

... the reality of man is ... the center where the glory of all the perfections of God shine forth...

-- 'Abdu'l-Bahá, Some Answered Questions, p. 196.

“One must see in every human being only that which is worthy of praise. When this is done, one can be a friend to the whole human race.”

-- Selections from the Writings of 'Abdu'l-Bahá, p. 169

RAINBOW OF ATTRIBUTES

Stand.

Follow with your eye upwards
Passing the thorns with oblivion
To the beauteous blossom
Of summoned springtime

Consider the smile or sigh
As your senses are pleased
By the reflection of light
Limited to the one undulation
Of red

Sit.

Follow with your eye throughout
Forgetting the harshness of the bark
To the loftiness of the foliage
Of flowing flutter

Ponder on the breeze of belief
Which swells in your soul
By the reflection of light
Limited to the one undulation
Of green

Kneel.

Follow with your eye thither
Ignoring the dirt and the dust
To the impregnable space
Of vainless vastness

Reflect on the exultation
Of utter nothingness within
Before the reflection of light
Limited to the one undulation
Of blue

Prostrate.

Follow with your heart beyond
Premitting human imperfections
To the Primal Prism
Of the All-Encompassing One

Know of the felicity
Of submission to greatness
To the Source of light
Containing all undulations
In one.