



INsights

Community Newsletter

“Art, when inspired with love, leads to higher realms.
Love art, and that art will open for you the inner life.
When you paint, you forget everything except your object.
When you are too much engrossed in it,
you are lost in it; and when you are lost in it, your ego diminishes,
Love infinite appears; and when Love is created, God is attained.
So you see how art can lead one to find Infinite God.”

Meher Baba quoted in
The Perfect Master, by Charles Purdom, page 254

April, 2010

Vol 3, Issue 2

In This Issue

- **The Sacred Within**
- **About Tom Riley**
- **Poetry Corner**
- **Announcements**

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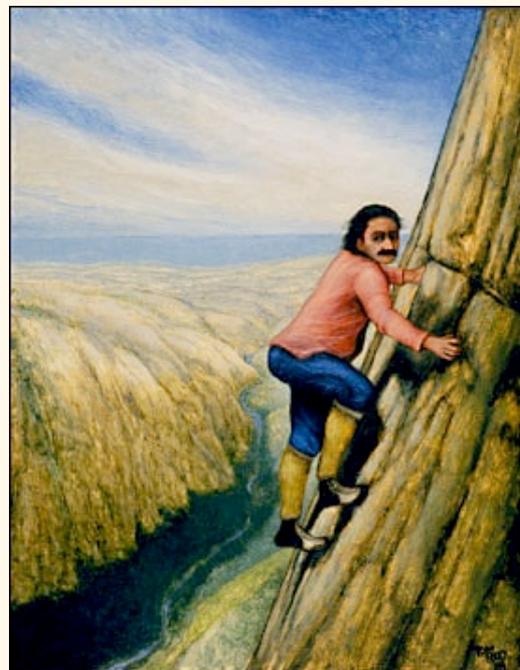
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Dear Reader

This month we share the words and paintings of Tom Riley with you. Tom read *The Sacred Within* aloud when he was a recent guest at Meherana and Lisa was inspired to ask Tom to share it through our newsletter. Thanks to Tom for his kind permission.

Tom's website: <http://www.life-o-riley.com/theartist.html>



Rock Climbing Baba by Tom Riley

This newsletter (and past issues) will eventually be available in pdf form on the www.MeherBabaMeherBaba.org website.

Newsletterwallas: Ben Leet, Lisa Greenstein Cherri Nelson



Meher Baba Center of Northern California

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Discovering the Sacred Within

by Tom Riley

The process of replacing in oneself, lower by higher values, Meher Baba calls the process the sublimation. "Sublimation consists of diverting the psychic energy locked up in sanskaras or impressions toward spiritual ends."

What becomes wonderfully possible in this is an ongoing personal communion with the sacred within one. For those of us who are connected to Meher Baba, He is the personification of the Sacred Beloved within each of us, and becomes our companion in this most important venture.

So, the prevailing thoughts or impressions which have been inherited over the vast course of time, have shrouded our consciousness like mists obscuring the subtle image of the distant mountains. These mists can be lifted. They can come to disappear. And those mountains can wonderfully reappear through the practice of more preoccupation, more communion with what eventually becomes known to one as "The Friend", the "Divine Beloved", the "Companion".

For me, Meher Baba symbolizes this Companion, this Beloved, and He has told us that He is none other than what you and I really and truly are behind the facade of this separate existence.

As this relationship with the Companion begins to instill itself within us, a wish for detachment emerges, and the urgency of earthly wanting is sublimated into a spiritual longing. One becomes more and more aware that self-interest has estranged us from the sacred, resulting in a prevailing anguish and grief over this ensuing alienation. Our one focus becomes the desire to discover, to witness, and to realize our oneness with the great beauty of this Divine Love, this Divine Beloved.

Meher Baba has said, "The Beloved can only be found within you, for His only abode is the heart. Who walks in singleness of heart shall be my companion."

[Back to Contents](#)



More About Tom Riley

by Tom Riley

A Statement About Art



I see art as a process of linking one's energy to the Divine. Or, it is an attempt at freeing or liberating the sacred within oneself. Some of the people who wonderfully achieved this in uniquely different ways were:

Rembrandt
J. S. Bach
W. A. Mozart
Leo Tolstoy
John Singer Sargent
Frank Lloyd Wright
William Butler Yeats
Cartier Bresson
Marian Anderson
Jasha Heifitz
Hafiz of Shiraz

The practice of art helps in developing a deeper relationship between the lover and his Divine Beloved.

Biography of Tom Riley

My boyhood was spent in Woodstock, NY, a beautiful and wonderful place, full of artists, writers, and musicians. Rabindranath Tagore had once lived there for the better part of a year, in 1923. It is recorded that he was seen walking along Maverick Rd with his friend William Butler Yeats. Vivikenanda stayed nearby on the two occasions of his visits to America.

At the age of 16, I began studying painting with an elderly artist, Walter Goltz, an impressionist who had come to Woodstock in 1903 to help found the Summer School for the Art Student's League, a most important American school of Art. At the age of 18, I went away to study Fine Arts at Temple University outside Philadelphia. Later, in NYC, I studied art history and art conservation at the New School. I lived for many years in Woodstock, married and have 2 children, Christina Mehera and Demian Meher. It was in Woodstock that I first heard of Meher Baba from a Hungarian violinist who had met Meher Baba in Hollywood in 1932. This encounter with Baba initiated my life-long pre-occupation with The Beloved. Not long after this, in 1956, I began a correspondence with Adi K Irani, Baba's secretary, which lasted until I met Meher Baba here at the Center in 1958. Again, in 1962, I had the opportunity to be with Meher Baba in India at the 'East-West Gathering'. I lived for many years in N. Myrtle Beach, SC near the Meher Center. I am presently a resident of Asheville, NC where I live with my wife Cathy Haas Riley.

[Back to Contents](#)



INsights

Community Newsletter

Poetry Corner

Oh Meher

by Shiria Edwards

dear Meher i long
to see your hand reaching for me
long fingers probing infinity

adrift in Your silence
i pound the drum harder
to no avail

harmonics capture
your name and flee
i sing in protest

oh elusive one
how can you hide so near?
i only ask to love you

crouching despair i wait
You come in white thru the trees
i had hoped for Your touch
now i kiss Your feet.

stop Time we beg You
hurtling us through Your Creation
the Now is slipping
higher power in my mind
moving stuff around
shall i just relax?

oh Meher, your love comes to me as winged thoughts
dipping near then circling beyond reach
brushing whispered notes against my cheek
I pause then move on

oh Meher, your love emerges as pulsing force
filling me with the heat of your presence
head and heart throb in unison
i dare not move on

oh Meher, i search the images of your face
i sing the cadences of your name
let me anchor my being
to your infinite motion

the plan for our world included many oceans:
intimate models
for lifetimes on the move,
alien yet home
violent yet nurturing.

can humans live with
the Ocean of Love?

in *Birds Fly Near to Test Their Notes*



Meher Baba Center of Northern California

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Announcements

Center Library Note

Would you like to be a “patron”? We have a library for your reading pleasure and convenience. Our library is housed upstairs in a book case at the MBCNC Center on Stockton Street. We have had 14 borrowers over the past year. You may access a list of the holdings at the web page meherbabameherbaba.org; look for library, and open the book or video pdf files. When you visit the Center remember to check out the library books. We would also like donations. For a list of books we need, see the section at the end of the library holdings. Contact the Newsletter about donations.

The Trust

All who wish to share in the commitment laid down by Meher Baba through the Trust should contact Jack Mormon, ambkj@aol.com

Meher Baba Information

For introductory information about Avatar Meher Baba, e-mail info@MeherBabaInformation.org or write to:

P.O. Box 1101,
Berkeley, CA 94701

<http://MeherBabaInformation.org>

Meher Baba Center of Northern California

6923 Stockton Avenue
El Cerrito, California 94530
(510) 525-4779

Meher Baba Center of Northern CA website

Meeting schedules can be downloaded in pdf form from website (above).
The center is open for drop-in and book store most Saturdays 1 p.m.–4 p.m.
(check [website](#) for details)

Directions to our Center:

From Highway 80, Interstate 5, going north or south, in El Cerrito, take the Central Avenue exit. Exit east, toward the hills. Cross San Pablo Avenue. Go under the BART train tracks, and less than a block after the tracks, turn left on Richmond Avenue. Head north on Richmond Avenue until Stockton Avenue (first stop light), turn right on Stockton. About two blocks onward, the Center is located on the left side of the street. Address on previous page.

More Local Meetings (Continued on next page)



Meher Baba Center of Northern California

INsights

Community Newsletter

Announcements (cont.)

More Local Meetings

Lafayette – Sunday Afternoons

Monthly meeting at the home of Kirk and Marlene Allen.

Please call to confirm. (925) 284-4066

Sacramento – Several Gatherings Each Month

Times and locations vary.

Contact Marilyn Buehler (916) 812-9496 info@premsay.com

Los Gatos – Sunday Evenings

At the home of Clint Snyder

Call (408) 395-6865

Sonoma County - Arti happens once a month,

Usually the first Sunday. Locations vary.

Call Ellen Van Allen at (707) 528-0357 for specific information.

See more information on the website.

Contact for messages to newsletterwalla: meherbabacenter@gmail.com

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