

Abdu'l-Bahá's Travels to the West

London and Bristol

10-16 January 1913

Meditation

London

'Abdu'l-Bahá had many activities in London, speaking at Caxton Hall, Westminster, on 11 January, and a Congregational Church in East London on 14 January.



Caxton Hall, London

London

On Sunday 12 January 1913, He addressed the Friends' Meeting House on St. Martin's Lane, London, speaking about meditation, using our intellect in silent contemplation.



Friends'
Meeting
House
London



Meditation

Through the faculty of meditation man attains to eternal life; through it he receives the breath of the Holy Spirit – the bestowal of the Spirit is given in reflection and meditation....

This faculty of meditation frees man from the animal nature, discerns the reality of things, puts man in touch with God.

(‘Abdu’l-Bahá, Paris Talks, p. 175-176)

Meditation

This faculty brings forth from the invisible plane the sciences and arts. Through the meditative faculty inventions are made possible, colossal undertakings are carried out; through it governments can run smoothly. Through this faculty man enters into the very Kingdom of God.

(‘Abdu’l-Bahá, Paris Talks, p. 175-176)

Meditation

Nevertheless some thoughts are useless to man; they are like waves moving in the sea without result. But if the faculty of meditation is bathed in the inner light and characterized by divine attributes, the results will be confirmed.

(‘Abdu’l-Bahá, Paris Talks, p. 175-176)

Meditation

The meditative faculty is akin to the mirror; if you put it before earthly objects it will reflect them. Therefore if the spirit of man is contemplating earthly subjects it will be informed of these.

(‘Abdu’l-Bahá, *Paris Talks*, p. 175-176)

Meditation

But if you turn the mirror of your spirits heavenwards, the heavenly constellations and the rays of the Sun of Reality will be reflected in your hearts, and the virtues of the kingdom will be obtained.

(‘Abdu’l-Bahá, *Paris Talks*, p. 175-176)

Fellowship

On 15-16 January He went to Bristol, meeting with many outstanding people. He encouraged them to *“become the means of creating good fellowship between the children of men. May they relinquish those blind dogmas which have created strife in the world of humanity. May they become instrumental in putting into practice the Heavenly teaching.”*

(‘Abdu’l-Baha, in Earl Redman, *‘Abdu’l-Bahá in Their Midst*, Oxford: George Ronald, 2011, p. 302)

Abdu'l-Bahà
in Bristol

