



MEDITATIONS ON

Recharging

THE SOUL

ELEVATE

Looking after one's health is done with two intentions.

Man may take good care of his body
for the purpose of satisfying his personal wishes.

Or, he may look after his health with the good intention of serving humanity
and of living long enough to perform his duty toward mankind.

The latter is more commendable.

Between material things and spiritual things there is a connection.

The more healthful his body
the greater will be the power of the spirit of man;
the power of the intellect, the power of the memory,
the power of reflection will be greater.

'Abdu'l-Bahá

*Y*ou should not neglect your health,
but consider it the means which enables you to serve.
It - the body - is like a horse which carries the personality and spirit,
and as such should be well cared for so it can do its work!
You should certainly safeguard your nerves,
and force yourself to take time,
and not only for prayer meditation,
but for real rest and relaxation.

Shoghi Effendi

*T*hank God I see you spiritual and at rest;
I give you this message from God; that you must be turned toward Him.
Praise God that you are near Him!
The unworthy things of this world have not deterred you
from seeking the world of Spirit.
When in harmony with that world, you care not for the things that perish;
your desire is for that which never dies and the Kingdom lies open before you.
I hope that the teaching of God will spread throughout the world,
and will cause all to be united.

'Abdu'l-Bahá

*W*e must care for man's two natures;
for as the material man makes certain demands for food and raiment
and if not looked after suffers,
even so his spiritual reality suffers without care.
This is why the divine messengers come to the rescue - to care for the reality,
that man's thoughts may unfold and his aims become realised,
that he may inherit a new field of progress,
for the spiritual side should be cared for as much as the corporeal...

'Abdu'l-Bahá

...*T*he world of existence is also like a living person.

Thus, the interconnection that exists between the various parts of the universe requires mutual influences and effects, whether material or spiritual....

the parts and members of the human body mutually influence one another.

For instance, the eye sees and the heart is affected.

The ear hears and the spirit is influenced.

The heart finds peace, the thoughts expand,

and all the members of the body experience a state of well-being.

'Abdu'l-Bahá

O friends! It behoveth you to refresh and revive your souls through the gracious favors which in this Divine, this soul-stirring Springtime are being showered upon you. The Day Star of His great glory hath shed its radiance upon you, and the clouds of His limitless grace have overshadowed you. How high the reward of him that hath not deprived himself of so great a bounty, nor failed to recognise the beauty of his Best-Beloved in this, His new attire. Watch over yourselves, for the Evil One is lying in wait, ready to entrap you. Gird yourselves against his wicked devices, and, led by the light of the name of the All-Seeing God, make your escape from the darkness that surroundeth you. Let your vision be world-embracing, rather than confined to your own self.

Bahá'u'lláh

*B*uild ye for yourselves such houses
as the rain and floods can never destroy,
which shall protect you from the changes and chances of this life.
This is the instruction of Him Whom the world hath wronged and forsaken.

Bahá'u'lláh

O thou who hast bowed thyself down in prayer before the Kingdom of God!
Blessed art thou, for the beauty of the divine Countenance
hath enraptured thy heart, and the light of inner wisdom hath filled it full,
and within it shineth the brightness of the Kingdom.

Know thou that God is with thee under all conditions,
and that He guardeth thee from the changes and chances of this world.

'Abdu'l-Bahá

*T*he sublimity of man is his attainment of the knowledge of God.
The bliss of man is the acquiring of heavenly bestowals,
which descend upon him in the outflow of the bounty of God.
The happiness of man is in the fragrance of the love of God.
This is the highest pinnacle of attainment in the human world.

'Abdu'l-Bahá

*H*umble yourselves therefore under the mighty hand of God,
that he may exalt you in due time:
Casting all your care upon him;
for he careth for you.

The Bible

O God, my God!

Stay not from me the gentle gales of Thy pardon and grace,
and deprive me not of the wellsprings of Thine aid and favor.
'Neath the shade of Thy protecting wings let me nestle,
and cast upon me the glance of Thine all-protecting eye..

'Abdu'l-Bahá

*M*ay you be given life!

May the rain of the Divine Mercy and the warmth of the Sun of Truth
make your gardens fruitful,
so that many beautiful flowers of exquisite fragrance and love
may blossom in abundance.

Turn your faces away from the contemplation of your own finite selves
and fix your eyes upon the Everlasting Radiance;
then will your souls receive in full measure the Divine Power of the Spirit
and the Blessings of the Infinite Bounty.

'Abdu'l-Bahá

*P*raise be to Thee, O Lord, my God, my Master, my Possessor, my King.
Now that I have confessed unto Thee my powerlessness
and the powerlessness of all created things,
and have acknowledged my poverty and the poverty of the entire creation,
I call unto Thee with my tongue
and the tongues of all that are in heaven and on earth,
and beseech Thee with my heart and the hearts of all
that have entered beneath the shadow of Thy names and Thine attributes,
not to shut us from the doors of Thy loving-kindness and grace,
nor to suffer the breeze of Thy bountiful care and favour
to cease from being wafted over our souls,
nor to permit that our hearts be occupied with any one except Thee,
or our minds to be busied with any remembrance save remembrance of Thy Self.

Bahá'u'lláh

○ Lord, I have turned my face unto Thy kingdom of oneness
and am immersed in the sea of Thy mercy.

O Lord, enlighten my sight by beholding Thy lights in this dark night,
and make me happy by the wine of Thy love in this wonderful age.

O Lord, make me hear Thy call,
and open before my face the doors of Thy heaven,
so that I may see the light of Thy glory
and become attracted to Thy beauty.

Verily, Thou art the Giver, the Generous, the Merciful, the Forgiving.

'Abdu'l-Bahá

*D*ay and night I pray to Heaven for you that strength may be yours...
I supplicate that you may become as new beings,
illuminated with the Divine Light, like unto shining lamps,
and that from one end of Europe to the other
the knowledge of the Love of God may spread.
May this boundless love so fill your hearts and minds
that sadness may find no room to enter
and may you with joyful hearts soar like birds into the Divine Radiance.
May your hearts become clear and pure like unto polished mirrors
in which may be reflected the full glory of the Sun of Truth.
May your eyes be opened to see the signs of the Kingdom of God,
and may your ears be unstopped so that you may hear
with a perfect understanding the Heavenly Proclamation sounding in your midst.
May your souls receive help and comfort, and, being so strengthened,
may they be enabled to live in accordance with the teachings of Bahá'u'lláh.
I pray for each and all that you may be as flames of love in the world,
and that the brightness of your light and the warmth of your affection
may reach the heart of every sad and sorrowing child of God.
May you be as shining stars, bright and luminous for ever in the Kingdom.

'Abdu'l-Bahá

Glorified art Thou, O Lord my God!

Thou art He the fire of Whose love hath set ablaze
the hearts of them who have recognised Thy unity,
and the splendors of Whose countenance have illuminated the faces
of such as have drawn nigh unto Thy court.

How plenteous, O my God, is the stream of Thy knowledge!

How sweet, O my Beloved, is the injury which, in my love for Thee,
and for the sake of Thy pleasure, I suffer from the darts of the wicked doers...

I beseech Thee, by Thy name through which Thou turnest restlessness
into tranquillity, fear into confidence,

weakness into strength, and abasement into glory,
that Thou of Thy grace wilt aid me and Thy servants to exalt Thy name,
to deliver Thy Message, and to proclaim Thy Cause...

O Thou Who art my Well-Beloved!

I am, O my Lord, Thy handmaiden, who hath hearkened to Thy call,
and hastened unto Thee, fleeing from herself and resting her heart upon Thee.

I implore Thee, O my Lord, by Thy name
out of which all the treasures of the earth were brought forth,

to shield me from the hints of such
as have disbelieved in Thee and repudiated Thy truth.

Powerful art Thou to do what Thou pleasest.

Thou art, verily, the All-Knowing, the All-Wise.

Bahá'u'lláh

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2. From a letter dated 3 November 1947 written on behalf of Shoghi Effendi to an individual believer, published in *Lights of Guidance: A Bahá'í Reference File*, compiled by Helen Bassett Hornby (New Delhi: Bahá'í Publishing Trust, 1996), no.1013. ↵
3. *'Abdu'l-Bahá in London* (London: UK Bahá'í Publishing Trust, 1982 printing), p. 48. ↵
4. *'Abdu'l-Bahá on Divine Philosophy*, compiled by Elizabeth Fraser Chamberlain (Boston, MA: Tudor Press, 1918) p. 95. ↵
5. *'Abdu'l-Bahá, Some Answered Questions* (Haifa: Bahá'í World Centre, 2014). ↵
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8. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 91, p.122. ↵
9. *The Promulgation of Universal Peace: Talks Delivered by 'Abdu'l-Bahá during His Visit to the United States and Canada in 1912* (Wilmette: Bahá'í Publishing Trust, 1982), p.185. ↵
10. *King James Bible*, 1 Peter 5:6-7. ↵
11. 'Abdu'l-Bahá, in *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá*, compiled by the United States Bahá'í Publishing Trust. ↵
12. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972),p. 166. ↵
13. *Days of Remembrance: Selections from the Writings of Bahá'u'lláh for Bahá'í Holy Days* (Haifa: Bahá'í World Centre, 2017). ↵
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15. *Paris Talks*, p.95-96. ↵
16. *Prayers and Meditations by Bahá'u'lláh* (Wilmette: US Bahá'í Publishing Trust, 1987), CXXVI, pp.212-213. ↵

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