

MEDITATIONS ON

Gratitude

ELEVATE

*I*n this day, to thank God for His bounties
consisteth in possessing a radiant heart,
and a soul open to the promptings of the spirit.
This is the essence of thanksgiving.

'Abdu'l-Bahá

...If you love and must needs have desires, let these be your desires:
To melt and be like a running brook that sings its melody to the night.
To know the pain of too much tenderness.
To be wounded by your own understanding of love;
And to bleed willingly and joyfully.
To wake at dawn with a winged heart and give thanks for another day of loving;
To rest at noon hour and meditate love's ecstasy;
To return home at eventide with gratitude;
And then to sleep with a prayer for the beloved in your heart
and a song of praise on your lips.

Khalil Gibran

*A*ll that has been created is for man,
who is at the apex of creation,
and he must be thankful for the divine bestowals.

All material things are for us,
so that through our gratitude we may learn
to understand life as a divine benefit...

Therefore we must be happy
and spend our time in praises, appreciating all things.

'Abdu'l-Bahá

*W*hen you arise in the morning,
give thanks for the morning light,
for your life and strength.
Give thanks for... the joy of living.

Attributed to Tecumseh

*I*f you look to others for fulfillment, you will never be fulfilled...

Be content with what you have; rejoice in the way things are.
When you realize there is nothing lacking, the world belongs to you.

Lao Tzu

*W*hen man...manifests susceptibilities of conscience,
the heart is happy, the spirit is exhilarated.
These spiritual susceptibilities are ideal thanksgiving.
There is a cordial thanksgiving, too,
which expresses itself in the deeds and actions of man
when his heart is filled with gratitude.

'Abdu'l-Bahá

*T*he ship of my life may or may not be sailing on calm and amiable seas.
The challenging days of my existence
may or may not be bright and promising.
Stormy or sunny days, glorious or lonely nights,
I maintain an attitude of gratitude.
If I insist on being pessimistic, there is always tomorrow.
Today I am blessed.

Maya Angelou

Gratitude is the sign of a noble soul.

Aesop

*B*e patient and grateful.
...Strive that thou mayest acquire
merciful characteristics,
mayest become illumined
and acquire the attributes of the Kingdom.

‘Abdu’l-Bahá



my God! My God!

Thanks be to Thee for guiding me unto Thy Kingdom,
for opening before my face the door of Thy guidance,
enlightening my eyes with beholding Thy signs,
and filling my heart with the feelings of Thy love.

O Lord! O Lord! Make me severed from the world and void of its conditions,
attracted by the fragrances of Thy holiness among Thy maid-servants,
free in heart, happy in soul, cheerful in mind, longing for the Kingdom of Thy
Beauty, and glowing with the fire of Thy love in the world.

Thus may I enkindle the light of guidance in the hearts of Thy servants.

Verily, Thou art the Powerful, the Bestower, the Precious, the Mighty!

'Abdu'l-Bahá

*T*he virtues and attributes pertaining unto God are all evident and manifest, and have been mentioned and described in all the heavenly Books.

Among them are trustworthiness, truthfulness, purity of heart while communing with God, forbearance, resignation to whatever the Almighty hath decreed, contentment with the things His Will hath provided, patience, nay, thankfulness in the midst of tribulation, and complete reliance, in all circumstances, upon Him.

These rank, according to the estimate of God, among the highest and most laudable of all acts. All other acts are, and will ever remain, secondary and subordinate unto them....

Bahá'u'lláh

*A*ny who is (so) grateful does so to the profit of his own soul.

Quran

...*L*ead forth thy people from darkness into light...
therein are signs unto every patient and grateful person.

Quran

*F*rom amongst all mankind hath He chosen you,
and your eyes have been opened to the light of guidance
and your ears attuned to the music of the Company above;
and blessed by abounding grace,
your hearts and souls have been born into new life.
Thank ye and praise ye God that the hand of infinite bestowals
hath set upon your heads this gem-studded crown,
this crown whose lustrous jewels
will forever flash and sparkle down all the reaches of time.
To thank Him for this, make ye a mighty effort,
and choose for yourselves a noble goal.

'Abdu'l-Bahá

A

ll praise to the omnipotent Lord, that in this auspicious day
He Who is the Sun of bounty has shone out so fair and bright as to light up the world of the hearts.

He has burned away the veils of waywardness and ignorance.

He has struck off the fetters of baseless myths and ignoble concepts
that chained the people hand and foot.

He has cleansed and burnished the mirrors of men's souls,
sullied by the dust and rust of this dark world...

He has hoisted the banner of oneness, and destroyed the foundations of estrangement.

Under the sway of His unity, the many-coloured races and diverse religions
have tasted the rose-red wine of His love..

those pure in spirit who have set eyes upon Him, and approached the place He dwells in,
reflecting Him have shone out like mirrors, and cleaving to Him alone,
they have detached their hearts from all else but Him.

They have heard, with their inner ears, His words,
and they have noted His ways, and forgotten all else.

They are ever soaring upward, out of the lower world to the world above,
and they are fit to be told the mysteries, and they understand them.

Such a day, then, is a day for praise and thanks, a time of benedictions and blessings.

Let us turn our hearts to the world aloft saying:

O Thou Kind Bestower, O Nourisher of our souls and hearts!

We have no aim, except to walk Thy path; we have no wish, except to bring Thee joy.

Our souls are united, and our hearts are welded, each to each.

In offering Thee our thanks and praise, in following Thy ways
and soaring in Thy skies, we are all one.

We are helpless, stand Thou by us, and give us strength.

Thou art the Protector, the Provider, the Kind.

1. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 153, p.179. ↵
2. Khalil Gibran, 'On Love', in *The Prophet* (New York: Alfred A. Knopf, 1923). ↵
3. 'Abdu'l-Bahá, cited by J.E. Esslemont, in *Bahá'u'lláh and the New Era* (Wilmette: Bahá'í Publishing Trust, 1980), p.103. ↵
4. Attributed to Tecumseh by Johann Christoph Arnold in *Rich in Years: Finding Peace and Purpose in a Long Life* (Robertsbridge: Plough Publishing House, 2014). ↵
5. *Lao Tzu, Tao Te Ching, translated by Stephen Mitchell, Chapter 44.* ↵
6. *The Promulgation of Universal Peace: Talks Delivered by 'Abdu'l-Bahá during His Visit to the United States and Canada in 1912* (Wilmette: Bahá'í Publishing Trust, 1982), p.236. ↵
7. Maya Angelou, *Letter to My Daughter* (London: Virago, 2012 ed.), p.70. ↵
8. 'Androcles', in *Aesop's Fables.* ↵
9. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 197, p.23. ↵
10. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), p. 111. ↵
11. *Gleanings From the Writings of Bahá'u'lláh* (Wilmette: Bahá'í Publishing Trust, 1990), no. 134, p.290. ↵
12. The Quran, translated by Abdullah Yusuf Ali, 31:12. ↵
13. The Quran, translated by George Sale, 4:15 ↵
14. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 17, p.35. ↵
15. *Bahíyyih Khánum, the Greatest Holy Leaf* (Haifa: Bahá'í World Centre, 1982) , no.42, pp. 155-156. ↵

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