

**C**reating Harmony in Our  
*Lives*

**D**efining harmony in the context of our lives:

- *The quality of forming a pleasing and consistent whole*
- *Having parts combined in a proportionate, orderly, or pleasing arrangement; congruous*
- *A harmonious balance of mind, body, and spirit*

A prayer to begin with:

*C*reate in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! Through the spirit of power confirm Thou me in Thy Cause, O my Best-Beloved, and by the light of Thy glory reveal unto me Thy path, O Thou the Goal of my desire! Through the power of Thy transcendent might lift me up unto the heaven of Thy holiness, O Source of my being, and by the breezes of Thine eternity gladden me, O Thou Who art my God! Let Thine everlasting melodies breathe tranquility on me, O my Companion, and let the riches of Thine ancient countenance deliver me from all except Thee, O my Master, and let the tidings of the revelation of Thine incorruptible Essence bring me joy, O Thou Who art the most manifest of the manifest and the most hidden of the hidden!

–Bahá'u'lláh

***H**appiness is when what you think, what you say, and what you do are in harmony.*

*–Mahatma Gandhi*

*...the moral duty to lead a coherent life demands that one's...  
decisions be in accordance with lofty ideals, that the purity of  
one's aims be matched by the purity of one's actions to fulfill  
those aims.*

*–The Universal House of Justice*

*I*n order to act effectively during the present period of transition in human history, individuals must, above all, be imbued with a strong sense of purpose that impels them both to pursue their own spiritual and intellectual growth and to contribute to the transformation of society. These are fundamentally inseparable dimensions of a single process, for the standards and behaviours of individuals shape their environment and, in turn, are moulded by social structures and processes...

*Yet perfection is not a requirement; what is required of us is a sincere daily effort to move towards this high standard. We are asked to tread a common path of service—supporting each other and advancing together, with sufficient humility to value the contribution of each person and avoid the pitfalls of self-righteousness.*

*—From [www.bahai.org](http://www.bahai.org)*

*S*trive constantly to serve the welfare of the world;  
by devotion to selfless work one attains the supreme  
goal of life. Do your work with the welfare of others  
always in mind.

–Bhagavad Gita

*P*ut on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other... And above all these put on love, which binds everything together in perfect harmony.

*So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.*

*—The Bible*



**A** good character is, verily, the best mantle for men from God. With it He adorneth the temples of His loved ones. By My life! The light of a good character surpasseth the light of the sun and the radiance thereof. Whoso attaineth unto it is accounted as a jewel among men. The glory and the upliftment of the world must needs depend upon it.

–Bahá'u'lláh

*S*et before thine eyes God's unerring Balance and, as one standing in His presence, weigh in that Balance thine actions every day, every moment of thy life. Bring thyself to account ere thou art summoned to a reckoning.

–Bahá'u'lláh

# Questions for discussion:

- 1. How does framing our life in the context of the development of virtues and serving others (as is a common theme running through all of the above quotes) help to create harmony in our lives?*
- 2. Why is it important for our lofty aims to be expressed in equally lofty action to live a coherent life?*
- 3. Stephen Covey (author of “The 7 Habits of Highly Effective People”) said, “most of us spend too much time on what is urgent and not enough time on what is important”, how does this relate to the quotes we read and how does it affect our ability to experience a harmonious life?*
- 4. How does being aware of our God-given nobility and aligning our life choices with that—and recognizing and honoring that nobility in others—help to maintain a harmonious and coherent life?*