

Becoming A Brilliant Star Spiritual Development

The Five Degrees or Aspects Of Spirit

1. The greatest power in the realm and range of human existence is spirit--the divine breath which animates and pervades all things. It is manifested throughout creation in different degrees or kingdoms. In the vegetable kingdom it is the augmentative spirit or power of growth, the animus of life and development in plants, trees and organisms of the floral world. In this degree of its manifestation spirit is unconscious of the powers which qualify the kingdom of the animal. The distinctive virtue or plus of the animal is sense perception; it sees, hears, smells, tastes and feels but is incapable, in turn, of conscious ideation or reflection which characterizes and differentiates the human kingdom. The animal neither exercises nor apprehends this distinctive human power and gift. From the visible it cannot draw conclusions regarding the invisible, whereas the human mind from visible and known premises attains knowledge of the unknown and invisible. For instance, Christopher Columbus from information based upon known and provable facts drew conclusions which led him unerringly across the vast ocean to the unknown continent of America. Such power of accomplishment is beyond the range of animal intelligence. Therefore, the power is a distinctive attribute of the human spirit and kingdom. The animal spirit cannot penetrate and discover the mysteries of things. It is a captive of the senses. No amount of teaching, for instance, would enable it to grasp the fact that the sun is stationary, and the earth moves around it. Likewise, the human spirit has its limitations. It cannot comprehend the phenomena of the Kingdom transcending the human station, for it is a captive of powers and life forces which have their operation upon its own plane of existence, and it cannot go beyond that boundary.

There is, however, another Spirit, which may be termed the Divine, to which Jesus Christ refers when He declares that man must be born of its quickening and baptized with its living fire. Souls deprived of that Spirit are accounted as dead, though they are possessed of the human spirit. Jesus Christ has pronounced them dead inasmuch as they have no portion of the Divine Spirit. He says, "Let the dead bury their dead." In another instance He declares, "That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." By this He means that souls, though alive in the human kingdom, are nevertheless dead if devoid of this particular spirit of divine quickening. They have not partaken of the divine life of the higher Kingdom, for the soul which partakes of the power of the Divine Spirit is, verily, living.

The quickening spirit emanates spontaneously from the Sun of Truth, from the reality of Divinity, and is not a revelation or a manifestation. It is like the rays of the sun. The rays are emanations from the sun. This does not mean that the sun has become divisible, that a part of the sun has come out into space. This plant beside me has risen from the seed; therefore, it is a manifestation and unfoldment of the seed. The seed, as you can see, has unfolded in manifestation, and the result is this plant. Every leaf of the plant is a part of the seed. But the reality of Divinity is indivisible, and each individual of humankind cannot be a part of it as is often claimed. Nay, rather, the individual realities of mankind, when spiritually born, are emanations from the reality of Divinity, just as the flame, heat and light of the sun are the effulgence of the sun and not a part of the sun itself. Therefore, a spirit has emanated from the reality of Divinity, and its effulgences have become visible in human entities or realities. This ray and this heat are permanent. There is no cessation in the effulgence. As long as the sun exists, the

heat and light will exist, and inasmuch as eternity is a property of Divinity, this emanation is everlasting. There is no cessation in its outpouring. The more the world of humanity develops, the more the effulgences or emanations of Divinity will become revealed, just as the stone, when it becomes polished and pure as a mirror, will reflect in fuller degrees the glory, and splendor of the sun...

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 58-59

Rational Argument For The Existence Of The Soul

2. Materialists say, ‘Where is the soul? What is it? We cannot see it, neither can we touch it’.

This is how we must answer them: However much the mineral may progress, it cannot comprehend the vegetable world. Now, that lack of comprehension does not prove the non-existence of the plant!

To however great a degree the plant may have evolved, it is unable to understand the animal world; this ignorance is no proof that the animal does not exist! The animal, be he never so highly developed, cannot imagine the intelligence of man, neither can he realize the nature of his soul. But, again, this does not prove that man is without intellect, or without soul. It only demonstrates this, that one form of existence is incapable of comprehending a form superior to itself.

This flower may be unconscious of such a being as man, but the fact of its ignorance does not prevent the existence of humanity.

In the same way, if materialists do not believe in the existence of the soul, their unbelief does not prove that there is no such realm as the world of spirit. The very existence of man's intelligence proves his immortality; moreover, darkness proves the presence of light, for without light there would be no shadow. Poverty proves the existence of riches, for, without riches, how could we measure poverty? Ignorance proves that knowledge exists, for without knowledge how could there be ignorance?

Therefore the idea of mortality presupposes the existence of immortality--for if there were no Life Eternal, there would be no way of measuring the life of this world! If the spirit were not immortal, how could the Manifestations of God endure such terrible trials?

Why did Christ Jesus suffer the fearful death on the cross?

Why did Muhammad bear persecutions?

Why did the Bab make the supreme sacrifice and why did Bahá’u’lláh pass the years of his life in prison?

Why should all this suffering have been, if not to prove the everlasting life of the spirit?

Christ suffered, He accepted all His trials because of the immortality of His spirit. If a man reflects he will understand the spiritual significance of the law of progress; how all moves from the inferior to the superior degree.

It is only a man without intelligence who, after considering these things, can imagine that the great scheme of creation should suddenly cease to progress, that evolution should come to such an inadequate end!

Materialists who reason in this way, and contend that we are unable to see the world of spirit, or to perceive the blessings of God, are surely like the animals who have no understanding; having eyes they see not, ears they have, but do not hear. And this lack of sight and hearing is a proof of nothing but their own inferiority; of whom we read in the Qur’án, ‘They are men who are blind and deaf to the Spirit.’ They do not use that great gift of God, the power

of the understanding, by which they might see with the eyes of the spirit, hear with spiritual ears and also comprehend with a Divinely enlightened heart.

The inability of the materialistic mind to grasp the idea of the Life Eternal is no proof of the non-existence of that life.

The comprehension of that other life depends on our spiritual birth!

My prayer for you is that your spiritual faculties and aspirations may daily increase, and that you will never allow the material senses to veil from your eyes the glories of the Heavenly Illumination.

‘Abdu’l-Bahá: *Paris Talks*, pp. 92-94

The Human Spirit Has Two Aspects

3. The human spirit may be likened to the bounty of the sun shining on a mirror. The body of man, which is composed from the elements, is combined and mingled in the most perfect form; it is the most solid construction, the noblest combination, the most perfect existence. It grows and develops through the animal spirit. This perfected body can be compared to a mirror, and the human spirit to the sun. Nevertheless, if the mirror breaks, the bounty of the sun continues; and if the mirror is destroyed or ceases to exist, no harm will happen to the bounty of the sun, which is everlasting. This spirit has the power of discovery; it encompasses all things. All these wonderful signs, these scientific discoveries, great enterprises and important historical events which you know are due to it. From the realm of the invisible and hidden, through spiritual power, it brought them to the plane of the visible. So man is upon the earth, yet he makes discoveries in the heavens. From known realities--that is to say, from things known and visible--he discovers unknown things....

But the spirit of man has two aspects: one divine, one satanic--that is to say, it is capable of the utmost perfection, or it is capable of the utmost imperfection. If it acquires virtues, it is the most noble of the existing beings; and if it acquires vices, it becomes the most degraded existence.

‘Abdu’l-Bahá: *Some Answered Questions*, p. 144

4. There is a human spirit and a divine spirit, the latter arising through the knowledge of and belief in God. The human spirit is superior to the body and struggles with it for control of the soul; when it succeeds the soul becomes heavenly, when the body obtains control, the soul becomes degraded.

‘Abdu’l-Bahá: *In Star of the West*, vol. 14, no. 1, p. 9

5. The reality underlying this question is that the evil spirit, Satan or whatever is interpreted as evil, refers to the lower nature in man. This baser nature is symbolized in various ways. In man there are two expressions: One is the expression of nature; the other, the expression of the spiritual realm. The world of nature is defective. Look at it clearly, casting aside all superstition and imagination. If you should leave a man uneducated and barbarous in the wilds of Africa, would there be any doubt about his remaining ignorant? God has never created an evil spirit; all such ideas and nomenclature are symbols expressing the mere human or earthly nature of man. It is an essential condition of the soil of earth that thorns, weeds and fruitless trees may grow from it. Relatively speaking, this is evil; it is simply the lower state and baser product of nature.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 294-295

Material Achievements Must Be Reinforced By Spiritual Perfections

6. ye concourse of the Kingdom of Abhá! Two calls to success and prosperity are being raised from the heights of the happiness of mankind, awakening the slumbering, granting sight to the blind, causing the heedless to become mindful, bestowing hearing upon the deaf, unloosing the tongue of the mute and resuscitating the dead.

The one is the call of civilization, of the progress of the material world. This pertaineth to the world of phenomena, promoteth the principles of material achievement, and is the trainer for the physical accomplishments of mankind. It compriseth the laws, regulations, arts and sciences through which the world of humanity hath developed; laws and regulations which are the outcome of lofty ideals and the result of sound minds, and which have stepped forth into the arena of existence through the efforts of the wise and cultured in past and subsequent ages. The propagator and executive power of this call is just government.

The other is the soul-stirring call of God, Whose spiritual teachings are safeguards of the everlasting glory, the eternal happiness and illumination of the world of humanity, and cause attributes of mercy to be revealed in the human world and the life beyond.

This second call is founded upon the instructions and exhortations of the Lord and the admonitions and altruistic emotions belonging to the realm of morality which, like unto a brilliant light, brighten and illumine the lamp of the realities of mankind. Its penetrative power is the Word of God.

However, until material achievements, physical accomplishments and human virtues are reinforced by spiritual perfections, luminous qualities and characteristics of mercy, no fruit or result shall issue therefrom, nor will the happiness of the world of humanity, which is the ultimate aim, be attained. For although, on the one hand, material achievements and the development of the physical world produce prosperity, which exquisitely manifests its intended aims, on the other hand dangers, severe calamities and violent afflictions are imminent.

‘Abdu’l-Bahá: *Selections From the Writings of ‘Abdu’l-Bahá*, pp. 283-284

Human Spirit Encircles Body In The Womb

7. Verily, I say unto thee that the gifts of thy Lord are encircling thee in a similar way as the spirit encircles the body at the beginning of the amalgamation of the elements and natures in the womb; the power of the spirit begins then to appear in the body gradually and successively according to the preparation and capacity to receive that everlasting abundance.

‘Abdu’l-Bahá: *Baha'i World Faith*, p. 367

The Reality of Humanity Is Spiritual

8. Man--the true man--is soul, not body; though physically man belongs to the animal kingdom, yet his soul lifts him above the rest of creation. Behold how the light of the sun illuminates the world of matter: even so doth the Divine Light shed its rays in the kingdom of the soul. The soul it is which makes the human creature a celestial entity!

By the power of the Holy Spirit, working through his soul, man is able to perceive the Divine reality of things. All great works of art and science are witnesses to this power of the Spirit.

‘Abdu’l-Bahá: *Paris Talks*, p. 85

9. How often do we see a man, poor, sick, miserably clad, and with no means of support, yet spiritually strong. Whatever his body has to suffer, his spirit is free and well! Again, how often do we see a rich man, physically strong and healthy, but with a soul sick unto death.

It is quite apparent to the seeing mind that a man's spirit is something very different from his physical body.

‘Abdu’l-Bahá: *Paris Talks*, p. 65

10. This robe with which the body and soul of man hath been adorned is the very foundation of his well-being and development. Oh, how blessed the day when, aided by the grace and might of the one true God, man will have freed himself from the bondage and corruption of the world and all that is therein, and will have attained unto true and abiding rest beneath the shadow of the Tree of Knowledge!

Baha’u’lláh: *Gleanings*, p. 78

The Highest Development Of Man Is His Entrance Into The Divine Kingdom

11. The honour of man is through the attainment of the knowledge of God; his happiness is from the love of God; his joy is in the glad-tidings of God; his greatness is dependent upon his servitude to God. The highest development of man is his entrance into the divine kingdom; and the outcome of this human existence is the nucleus and essence of eternal life.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, p. 329

The Nature Of The Soul

12. Thou hast asked Me concerning the nature of the soul. Know, verily, that the soul is a sign of God, a heavenly gem whose reality the most learned of men hath failed to grasp, and whose mystery no mind, however acute, can ever hope to unravel. It is the first among all created things to declare the excellence of its Creator, the first to recognize His glory, to cleave to His truth, and to bow down in adoration before Him. If it be faithful to God, it will reflect His light, and will, eventually, return unto Him. If it fail, however, in its allegiance to its Creator, it will become a victim to self and passion, and will, in the end, sink in their depths.

Baha’u’lláh: *Gleanings*, pp. 158

13. And now concerning thy question regarding the soul of man and its survival after death. Know thou of a truth that the soul, after its separation from the body, will continue to progress until it attaineth the presence of God, in a state and condition which neither the revolution of ages and centuries, nor the changes and chances of this world, can alter. It will endure as long as the Kingdom of God, His sovereignty, His dominion and power will endure. It will manifest the signs of God, and His attributes, and will reveal His loving kindness and bounty. The movement of My Pen is stilled when it attempteth to befittingly describe the loftiness and glory of so exalted a station. The honor with which the Hand of Mercy will invest the soul is such as no tongue can adequately reveal, nor any other earthly agency describe. Blessed is the soul which, at the hour of its separation from the body, is sanctified from the vain imaginings of the peoples of the world. Such a soul liveth and moveth in accordance with the Will of its Creator, and entereth the all-highest Paradise. The Maids of Heaven, inmates of the loftiest mansions, will circle

around it, and the Prophets of God and His chosen ones will seek its companionship. With them that soul will freely converse, and will recount unto them that which it hath been made to endure in the path of God, the Lord of all worlds. If any man be told that which hath been ordained for such a soul in the worlds of God, the Lord of the throne on high and of earth below, his whole being will instantly blaze out in his great longing to attain that most exalted, that sanctified and resplendent station. The nature of the soul after death can never be described, nor is it meet and permissible to reveal its whole character to the eyes of men. The Prophets and Messengers of God have been sent down for the sole purpose of guiding mankind to the straight Path of Truth. The purpose underlying their revelation hath been to educate all men, that they may, at the hour of death, ascend, in the utmost purity and sanctity and with absolute detachment, to the throne of the Most High. The light which these souls radiate is responsible for the progress of the world and the advancement of its peoples. They are like unto leaven which leaveneth the world of being, and constitute the animating force through which the arts and wonders of the world are made manifest. Through them the clouds rain their bounty upon men, and the earth bringeth forth its fruits. All things must have a cause, a motive power, an animating principle. These souls and symbols of detachment have provided, and will continue to provide, the supreme moving impulse in the world of being. The world beyond is as different from this world as this world is different from that of the child while still in the womb of its mother. When the soul attaineth the Presence of God, it will assume the form that best befitteth its immortality and is worthy of its celestial habitation. Such an existence is a contingent and not an absolute existence, inasmuch as the former is preceded by a cause, whilst the latter is independent thereof. Absolute existence is strictly confined to God, exalted be His glory. Well is it with them that apprehend this truth. Wert thou to ponder in thine heart the behavior of the Prophets of God thou wouldst assuredly and readily testify that there must needs be other worlds besides this world. The majority of the truly wise and learned have, throughout the ages, as it hath been recorded by the Pen of Glory in the Tablet of Wisdom, borne witness to the truth of that which the holy Writ of God hath revealed. Even the materialists have testified in their writings to the wisdom of these divinely-appointed Messengers, and have regarded the references made by the Prophets to Paradise, to hell fire, to future reward and punishment, to have been actuated by a desire to educate and uplift the souls of men. Consider, therefore, how the generality of mankind, whatever their beliefs or theories, have recognized the excellence, and admitted the superiority, of these Prophets of God. These Gems of Detachment are acclaimed by some as the embodiments of wisdom, while others believe them to be the mouthpiece of God Himself. How could such Souls have consented to surrender themselves unto their enemies if they believed all the worlds of God to have been reduced to this earthly life? Would they have willingly suffered such afflictions and torments as no man hath ever experienced or witnessed?

Baha'u'lláh: *Gleanings*, pp. 155-158

14. Consider the lamp which is hidden under a bushel. Though its light be shining, yet its radiance is concealed from men. Likewise, consider the sun which hath been obscured by the clouds. Observe how its splendor appeareth to have diminished, when in reality the source of that light hath remained unchanged. The soul of man should be likened unto this sun, and all things on earth should be regarded as his body. So long as no external impediment interveneth between them, the body will, in its entirety, continue to reflect the light of the soul, and to be sustained by

its power. As soon as, however, a veil interposeth itself between them, the brightness of that light seemeth to lessen.

Baha'u'lláh: *Gleanings*, pp. 154

The Soul Is Immortal

15. In wakefulness the eye of man sees at the utmost as far as one hour of distance¹ because through the instrumentality of the body the power of the spirit is thus determined; but with the inner sight and the mental eye it sees America, and it can perceive that which is there, and discover the conditions of things and organize affairs. If, then, the spirit were the same as the body, it would be necessary that the power of the inner sight should also be in the same proportion. Therefore, it is evident that this spirit is different from the body, and that the bird is different from the cage, and that the power and penetration of the spirit is stronger without the intermediary of the body. Now, if the instrument is abandoned, the possessor of the instrument continues to act. For example, if the pen is abandoned or broken, the writer remains living and present; if a house is ruined, the owner is alive and existing. This is one of the logical evidences for the immortality of the soul.

There is another: this body becomes weak or heavy or sick, or it finds health; it becomes tired or rested; sometimes the hand or leg is amputated, or its physical power is crippled; it becomes blind or deaf or dumb; its limbs may become paralyzed; briefly, the body may have all the imperfections. Nevertheless, the spirit in its original state, in its own spiritual perception, will be eternal and perpetual; it neither finds any imperfection, nor will it become crippled. But when the body is wholly subjected to disease and misfortune, it is deprived of the bounty of the spirit, like a mirror which, when it becomes broken or dirty or dusty, cannot reflect the rays of the sun nor any longer show its bounties.

We have already explained that the spirit of man is not in the body because it is freed and sanctified from entrance and exit, which are bodily conditions. The connection of the spirit with the body is like that of the sun with the mirror. Briefly, the human spirit is in one condition. It neither becomes ill from the diseases of the body nor cured by its health; it does not become sick, nor weak, nor miserable, nor poor, nor light, nor small--that is to say, it will not be injured because of the infirmities of the body, and no effect will be visible even if the body becomes weak, or if the hands and feet and tongue be cut off, or if it loses the power of hearing or sight. Therefore, it is evident and certain that the spirit is different from the body, and that its duration is independent of that of the body; on the contrary, the spirit with the utmost greatness rules in the world of the body; and its power and influence, like the bounty of the sun in the mirror, are apparent and visible. But when the mirror becomes dusty or breaks, it will cease to reflect the rays of the sun.

‘Abdu’l-Bahá: *Some Answered Questions*, pp. 228

Spiritual Perfections Are Humanity's Birthright

16. Although in the past all the great Spiritual Teachers have arisen in the East, there are still many men there who are quite devoid of spirituality. With regard to the things of the spirit they are as lifeless as a stone; nor do they wish to be otherwise, for they consider that man is only a higher form of animal and that the things of God concern him not.

¹ It is a Persian custom to reckon distance by time.

But man's ambition should soar above this--he should ever look higher than himself, ever upward and onward, until through the Mercy of God he may come to the Kingdom of Heaven. Again, there are men whose eyes are only open to physical progress and to the evolution in the world of matter. These men prefer to study the resemblance between their own physical body and that of the ape, rather than to contemplate the glorious affiliation between their spirit and that of God. This is indeed strange, for it is only physically that man resembles the lower creation, with regard to his intellect he is totally unlike it.

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels. Look what man has accomplished in the field of science, consider his many discoveries and countless inventions and his profound understanding of natural law....

As for the spiritual perfections they are man's birthright and belong to him alone of all creation. Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy. This spiritual longing and perception belongs to all men alike, and it is my firm conviction that the Western people possess great spiritual aspiration.

It is my fervent prayer that the star of the East will shed its brilliant rays on the Western world, and that the people of the West may arise in strength, earnestness, and courage, to help their brethren in the East.

‘Abdu’l-Bahá: *Paris Talks*, pp. 71-72

There Is No Retrogression In The Spiritual World

17. In the world of spirit there is no retrogression. The world of mortality is a world of contradictions, of opposites; motion being compulsory everything must either go forward or retreat. In the realm of spirit there is no retreat possible, all movement is bound to be towards a perfect state. ‘Progress’ is the expression of spirit in the world of matter. The intelligence of man, his reasoning powers, his knowledge, his scientific achievements, all these being manifestations of the spirit, partake of the inevitable law of spiritual progress and are, therefore, of necessity, immortal.

My hope for you is that you will progress in the world of spirit, as well as in the world of matter; that your intelligence will develop, your knowledge will augment, and your understanding be widened.

You must ever press forward, never standing still; avoid stagnation, the first step to a backward movement, to decay.

The whole physical creation is perishable. These material bodies are composed of atoms; when these atoms begin to separate decomposition sets in, then comes what we call death. This composition of atoms, which constitutes the body or mortal element of any created being, is

temporary. When the power of attraction, which holds these atoms together, is withdrawn, the body, as such, ceases to exist.

‘Abdu’l-Bahá: *Paris Talks*, pp. 90

Holy Spirit Is Intermediary Between Humanity And God

18. It is only by the breath of the Holy Spirit that spiritual development can come about. No matter how the material world may progress, no matter how splendidly it may adorn itself, it can never be anything but a lifeless body unless the soul is within, for it is the soul that animates the

body; the body alone has no real significance. Deprived of the blessings of the Holy Spirit the material body would be inert.

‘Abdu’l-Bahá: *Paris Talks*, p. 133

19. Unless the Holy Spirit become intermediary, one cannot attain directly to the bounties of God. Do not overlook the obvious truths, for it is a self evident fact that a child cannot be instructed without a teacher, and knowledge is a bounty from the bounties of God. The soil is not covered with grass and green without the rain of the cloud; therefore the cloud is the intermediary between the divine bounties and the soil. A body doth not develop and grow without the soul; therefore the soul is the medium of the spiritual life.

‘Abdu’l-Bahá: *Bahá’í World Faith*, p. 370

20. The world of humanity cannot advance through mere physical powers and intellectual attainments; nay, rather, the Holy Spirit is essential. The divine Father must assist the human world to attain maturity. The body of man is in need of physical and mental energy, but his spirit requires the life and fortification of the Holy Spirit. Without its protection and quickening the human world would be extinguished. Jesus Christ declared, "Let the dead bury their dead." He also said, "That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." It is evident, therefore, according to Christ that the human spirit which is not fortified by the presence of the Holy Spirit is dead and in need of resurrection by that divine power; otherwise, though materially advanced to high degrees, man cannot attain full and complete progress.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, p. 182

21. Sixth, the world of humanity is in need of the confirmations of the Holy Spirit. True distinction among mankind is through divine bestowals and receiving the intuitions of the Holy Spirit. If man does not become the recipient of the heavenly bestowals and spiritual bounties, he remains in the plane and kingdom of the animal. For the distinction between the animal and man is that man is endowed with the potentiality of divinity in his nature, whereas the animal is entirely bereft of that gift and attainment. Therefore, if a man is bereft of the intuitive breathings of the Holy Spirit, deprived of divine bestowals, out of touch with the heavenly world and negligent of the eternal truths, though in image and likeness he is human, in reality he is an animal; even as Christ declared, "That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." This means that if man be a captive of physical susceptibilities and be lacking the quickening of spiritual emotions, he is merely an animal. But every soul who possesses spiritual susceptibilities and has attained a goodly portion of the bestowals of the Holy Spirit is alive with the divine life of the higher Kingdom. The soul that is portionless and bereft is as dead. Therefore, He said, "Let the dead bury their dead." Just as the physical body of man is in need of its force of life, even so the human soul is in need of the divine animus and vivification emanating from the Holy Spirit. Without this vivification and sustenance, man would be an animal, nay, rather, dead.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 316-317

Manifestations of God Guide Spiritual Development

22. Every man of insight will, in this day, readily admit that the counsels which the Pen of this Wronged One hath revealed constitute the supreme animating power for the advancement of the

world and the exaltation of its peoples. Arise, O people, and, by the power of God's might, resolve to gain the victory over your own selves, that haply the whole earth may be freed and sanctified from its servitude to the gods of its idle fancies--gods that have inflicted such loss upon, and are responsible for the misery of their wretched worshippers. These idols form the obstacle that impedeth man in his efforts to advance in the path of perfection. We cherish the hope that the Hand of divine power may lend its assistance to mankind and deliver it from its state of grievous abasement.

Baha'u'lláh: *Tablets of Baha'u'lláh*, p. 86; *Gleanings*, p. 93

23. Such things have come to pass in the days of every Manifestation of God. Even as Jesus said: "Ye must be born again." Again He saith: "Except a man be born of water and of the Spirit, he cannot enter into the Kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." The purport of these words is that whosoever in every dispensation is born of the Spirit and is quickened by the breath of the Manifestation of Holiness, he verily is of those that have attained unto "life" and "resurrection" and have entered into the "paradise" of the love of God. And whosoever is not of them, is condemned to "death" and "deprivation," to the "fire" of unbelief, and to the "wrath" of God. In all the scriptures, the books and chronicles, the sentence of death, of fire, of blindness, of want of understanding and hearing, hath been pronounced against those whose lips have tasted not the ethereal cup of true knowledge, and whose hearts have been deprived of the grace of the holy Spirit in their day.

Baha'u'lláh: *Kitáb-i-Íqán*, p. 118

24. The Manifestations of God have come into the world to free man from these bonds and chains of the world of nature. Although They walked upon the earth, They lived in heaven. They were not concerned about material sustenance and prosperity of this world. Their bodies were subjected to inconceivable distress, but Their spirits ever soared in the highest realms of ecstasy. The purpose of Their coming, Their teaching and suffering was the freedom of man from himself. Shall we, therefore, follow in Their footsteps, escape from this cage of the body or continue subject to its tyranny? Shall we pursue the phantom of a mortal happiness which does not exist or turn toward the tree of life and the joys of its eternal fruits?

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 185

25. No matter how much the world of humanity advances in material civilization, it is nevertheless in need of the spiritual development mentioned in the Gospel. The virtues of the material world are limited, whereas divine virtues are unlimited. Inasmuch as material virtues are limited, man's need of the perfections of the divine world is unlimited.

Throughout human history we find that although the very apex of human virtues has been reached at various times, yet they were limited, whereas divine attainments have ever been unbounded and infinite. The limited is ever in need of the unlimited. The material must be correlated with the spiritual. The material may be likened to the body, but divine virtues are the breathings of the Holy Spirit itself. The body without spirit is not capable of real accomplishment. Although it may be in the utmost condition of beauty and excellence, it is, nevertheless, in need of the spirit. The chimney of the lamp, no matter how polished and perfect it be, is in need of the light. Without the light, the lamp or candle is not illuminating. Without the spirit, the body is not productive. The teacher of material principles is limited. The philosophers who claimed to be the educators of mankind were at most only able to train themselves. If they

educated others, it was within a restricted circle; they failed to bestow general education and development. This has been conferred upon humanity by the power of the Holy Spirit.

For example, Christ educated and developed mankind universally. He rescued nations and peoples from the bondage of superstition and idolatry. He summoned them all to the knowledge of the oneness of God. They were dark, they became illumined; they were material, they became spiritual; earthly they were, they became heavenly. He enlightened the world of morality. This general, universal development is not possible through the power of philosophy. It is only attainable through the pervading influence of the Holy Spirit. Therefore, no matter how far the world of humanity advances, it fails to attain the highest degree unless quickened by the education and divine bestowals of the Holy Spirit. This ensures human progress and prosperity.

Therefore, I exhort you to be devoted to your spiritual development. Just as you have striven along material lines and have attained to high degrees of worldly advancement, may you likewise become strengthened and proficient in the knowledge of God. May divine susceptibilities be increased and awakened; may your devotion to the heavenly Kingdom become intense. May you be the recipients of the impulses of the Holy Spirit, be assisted in the world of morality and attain ideal power so that the sublimity of the world of mankind may become apparent in you. Thus may you attain the highest happiness, the eternal life, the everlasting glory, the second birth, and become manifestations of the bestowals of God.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 205-206

We Are Now Living In A Soul-Stirring Springtime

26. O friends! It behoveth you to refresh and revive your souls through the gracious favours 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 recognize 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. The Evil One is he that hindereth the rise and obstructeth the spiritual progress of the children of men.

Baha’u’lláh: *Tablets of Baha’u’lláh*, pp. 86-87; *Gleanings*, p. 94

Fasting, Meditation, And Prayer Aid Spiritual Development

27. As regards fasting, it constitutes together with the obligatory prayers, the two pillars that sustain the revealed Law of God. They act as stimulants to the soul, strengthen, revive, and purify it, and thus insure its steady development.

Shoghi Effendi: *Daybook*, p. 352

28. "The problem with which you are faced is one which concerns and seriously puzzles many of our present-day youth. How to attain spirituality is indeed a question to which every young man and woman must sooner or later try to find a satisfactory answer. It is precisely because no such satisfactory answer has been given or found, that the modern youth finds itself bewildered,

and is being consequently carried away by the materialistic forces that are so powerfully undermining the foundations of man's moral and spiritual life.

"Indeed the chief reason for the evils now rampant in society is the lack of spirituality. The materialistic civilization of our age has so much absorbed the energy and interest of mankind that people in general do no longer feel the necessity of raising themselves above the forces and conditions of their daily material existence. There is not sufficient demand for things that we call spiritual to differentiate them from the needs and requirements of our physical existence.

"The universal crisis affecting mankind is, therefore, essentially spiritual in its causes. The spirit of the age, taken on the whole, is irreligious. Man's outlook on life is too crude and materialistic to enable him to elevate himself into the higher realms of the spirit.

"It is this condition, so sadly morbid, into which society has fallen, that religion seeks to improve and transform. For the core of religious faith is that mystic feeling which unites Man with God. This state of spiritual communion can be brought about and maintained by means of meditation and prayer. And this is the reason why Baha'u'llah has so much stressed the importance of worship. It is not sufficient for a believer merely to accept and observe the teachings. He should, in addition, cultivate the sense of spirituality which he can acquire chiefly by means of prayer. The Baha'i Faith, like all other Divine Religions, is thus fundamentally mystic in character. Its chief goal is the development of the individual and society, through the acquisition of spiritual virtues and powers. It is the soul of man which has first to be fed. And this spiritual nourishment prayer can best provide.

"Laws and institutions, as viewed by Baha'u'lláh, can become really effective only when our inner spiritual life has been perfected and transformed. Otherwise religion will degenerate into a mere organization, and becomes a dead thing. The believers, particularly the young ones, should therefore fully realize the necessity of praying. For prayer is absolutely indispensable to their inner spiritual development, and this, as already stated, is the very foundation and purpose of the religion of God."

Shoghi Effendi: *Directives of the Guardian*, pp. 86-87

Teaching the Cause of God Required For Spiritual Development

29. God hath prescribed unto every one the duty of teaching His Cause. Whoever ariseth to discharge this duty, must needs, ere he proclaimeth His Message, adorn himself with the ornament of an upright and praiseworthy character, so that his words may attract the hearts of such as are receptive to his call. Without it, he can never hope to influence his hearers.

Baha'u'lláh: *Gleanings*, p. 335

30. When the friends do not endeavour to spread the message, they fail to remember God befittingly, and will not witness the tokens of assistance and confirmation from the Abhá Kingdom nor comprehend the divine mysteries. However, when the tongue of the teacher is engaged in teaching, he will naturally himself be stimulated, will become a magnet attracting the divine aid and bounty of the Kingdom, and will be like unto the bird at the hour of dawn, which itself becometh exhilarated by its own singing, its warbling and its melody.

‘Abdu’l-Bahá: *Selections From the Writings of ‘Abdu’l-Bahá*, pp. 267-268

Teaching The Cause Of God Is Fraught With Confirmations

31. Today the greatest of all divine bestowals is teaching the Cause of God for it is fraught with confirmations. Every teacher is confirmed and is favored at the Divine Threshold. In the estimation of the Ideal King, the army which is in the front of the battlefield is encircled with the glances of His mercifulness and in the sight of the Divine Farmer, the sower of the seed is accepted and favored.

‘Abdu’l-Bahá: *Japan Will Turn Ablaze*, p. 12

Perusing The Verses Of God Daily Can Aid Spiritual Development

32. Peruse ye every day the verses revealed by God. Blessed is the man who reciteth them and reflecteth upon them. He truly is of them with whom it shall be well.

Baha’u’lláh: *Compilation of Compilations*, Vol I (Importance of Deepening), p. 188

Fellowship With The Righteous Can Aid Spiritual Development

33. SON OF MY HANDMAID!

Wouldst thou seek the grace of the Holy Spirit, enter into fellowship with the righteous, for he hath drunk the cup of eternal life at the hands of the immortal Cup-bearer and even as the true morn doth quicken and illumine the hearts of the dead.

Baha’u’lláh: *The Hidden Words*, Persian #58

Serving Others Can Aid Spiritual Development

34. God hath prescribed unto this people the duty of aiding whosoever will aid them, of serving his best interests, and demonstrating to him their abiding loyalty. They who follow Me must strive, under all circumstances, to promote the welfare of whosoever will arise for the triumph of My Cause, and must at all times prove their devotion and fidelity unto him. Happy is the man that hearkeneth and observeth My counsel. Woe unto him that faileth to fulfil My wish.

Baha’u’lláh: *Proclamation of Baha’u’lláh*, p. 14; *Gleanings*, p. 207

Turn To God Alone For Assistance In Spiritual Development

35. We must strive to attain to that condition by being separated from all things and from the people of the world and by turning to God alone. It will take some effort on the part of man to attain to that condition, but he must work for it, strive for it. We can attain to it by thinking and caring less for material things and more for the spiritual. The further we go from the one, the nearer we are to the other. The choice is ours.

Our spiritual perception, our inward sight must be opened, so that we can see the signs and traces of God’s spirit in everything. Everything can reflect to us the light of the Spirit.

‘Abdu’l-Bahá: *Prayer, Meditation, ...*, pp. 235-236

Additional Admonitions For Spiritual Seekers

36. That seeker should also regard backbiting as grievous error, and keep himself aloof from its dominion, inasmuch as backbiting quencheth the light of the heart, and extinguisheth the life of the soul. He should be content with little, and be freed from all inordinate desire. He should treasure the companionship of those that have renounced the world, and regard avoidance of boastful and worldly people a precious benefit. At the dawn of every day he should commune with God, and with all his soul persevere in the quest of his Beloved. He should consume every wayward thought with the flame of His loving mention, and, with the swiftness of lightning, pass by all else save Him. He should succour the dispossessed, and never withhold his favour from the destitute. He should show kindness to animals, how much more unto his fellow-man, to him who is endowed with the power of utterance. He should not hesitate to offer up his life for his Beloved, nor allow the censure of the people to turn him away from the Truth. He should not wish for others that which he doth not wish for himself, nor promise that which he doth not fulfil. With all his heart should the seeker avoid fellowship with evil doers, and pray for the remission of their sins. He should forgive the sinful, and never despise his low estate, for none knoweth what his own end shall be. How often hath a sinner, at the hour of death, attained to the essence of faith, and, quaffing the immortal draught, hath taken his flight unto the celestial Concourse. And how often hath a devout believer, at the hour of his soul's ascension, been so changed as to fall into the nethermost fire. Our purpose in revealing these convincing and weighty utterances is to impress upon the seeker that he should regard all else beside God as transient, and count all things save Him, Who is the Object of all adoration, as utter nothingness.

Baha'u'lláh: *Kitáb-i-Íqán*, pp. 193-195; *Gleanings*, pp. 265-266

All Who Seek Spiritual Progress Will Be Rewarded

37. No man that seeketh Us will We ever disappoint, neither shall he that hath set his face towards Us be denied access unto Our court...

Baha'u'lláh: *Gleanings*, pp. 271-272

Progress In The Next World

38. The progress of man's spirit in the divine world, after the severance of its connection with the body of dust, is through the bounty and grace of the Lord alone, or through the intercession and the sincere prayers of other human souls, or through the charities and important good works which are performed in its name.

'Abdu'l-Bahá: *Some Answered Questions*, p. 240

Those Who Do Not Believe In God Are Not Trustworthy Or Truthful

39. Know thou for a certainty that whoso disbelieveth in God is neither trustworthy nor truthful. This, indeed, is the truth, the undoubted truth. He that acteth treacherously towards God will, also, act treacherously towards his king. Nothing whatever can deter such a man from evil, nothing can hinder him from betraying his neighbor, nothing can induce him to walk uprightly.

Baha'u'lláh: *Gleanings*, pp. 232-233; *Proclamation of Baha'u'lláh*, pp. 47

There Can Be No True Happiness and Progress Without Spirituality

40. Ferocity and savagery are natural to animals, but men should show forth the qualities of love and affection. God sent all His Prophets into the world with one aim, to sow in the hearts of men love and goodwill, and for this great purpose they were willing to suffer and to die. All the sacred Books were written to lead and direct man into the ways of love and unity; and yet, in spite of all this, we have the sad spectacle of war and bloodshed in our midst.

When we look into the pages of history, past and present, we see the black earth reddened by human blood. Men kill each other like the savage wolves, and forget the laws of love and tolerance.

Now this luminous age has come, bringing with it wonderful civilization and material progress. Men's intellects have widened, their perceptions grown, but alas, in spite of all this, fresh blood is being spilt day by day. Look at the present Turco

Italian war; consider for a moment the fate of these unhappy people! How many have been killed during this sad time? How many homes are ruined, wives desolate, and children orphans! And what is to be gained in exchange for all this anguish and heartache? Only a corner of the earth!

This all shows that material progress alone does not tend to uplift man. On the contrary, the more he becomes immersed in material progress, the more does his spirituality become obscured.

In times gone by progress on the material plane was not so rapid, neither was there bloodshed in such profusion. In ancient warfare there were no cannons, no guns, no dynamite, no shells, no torpedo boats, no battleships, no submarines. Now, owing to material civilization, we have all these inventions, and war goes from bad to worse! Europe itself has become like one immense arsenal, full of explosives, and may God prevent its ignition--for, should this happen, the whole world would be involved.

I want to make you understand that material progress and spiritual progress are two very different things, and that only if material progress goes hand in hand with spirituality can any real progress come about, and the Most Great Peace reign in the world. If men followed the Holy Counsels and the Teachings of the Prophets, if Divine Light shone in all hearts and men were really religious, we should soon see peace on earth and the Kingdom of God among men. The laws of God may be likened unto the soul and material progress unto the body. If the body was not animated by the soul, it would cease to exist. It is my earnest prayer that spirituality may ever grow and increase in the world, so that customs may become enlightened and peace and concord may be established.

‘Abdu’l-Bahá: *Paris Talks*, pp. 106-108

41. Throughout human history we find that although the very apex of human virtues has been reached at various times, yet they were limited, whereas divine attainments have ever been unbounded and infinite. The limited is ever in need of the unlimited. The material must be correlated with the spiritual. The material may be likened to the body, but divine virtues are the breathings of the Holy Spirit itself. The body without spirit is not capable of real accomplishment. Although it may be in the utmost condition of beauty and excellence, it is, nevertheless, in need of the spirit. The chimney of the lamp, no matter how polished and perfect it be, is in need of the light. Without the light, the lamp or candle is not illuminating. Without the spirit, the body is not productive. The teacher of material principles is limited. The philosophers who claimed to be the educators of mankind were at most only able to train themselves. If they

educated others, it was within a restricted circle; they failed to bestow general education and development. This has been conferred upon humanity by the power of the Holy Spirit.

‘Abdu’l-Bahá: *Promulgation of Universal Peace*, pp. 205-206

Not Everyone Is Equal In Regard To Spiritual Progress

42. It is from the bounty of God that man is selected for the highest degree; and the differences which exist between men in regard to spiritual progress and heavenly perfections are also due to the choice of the Compassionate One. For faith, which is life eternal, is the sign of bounty, and not the result of justice. The flame of the fire of love, in this world of earth and water, comes through the power of attraction and not by effort and striving. Nevertheless, by effort and perseverance, knowledge, science and other perfections can be acquired; but only the light of the Divine Beauty can transport and move the spirits through the force of attraction. Therefore, it is said: "Many are called, but few are chosen."²

But the material beings are not despised, judged and held responsible for their own degree and station. For example, mineral, vegetable and animal in their various degrees are acceptable; but if in their own degree they remain imperfect, they are blamable, the degree itself being purely perfect.

The differences among mankind are of two sorts: one is a difference of station, and this difference is not blameworthy. The other is a difference of faith and assurance; the loss of these is blameworthy, for then the soul is overwhelmed by his desires and passions, which deprive him of these blessings and prevent him from feeling the power of attraction of the love of God. Though that man is praiseworthy and acceptable in his station, yet as he is deprived of the perfections of that degree, he will become a source of imperfections, for which he is held responsible.³

‘Abdu’l-Bahá: *Some Answered Questions*, pp. 130-131

Differences Among Religions Are Due To The Varying Types Of Minds

43. The differences among the religions of the world are due to the varying types of minds. So long as the powers of the mind are various, it is certain that men's judgements and opinions will differ one from another. If, however, one single, universal perceptive power be introduced--a power encompassing all the rest--those differing opinions will merge, and a spiritual harmony and oneness will become apparent. For example, when the Christ was made manifest, the minds of the various contemporary peoples, their views, their emotional attitudes, whether they were Romans, Greeks, Syrians, Israelites, or others, were at variance with one another. But once His universal power was brought to bear, it gradually succeeded, after the lapse of three hundred years, in gathering together all those divergent minds under the protection, and within the governance, of one central Point, all sharing the same spiritual emotions in their hearts.

To use a metaphor, when an army is placed under various commanders, each with his own strategy, they will obviously differ as to battle lines and movements of the troops; but once the Supreme Commander, who is thoroughly versed in the arts of war, taketh over, those other plans

² *Matthew 22: 14*

³ Cf., ‘Abdu’l-Baha: *Some Answered Questions*, “The causes of differences in the characters of men”, p. 212

will disappear, for the supremely gifted general will bring the whole army under his control. This is intended only as a metaphor, not an exact comparison. Now if you should say that each and every one of those other generals is highly skilled in the military art, is thoroughly proficient and experienced, and therefore will not subject himself to the rule of one individual, no matter how indescribably great, your statement is untenable, for the above situation is demonstrably what cometh to pass, and there is no doubt thereof whatever.

‘Abdu’l-Bahá: *Selections From the Writings of ‘Abdu’l-Bahá*, pp. 63

Spirit Shown Through Outward Signs and Works

44. The first thing to do is to acquire a thirst for Spirituality, then Live the Life! Live the Life! Live the Life! The way to acquire this thirst is to meditate upon the future life. Study the Holy Words, read your Bible, read the Holy Books, especially study the Holy Utterances of Bahá’u’lláh; Prayer and Meditation, take much time for these two. Then will you know this Great Thirst, and then only can you begin to Live the Life!

‘Abdu’l-Bahá: *Compilation of Compilations*, Vol I (Importance of Deepening), p. 204

45. Spirit cannot be perceived by the material senses of the physical body, excepting as it is expressed in outward signs and works. The human body is visible, the soul is invisible. It is the soul nevertheless that directs a man's faculties, that governs his humanity.

The soul has two main faculties. (a) As outer circumstances are communicated to the soul by the eyes, ears, and brain of a man, so does the soul communicate its desires and purposes through the brain to the hands and tongue of the physical body, thereby expressing itself. The spirit in the soul is the very essence of life. (b) The second faculty of the soul expresses itself in the world of vision, where the soul inhabited by the spirit has its being, and functions without the help of the material bodily senses. There, in the realm of vision, the soul sees without the help of the physical eye, hears without the aid of the physical ear, and travels without dependence upon physical motion. It is, therefore, clear that the spirit in the soul of man can function through the physical body by using the organs of the ordinary senses, and that it is able also to live and act without their aid in the world of vision. This proves without a doubt the superiority of the soul of man over his body, the superiority of spirit over matter.

For example, look at this lamp: is not the light within it superior to the lamp which holds it? However beautiful the form of the lamp may be, if the light is not there its purpose is unfulfilled, it is without life--a dead thing. The lamp needs the light, but the light does not need the lamp.

The spirit does not need a body, but the body needs spirit, or it cannot live. The soul can live without a body, but the body without a soul dies.

If a man lose his sight, his hearing, his hand or his foot, should his soul still inhabit the body he lives, and is able to manifest divine virtues. On the other hand, without the spirit it would be impossible for a perfect body to exist.

‘Abdu’l-Bahá: *Paris Talks*, pp. 86-87

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