

MEDITATIONS ON

Joy

ELEVATE



Lord, brighten Thou my face with the lights of Thy bestowals,
light Thou mine eyes with beholding the signs of Thine all-subduing might;
delight my heart with the glory of Thy knowledge that encompasseth all things,
gladden Thou my soul with Thy soul-reviving tidings of great joy,
O Thou King of this world and the Kingdom above,
O Thou Lord of dominion and might...
Thou art, verily, the Powerful, the Ever-Giving, the Able, the Omnipotent.

'Abdu'l-Bahá

*H*appiness consists of two kinds; physical and spiritual.

The physical happiness is limited; its utmost duration is one day,
one month, one year. It hath no result.

Spiritual happiness is eternal and unfathomable.

This kind of happiness appeareth in one's soul with the love of God
and suffereth one to attain to the virtues and perfections of the world of humanity.

Therefore, endeavor as much as thou art able
in order to illuminate the lamp of thy heart by the light of love.

'Abdu'l-Bahá

*T*he inner joy that every individual seeks,
unlike a passing emotion,
is not contingent on outside influences;
it is a condition, born of certitude and conscious knowledge,
fostered by a pure heart, which is able to distinguish
between that which has permanence and that which is superficial.

Universal House of Justice

*T*he soul of man must be happy no matter where he is.
One must attain to that condition of inward beatitude and peace;
then outward circumstances will not alter
his spiritual calmness and joyousness.

Attributed to 'Abdu'l-Bahá

*T*he world needs more happiness and illumination.

The star of happiness is in every heart,
we must remove the clouds so that it may twinkle radiantly.

Happiness is an eternal condition.

When it is once established, man will ascend to the supreme heights of bliss.

A truly happy man will not be subject to the shifting eventualities of time.

Like unto an eternal king he will sit upon the throne of fixed realities.

He will be impervious to outward changing of circumstances
and through his deeds and actions, impart happiness to others.

Attributed to 'Abdu'l-Bahá

*T*hose who believe and do right:
joy is for them, and bliss (their) journey's end.

Quran

In this world we are influenced by two sentiments, Joy and Pain.

Joy gives us wings! In times of joy our strength is more vital,
our intellect keener, and our understanding less clouded.

We seem better able to cope with the world
and to find our sphere of usefulness.

But when sadness visits us we become weak, our strength leaves us,
our comprehension is dim and our intelligence veiled.

The actualities of life seem to elude our grasp, the eyes of our spirits fail to
discover the sacred mysteries, and we become even as dead beings.

There is no human being untouched by these two influences; but all the sorrow
and the grief that exist come from the world of matter — the spiritual world
bestows only the joy! If we suffer it is the outcome of material things,
and all the trials and troubles come from this world of illusion.

'Abdu'l-Bahá

*I*f the day be dark, how much a gleam of sunshine is prized;
so...wear smiling happy faces,
gleaming like sunshine in the darkness.
Let the Light of Truth and Honesty shine...

'Abdu'l-Bahá



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.

Attributed to 'Abdu'l-Bahá

*T*he light of the eyes rejoices the heart,
and good news refreshes the bones.

Proverbs 15:30

It is our hope that the bounties of God will encompass us all,
the gifts of the divine become manifest,
the lights of the Sun of Truth illumine our eyes, inspire our hearts,
convey to our souls cheerful glad tidings of God,
cause our thoughts to become lofty and our efforts to be productive of glorious
results. In a word, it is our hope that we may attain to that which is the summit of
human aspirations and wishes.

'Abdu'l-Bahá

*M*y home is the home of peace.

My home is the home of joy and delight.

My home is the home of laughter and exultation.

Whoever enters through the portals of this home
must go out with gladsome heart.

Attributed to 'Abdu'l-Bahá



Thou kind Lord!

O Thou Who art generous and merciful!

We are servants of Thy threshold and are gathered
beneath the sheltering shadow of Thy divine unity.

The sun of Thy mercy is shining upon all,
and the clouds of Thy bounty shower upon all.

Thy gifts encompass all, Thy loving providence sustains all,
Thy protection overshadows all, and the glances of Thy favor are cast upon all.
O Lord! Grant Thine infinite bestowals, and let the light of Thy guidance shine.

Illumine the eyes, gladden the hearts with abiding joy.

Confer a new spirit upon all people and bestow upon them eternal life.
Unlock the gates of true understanding and let the light of faith shine resplendent.

Gather all people beneath the shadow of Thy bounty
and cause them to unite in harmony,
so that they may become as the rays of one sun,
as the waves of one ocean, and as the fruit of one tree.

May they drink from the same fountain.

May they be refreshed by the same breeze.

May they receive illumination from the same source of light.

Thou art the Giver, the Merciful, the Omnipotent.


'Abdu'l-Bahá

1. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 146, pp.174-175. ↵
2. *Tablets of Abdul-Baha Abbas* (New York: Bahá'í Publishing Committee, 1909), pp. 673-674. ↵
3. From a letter dated 19 April 2013 written on behalf of the Universal House of Justice to a number of individual Bahá'ís resident in Europe. ↵
4. Attributed to 'Abdu'l-Bahá in the Diary of Mirza Ahmad Sohrab, July 3, 1913, cited in *The Divine Art of Living: A Compilation by Mrs. Mary M. Rabb*, Chapter I, 'Welcome to the Kingdom of God', published in "Star of the West", vol.7, no.16 (December 1916), p. 161. ↵
5. Attributed to 'Abdu'l-Bahá in the Diary of Mirza Ahmad Sohrab, Jan 7, 1914, published in "Star of the West", vol.7, no.9 (August 1916), p. 81. ↵
6. Quran 13:29, Translation by M. Pickthall, *The Meaning of the Glorious Quran* (1930). ↵
7. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (Wilmette: Bahá'í Publishing, 2006, 2016 printing), no. 35.2, p. 135. ↵
8. *'Abdu'l-Bahá in London* (London: UK Bahá'í Publishing Trust, 1982 printing), pp. 124-125. ↵
9. *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá* (US Bahá'í Publishing Trust, 1991), p152. ↵
10. *The Holy Bible*, (English Standard Version), Proverbs 15:30. ↵
11. *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), pp. 467-468. ↵
12. Attributed to 'Abdu'l-Bahá in the Diary of Mirza Ahmad Sohrab, March 26, 1914, published in "Star of the West", vol.9, no.3 (April 1918), p. 40. ↵
13. *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), pp. 116.13. ↵




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