the blood cannot flow through; otherwise, we become ill physically and spiritually. If our hearts are open, generous, loving, we have a large heart.

A Tablet Abdu'l-Baha wrote to a Baha'i in Paris:

“When we acquiesce — when we have faith or confidence all things we be right in the ultimate, we are relaxed, free, content. However this is not a passive state where we sit and wait for God to work it out. Life is expressed in forms of action. Doubt is stillness. We have to do our part and show interest by asking for guidance and then doing as we are bidden and then the miracle of experiencing the working out of a difficult problem or situation is our own. We have to have faith, patience. For everything there is a sign, a season, a time we have been told by the Divine Messengers.

Mrs. Hazelton. This soul demonstrated Faith and acquiescence.

Love is universal. Hearts are universal. There is not a person without one. In order to be in tune with the urge of the age, we have to be universal in our concepts. To grow we have to become bigger and to become bigger we have to grow. Growth is our expansion and enlargement. Let's strive to enlarge our hearts to see how much love we can put into them. Of course we won't be able to hold onto it, because love is a force and it moves. But we can see how large we can make our hearts, and how far and wide we can scatter the love force flowing through us. The strongest force in the world. It triumphs over fears and hates. No man can withstand it.

62 & 63 [Glad Tidings]

Close with P 78. (Glad Tidings}

## ACCOMPANYING NOTES

We serve as a floodgate for love. The greater quantity we take in, the more the walls of our heart are expanding. This makes for us a strong physical heart as well as a strong spiritual condition. When we have love, are aware of being loved; and can give out love, we have no fear— only confidence in our faith. We are secure and when a vessel is full, you cannot put anything else in it - it spills out. Fear causes one to draw up — the muscles to contract so there is a restriction on the flow of the blood — the life force, the energy. Then we become weak, debilitated, lack of enthusiasm, no ambition. The life force has been repressed. Imagine how your heart is opened wide, the blood begins to circulate more freely and with an energizing force. You become strong and courageous feelings, ambitious. You want to go out and conquer something. This is the condition of a loving heart. Do we not speak of people as being big hearted etc.? Because they have turned to the power house of love, and they have opened up all of the doors and it is surging through them. They are happier, healthier and light hearted because they are full of these qualities. Baha'u'llah says; minds cannot grasp me, men's hearts contain me.

Love builds - it creates, it generates; the qualities of love worketh no ill, has no fear, is as strong as death, keeps the unity of the spirit.

## REFERENCES

Glad Tidings -- -

Degrees of perfection p 108 bottom pp  
Closing p78

Heart as a mirror, p 98

True seeker — heart as seat of Revelation, P88 & Persian #27 HW  
Tables of heart, p76  
Sanctified heart, p72

Strive with heart and soul, p 69  
Blindness of heart, p 64  
Radiant hearts, p 63 & 52  
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Fear of heart, p 61 & 62  
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Cities of men's hearts, p 57  
Saddened heart, p 49  
Differences in capacity of individuals, p 36 top  
Maturity of man, p 26  
Purpose & shepherd, p 21

Gleanings - - -

The heart, p. 323 — very good

Hidden Words - - -

I am within thee p 14

#2 Ponder this in thy heart, how it behooveth thee to be  
& 43 & 44 & 76 Persian 81?

#36 Gladness of heart

#48 For everything there is a sign — patience

#66 Hearts cannot contain me

#68 all created from same dust

Bible - - -

Hard heart - Mk 8:17

Double heart - Chr 12:33

Understanding heart - Kng 3:9,12

Largeness of heart - Kng 4:29

Heavy heart - Prov 25:20

Soft heart - Job 23:16

Heart is deep - Ps 64:6

Sound heart - Ps 119:88

Better heart - Prov 14:10

Fearful heart - Isa 35:4

Stone heart - Ezek 11:19

Adamant - Zach 7:12

Meek & lowly - Mat 11:29

Discerning heart - Eccl 8:5

With the heart man believeth - Rom 10:10

Hidden man of heart - Peter 1:3,4

When fear shall be in the way - Eccl 12:5

Hearts failing because of fear - Luke 12:26

Fear of man bringeth a snare - Prov 29:25

Fear of Lord tendeth to life - Prov 19:23

Not high minded but prayerfull - Rom 10:20

Love is of the Lord - 1 John 4:7

Love worketh no ill - Rom 13:10

No fear in love - 1 Jn 4:18

Love is as strong as death - Song of S 8:6 (?)

Own no man anything, but to love - Rom 13:8

Love covereth all sins - Prov 10:12

None other name given among men - Acts 4:12

New Name which mouth of Lord shall name - Isa 62:20  
One Lord and his name one -Zech 14:9  
Keep the unity of spirit - Eph 4:3  
One fold one shepard - John 10:16

Transcriber note:

This document was most likely prepared by Emma Jones for one of her talks sometime in the 1950's while living in Escondido California. Ernie Jones