

A woman with braided hair, wearing an orange tank top and black leggings, is sitting in a meditative pose on a log in a lush, green forest. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is filled with dense foliage and trees, creating a serene and natural atmosphere.

The Power of Meditation

Meditation is the key for opening the doors of mysteries. In that state man abstracts himself: in that state man withdraws himself from all outside objects; in that subjective mood he is immersed in the ocean of spiritual life and can unfold the secrets of things-in-themselves. To illustrate this, think of man as endowed with two kinds of sight; when the power of insight is being used the outward power of vision does not see.—*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*

While you meditate you are speaking with your own spirit. In that state of mind you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed.—*‘Abdu’l-Bahá*

Through meditation the Higher Self is experienced.

—*Bhagavad Gita*

Through the faculty of meditation man attains to eternal life; through it he receives the breath of the Holy Spirit—the bestowal of the Spirit is given in reflection and meditation.—*‘Abdu’l-Bahá*

Meditation is not passive sitting in silence. It is sitting in awareness, free from distraction, and realizing the clear understanding that arises from concentration.—*Thich Nhat Hanh*

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*

Keeep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.—*Joshua 1:8*

Meditation is not an escape from life... but preparation for really being in life.—*Thich Nhat Hanh*

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

—*Albert Einstein*

The more man meditates upon good thoughts, the better will be his world and the world at large.—*Confucius*



Meditation is not to avoid society; it is to look deep to have the kind of insight you need to take action. To think that it is just to sit down and enjoy the calm and peace, is wrong.—*Thich Nhat Hanh*



Prayers and meditation are very important factors in deepening the spiritual life of the individual, but with them must go also action and example, as these are the tangible results of the former. Both are essential.

—*Shoghi Effendi*

When you own your breath,
nobody can steal your peace.

—*Unknown*

The quieter you become, the
more you are able to hear.—*Rumi*



Through this faculty man enters into the very Kingdom of God. Nevertheless some thoughts are useless to man; they are like waves moving in the sea without result. But if the faculty of meditation is bathed in the inner light and characterized with divine attributes, the results will be confirmed.

The meditative faculty is akin to the mirror; if you put it before earthly objects it will reflect them. Therefore if the spirit of man is contemplating earthly subjects he will be informed of these.



But if you turn the mirror of your spirits heavenwards, the heavenly constellations and the rays of the Sun of Reality will be reflected in your hearts, and the virtues of the Kingdom will be obtained.—*‘Abdu’l-Bahá*

Forget all save Me and commune with My spirit.—*Bahá'u'lláh*

Having attained that abiding joy beyond the senses, revealed in the stilled mind, he never swerves from the eternal truth.—*Bhagavad Gita*

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.—*Psalms 19:14*



Peace comes from within. Do not seek it without.—*Buddha*

O SON OF BEING!

Thou art My lamp and My light is in thee. Get thou from it thy radiance and seek none other than Me. For I have created thee rich and have bountifully shed My favor upon thee.—*Bahá'u'lláh*

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

Do thou meditate on that which We have revealed unto thee, that thou mayest discover the purpose of God, thy Lord, and the Lord of all worlds. In these words the mysteries of Divine Wisdom have been treasured.—*Bahá'u'lláh*

