

MEDITATIONS ON

Wellness

ELEVATE

*T*here are two causes for sickness, one is material, the other spiritual.  
If the sickness is of the body, a material remedy is needed,  
if of the soul, a spiritual remedy...  
keep your faces steadfastly turned to the light,  
so that ye may be as lighted torches in the dark places of life.

'Abdu'l-Bahá

*I* hope thou wilt become as a rising light and obtain spiritual health -  
and spiritual health is conducive to physical health.

'Abdu'l-Bahá

To keep the body in good health is a duty...  
otherwise we shall not be able to keep our mind strong and clear.

Attributed to Gautama Buddha

*Y*ou should not neglect your health,  
but consider it the means which enables you to serve.  
It - the body - is like a horse which carries the personality and spirit,  
and as such should be well cared for so it can do its work!  
You should certainly safeguard your nerves, and force yourself to take time,  
and not only for prayer meditation, but for real rest and relaxation.

Shoghi Effendi

*N*aked am I, O my God! Clothe me with the robe of Thy tender mercies.  
I am sore athirst; give me to drink of the oceans of Thy bountiful favor.  
I am a stranger; draw me nearer unto the source of Thy gifts.  
I am sick; sprinkle upon me the healing waters of Thy grace.  
I am a captive; rid me of my bondage, by the power of Thy might  
and through the force of Thy will, that I may soar on the wings of detachment  
towards the loftiest summits of Thy creation.  
Thou, verily, doest what Thou choosest. There is no God but Thee,  
the Help in Peril, the All-Glorious, the Unconstrained.

Bahá'u'lláh

*H*ealth is the greatest of gifts.  
contentedness the best riches;  
trust is the best of relationships,  
Nirvâna the highest happiness.

Attributed to Gautama Buddha

*R*est and repose for some time  
and let your strength and breath be renewed.  
When a bird has been soaring in the air for a long time,  
it has to come down and rest for a while...

'Abdu'l-Bahá



*H*ealing through purely spiritual forces is undoubtedly as inadequate as that which materialist physicians and thinkers vainly seek to obtain by resorting entirely to mechanical devices and methods. The best result can be obtained by combining the two processes: spiritual and physical.

Shoghi Effendi

*L*ooking after one's health is done with two intentions.

Man may take good care of his body  
for the purpose of satisfying his personal wishes.  
Or, he may look after his health with the good intention  
of serving humanity and of living long enough  
to perform his duty toward mankind. The latter is more commendable.

Between material things and spiritual things there tis a connection.  
The more healthful his body the greater will be the power of the spirit of man;  
the power of the intellect, the power of the memory,  
the power of reflection will be greater.

'Abdu'l-Bahá



God my God! I beg of Thee by the ocean of Thy healing,  
and by the splendors of the Daystar of Thy grace,  
and by Thy Name through which Thou didst subdue Thy servants,  
and by the pervasive power of Thy most exalted Word  
and the potency of Thy most august Pen,  
and by Thy mercy that hath preceded the creation  
of all who are in heaven and on earth,  
to purge me with the waters of Thy bounty from every affliction and disorder,  
and from all weakness and feebleness.  
Thou seest, O my Lord, Thy suppliant waiting at the door of Thy bounty,  
and him who hath set his hopes on Thee  
clinging to the cord of Thy generosity.  
Deny him not, I beseech Thee, the things he seeketh  
from the ocean of Thy grace and the Daystar of Thy loving-kindness.  
Powerful art Thou to do what pleaseth Thee.  
There is none other God save Thee, the Ever-Forgiving, the Most Generous.

Bahá'u'lláh

1. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p.19. ↵
2. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), pp. 305-306. ↵
3. Attributed to Gautama Buddha, by Joey Klein, in *The Inner Matrix: A Guide to Transforming Your Life and Awakening Your Spirit* (Bloomington, IN: Balboa Press, 2014), p.136. ↵
4. From a letter dated 3 November 1947 written on behalf of Shoghi Effendi to an individual believer, published in *Lights of Guidance: A Bahá'í Reference File*, compiled by Helen Bassett Hornby (New Delhi: Bahá'í Publishing Trust, 1996), no.1013. ↵
5. *Prayers and Meditations by Bahá'u'lláh*, (Wilmette: Bahá'í Publishing Trust, 1987), no.64, p.104. ↵
6. Attributed to Gautama Buddha in the Dhammapada, translated by Max Muller, Chapter 15, verse 204. ↵
7. 'Abdu'l-Bahá, from a talk delivered on 18 May 1910, published in "Bahá'í News", vol.1, no.8 (August 1910), p. 8. ↵
8. From a letter dated 12 March 1934, written on behalf of the Guardian to an individual believer, published in *Lights of Guidance: A Bahá'í Reference File*, compiled by Helen Bassett Hornby (New Delhi: Bahá'í Publishing Trust, 1996), no.1013. ↵
9. 'Abdu'l-Bahá, cited in 'The Divine Art of Living: A Compilation' by Mrs. Mary M. Rabb, Chapter VIII, Spiritual Healing, published in "Star of the West", vol.8, no.18 (February 1918), p. 231. ↵
10. *Prayers and Meditations by Bahá'u'lláh*, (Wilmette: Bahá'í Publishing Trust, 1987), no.174, pp.265-266. ↵



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