

O MY SERVANT!

Free thyself from the fetters of this world, and loose thy soul from the prison of self. Seize thy chance, for it will come to thee no more.

나의 종아 !

이 세상의 사슬에서 네 몸을 풀어내고  
자아(自我)의 감옥에서 네 영혼을 놓  
아 주어라. 너에게 기회는 다시 오지  
않으리니, 이를 꼭 붙들어라.

—Bahá'u'lláh

我的仆人啊!



让自己从俗世桎梏中挣脱出来，  
把灵魂从自我牢狱里释放出来！  
机不可失，  
时不再来！

おおわが僕よ！

この世の束縛より自由になれ。また自  
我の牢獄より汝の魂を解き放て。汝の  
好機を掴め。そは再び汝を訪わざれ  
ば。



In man there are two natures... Signs of both these natures are to be found in men. In his material aspect he expresses untruth, cruelty and injustice; all these are the outcome of his lower nature.

The attributes of his Divine nature are shown forth in love, mercy, kindness, truth and justice, one and all being expressions of his higher nature. Every good habit, every noble quality belongs to man's spiritual nature, whereas all his imperfections and sinful actions are born of his material nature. If a man's Divine nature dominates his human nature, we have a saint.

—Abdu'l-Bahá

## Life of the Spirit Life of the Spirit



In man there are two natures; his spiritual or higher nature and his material or lower nature. In one he approaches God, in the other he lives for the world alone.

— 'Abdu'l-Baha

山中问答  
问余何意栖碧山  
笑而不答心自闲  
桃花流水窅然去  
别有天地在人间



You ask for what reason I stay on the green mountain,  
I smile, but do not answer, my heart is at leisure.  
Peach blossom is carried far off by flowing water,  
Apart, I have heaven and earth in the human world



--Li Bai

Thus it is said, "The perfect man ignores self; the divine  
man ignores achievement; the true Sage ignores  
reputation."



--Tao, Chuangtse

"I have heard say, 'The man of Tao has no (concern) reputation; the  
truly virtuous has no (concern for) possessions; the truly great man  
ignores self.' This is the height of self-discipline."

--Tao, Chuangtse

*If our chalice is full of self, there is no room in it for  
the water of life.*



--Abdu'l-Baha

Conquering oneself is better than conquering other people;



--Sayings of the Buddha

*I was happy all that time in prison. When one is released  
from the prison of self, that is indeed release, for  
that is the greater prison. When this release takes  
place then one cannot be outwardly imprisoned.*

--Abdu'l-Baha

When they put my feet in stocks (*chains*), I would  
say to the guard, 'You cannot imprison me, for  
here I have light and air and bread and water.  
There will come a time when my body will be in  
the ground, and I shall have neither light nor air  
nor food nor water, but even then I shall not be  
imprisoned.'

--Abdu'l-Baha



O God! Refresh and gladden my spirit. Purify  
my heart. Illumine my powers. I lay all my  
affairs in Thy hand. Thou art my Guide and  
my Refuge. I will no longer be sorrowful and  
grieved; I will be a happy and joyful being. O  
God! I will no longer be full of anxiety, nor will  
I let trouble harass me. I will not dwell on the  
unpleasant things of life.

O God! Thou art more friend to me than I  
am to myself. I dedicate myself to Thee, O  
Lord.

--Abdu'l-Baha