



Sources of Motivation

O my God! O my God! Unite the hearts of Thy servants, and reveal to them Thy great purpose. May they follow Thy commandments and abide in Thy law. Help them, O God, in their endeavor, and grant them strength to serve Thee. O God! Leave them not to themselves, but guide their steps by the light of Thy knowledge, and cheer their hearts by Thy love. Verily, Thou art their Helper and their Lord.—*Bahá'u'lláh*

A few thoughts to get us started

Psychology says motivation comes in two forms—intrinsic and extrinsic.

Contemporary society often reinforces the notion that what motivates people is power, wealth, fame, praise and recognition, or even fear.

What does motivation look like for “spiritual beings living a physical life”?

Through connection with and reliance on God

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. *—Abdu'l-Bahá*

Through meditation the Higher Self is experienced. *—Bhagavad Gita*

I can do all things through Him who strengthens me. *—Philippians 4:13*

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

P rayer 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*

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.—*Romans 12:2*

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*

For work, especially when performed in the spirit of service, is according to Bahá'u'lláh a form of worship. It has not only a utilitarian purpose, but has a value in itself, because it draws us nearer to God, and enables us to better grasp His purpose for us in this world.—*Shoghi Effendi*

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-Baha*

A generous person will prosper; whoever refreshes others will be refreshed.—*Proverbs 11:25*

Is there any deed in the world that would be nobler than service to the common good? Is there any greater blessing conceivable for a man, than that he should become the cause of the education, the development, the prosperity and honor of his fellow-creatures?—*Abdu'l-Bahá*

My point is that love is the most powerful motivator in the world. It spurs mortals to greatness. Their noblest, bravest acts are done for love.— *Rick Riordan*

The more you are motivated by love, the more fearless and free your action

will be.— *Dalai Lama*

The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.—*Nhat Hanh*

And so let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something.—*Mother*

Teresa

WHAT a power is love! It is the most wonderful, the greatest of all living powers. 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.—*Abdu'l-Bahá*

Hast thou love? Then thy power is irresistible.—*Abdu'l-Bahá*



Wealth is praiseworthy in the highest degree, if it is acquired by an individual's own efforts and the grace of God, in commerce, agriculture, art and industry, and if it... is expended for the promotion of knowledge, the founding of elementary and other schools, the encouragement of art and industry, the training of orphans and the poor—in brief, if it is dedicated to the welfare of society—its possessor will stand out before God and man as the most excellent of all who live on earth and will be accounted as one of the people of paradise.—*Abdu'l-Bahá*

The acquisition of wealth is a case in point; it is acceptable and praiseworthy to the extent that it serves as a means for achieving higher ends—for meeting one's basic necessities, for fostering the progress of one's family, for promoting the welfare of society, and for contributing to the establishment of a world civilization.

But to make the accumulation of wealth the central purpose of one's life is unworthy of any human being.—*The*

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Should a man wish to adorn himself with the ornaments of the earth, to wear its apparels, or partake of the benefits it can bestow, no harm can befall him, if he alloweth nothing whatever to intervene between him and God, for God hath ordained every good thing, whether created in the heavens or in the earth, for such of His servants as truly believe in

Him.—*Bahá'u'lláh*

He who loves money will not be satisfied with money, nor he who loves wealth with his income.—*Ecclesiastes 5:10*

Success isn't about how much money you make; it's about the difference

Fyou make in people's lives.—*Michelle Obama*

For man two wings are necessary. One wing is physical power and material civilization; the other is spiritual power and divine civilization. With one wing only, flight is impossible. Two wings are essential. Therefore, no matter how much material civilization advances, it cannot attain to perfection except through the uplift of spiritual civilization.—*'Abdu'l-Bahá*



Religion, as we are all aware, reaches to the roots of motivation. When it has been faithful to the spirit and example of the transcendent Figures who gave the world its great belief systems, it has awakened in whole populations capacities to love, to forgive, to create, to dare greatly, to overcome prejudice, to sacrifice for the common good and to discipline the impulses of animal instinct.—*The Universal*

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