



灵性之子啊！

我首要的忠告是：

拥有一颗纯洁、仁慈和意气风发的心！

亘古、永恒与生生不灭的王国就属于你！



SON OF SPIRIT!

My first counsel is this:

Possess a pure, kindly and radiant heart, that thine may be a sovereignly ancient, imperishable and everlasting.

--Baha'u'llah

*In the Midst of movement  
and chaos,  
keep stillness inside of you.*

--unknown

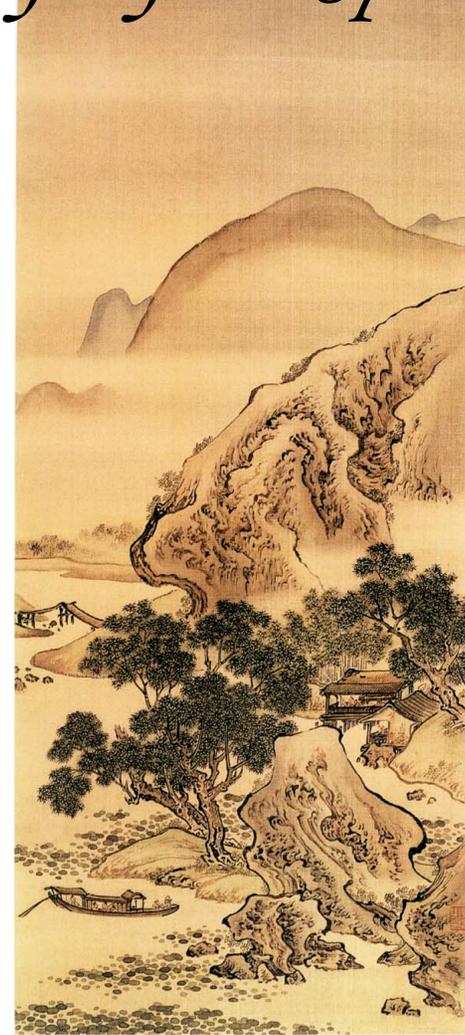
Let your hearts be filled with the strenuous desire that *tranquillity* and *harmony* may encircle all this warring world.

--Abdu'l-Baha



# *Life of the Spirit*

## *Life of the Spirit*



*“The body without spirit is not capable of real accomplishment... Without the light, the lamp or candle is not illuminating.”*

*-Abdu'l-Baha*

The human heart feels things the eyes cannot see, and knows what the mind cannot understand.

...and all should gather together, and, harmoniously attuned one to another, engage in prayer; with the result that out of this coming together, unity and affection shall grow and flourish in the *human heart*.

--Abdu'l-Baha



朋友啊！

在你的心田里，  
只种爱的玫瑰。  
别让友爱与渴望之夜莺，  
从你手中高飞。  
珍视与正直者交谊，  
切勿与邪恶者暧昧。

O FRIEND!

In the garden of thy heart plant naught but the rose of love,  
and from the nightingale of affection and desire loosen not thy hold.

Treasure the companionship of the righteous and eschew all fellowship with the ungodly.

--Baha'u'llah



...by the mention of God shall *their hearts be comforted*...

--Muhammad, The Qur'an



if you desire with all your heart, friendship with every race on earth, **your thought, spiritual and positive, will spread;** it will become the desire of others, growing stronger and stronger, until it reaches the minds of all men.

--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-Bahá

おお神よ。わたしの精神を活気づけ、喜ばせ給え。わたしの心を清め、わたしの力を輝きあるものとなし給え。わたしは全てをあなたの御手(みて)に委ねまつります。あなたはわが導きであり、わが隠れ家におわします。わたしはもう、悲しみもせず、憂いもいたしません。幸せで、喜びに満ちた者になります。おお神よ。わたしはもう、不安に心を満たすこともなく、困難にも悩まされません。また、人生の不快なことにも煩(わづら)わされません。

おお神よ。あなたは、わたし自(じ)身より、もっとわたしに親(した)しい御方におわします。おお主よ、わたし自(じ)身をあなたに捧げまつります。

アブドル・バハ