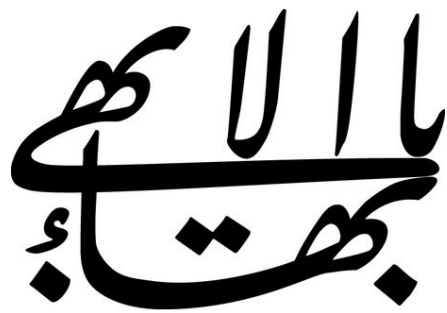


# TRANSFORMATIONAL PROCESSES INSPIRED BY THE WRITINGS OF BAHÁ'U'LLÁH



EMBRACING THE EXPERIENCE OF LOVE,  
UNITY, HARMONY AND WELLBEING  
IN EVERY ASPECT OF OUR LIVES.

## Instructions

Look through the workbook and discuss the quotes that inspire you.

# FASTING

Verily, I say, fasting is the supreme remedy and the most great healing from the disease of self and passion.

*Bahá'u'lláh*

*Talking points for discussion.*

What do you think "self and passion" refer to in the context of this writing?

What do you imagine your life would be like if you were free from "self and passion"?

Would you like to try fasting? If so, how do you think you would go about making fasting a part of your life.

# PRACTICE DETACHMENT

Fleeting are the riches of the world; all that perisheth and changeth is not, and hath never been, worthy of attention, except to a recognized measure.

*Bahá'u'lláh*

*Talking points for discussion.*

What does "the riches of the world" refer to in the writing?

What do you think "a recognised measure" means in this quote?

What difference do you think it would make in your life if you lived more in alignment with this writing?

What can you do to live more in alignment with this spiritual principle?

# LITTLE BY LITTLE, DAY BY DAY

Let each morn be better than its eve and  
each morrow richer than its yesterday.

*Bahá'u'lláh*

*Talking points for discussion.*

What do you think this writing means?

What would your life be like if you grew a little each day?

Can you think of a practical way to make this spiritual practice part of your life?

# PRACTICE MINDFULNESS

Lay not upon your souls that which will weary them and weigh them down, but rather what will lighten and uplift.

*Bahá'u'lláh*

*Talking points for discussion.*

What are the things that weary you and weigh you down?

When do you feel lightened and uplifted?

Can you think of things you can do to practice this writing in your life?

# REFLECT EVERY DAY

Bring thyself to account each day.

*Bahá'u'lláh*

*Talking points for discussion.*

What do you think it means to "bring thyself to account each day"?

Can you think of ways you could practice this?

What difference do you think it would make to your life if you practised this every day.

This workbook is just the creation of an individual that likes to share and discuss the teachings of Bahá'u'lláh. It is not in any way an official document of the Bahá'í Faith.

Bahá'í communities and activities are open to all.

If you would like to connect with your local Bahá'í community, send me an email. I will give you their contact details.

If you would like to know more about the Bahá'í Faith you may wish to check out these websites.

[www.Bahauallah.org](http://www.Bahauallah.org)      [www.Bahai.org](http://www.Bahai.org)

*Alláh-u-Abhá,*  
*Gearóid Carey*

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