

MEDITATIONS ON



ELEVATE

*B*e kind to all peoples; care for every person;
do all ye can to purify the hearts and minds of men;
strive ye to gladden every soul.

To every meadow be a shower of grace, to every tree the water of life;
be as sweet musk to the sense of humankind,
and to the ailing be a fresh, restoring breeze.
Be pleasing waters to all those who thirst,
a careful guide to all who have lost their way;
be father and mother to the orphan,
be loving sons and daughters to the old,
be an abundant treasure to the poor.

'Abdu'l-Bahá

*B*ut when two men are one in heart,
Not iron bolts keep them apart;
The words they in their union use,
Fragrance like orchid plants diffuse.

I Ching

*B*e grateful for whoever comes,
because each has been sent
as a guide from beyond.

Rumi

*C*leanse ye your eyes,
so that ye behold no man as different from yourselves.
See ye no strangers; rather see all men as friends,
for love and unity come hard when ye fix your gaze on otherness...
we must be at one with every people;
we must see neither harshness nor injustice,
neither malevolence, nor hostility, nor hate.

'Abdu'l-Bahá

*Y*our friend is your needs answered.
He is your field which you sow with love
and reap with thanksgiving.
And he is your board and your fireside.
For you come to him with your hunger,
and you seek him for peace.
When your friend speaks his mind
you fear not the "nay" in your own mind,
nor do you withhold the "ay."
And when he is silent
your heart ceases not to listen to his heart;
For without words, in friendship,
all thoughts, all desires,
all expectations are born and shared,
with joy that is unacclaimed.
When you part from your friend, you grieve not;
For that which you love most in him
may be clearer in his absence, as the mountain to the climber is clearer from the
plain.

And let there be no purpose in friendship
save the deepening of the spirit.

For love that seeks aught but the disclosure
of its own mystery is not love but a net cast forth:
and only the unprofitable is caught

And let your best be for your friend.

If he must know the ebb of your tide,
let him know its flood also.

For what is your friend
that you should seek him with hours to kill?

Seek him always with hours to live.

For it is his to fill your need
but not your emptiness.

And in the sweetness of friendship let there be laughter, and sharing of pleasures.

For in the dew of little things
the heart finds its morning and is refreshed.

Khalil Gibran

*D*o not think the peace of the world
an ideal impossible to attain...

If you desire with all your heart friendship with every race on earth,
your thought, spiritual and positive will spread;
it will become the desire of others,
growing stronger until it reaches the minds of all men.

'Abdu'l-Bahá

*Y*e must become brilliant lamps!

Ye must shine as stars radiating the light of love toward all mankind.

May you be the cause of love amongst the nations...

Make peace with all the world.

Love everybody; serve everybody.

'Abdu'l-Bahá

*T*he world is so empty if one thinks only
of mountains, rivers and cities;
but to know someone who thinks and feels with us,
and who, though distant is close to us in spirit,
this makes the earth for us an inhabited garden.

Attributed to Johann Wolfgang von Goethe

It is incumbent upon everyone to show the utmost love, rectitude of conduct, straight forwardness 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...

Consort with all the peoples, kindreds and religions of the world with the utmost truthfulness, uprightness, faithfulness, kindness, good-will and friendliness...that ignorance, enmity, hate and rancor may vanish from the world and the darkness of estrangement amidst the peoples and kindreds of the world give way to the Light of Unity.

'Abdu'l-Bahá

*W*hen you meet those whose opinions differ from your own,
do not turn away your face from them.
All are seeking truth, and there are many roads leading thereto.
Truth has many aspects, but it remains always and forever one.
Do not allow difference of opinion, or diversity of thought
to separate you from your fellow-men,
or to be the cause of dispute, hatred and strife in your hearts.
Rather, search diligently for the truth and make all men your friends.

'Abdu'l-Bahá

 Thou Provider!

The dearest wish of this servant of Thy Threshold
is to behold the friends of East and West in close embrace;
to see all the members of human society
gathered with love in a single great assemblage,
even as individual drops of water collected in one mighty sea;
to behold them all as birds in one garden of roses,
as pearls of one ocean, as leaves of one tree, as rays of one sun.

Thou art the Mighty, the Powerful,
and Thou art the God of strength,
the Omnipotent, the All-Seeing.

'Abdu'l-Bahá

1. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 200, pp.244-245. ↵
2. *I Ching*, translated by James Legge, Xi Ci I no. 8 ↵
3. *Rumi: Selected Poems*, translated by Coleman Barks with John Moynce, A. J. Arberry, Reynold Nicholson (Penguin Books, 2004). ↵
4. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 8, p24. ↵
5. *Khalil Gibran, The Prophet* (Knopf, 1923). ↵
6. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p. 29-30. ↵
7. *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.348. ↵
8. Attributed to Johann Wolfgang von Goethe, in *Fragmented Lives: Finding Faith in an Age of Uncertainty*, William L. Sachs & Michael S. Bos (Church Publishing, 2016). ↵
9. From *The Will and Testament of 'Abdu'l-Bahá* (Wilmette:US Bahá'í Publishing Trust, 1990), pp.13-14. ↵
10. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p. 53-54. ↵
11. 'Abdu'l-Bahá, in *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá* (Wilmette: US Bahá'í Publishing Trust, 1991), p.152. ↵

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