

# Becoming Your True Self

## Unity through Community

Based on a paper by Dan Jordan

Learning about the Bahá'í Faith

Bahá'í Class – True Self3

# Transformation in Our Community

Bahá'u'lláh has provided for the formation of communities whose institutions may safeguard and promote the transformation of humanity. The Bahá'í community becomes, then, the place for our transformation.

At present, the Institute process gives us wonderful tools for transformation in children's classes, junior youth groups, study circles and devotional meetings.

# Transformation in Our Community

One of the most precious attributes of a Bahá'í community is its diversity. In a Bahá'í community we have a family of extremely diverse human beings with whom we establish meaningful relationships.

# Transformation in Our Community

The Bahá'í community offers more opportunities for knowing and loving in ways that help us to grow than can be found anywhere else. We are often put in the position of not quite knowing what to do, or if we do know what to do, we do not feel like doing it. These are tests which help our transformation.

Did you know that tests can be good for us?

Can you think of anyone you admire who  
has not had tests?

# Transformation in Our Community

'Abdu'l-Bahá states that without tests there is no spiritual development. If we turn to God for the solution and if we have the loving support of other members in the community we can pass the test successfully.

# Transformation in Our Community

Thus, for a Bahá'í, happiness is not a life free from anxiety or tension. That is the Bahá'í definition of boredom. Happiness for a Bahá'í is having tests and knowing how to summon the courage to pass them so that our knowing and loving capacities are further developed in service to humanity.



Are you happy?

# Becoming United

Unification of all peoples of the earth cannot take place if individual human beings are not united within themselves. Bahá'u'lláh said that he could find no human being who was inwardly and outwardly united.

# Becoming United

If your knowing and loving capacities are in conflict, then you are not inwardly or outwardly united. The result is that your words and deeds will not be in harmony. The goal of becoming one's true self means enabling your loving capacity to support your knowing powers and vice versa.

Are you ready to work on your loving capacity and your knowing powers?

# Becoming United

Science may be regarded as an expression of our knowing capacity and religion as an expression of our loving capacity.

Bahá'u'lláh taught that science and religion must go hand in hand, or the conflict will cause destruction. Science is when we turn in love towards the unknown in the universe and nature and want to know more about it.

The world of today is experiencing the conflict of science and religion.

What can you do to bring them together in your own life?

# Becoming United

The response to our individual anxieties and tests also has a social counterpart. Bahá'ís accept that building an ever-advancing civilization will lead to the Kingdom of God on earth, not through some miracle, but through dedicated efforts over a long period of time to become what we can become in the face of many trials and difficulties.

# Becoming United

Those who make these dedicated efforts are able to play an active part in the greatest miracle of all — consciously accepting the responsibility to become knowing and loving servants of mankind for the glorification of God.



Are you ready to make dedicated efforts?

Isn't it wonderful to be part of a miracle.

# Becoming United

In the *Seven Valleys and the Four Valleys*, Bahá'u'lláh writes:

*"If the travelers seek after the goal of the Intended One ... this station appertaineth to the self — but that self which is 'The Self of God standing within Him with laws.'*

# Becoming United

*"On this plane, the self is not rejected but beloved; it is well-pleasing and not to be shunned. Although at the beginning, this plane is the realm of conflict, yet it endeth in attainment to the throne of splendor... This is the plane of the self which is well-pleasing unto God. "*

Eagle on Shoghi Effendi's grave



# Prayer for Youth

*O Lord! Make this youth radiant, and confer Thy bounty upon this poor creature. Bestow upon him knowledge, grant him added strength at the break of every morn and guard him within the shelter of Thy protection so that he may be freed from error, may devote himself to the service of Thy Cause, may guide the wayward, lead the hapless, free the captives and awaken the heedless, that all may be blessed with Thy remembrance and praise. Thou art the Mighty and the Powerful.*

*(‘Abdu’l-Bahá in Bahá’í Prayers)*