

Some Bahá'í Prayers and Meditations

Sweet-Scented Streams

From the sweet-scented streams of Thine eternity give me to drink, O my God, and of the fruits of the tree of Thy being enable me to taste, O my Hope! From the crystal springs of Thy love suffer me to quaff, O my Glory, and beneath the shadow of Thine everlasting providence let me abide, O my Light! Within the meadows of Thy nearness, before Thy presence, make me able to roam, O my Beloved, and at the right hand of the throne of Thy mercy, seat me, O my Desire! From the fragrant breezes of Thy joy let a breath pass over me, O my Goal, and into the heights of the paradise of Thy reality let me gain admission, O my Adored One! To the melodies of the dove of Thy oneness suffer me to hearken, O Resplendent One, and through the spirit of Thy power and Thy might quicken me, O my Provider! In the spirit of Thy love keep me steadfast, O my Succourer, and in the path of Thy good pleasure set firm my steps, O my Maker! Within the garden of Thine immortality, before Thy countenance, let me abide for ever, O Thou Who art merciful unto me, and upon the seat of Thy glory stablish me, O Thou Who art my Possessor! To the heaven of Thy loving-kindness lift me up, O my Quickener, and unto the Daystar of Thy guidance lead me, O Thou my Attractor! Before the revelations of Thine invisible spirit summon me to be present, O Thou Who art my Origin and my Highest Wish, and unto the essence of the fragrance of Thy beauty, which Thou wilt manifest, cause me to return, O Thou Who art my God!

- Bahá'u'lláh

All praise be to Thee

All praise, O my God, be to Thee Who art the Source of all glory and majesty, of greatness and honour, of sovereignty and dominion, of loftiness and grace, of awe and power. Whomsoever Thou wilt Thou causest to draw nigh unto the Most Great Ocean, and on whomsoever Thou desirest Thou conferrest the honour of recognizing Thy Most Ancient Name. Of all who are in heaven and on earth, none can withstand the operation of Thy sovereign Will. From all eternity Thou didst rule the entire creation, and Thou wilt continue for evermore to exercise Thy dominion over all created things. There is none other God but Thee, the Almighty, The Most Exalted, the All-Powerful, the All-Wise.

Illumine, O Lord, the faces of Thy servants, that they may behold Thee; and cleanse their hearts that they may turn unto the court of Thy heavenly favours, and recognize Him Who is the Manifestation of Thy Self and the Dayspring of Thine Essence. Verily, Thou art the Lord of all worlds. There is no God but Thee, the Unconstrained, the All-Subduing.

- Bahá'u'lláh

Be Generous in Prosperity

Be generous in prosperity, and thankful in adversity. Be worthy of the trust of thy neighbour, and look upon him with a bright and friendly face. Be a treasure to the poor, an admonisher to the rich, an answerer of the cry of the needy, a preserver of the sanctity of thy pledge. Be fair in thy judgment, and guarded in thy speech. Be unjust to no man, and show all meekness to all men. Be as a lamp unto them that walk in darkness, a joy to the sorrowful, a sea for the thirsty, a haven for the distressed, an upholder and defender of the victim of oppression. Let integrity and uprightness distinguish all thine acts. Be a home for the stranger, a balm to the suffering, a tower of strength for the fugitive. Be eyes to the blind, and a guiding light unto the feet of the erring. Be an ornament to the countenance of truth, a crown to the brow of fidelity, a pillar of the temple of righteousness, a breath of life to the body of mankind, an ensign of the hosts of justice, a luminary above the horizon of virtue, a dew to the soil of the human heart, an ark on the ocean of knowledge, a sun in the heaven of bounty, a gem on the diadem of wisdom, a shining light in the firmament of thy generation, a fruit upon the tree of humility.

- Bahá'u'lláh

Create in Me a Pure Heart

Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! Through the spirit of power confirm Thou me in Thy Cause, O my Best-Beloved, and by the light of Thy glory reveal unto me Thy path, O Thou the Goal of my desire! Through the power of Thy transcendent might lift me up unto the heaven of Thy holiness, O Source of my being, and by the breezes of Thine eternity gladden me, O Thou Who art my God! Let Thine everlasting melodies breathe tranquility on me, O my Companion, and let the riches of Thine ancient countenance deliver me from all except Thee, O my Master, and let the tidings of the revelation of Thine

incorruptible Essence bring me joy, O Thou Who art the most manifest of the manifest and the most hidden of the hidden!

- Bahá'u'lláh

Remover of Every Anguish

O LORD!

Thou art the Remover of every anguish
and the Dispeller of every affliction.
Thou art He Who banisheth every sorrow
and setteth free every slave,
the Redeemer of every soul.

O Lord!

Grant deliverance through Thy mercy
and reckon me among such servants of Thine
as have gained salvation.

THE glory of glories and the most resplendent
light

rest upon Thee, O my God.

Thy majesty is so transcendent
that no human imagination can reach it
and Thy consummate power is so sublime
that the birds of men's hearts and minds
can never attain its heights.

All beings acknowledge their powerlessness
to praise Thee as beseemeth Thy station.

Immeasurably exalted art Thou.

No one can glorify Thy Being,
or fathom the evidences of Thy bounty
as it exists in Thine inmost Essence,
since Thou alone knowest Thyself
as Thou art
in Thyself.

- Báb

Refresh and Gladden My Spirit

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

I Beseech Thee

I beseech Thee, O my Lord, by Thy most effulgent splendour, before whose brightness every soul humbly boweth down and prostrateth itself in adoration for Thy sake - a splendour before whose radiance fire is turned into light, the dead are brought to life and every difficulty is changed into ease. I entreat Thee by this great, this wondrous splendour and by the glory of Thine exalted sovereignty, O Thou Who art the Lord of indomitable power, to transform us through Thy bounty into that which Thou Thyself dost possess and enable us to become fountains of Thy light, and graciously vouchsafe unto us that which beseemeth the majesty of Thy transcendent dominion. For unto Thee have I raised my hands, O Lord, and in Thee have I found sheltering support, O Lord, and unto Thee have I resigned myself, O Lord, and upon Thee have I placed my whole reliance, O Lord, and by Thee am I strengthened, O Lord.

Verily there is no power nor strength except in Thee.

- Báb

Thy Name is My Healing

Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succour in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.

- Bahá'u'lláh

Long Healing Prayer

He is the Healer, the Sufficer, the Helper, the All-Forgiving, the All-Merciful.

I call on Thee O Exalted One, O Faithful One, O Glorious One!

Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O Sovereign, O Upraiser, O Judge!

Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O Peerless One, O Eternal One, O Single One!

Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O Most Praised One, O Holy One, O Helping One!

Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O Omniscient, O Most Wise, O Most Great One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Clement One, O Majestic One, O Ordaining One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Beloved One, O Cherished One, O Enraptured One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Mightiest One, O Sustaining One, O Potent One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Ruling One, O Self-Subsisting, O All-Knowing One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Spirit, O Light, O Most Manifest One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Thou Frequented by all, O Thou Known to all, O Thou Hidden from all!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Concealed One, O Triumphant One, O Bestowing One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Almighty, O Succoring One, O Concealing One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Fashioner, O Satisfier, O Uprooter!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Rising One, O Gathering One, O Exalting One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Perfecting One, O Unfettered One, O Bountiful One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Beneficent One, O Withholding One, O Creating One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Most Sublime One, O Beauteous One, O Bounteous One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Just One, O Gracious One, O Generous One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O All-Compelling, O Ever-Abiding, O Most Knowing One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Magnificent One, O Ancient of Days, O Magnanimous One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Well-guarded One, O Lord of Joy, O Desired One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Thou Kind to all, O Thou Compassionate with all, O Most Benevolent One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Haven for all, O Shelter to all, O All-Preserving One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Thou Succorer of all, O Thou Invoked by all, O Quickening One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Unfolder, O Ravager, O Most Clement One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Thou my Soul, O Thou my Beloved, O Thou my Faith!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Quencher of thirsts, O Transcendent Lord, O Most Precious One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Greatest Remembrance, O Noblest Name, O Most Ancient Way!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Most Lauded, O Most Holy, O Sanctified One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Unfastener, O Counselor, O Deliverer!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Friend, O Physician, O Captivating One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O Glory, O Beauty, O Bountiful One!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!
I call on Thee O the Most Trusted, O the Best Lover, O Lord of the Dawn!
Thou the Sufficing, Thou the Healing, Thou the Abiding, O Thou Abiding One!

I call on Thee O Enkindler, O Brightener, O
Bringer of Delight!

Thou the Sufficing, Thou the Healing, Thou the
Abiding, O Thou Abiding One!

I call on Thee O Lord of Bounty, O Most
Compassionate, O Most Merciful One!

Thou the Sufficing, Thou the Healing, Thou the
Abiding, O Thou Abiding One!

I call on Thee O Constant One, O Life-giving One,
O Source of all Being!

Thou the Sufficing, Thou the Healing, Thou the
Abiding, O Thou Abiding One!

I call on Thee O Thou Who penetratest all things,
O All-Seeing God, O Lord of Utterance!

Thou the Sufficing, Thou the Healing, Thou the
Abiding, O Thou Abiding One!

I call on Thee O Manifest yet Hidden, O Unseen
yet Renowned, O Onlooker sought by all!

Thou the Sufficing, Thou the Healing, Thou the
Abiding, O Thou Abiding One!

I call on Thee O Thou Who slayest the Lovers, O
God of Grace to the wicked!

O Sufficer, I call on Thee, O Sufficer!

O Healer, I call on Thee, O Healer!

O Abider, I call on Thee O Abider!

Thou the Ever-Abiding, O Thou Abiding One!

Sanctified art Thou, O my God! I beseech Thee
by Thy generosity, whereby the portals of Thy
bounty and grace were opened wide, whereby the
Temple of Thy Holiness was established upon the
throne of eternity; and by Thy mercy whereby
Thou didst invite all created things unto the table
of Thy bounties and bestowals; and by Thy grace
whereby Thou didst respond, in Thine own Self
with Thy word "Yea!" on behalf of all in heaven
and earth, at the hour when Thy sovereignty and
Thy grandeur stood revealed, at the dawn-time
when the might of Thy dominion was made
manifest. And again do I beseech Thee, by these
most beauteous names, by these most noble and
sublime attributes, and by Thy most Exalted
Remembrance, and by Thy pure and spotless
Beauty, and by Thy hidden Light in the most
hidden pavilion, and by Thy Name, cloaked with
the garment of affliction every morn and eve, to
protect the bearer of this blessed Tablet, and
whoso reciteth it, and whoso cometh upon it, and
whoso passeth around the house wherein it is.
Heal Thou, then, by it every sick, diseased and
poor one, from every tribulation and distress, from
every loathsome affliction and sorrow, and guide
Thou by it whosoever desireth to enter upon the
paths of Thy guidance, and the ways of Thy
forgiveness and grace.

Thou art verily the Powerful, the All-Sufficing, the
Healing, the Protector, the Giving, the
Compassionate, the All-Generous, the All-Merciful

Seven Valleys

*by Bahá'u'lláh (an Extract of the first 2 valleys,
translated from the Persian)*

...until the wayfarer taketh leave of self, and
traverseth these stages, he shall never reach to
the ocean of nearness and union, nor drink of the
peerless wine. The first is The Valley of Search.

Valley of Search

The steed of this Valley is patience; without
patience the wayfarer on this journey will reach
nowhere and attain no goal. Nor should he ever
be downhearted; if he strive for a hundred
thousand years and yet fail to behold the beauty
of the Friend, he should not falter. For those who
seek the Ka'bih [holy Sanctuary at Mecca, here meaning goal.] Of
"for Us" rejoice in the tidings: "In Our ways will We
guide them." [Qur'án 29:69] In their search, they have
stoutly girded up the loins of service, and seek at
every moment to journey from the plane of
heedlessness into the realm of being. No bond
shall hold them back, and no counsel shall deter
them.

It is incumbent on these servants that they
cleanse the heart - which is the wellspring of
divine treasures - from every marking, and that
they turn away from imitation, which is following
the traces of their forefathers and sires, and shut
the door of friendliness and enmity upon all the
people of the earth.

In this journey the seeker reacheth a stage
wherein he seeth all created things wandering
distracted in search of the Friend. How many a
Jacob will he see, hunting after his Joseph; he will
behold many a lover, hasting to seek the Beloved,
he will witness a world of desiring ones searching
after the One Desired. At every moment he
findeth a weighty matter, in every hour he
becometh aware of a mystery; for he hath taken
his heart away from both worlds, and set out for
the Ka'bih of the Beloved. At every step, aid from
the Invisible Realm will attend him and the heat of
his search will grow.

One must judge of search by the standard of the
Majnún of Love. It is related that one day they
came upon Majnún sifting the dust, and his tears
flowing down. They said, "What doest thou?" He
said, "I seek for Laylí." They cried, "Alas for thee!
Laylí is of pure spirit, and thou seekest her in the
dust!" He said, "I seek her everywhere; haply
somewhere I shall find her."

Yea, although to the wise it be shameful to seek
the Lord of Lords in the dust, yet this betokeneth
intense ardour in searching. "Whoso seeketh out
a thing with zeal shall find it." [Arabian proverb.]

The true seeker hunteth naught but the object of
his quest, and the lover hath no desire save union
with his beloved. Nor shall the seeker reach his
goal unless he sacrifice all things. That is,

whatever he hath seen, and heard, and understood, all must he set at naught, that he may enter the realm of the spirit, which is the City of God. Labour is needed, if we are to seek Him; ardour is needed, if we are to drink of the honey of reunion with Him; and if we taste of this cup, we shall cast away the world.

On this journey the traveller abideth in every land and dwelleth in every region. In every face, he seeketh the beauty of the Friend; in every country he looketh for the Beloved. He joineth every company, and seeketh fellowship with every soul, that haply in some mind he may uncover the secret of the Friend, or in some face he may behold the beauty of the Loved One.

And if, by the help of God, he findeth on this journey a trace of the traceless Friend, and inhaleth the fragrance of the long-lost Joseph from the heavenly messenger, he shall straightway step into The Valley of Love ...

The Valley of Love

... and be dissolved in the fire of love. In this city the heaven of ecstasy is upraised and the world-illuminating sun of yearning shineth, and the fire of love is ablaze; and when the fire of love is ablaze, it burneth to ashes the harvest of reason.

Now is the traveller unaware of himself, and of aught besides himself. He seeth neither ignorance nor knowledge, neither doubt nor certitude; he knoweth not the morn of guidance from the night of error. He fleeth both from unbelief and faith, and deadly poison is a balm to him. Wherefore Attár saith:

For the infidel, error—for the faithful, faith;

For Attár's heart, an atom of Thy pain.

The steed of this Valley is pain; and if there be no pain this journey will never end. In this station the lover hath no thought save the Beloved, and seeketh no refuge save the Friend. At every moment he offereth a hundred lives in the path of the Loved One, at every step he throweth a thousand heads at the feet of the Beloved.

O My Brother! Until thou enter the Egypt of love, thou shalt never come to the Joseph of the Beauty of the Friend; and until, like Jacob, thou forsake thine outward eyes, thou shalt never open the eye of thine inward being; and until thou burn with the fire of love, thou shalt never commune with the Lover of Longing.

A lover feareth nothing and no harm can come nigh him: Thou seest him chill in the fire and dry in the sea.

A lover is he who is chill in hell fire;

A knower is he who is dry in the sea.

Love accepteth no existence and wisheth no life: He seeth life in death, and in shame seeketh glory. To merit the madness of love, man must abound in sanity; to merit the bonds of the Friend, he must be full of spirit. Blessed the neck that is caught in His noose, happy the head that falleth

on the dust in the pathway of His love. Wherefore, O friend, give up thy self that thou mayest find the Peerless One, pass by this mortal earth that thou mayest seek a home in the nest of heaven. Be as naught, if thou wouldst kindle the fire of being and be fit for the pathway of love.

Love seizeth not upon a living soul,

The falcon preyeth not on a dead mouse.

Love setteth a world aflame at every turn, and he wasteth every land where he carrieth his banner. Being hath no existence in his kingdom; the wise wield no command within his realm. The leviathan of love swalloweth the master of reason and destroyeth the lord of knowledge. He drinketh the seven seas, but his heart's thirst is still unquenched, and he saith, "Is there yet any more?" [Qur'án 50:29] He shunneth himself and draweth away from all on earth.

Love's a stranger to earth and heaven too;

In him are lunacies seventy-and-two.

He hath bound a myriad victims in his fetters, wounded a myriad wise men with his arrow. Know that every redness in the world is from his anger, and every paleness in men's cheeks is from his poison. He yieldeth no remedy but death, he walketh not save in the valley of the shadow; yet sweeter than honey is his venom on the lover's lips, and fairer his destruction in the seeker's eyes than a hundred thousand lives.

Wherefore must the veils of the satanic self be burned away at the fire of love, that the spirit may be purified and cleansed and thus may know the station of the Lord of the Worlds.

Kindle the fire of love and burn away all things,

Then set thy foot into the land of the lovers.

And if, confirmed by the Creator, the lover escapes from the claws of the eagle of love, he will enter The Valley of Knowledge ...

- Bahá'u'lláh