



MEDITATIONS ON

*Mental Health
& Kindness*

IN HONOUR OF MENTAL HEALTH AWARENESS WEEK 2020

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IN HONOUR OF
MENTAL HEALTH AWARENESS WEEK 2020

This years campaign focuses on kindness.

USEFUL LINKS

1

Information on looking after your mental health

2

Information if you need help,
or are worried about someone you know

① God! Refresh and gladden my spirit.
Purify my heart. Illumine my powers.
I lay all my affairs in Thy hand.
Thou art my Guide and my Refuge.
I will no longer be sorrowful and grieved;
I will be a happy and joyful being.
O God! I will no longer be full of anxiety,
nor will I let trouble harass me.
I will not dwell on the unpleasant things of life.
O God! Thou art more friend to me than I am to myself.
I dedicate myself to Thee, O Lord.

Attributed to 'Abdu'l-Bahá

*D*o not be content with showing friendship in words alone,
let your heart burn with loving kindness
for all who may cross your path...
Let it be seen that you are filled with universal love.

'Abdu'l-Bahá

*L*ove is patient and kind;
love does not envy or boast; it is not arrogant or rude.
It does not insist on its own way; it is not irritable or resentful;
it does not rejoice at wrongdoing, but rejoices with the truth.
Love bears all things, believes all things,
hopes all things, endures all things.

Corinthians 13:4-13

*W*e must not only be patient with others, infinitely patient!,
but also with our own poor selves...

Persevere and add up your accomplishments...

Everyone's life has both a dark and bright side.

The Master said: 'turn your back to the darkness and your face to me.'

Shoghi Effendi

*D*oing good to others is not a duty.
It is a joy, for it increases your own health and happiness.

Attributed to Zoroaster

*S*ometimes things are ahead and sometimes they are behind;
Sometimes breathing is hard, sometimes it comes easily;
Sometimes there is strength and sometimes weakness;
Sometimes one is up and sometimes down.

Lao Tzu

*I*t is incumbent upon everyone to show the utmost love, rectitude of conduct, straightforwardness and sincere kindness unto all the peoples and kindreds of the world, be they friends or strangers. So intense must be the spirit of love and loving-kindness, that the stranger may find himself a friend, the enemy a true brother, no difference whatsoever existing between them

'Abdu'l-Bahá

*C*onsort with all... in a spirit of friendliness and fellowship.

If ye be aware of a certain truth, if ye possess a jewel,
of which others are deprived, share it with them
in a language of utmost kindness and goodwill...

A kindly tongue is the lodestone of the hearts of men.
It is the bread of the spirit, it clotheth the words with meaning,
it is the fountain of the light of wisdom and understanding.

Bahá'u'lláh

*L*et him radiate boundless love
towards the entire world
- above, below, and across -
unhindered, without ill will, without enmity.

Gautama Buddha

*T*hink ye at all times of rendering some service
to every member of the human race.

Pay ye no heed to aversion and rejection,
to disdain, hostility, injustice: act ye in the opposite way.

Be ye sincerely kind, not in appearance only...

Let him do some good to every person whose path he crosseth,
and be of some benefit to him.

'Abdu'l-Bahá

*T*he language of kindness is the lodestone of hearts and the food of the soul; it stands in the relation of ideas to words, and is as an horizon for the shining of the Sun of Wisdom and Knowledge.

'Abdu'l-Bahá

*E*njoin kindness and forbid iniquity,
and persevere whatever may befall thee.

The Quran

*K*now thou that the soul of man is exalted above
and is independent of all infirmities of body or mind.

Bahá'u'lláh

*D*ost thou deem thyself a small and puny form,
When thou foldest within thyself the greater world?

Bahá'u'lláh

*H*e is the Compassionate, the All-Bountiful!

O God, my God! Thou seest me, Thou knowest me;

Thou art my Haven and my Refuge.

None have I sought nor any will I seek save Thee;
no path have I trodden nor any will I tread but the path of Thy love.

In the darksome night of despair, my eye turneth expectant
and full of hope to the morn of Thy boundless favor
and at the hour of dawn my drooping soul is refreshed and strengthened
in remembrance of Thy beauty and perfection.

He whom the grace of Thy mercy aideth, though he be but a drop,
shall become the boundless ocean,
and the merest atom which the outpouring of Thy loving-kindness assisteth,
shall shine even as the radiant star.

Shelter under Thy protection, O Thou Spirit of purity,
Thou Who art the All-Bountiful Provider, this enthralled, enkindled servant of Thine.

Aid him in this world of being to remain steadfast and firm in Thy love
and grant that this broken-winged bird attain a refuge and shelter
in Thy divine nest that abideth upon the celestial tree.

'Abdu'l-Bahá

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15. *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá* (Wilmette: Bahá'í Publishing, 1991), pp. 31-32. ↵

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