

MEDITATIONS ON

# *Strength*

ELEVATE



*B*e calm, be strong, be grateful,  
and become a lamp full of light,  
that the darkness of sorrows be annihilated,  
and that the sun of everlasting joy arise  
from the dawning-place of heart and soul,  
shining brightly.

'Abdu'l-Bahá

*D*o not despair!

Work steadily. Sincerity and love will conquer hate.  
How many seemingly impossible events are coming to pass in these days!  
Set your faces steadily towards the Light of the World.  
Show love to all;  
'Love is the breath of the Holy Spirit in the heart of Man'.  
Take courage!...Let your hearts be filled with the strenuous desire  
that tranquillity and harmony may encircle all this warring world.

'Abdu'l-Bahá

*U*phold truthfulness, audacity, frankness, and courage.

'Abdu'l-Bahá

*T*he troubles of this world pass,  
and what we have left is what we have made of our souls;  
so it is to this we must look—to becoming more spiritual...  
no matter what our human minds and bodies go through.

Shoghi Effendi

One isn't necessarily born with courage,  
but one is born with potential.

Without courage,  
we cannot practice any other virtue with consistency.  
We can't be kind, true, merciful, generous, or honest.

Maya Angelou

*B*e not the slave of your moods, but their master.

But if you are so angry, so depressed and so sore  
that your spirit cannot find deliverance and peace even in prayer,  
then quickly go and give some pleasure to someone lowly  
or sorrowful, or to a guilty or innocent sufferer!  
Sacrifice yourself, your talent, your time, your rest to another,  
to one who has to bear a heavier load than you —  
and your unhappy mood will dissolve into a blessed,  
contented submission to God.

Attributed to 'Abdu'l-Bahá



Cloud of Mercy, grant us some drops of rain. O Flowering Bed of grace,  
send forth a fragrant breeze. O Sea of all bestowals, roll towards us a great wave.

O Sun of Bounty, send down a shaft of light.

Grant us pity, grant us grace...help us, favour us;  
withered as we are, revive us with showers from Thy clouds of grace;  
lowly as we are, illumine us with bright rays from the Day-Star of Thy oneness.

Cast Thou these thirsty fish into the ocean of Thy mercy,  
guide Thou this lost caravan to the shelter of Thy singleness;  
to the wellspring of guidance lead Thou the ones who have wandered far astray,  
and grant to those who have missed the path  
a haven within the precincts of Thy might.

Lift Thou to these parched lips the bounteous and soft-flowing waters of heaven,  
raise up these dead to everlasting life.

Grant Thou to the blind eyes that will see.

Make Thou the deaf to hear, the dumb to speak.

Set Thou the dispirited ablaze, make Thou the heedless mindful,  
warn Thou the proud, awaken those who sleep. Thou art the Mighty,

Thou art the Bestower, Thou art the Loving.

Verily Thou art the Beneficent, the Most Exalted.

'Abdu'l-Bahá



*B*e strong and of good courage, do not fear nor be afraid.

Deuteronomy 31:6-7

*T*hou wert created to bear and endure....  
When the shafts fly, press onward!

Bahá'u'lláh

*B*e thou strong and firm. Be thou resolute and steadfast.

When the tree is firmly rooted, it will bear fruit.

Therefore, it is not permitted to be agitated by any test.

Be thou not disheartened. Be thou not discouraged.

'Abdu'l-Bahá

*V*ulnerability sounds like truth and feels like courage.  
Truth and courage aren't always comfortable, but they're never weakness.

Brené Brown



*F*aith is a place of mystery, where we find the courage to believe in what we cannot see and the strength to let go of our fear of uncertainty.

Brené Brown



Lord! I am weak, strengthen me with Thy power and potency.

My tongue falters, suffer me to utter Thy commemoration and praise.

I am lowly, honor me through admitting me into Thy kingdom.

I am remote, cause me to approach the threshold of Thy mercifulness.

O Lord! Make me a brilliant lamp, a shining star and a blessed tree, adorned with  
fruit, its branches overshadowing all these regions. Verily, Thou art the Mighty,  
the Powerful and Unconstrained.

'Abdu'l-Bahá

O Thou Lord! Regenerate these souls, and confer upon them a new life.  
 Animate the spirits, inform the hearts, open the eyes, and make the ears  
 attentive. From Thine ancient treasury confer a new being and animus,  
 and from Thy preexistent abode assist them to attain to new confirmations.  
 ...Verily, the world is in need of reformation. Bestow upon it a new existence.  
 Give it newness of thoughts, and reveal unto it heavenly sciences.  
 Breathe into it a fresh spirit, and grant unto it a holier and higher purpose.  
 O God! Verily, Thou hast made this century radiant,  
 and in it Thou hast manifested Thy merciful effulgence.  
 Thou hast effaced the darkness of superstitions  
 and permitted the light of assurance to shine.  
 O God! Grant that these servants may be acceptable at Thy threshold.  
 Reveal a new heaven, and spread out a new earth for habitation....  
 Bestow new thoughts, new life upon mankind.  
 Endow souls with new perceptions, and confer upon them new virtues.  
 Verily, Thou art the Almighty, the Powerful. Thou art the Giver, the Generous.

'Abdu'l-Bahá

1. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), p. 405. ↵
2. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p. 30. ↵
3. 'Abdu'l-Bahá, cited by Shoghi Effendi in a letter dated 30 January 1926 to the Local Spiritual Assemblies of Iran, translated from Persian, in *Agriculture and Rural Life*: Compiled by the Research Department of the Universal House of Justice (Haifa, 1995). ↵
4. From a letter dated 5 August 1949 written on behalf of Shoghi Effendi to an individual believer, published in *Directives from the Guardian* (New Delhi, 1973), p.68. ↵
5. Maya Angelou, cited in an interview in *USA Today* (March 5, 1988). ↵
6. Attributed to 'Abdu'l-Bahá in an unpublished English translation of notes in German by Dr. Josephine Fallscheer taken on 5 August 1910. ↵
7. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 2, p.7. ↵
8. *The Holy Bible, Deuteronomy 31:6-7*. ↵
9. Bahá'u'lláh, 'The Fire Tablet', in *Bahá'í Prayers, compiled by the United States Bahá'í Publishing Trust*. ↵
10. 'Abdu'l-Bahá, cited in *The Divine Art of Living: A Compilation by Mrs. Mary M. Rabb, Chapter IX, Tests*, published in "Star of the West", vol.8, no.19 (March 1918), p. 239.↵
11. Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (2015). ↵
12. Brené Brown, *The Gifts of Imperfection* (2018). ↵
13. From a Tablet to the Bahá'ís of the Central States, published in *Tablets of the Divine Plan* (Wilmette: Bahá'í Publishing Trust, 1993), p.81. ↵
14. *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.276. ↵



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