



Conquering the Self

O LORD! Unto Thee I repair for refuge and toward all Thy signs I set my heart.

O Lord! Whether traveling or at home, and in my occupation or in my work, I place my whole trust in Thee.

Grant me then Thy sufficing help so as to make me independent of all things, O Thou Who art unsurpassed in Thy mercy!

Bestow upon me my portion, O Lord, as Thou pleasest, and cause me to be satisfied with whatsoever Thou hast ordained for me.

Thine is the absolute authority to command. — *The Báb*

Carefully watch your thoughts, for they become your words.
Manage and watch your words, for they will become your actions.
Consider and judge your actions, for they have become your
habits. Acknowledge and watch your habits, for they shall become
your values. Understand and embrace your values, for they
become your destiny. —*Mahatma Gandhi*

Our greatest ability as humans is not to change the
world; but to change ourselves. —*Mahatma Gandhi*

Should you find a wise critic to point out your faults, follow him as you would a guide to hidden treasure.—*The Buddha*

Negative states of mind, such as anger, resentment, fear, envy, and jealousy, are products of the ego.—*Eckhart Tolle*

A life directed chiefly toward the fulfillment of personal desires will sooner or later always lead to bitter disappointment.—*Albert Einstein*

For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment...—*Romans 12:3*

When pride comes, then comes disgrace, but with the humble is wisdom.—*Proverbs 11:2*

One's pride will bring him low, but he who is lowly in spirit will obtain honor.—*Proverbs 29:23*

The Ego is a veil between humans and God.—*Rumi*

Free thyself from the promptings of self, then approach thy Lord.—*Bahá'u'lláh*

Thine heart is My treasury, allow not the treacherous hand of self to rob thee of the pearls which I have treasured therein.—*Bahá'u'lláh*

Renounce the ego of individuality and rejoice in the bliss of infinity—*The Bhagavad Gita*



Deliver your souls, O people, from the bondage of self, and purify them from all attachment to anything besides Me.

—*Bahá'u'lláh*

Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being. Without interrelation with society he cannot realize his oneness with the universe or suppress his egotism. His social interdependence enables him to test his faith and to prove himself on the touchstone of reality. —*Mahatma Gandhi*

The supreme need of humanity is cooperation and reciprocity. The stronger the ties of fellowship and solidarity amongst men, the greater will be the power of constructiveness and accomplishment in all the planes of human activity. Without cooperation and reciprocal attitude the individual member of human society remains self-centered, uninspired by altruistic purposes, limited and solitary in development like the animal and plant organisms of the lower kingdoms. —*‘Abdu’l-Bahá*

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.—*Philippians 2:3-4*

Selflessness is the only way for progress and prosperity.—*The Bhagavad Gita*

Of all men the most negligent is he that disputeth idly and seeketh to advance himself over his brother. Say: O brethren! Let deeds, not words, be your adorning.—*Bahá'u'lláh*

The happiness and greatness, the rank and station, the pleasure and peace, of an individual have never consisted in his personal wealth, but rather in his excellent character, his high resolve, the breadth of his learning, and his ability to solve difficult problems.—*Abdu'l-Bahá*

Man's merit lieth in service and virtue and not in the pageantry of wealth and riches.—*Bahá'u'lláh*

The forces of materialism promote a quite contrary line of thinking: that happiness comes from constant acquisition, that the more one has the better, that worry for the environment is for another day. These seductive messages fuel an increasingly entrenched sense of personal entitlement, which uses the language of justice and rights to disguise self-interest. Indifference to the hardship experienced by others becomes commonplace while entertainment and distracting amusements are voraciously consumed. —*The Universal House of Justice*

If five people meet together to seek for truth, they must begin by cutting themselves free from all their own special conditions and renouncing all preconceived ideas. In order to find truth we must give up our prejudices, our own small trivial notions; an open receptive mind is essential. If our chalice is full of self, there is no room in it for the water of life. The fact that we imagine ourselves to be right and everybody else wrong is the greatest of all obstacles in the path towards unity, and unity is necessary if we would reach truth, for truth is one. — *‘Abdu’l-Bahá*

Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? — *Matthew 7:1-3*

A person is silhouetted against a vibrant, multi-colored aurora borealis in a dark, starry night sky. The aurora displays a spectrum of colors including purple, pink, orange, and green. The person stands on a dark, rocky outcrop, looking up at the celestial display. The background is filled with numerous stars, creating a sense of vastness and wonder.

O MY SERVANT! Free thyself from the fetters
of this world, and loose thy soul from the prison of
self.—*Bahá'u'lláh*