

Recharging the Soul



A prayer to begin with

Create 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 tranquillity 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*

Questions to consider:

- How do we tap into the source of our spiritual energy and rejuvenation? What is that source?
- How can we ensure that we have a space on a daily basis in which our souls are able to recharge?
- Can we create environments which support our own and other's spiritual rejuvenation?
- How does serving others relate to the recharging of our souls?
- What practices/influences/spaces come to mind when you think of recharging your soul?

Far more indispensable than food for the physical body is spiritual nourishment for the soul. One can do without food for a considerable time, but a man of the spirit cannot exist for a single second without spiritual nourishment.

—*Mahatma Gandhi*



You should not neglect your health, but consider it the means which enables you to serve... You should certainly safeguard your nerves, and force yourself to take time, and not only for prayer and meditation, but for real rest and relaxation.

—*Shoghi Effendi*

Between material things and spiritual things there is a connection. The more healthful his body the greater will be the power of the spirit of man; the power of the intellect, the power of the memory, the power of reflection will be greater.

—*‘Abdu’l-Bahá*

THROUGH PRAYER

What is prayer? It is conversation with God. While man prays he sees himself in the presence of God... Prayer and supplication are so effective that they inspire one's heart for the whole day with high ideals and supreme sanctity and calmness. One's heart must be sensitive to the music of prayer. He must feel the effect of prayer. —*Abdu'l-Bahá*

Every word that proceedeth out of the mouth of God is endowed with such potency as can instill new life into every human frame... —*Bahá'u'lláh*

Turn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting. —*Bahá'u'lláh*

Prayer is the essential spiritual conversation of the soul with its Maker, direct and without intermediation. It is the spiritual food that sustains the life of the spirit. Like the morning's dew, it brings freshness to the heart and cleanses it, purifying it from attachments of the insistent self. It is a fire that burns away the veils and a light that leads to the ocean of reunion with the Almighty. On its wings does the soul soar in the heavens of God and draw closer to the divine reality. Upon its quality depends the development of the limitless capacities of the soul and the attraction of the bounties of God...

—*The Universal House of Justice*



THROUGH MEDITATION

The spirit of man is itself informed and strengthened during meditation; through it affairs of which man knew nothing are unfolded before his view. Through it he receives Divine inspiration, through it he receives heavenly food...

—*‘Abdu’l-Bahá*

When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. In the still mind, in the depths of meditation, the Self reveals itself.

—*Bhagavad Gita*

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

—*The Bible: Romans 12:2*

THROUGH LOVE

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. —*Dalai Lama*

Love gives life to the lifeless. Love lights a flame in the heart that is cold. Love brings hope to the hopeless and gladdens the hearts of the sorrowful.

In the world of existence there is indeed no greater power than the power of love.

Love is the one means that ensureth true felicity both in this world and the next.

—*‘Abdu’l-Bahá*



Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. —‘*Abdu’l-Bahá*

When you do things from your soul, you feel a river moving in you, a joy.

—*Rumi*



Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul.

—Amy Collette

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

—Thich Nhat Hanh

For man can receive no greater gift than this, that he rejoice another's heart.

—'Abdu'l-Bahá



THROUGH SERVICE AND GENEROSITY

The honour and distinction of the individual consist in this, that he among all the world's multitudes should become a source of social good... No, by the one true God, there is no greater bliss, no more complete delight.

—*Abdu'l-Bahá*

Generosity brings happiness at every stage of its expression. We experience joy in forming the intention to be generous. We experience joy in the actual act of giving something. And we experience joy in remembering the fact that we have given.

Set your heart on doing good. Do it over and over again, and you will be filled with joy.

—*Buddha*

THROUGH MUSIC

Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.

—Kahlil Gibran

Music is a great blessing. It has the power to elevate and liberate us. It sets people free to dream. It can unite us to sing with one voice. Such is the value of music.

—Nelson Mandela

We, verily, have made music as a ladder for your souls, a means whereby they may be lifted up unto the realm on high...

—Bahá'u'lláh

THROUGH NATURE

A walk in nature, walks the soul back home.

—*Mary Davis*

Nature's peace will flow into you as sunshine flows into trees.

The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

Every time I turn my gaze to Thine earth, I am made to recognize the evidences of Thy power and the tokens of Thy bounty. And when I behold the sea, I find that it speaketh to me of Thy majesty, and of the potency of Thy might, and of Thy sovereignty and Thy grandeur. And at whatever time I contemplate the mountains, I am led to discover the ensigns of Thy victory and the standards of Thine omnipotence.

—*John Muir*

—*Bahá'u'lláh*

