

## REFERENCES – ESSAY 11

“Should prosperity befall thee, rejoice not, and should abasement come upon thee, grieve not, for both shall pass away and be no more.” (Baha’u’llah)

“Thou art He Who changeth through His bidding abasement into glory, and weakness into strength, and powerlessness into might, and fear into calm, and doubt into certainty. No God is there but Thee, the Mighty, the Beneficent. Thou disappointest no one who hath sought Thee, nor dost Thou keep back from Thee any one who hath desired Thee. Ordain Thou for me what becometh the heaven of Thy generosity, and the ocean of Thy bounty. Thou art, verily, the Almighty, the Most Powerful.” (Baha’u’llah)

“Dispel my grief by Thy bounty and Thy generosity, O God, my God, and banish mine anguish through Thy sovereignty and Thy might. Thou seest me, O my God, with my face set towards Thee at a time when sorrows have compassed me on every side. ... Thou beholdest, O my Lord, the things which have befallen me in Thy days. I entreat Thee ... to ordain for me what will enable me to arise to serve Thee and to extol Thy virtues. ... I beg of Thee ... to bless my affairs, and redeem my debts, and satisfy my needs. ... No God is there but Thee, Who hearest and art ready to answer.” (Baha’u’llah)

“... O my God! I entreat Thee ... not to withhold from me Thy tender mercies ... I am the one who is in misery, O God! ... I implore Thee, therefore ... not to abandon me unto mine own self and unto the desires of a corrupt inclination. Hold Thou my hand with the hand of Thy power, and deliver me from the depths of my fancies and idle imaginings, and cleanse me of all that is abhorrent ... Cause me, then ... to put my whole trust in Thee, to seek Thee as my Refuge ... Thou art, verily, He Who, through the power of His might, doeth whatsoever He desireth, and commandeth, through the potency of His will, whatsoever He chooseth. None can withstand

the operation of Thy decree ... Thou art, in truth, the Almighty, the All-Glorious, the Most Bountiful." (Baha'u'llah)

"Glorified art Thou, O Lord my God! ... I ask of Thee ... to protect the bearer of this Tablet from every calamity and pestilence, and from every wicked man and woman ... Preserve him, moreover, O my God, from every pain and vexation ... Thou, truly, art powerful over all things. Thou doest as Thou willest, and ordainest as Thou pleasest. ... O Thou Source of ancient bounty, of grace, of generosity and bestowal! O Thou Healer of sicknesses! O Thou Sufficer of needs! O Thou Light of Light! ... O Thou the Compassionate! O Thou the Merciful! Do Thou have mercy upon the bearer of this Tablet, through Thy most great mercy and Thine abundant grace, O Thou the Gracious, Thou the Bounteous. Guard him, moreover, through Thy protection, from whatsoever his heart and mind may find repugnant. ... Thou, verily, art the most powerful." (Baha'u'llah)

"Soon will the present-day order be rolled up, and a new one spread out in its stead. Verily, thy Lord speaketh the truth, and is the Knower of things unseen." (Baha'u'llah)

"I adjure Thee by Thy might, O my God! Let no harm beset me in times of tests, and in moments of heedlessness guide my steps aright through Thine inspiration. Thou art God, potent art Thou to do what Thou desirest. No one can withstand Thy Will or thwart Thy Purpose." (The Bab)

"Is there any Remover of difficulties save God? Say: Praised be God! He is God! All are His servants, and all abide by His bidding!" (The Bab)

"O Lord! Thou art the Remover of every anguish and the Dispeller of every affliction. Thou art He Who banisheth every sorrow and setteth free every slave, the Redeemer of every soul. O Lord! Grant deliverance through Thy mercy ... (The Bab)

"Thou knowest full well, O my God, that tribulations have showered upon me from all directions and that no one can dispel or transmute them except Thee. ... Thou wilt never cause tribulations to befall any soul unless Thou desirest to exalt his station ... and to buttress his heart in this earthly life ... that it may not become inclined toward the vanities of this world. ... Thou art well aware that under all conditions I would cherish the remembrance of Thee far more than the ownership of all (things) ... Strengthen my heart, O my God, in Thine obedience and in Thy love, and grant that I may be clear of the entire company of Thine adversaries. Verily, I swear by Thy glory that I yearn for naught besides Thyself, nor do I desire anything except Thy mercy ... I beg Thee to forgive me as well as those whom Thou lovest, howsoever Thou pleasest. Verily, Thou art the Almighty, the Bountiful." (The Bab)

"If material anxiety envelops you in a dark cloud, spiritual radiance lightens your path. If your days on earth are numbered, you know that everlasting life awaits you." ('Abdu'l-Baha)

"O my Lord, my Beloved, my Desire! Befriend me in my loneliness and accompany me in my exile. Remove my sorrow ... Verily, Thou art the Gracious, the Generous." ('Abdu'l-Baha)

"O 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." ('Abdu'l-Baha)

"O my Lord! Thou knowest that the people are encircled with pain and calamities and are environed with hardships and trouble. Every trial doth attack man and every dire adversity doth assail him like unto the attack of a serpent. There is no shelter and asylum for him except under the wing of Thy protection, preservation, guard and custody. O Thou the Merciful One! O my Lord! Make Thy protection my armory, Thy preservation my shield, humbleness

before the door of Thy Oneness my guard, and Thy custody and defense my fortress and my abode. Preserve me from the suggestions of myself and my desire, and guard me from every sickness, trial, difficulty and ordeal. Verily, Thou art the Protector, the Guardian, the Preserver, the Sufficer, and verily, Thou art the Merciful of the Most Merciful!" ('Abdu'l-Baha)

"O ye lovers of God! Do not dwell on what is coming to pass in this holy place, and be ye in no wise alarmed. Whatsoever may happen is for the best, because affliction is but the essence of bounty, and sorrow and toil are mercy unalloyed, and anguish is peace of mind, and to make a sacrifice is to receive a gift, and whatsoever may come to pass hath issued from God's grace." ('Abdu'l-Baha)

"Lord! Pitiful are we, grant us Thy favor; poor, bestow upon us a share from the ocean of Thy wealth; needy, do Thou satisfy us; abased, give us Thy glory. The fowls of the air and the beasts of the field receive their meat each day from Thee and all beings partake of Thy care and loving kindness. Deprive not this feeble one of Thy wondrous grace and vouchsafe by Thy might unto this helpless soul Thy bounty. Give us our daily bread and grant Thine increase in the necessities of life, that we may be dependent on none other than Thee, may commune wholly with Thee, may walk in Thy ways and declare Thy mysteries. Thou art the Almighty and the Loving and the Provider of all mankind." ('Abdu'l-Baha)

"Consider how difficult for man is the attainment of pleasures and happiness in this mortal world. How easy it is for the animal. ... they have no anxiety about business or politics – no trouble or worry whatsoever. All the fields and grasses, all the meadows of fruits and grains ... belong to them. They do not labor for their livelihood and happiness because everything is provided ... If the life of man be confined to this physical, material (world) ... the animal's life is a hundred times better ... but man, restless and dissatisfied, runs from morn till eve ... to obtain his livelihood – all with the greatest difficulty, anxiety and unrest. ... If man's life be confined to ... (the) physical world ... (an animal) is nobler, more admirable than all humanity because its livelihood is prepared, its

condition complete ... and natural. But the life of man is not so restricted; it is divine, eternal, not mortal and sensual. ... His life is intended to be a life of spiritual enjoyment to which the animal can never attain. This enjoyment depends upon the acquisition of heavenly virtues. The sublimity of man is his attainment of the knowledge of God. The bliss of man is the acquiring of heavenly bestowals ...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-Baha)

"Such simultaneous processes of rise and of fall, of integration and of disintegration, of order and chaos, with their continuous and reciprocal reactions on each other, are but aspects of a greater Plan, one and indivisible, whose Source is God ... the theater of whose operations is the entire planet, and whose ultimate objectives are the unity of the human race and the peace of all mankind." (Shoghi Effendi)

"This too shall pass." (Persian proverb)

"Cultivate an attitude of gratitude." (Anonymous)