



MEDITATIONS ON



*Patience*

ELEVATE

*T*he darkness of this gloomy night shall pass away...  
Have patience, wait but do not sit idle; work while you are waiting;  
smile when you are wearied with monotony;  
be firm while everything around you is being shaken;  
be joyous while the ugly face of despair grins at you;  
speak aloud while the malevolent forces of the nether world try to crush your  
mind;  
be valiant and courageous while men all around you  
are cringing with fear and cowardice.  
Do not yield to the overwhelming power of tyranny and despotism.  
Serve the cause of democracy and freedom.  
Continue your journey to the end.

'Abdu'l-Bahá

...*B*e ye lamps unto yourselves.

Be ye a refuge unto yourselves.

Betake yourselves to no external refuge.

Hold fast to the truth as a lamp.

Hold fast as a refuge to the truth.

Gautama Buddha

...*B*e patient, and strive to excel in patience,  
and be constant-minded, and fear God, that ye may be happy.

Quran

*W*ithout patience the wayfarer on this journey  
will reach nowhere and attain no goal.

Bahá'u'lláh

*B*e thou a mountain of quiescence,  
a sign of meekness, a sea of patience, a light of love.

'Abdu'l-Bahá

*P*atience does not mean to passively endure.

It means to be farsighted enough to trust the end result of a process.

What does patience mean?

It means to look at the thorn and see the rose,  
to look at the night and see the dawn.

Attributed to Shams-i-Tabrizi

...*C*lothe yourselves with compassion,  
kindness, humility, gentleness and patience.  
Bear with each other and forgive one another  
if any of you has a grievance against someone,  
and over all these virtues put on love,  
which binds them all together in perfect unity.

Colossians 3:12-14



*H*ave patience with everything  
that remains unsolved in your heart.  
Try to love the questions themselves, like locked rooms  
and like books written in a foreign language.  
Do not now look for the answers.  
They cannot now be given to you  
because you could not live them.  
It is a question of experiencing everything.  
At present you need to live the question.  
Perhaps you will gradually, without even noticing it,  
find yourself experiencing the answer, some distant day.

Rainer Maria Rilke

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

Shoghi Effendi

*V*ictories are won usually through a great deal of patience, planning and perseverance, and rarely accomplished at a single stroke.

Shoghi Effendi

*C*hange is an evolutionary process  
requiring patience with one's self and others,  
loving education and the passage of time...

The Universal House of Justice

*K*now, verily, that the seed, however virile it may be,  
however strong the hand of the sower,  
however pure the water that watereth it,  
it is impossible for it to grow, blossom and bear fruit in a short time;  
nay, a long period is needed for its development...  
Thus it is incumbent upon thee to be patient in all affairs.

'Abdu'l-Bahá

O kind Lord! O Comforter of anguished hearts!  
Send down Thy mercy upon us, and Thy grace,  
bestow upon us patience, give us the strength to endure.  
With Thy generous hand, lay Thou a balm upon our sores,  
grant us a medicine for this never-healing woe.  
Console Thou Thy loved ones,  
comfort Thy friends and handmaids, heal Thou our wounded breasts,  
and with Thy bounty's remedy, restore our festering hearts.  
With the gentle breeze of Thy compassion, make fresh and green again these  
boughs, withered by autumn blasts;  
restore Thou to flourishing life these flowers...  
wed Thou our souls to joy, and rejoice Thou our spirits...  
Thou art the Bounteous, Thou art the Clement;  
Thou art the Bestower, the Loving.

Bahíyyih Khánúm

1. 'Abdu'l-Bahá, published in *Bahá'í Scriptures: Selections from the Utterances of Bahá'u'lláh and 'Abdu'l-Bahá'*, (New York: Brentano's Publishers, 1923), no.990, p. 548. ↵
2. Gautama Buddha in the *Mahaparinibbana Sutta*, translated by T. W. Rhys Davids, in *Buddhist Suttas: The Sacred Books of the East*, vol.11 (New York: Routledge, 2013) p.38. ↵
3. *The Quran*, translated by George Sale, 3:200. ↵
4. Baha'u'llah, ' Seven Valleys', published in *The Call of the Divine Beloved* (Haifa: Bahá'í World Centre, 2018), p.15. ↵
5. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), p. 291. ↵
6. Attributed to Shams Tabrizi, quoted by Elif Shafak in *The Forty Rules of Love* (London: Penguin, 2010) p.74. ↵
7. *The Bible (New International Version)*, *Colossians 3:12-14*. ↵
8. *Rainer Maria Rilke*, translated by Joan M. Burnham, *Letters to a Young Poet* (Novato: New World Library, 2000), p.35. ↵
9. *The Unfolding Destiny of the British Bahá'í Community: The Messages from the Guardian of the Bahá'í Faith of the Bahá'ís of the British Isles* (London: Bahá'í Publishing Trust,1981), p. 456. ↵
10. *Letters from the Guardian to Australia and New Zealand 1923-1957* (Sydney: National Spiritual Assembly of the Bahá'ís of Australia Incorporated, 1970), p. 123. ↵
11. From a letter written on behalf of the Universal House of Justice to an individual believer 25 July 1984, published in *Compilation of Compilations* (1991), Volume 2, no.120, p. 407. ↵
12. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), p. 312-313. ↵
13. *Bahíyyih Khánum: The Greatest Holy Leaf* (Haifa: Bahá'í World Centre, 1982), p. 150. ↵

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