

# **HEALING THROUGH UNITY COURSE**

**A Course on Spiritual Education, Training and  
Application of the Bahá'í Teachings on Health  
and Healing.**

Sponsored by the Puslinch Bahá'í Community,  
Ontario, Canada.

# Introduction

The “Healing Through Unity” course was prepared to satisfy a need for practical and simple material which can be used by people who wish to acquire basic spiritual health habits by studying the Bahá’í Writings. The course also evolved with the cooperation of a skilled Bahá’í physician who uses the teachings of the Bahá’í Faith.

The course was conceived by individuals who live in the Puslinch Bahá’í community of Ontario, Canada due to their involvement and keen interest in exploring the practical application of the Bahá’í Writings on spiritual and physical health. As a result the “Healing Through Unity” course was prepared and offered in Puslinch to those people interested in health and healing. The people who took the course truly enjoyed the course and they found that they had a good introduction to new ways of applying the health teachings to their daily lives.

The course is a series of four two-hour meetings guided by two facilitators, and can be held over a weekend, or four consecutive weeks. The topics covered include: Dealing with Imbalance, Spiritual and Material Healing, Specific Solutions toward Healing, Causes of Disease and the Effect of Disease on the Soul.

We are happy to make it available for use in your community which provides a new focus and perspective to health. We hope you will enjoy the course.

Dale Sims and Frances Mezei  
On behalf of the Puslinch Bahá’í Community  
October, 1998

# "Healing Through Unity" Course

## Instructions for Session One

### Mandate

**"A course on spiritual education, training and application of the Bahá'í teachings on health and healing."**

### Set Up and Introduction

The physical environment, whether in a home or hall, should be as warm and inviting as we can make it. It is wise for the facilitators to come early and set up the environment using flowers, candles, beautiful pictures and anything else they feel will enrich the ambience. Then, they can take a few quiet moments to say prayers for the success of the course. When the participants arrive, the facilitators should welcome them warmly so they feel comfortable. It is good to have name tags for the first two sessions until people get to know each other.

Each class is designed to be two hours long. Try to start the class on time and open with a healing prayer. Then give out the folders that you have prepared to the participants using the material of the "**Healing Through Unity**" Course. It is recommended to only give one session's materials at a time. In this first session each participant's folder will contain the following photocopied sheets:

1. The Personal Vision of Health
2. The Spiritual Health Habits
3. Sample Quote for Group Study
4. Quotes to study - Group One
5. Quotes to study - Group Two
6. A copy of the May, 1998 issue of "Healing Through Unity" newsletter (see back flap)

For the first fifteen to twenty minutes one of the facilitators can give an introduction stressing the following points:

1. We hope to focus on a shift in attitude within ourselves of backing away from sickness to going towards health.
2. We are taught in the Bahá'í writings that science and religion must agree. Therefore the teachings in the Bahá'í Faith encourage going to a skilled and wise physician as well as the fact that all true healing comes from God. So we should avail ourselves of scientific assistance as well as reliance on prayer.
4. We are striving to follow this new path of healing by focusing on the writings of Bahá'u'lláh, 'Abdu'l-Bahá, Shoghi Effendi and the Universal House of Justice. It is very important to gain understanding and insights into the word of God and to avoid formulating personal opinions.
5. We are striving to become free from the dust of acquired knowledge as explained in the Bahá'í Writings.  
*"...O my brother, when a true seeker determines to take the step of search in the path leading to the knowledge of the Ancient of Days, he must, before all else, cleanse and*

*purify his heart, which is the seat of the revelation of the inner mysteries of God, from the obscuring dust of all acquired knowledge, and the allusions of the embodiments of satanic fancy."* (Bahá'u'lláh, Kitáb-i-Iqán - The Book of Certitude, p 192)

6. We will try to apply the solutions to health found in the Bahá'í writings in a practical and experimental way and to develop spiritual health habits.

Following the introduction, each participant can introduce themselves to the rest of the members of the group and why they are interested in the course. Also, they can mention at this time, any health concerns they may feel like sharing.

If it is possible, it is good to have access to a competent Bahá'í physician that answers questions that are posed by the participants. This could be done by email fairly simply. The questions can be emailed or by other means to the physician at the end of each class and the answers shared with the participants during the following session.

### **Studying the Quotes**

It is good to explain, at this time, how the participants will be studying the quotes. We will focus on utilizing a question and answer method of study used in the course to help us focus on the Writings rather than on our own opinions.

**These three steps are the basis for the study of all the quotes in the Course.**

1. Someone reads the quote out loud.
2. Participants take turns asking questions to the person beside them and the answer is given using the words in the quote rather than personal opinion. This is continued until the quote has been completed.
3. Consult how we can develop skills for our health based on the quote.

An example sheet entitled "**Sample Quote for Group Study**" is enclosed. Take a few minutes to review this quote and go through the process following the three steps mentioned above with the participants.

When finished with this example of how we are to study the writings, it is time to break the class into two groups. Each group will have their own writings to study. (See "**Quotes to Study**" - **Group One and Group Two** in this session). Be sure that each group has a facilitator and a secretary. The facilitator will keep the group on track. The secretary will take notes of all insights and will report back to the general group at the end of this session. This part should take approximately 45 minutes to study the quotes using the three steps outlined above.

Each group should only contain ten people at the maximum. If the class has more than twenty participating, then it would be wise to prepare quotes for a Group 3. This can be done by taking quotes from the compilation "**Health and Healing**".

## **Completing Session One**

After 45 minutes of study, consultation and insights, the groups reconvene into one major group. Both facilitators and secretaries share the insights gained during the study of the quotes with all the participants. Allow approximately ten to fifteen minutes.

Hand out the sheet entitled "**Personal Vision of Health**" to everyone. Allow them to quietly meditate about their personal vision of health for the future and then to write this vision on the "**Personal Vision of Health**" sheet. This personal vision of health is private and is not to be shared with the group. Perhaps some soft music can be playing in the background during this quiet time.

Give the "**Health and Healing**" booklet compiled by the Universal House of Justice, to each participant as a gift. (This can be ordered from your local Bahá'í bookstore for approximately \$3.00 each.) The participants will use this booklet for homework and will need to bring it to all future sessions.

After presentation of their gift, assign homework by giving each participant a different quote from the "**Health and Healing**" compilation to study at home during the week or, if you are doing this on a weekend, to study during their free time.

Announce that the second session will focus on the 4 types of spiritual healing.

If you are having the course on a weekly basis, serve simple and nourishing refreshments such as fruits, nuts and water or juice to drink in order to follow the spirit of the quotations.

# Sample Quote for Group Study

## Session One

“ ...You should not neglect your health, but consider it the means which enables you to serve. It - the body - is like a horse which carries the personality and spirit, and as such should be well cared for so it can do its work! You should certainly safeguard your nerves, and force yourself to take time, and not only for prayer and meditation, but for real rest and relaxation.”

(From a letter written on behalf of Shoghi Effendi to an individual believer, 23 November 1947, Health and Healing, p. 40)

1) Ask the following questions to the group as a means of studying the quote:

What should we not neglect?                      Answer: “your health” (from the quote)

What should we consider the body as?

What is the body like?

What does the body carry?

Why should the body be well cared for?

What should we force ourselves to do?

2) Consult how we can develop skills for our health based on this quote.

Note: It is important to spend adequate consultative time on this portion.

# Quotes To Study

## Session One

### Group One

“The outer, physical causal factor in disease, however, is a disturbance in the balance, the proportionate equilibrium of all those elements of which the human body is composed. To illustrate: the body of man is a compound of many constituent substances, each component being present in a prescribed amount, contributing to the essential equilibrium of the whole. So long as these constituents remain in their due proportion, according to the natural balance of the whole - that is, no component suffereth a change in its natural proportionate degree and balance, no component being either augmented or decreased - there will be no physical cause for the incursion of disease. For example, the starch component must be present to a given amount, and the sugar to a given amount. So long as each remaineth in its natural proportion to the whole, there will be no cause for the onset of disease. When, however, these constituents vary as to their natural and due amounts - that is, when they are augmented or diminished - it is certain that this will provide for the inroads of disease. This question requireth the most careful investigation.”  
(‘Abdu’l-Bahá, Selections from the Writings of ‘Abdu’l-Bahá, p. 153)

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“All true healing comes from God! There are two causes for sickness, one is material, the other spiritual. If the sickness is of the body, a material remedy is needed, if of the soul, a spiritual remedy.

If the heavenly benediction be upon us while we are being healed then only can we be made whole, for medicine is but the outward and visible means through which we obtain the heavenly healing. Unless the spirit be healed, the cure of the body is worth nothing. All is in the hands of God, and without Him there can be no health in us!”

(‘Abdu’l-Bahá, Paris Talks, p.19)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for our health based on these quotes.

# Quotes To Study

## Session One

### Group Two

“There are two ways of healing sickness, material means and spiritual means. The first is by the treatment of physician; the second consisteth in prayers offered by the spiritual ones to God and in turning to Him. Both means should be used and practised.

Illnesses which occur by reason of physical causes should be treated by doctors with medical remedies; those which are due to spiritual causes disappear through spiritual means. Thus an illness caused by affliction, fear, nervous impressions, will be healed more effectively by spiritual rather than by physical treatment. Hence, both kinds of treatment should be followed; they are not contradictory. Therefore thou shouldst also accept physical remedies inasmuch as these too have come from the mercy and favour of God, Who hath revealed and made manifest medical science so that His servants may profit from this kind of treatment also. Thou shouldst give equal attention to spiritual treatments, for they produce marvellous effects.

Now, if thou wishest to know the true remedy which will heal man from all sickness and will give him the health of the divine kingdom, know that it is the precepts and teachings of God. Focus thine attention upon them.”

(‘Abdu’l-Bahá, Selections from the Writings of ‘Abdu’l-Bahá pp. 151-52)

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“...the human body is composed of numerous elements, but in the measure of an especial equilibrium. As long as this equilibrium is maintained, man is preserved from disease; but if this essential balance, which is the pivot of the constitution, is disturbed, the constitution is disordered, and disease will supervene.

For instance, there is a decrease in one of the constituent ingredients of the body of man, and in another there is an increase; so the proportion of the equilibrium is disturbed, and disease occurs. For example, one ingredient must be one thousand grams in weight, and another five grams, in order that the equilibrium be maintained. The part which is one thousand grams diminishes to seven hundred grams, and that which is five grams augments until the measure of the equilibrium is disturbed; then disease occurs. When by remedies and treatments the equilibrium is reestablished, the disease is banished...”

(‘Abdu’l-Bahá, Some Answered Questions, pp. 257-58)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for our health based on these quotes.

# **An Example of Group's Insights after Consulting the Quotes.**

## **GROUP ONE RESPONSES**

**Below are the thoughts that came after consultation in Group #1, during the 1st week of the "Healing Through Unity" Course, on the two quotes that were studied.**

### **Responses to Quote #1**

- Balance in our diet is very important.
- There are more and more breakthroughs into nutrition so it is important for us to keep studying.
- We have to determine within ourselves what our natural proportions are within our body. Foods have an immediate effect on our body.
- It is good to try to be conscious all the time about our body. We can question ourselves - how are we after an emotional storm, after we eat, when we are tired, etc. We should be constantly observing our body and thinking about these things.
- First - Trust in God - the rest will work better.
- We have to be aware of the physical, mental and spiritual balance in ourselves. When there is conflict between these states, there will be imbalance.

### **Responses to Quote #2**

- Become closer to God.
- Pray and meditate daily. Read the Creative Word morning and evening.
- Become more spiritual in our outlook.
- Understand material causes of illness.
- Realize that God only sends us things that profit us. Sometimes He says "No".

## **GROUP TWO RESPONSES**

**Below are the thoughts that came after consultation in Group #2, during the 1st week of the "Healing Through Unity" Course, on the two quotes that were studied.**

### **Responses to Quote #1 & #2**

There seemed to be more questions than solutions.

- How does one turn to God and trust Him?
- How does one develop a trusting relationship with God?
  
- There was talk of physical treatments for physical problems e.g. - fractured leg. A spiritual problem then had a spiritual solution. Perhaps we don't often really know which is which, the physical or the spiritual disease. We need to determine whether spiritual or physical elements are present.
- Every disease has a physical and a spiritual component. Both treatments should be used.

# "Healing Through Unity" Course

## Instructions for Session Two

### Mandate

"A course on spiritual education, training and application of the Bahá'í teachings on health and healing."

### Preparation of Course Materials for Session Two

- A. The 12 points of **Spiritual Health Habits**, that is included in your kit, should be enlarged as much as possible. This sheet should be taped to the wall and reviewed each session.
- B. From the secretary's notes of the previous session the facilitators can type the insights and have photocopied for the members of the class. See the example sheet entitled "**An Example of a Group's Insights**" included in your kit.
- C. Photocopy, on attractive paper, for each of the participants the "**Long Healing Prayer**" (which is included in your kit - see back flap).
- D. Be sure to have extra pens and paper out on a table for participants' use.

### Introduction

- 1. To begin, ask one of the participants to read a healing prayer to open the session.
- 2. One of the facilitators of the course can read out loud the 12 points of **Spiritual Health Habits**.
- 3. Go over the homework that was assigned during the first session. This is the opportunity for each participant to share their insights that they have from studying his/her quote. It is not necessary for the participants to read their quote before sharing their understanding. It takes too much time and each participant can follow along using their compilation of "**Health and Healing**".
- 4. Pass out photocopies of insights from previous session. (See above - B)
- 5. If there were any questions that individuals asked of a Bahá'í physician who uses the teachings of Bahá'u'lláh, now is the time to share the physician's answers to those questions with the participants.

This above part should take about 45 minutes.

### Studying the Quotes

Now the class breaks into two groups. Each group will have their own writings to study. (See "**Quotes to Study**" - **Group One and Group Two** in this session.) Be sure that each group has a facilitator and a secretary. The facilitator will keep the group on track. The secretary will take notes of all insights and will report back to the general group at the end of this session. This part will take approximately 45 minutes to study the quotes. Follow the three steps outlined below.

1. Someone reads the quote out loud.
2. Participants take turns asking questions to the person beside them and the answer is given using the words in the quote rather than personal opinion. This is continued until the quote has been completed.
3. Consult how we can develop skills for our health based on the quote.

## **Completing Session Two**

After 45 minutes of study, consultation and insights, the groups reconvene into one major group. Both facilitators and secretaries share the insights gained during the study of the quotes with all the participants. Allow approximately ten to fifteen minutes.

Give each participant the gift of the sheet entitled the "**Long Healing Prayer**".

After presentation of their gift, assign homework by giving each participant a different quote from the "**Health and Healing**" compilation to study at home during the week or if you are doing this on a weekend to study during their free time.

Announce that the third session will focus on physical healing and causes of disease.

Serve simple and nourishing refreshments such as fruits, nuts and water or juice to drink.

# Quotes to Study

## Session Two

### Group One

“Question. - Some people heal the sick by spiritual means -- that is to say, without medicine. How is this?

Answer. - Know that there are four kinds of curing and healing without medicine. Two are due to material causes, and two to spiritual causes.

Of the two kinds of material healing, one is due to the fact that in man both health and sickness are contagious. The contagion of disease is violent and rapid, while that of health is extremely weak and slow. If two bodies are brought into contact with each other, it is certain that microbic particles will pass from one to the other. In the same way that disease is transferred from one body to another with rapid and strong contagion, it may be that the strong health of a healthy man will alleviate a very slight malady in a sick person. That is to say, the contagion of disease is violent and has a rapid effect, while that of health is very slow and has a small effect, and it is only in very slight diseases that it has even this small effect. The strong power of a healthy body can overcome a slight weakness of a sick body, and health results. This is one kind of healing.

The other kind of healing without medicine is through the magnetic force which acts from one body on another and becomes the cause of cure. This force also has only a slight effect. Sometimes one can benefit a sick person by placing one's hand upon his head or upon his heart. Why? Because of the effect of the magnetism, and of the mental impression made upon the sick person, which causes the disease to vanish. But this effect is also very slight and weak.”  
(‘Abdu’l-Bahá, Some Answered Questions, pp. 254-55)

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“But the fourth kind of healing is produced through the power of the Holy Spirit. This does not depend on contact, nor on sight, nor upon presence; it is not dependent upon any condition. Whether the disease be light or severe, whether there be a contact of bodies or not, whether a personal connection be established between the sick person and the healer or not, this healing takes place through the power of the Holy Spirit.”  
(‘Abdu’l-Bahá, Some Answered Questions, p. 256)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for our health based on these quotes.

# Quote to Study

## Session Two

### Group Two

“Of the two other kinds of healing which are spiritual -- that is to say, where the means of cure is a spiritual power -- one results from the entire concentration of the mind of a strong person upon a sick person, when the latter expects with all his concentrated faith that a cure will be effected from the spiritual power of the strong person, to such an extent that there will be a cordial connection between the strong person and the invalid. The strong person makes every effort to cure the sick patient, and the sick patient is then sure of receiving a cure. From the effect of these mental impressions an excitement of the nerves is produced, and this impression and this excitement of the nerves will become the cause of the recovery of the sick person. So when a sick person has a strong desire and intense hope for something and hears suddenly the tidings of its realization, a nervous excitement is produced which will make the malady entirely disappear. In the same way, if a cause of terror suddenly occurs, perhaps an excitement may be produced in the nerves of a strong person which will immediately cause a malady. The cause of the sickness will be no material thing, for that person has not eaten anything, and nothing harmful has touched him; the excitement of the nerves is then the only cause of the illness. In the same way the sudden realization of a chief desire will give such joy that the nerves will be excited by it, and this excitement may produce health.

To conclude, the complete and perfect connection between the spiritual doctor and the sick person -- that is, a connection of such a kind that the spiritual doctor entirely concentrates himself, and all the attention of the sick person is given to the spiritual doctor from whom he expects to realize health -- causes an excitement of the nerves, and health is produced. But all this has effect only to a certain extent, and that not always. For if someone is afflicted with a very violent disease, or is wounded, these means will not remove the disease nor close and heal the wound -- that is to say, these means have no power in severe maladies, unless the constitution helps, because a strong constitution often overcomes disease. This is the third kind of healing.

But the fourth kind of healing is produced through the power of the Holy Spirit. This does not depend on contact, nor on sight, nor upon presence; it is not dependent upon any condition. Whether the disease be light or severe, whether there be a contact of bodies or not, whether a personal connection be established between the sick person and the healer or not, this healing takes place through the power of the Holy Spirit.”

(‘Abdu’l-Bahá, *Some Answered Questions*, pp. 255-56)

Exercise:

1. Study the above quote using the sample method provided.
2. Consult how we can develop skills for our health based on this quote.

# "Healing Through Unity" Course

## Instructions for Session Three

### Mandate

"A course on spiritual education, training and application of the Bahá'í teachings on health and healing."

### Preparation of Course Materials for Session Three

- A. The 12 points of **Spiritual Health Habits** should be taped to the wall.
- B. From the secretary's notes of the previous session the facilitators can type the insights and have photocopied for the members of the class.
- C. Prepare handmade bookmarks (or a gift of your own choosing) for the participants. Each bookmark could be inscribed with the writing "All true healing comes from God!" Bahá'u'lláh.
- D. Be sure to have extra pens and paper out on a table for participants' use.

### Introduction

1. To begin, ask one of the participants to read a healing prayer to open the session.
2. One of the facilitators of the course can read out loud the 12 points of **Spiritual Health Habits**.
3. Go over the homework that was assigned during the second session.
4. Pass out photocopies of insights from previous session. (See above - B)
5. If there were any questions that individuals asked of a Bahá'í physician who uses the teachings of Bahá'u'lláh, now is the time to share the physician's answers to those questions with the participants.

This first part should take about 45 minutes.

### Studying the Quotes

Now the class breaks into two groups. Each group will have their own writings to study. (See "**Quotes to Study**" - **Group One and Group Two** in this session.) Be sure that each group has a facilitator and a secretary. The facilitator will keep the group on track. The secretary will take notes of all insights and will report back to the general group at the end of this session. This part will take approximately 45 minutes to study the quotes. Follow the three steps outlined below.

1. Someone reads the quote out loud.
2. Participants take turns asking questions to the person beside them and the answer is given using the words in the quote rather than personal opinion. This is continued until the quote has been completed.
3. Consult how we can develop skills for our health based on the quote.

## Completing Session Three

After 45 minutes of study, consultation and insights, the groups reconvene into one major group. Both facilitators and secretaries share the insights gained during the study of the quotes with all the participants. Allow approximately ten to fifteen minutes.

Give each participant the gift of the book mark (or a gift of your own choosing).

After presentation of their gift, assign homework by giving each participant a different quote from the "**Health and Healing**" compilation to study at home during the week, or if you are doing this on a weekend to study during their free time.

Announce that the fourth session will focus on the effect of disease on the soul.

Serve simple and nourishing refreshments such as fruits, nuts and water or juice to drink.

# Quotes to Study

## Session Three

### Group One

“It is certain that in this wonderful new age the development of medical science will lead to the doctors' healing their patients with foods. For the sense of sight, the sense of hearing, of taste, of smell, of touch -- all these are discriminative faculties, their purpose being to separate the beneficial from whatever causeth harm. Now, is it possible that man's sense of smell, the sense that differentiates odours, should find some odour repugnant, and that odour be beneficial to the human body? Absurd! Impossible! In the same way, could the human body, through the faculty of sight — the differentiator among things visible -- benefit from gazing upon a revolting mass of excrement? Never! Again, if the sense of taste, likewise a faculty that selecteth and rejecteth, be offended by something, that thing is certainly not beneficial; and if, at the outset, it may yield some advantage, in the long run its harmfulness will be established.”

(‘Abdu’l-Bahá, Selections from the Writings of ‘Abdu’l-Bahá, p.155)

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“At whatever time highly-skilled physicians shall have developed the healing of illnesses by means of foods, and shall make provision for simple foods, and shall prohibit humankind from living as slaves to their lustful appetites, it is certain that the incidence of chronic and diversified illnesses will abate, and the general health of all mankind will be much improved. This is destined to come about. In the same way, in the character, the conduct and the manners of men, universal modifications will be made.”

(‘Abdu’l-Bahá, Selections from the Writings of ‘Abdu’l-Bahá, p.156)

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“It is therefore, evident that it is possible to cure by foods, aliments and fruits; but as today the science of medicine is imperfect, this fact is not yet fully grasped. When the science of medicine reaches perfection, treatment will be given by foods, ailments, fragrant fruits and vegetables, and by various waters, hot and cold in temperature.”

(‘Abdu’l-Bahá, Some Answered Questions, pp. 258-259)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for our health based on these quotes.

# Quotes to Study

## Session Three

### Group Two

“O thou who art attracted to the fragrant breathings of God! I have read thy letter addressed to Mrs. Lua Getsinger. Thou hast indeed examined with great care the reasons for the incursion of disease into the human body. It is certainly the case that sins are a potent cause of physical ailments. If humankind were free from the defilements of sin and waywardness, and lived according to a natural, inborn equilibrium, without following wherever their passions led, it is undeniable that diseases would no longer take the ascendant, nor diversify with such intensity.

But man hath perversely continued to serve his lustful appetites, and he would not content himself with simple foods. Rather, he prepared for himself food that was compounded of many ingredients, of substances differing one from the other. With this, and with the perpetrating of vile and ignoble acts, his attention was engrossed, and he abandoned the temperance and moderation of a natural way of life. The result was the engendering of diseases both violent and diverse.

For the animal, as to its body, is made up of the same constituent elements as man. Since, however, the animal contenteth itself with simple foods and striveth not to indulge its importunate urges to any great degree, and committeth no sins, its ailments relative to man's are few. We see clearly, therefore, how powerful are sin and contumacy as pathogenic factors. And once engendered these diseases become compounded, multiply, and are transmitted to others. Such are the spiritual, inner causes of sickness.”  
(‘Abdu’l-Bahá, Writings of ‘Abdu’l-Bahá, pp. 152-153)

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“Verily the most necessary thing is contentment under all circumstances; by this one is preserved from morbid conditions and from lassitude. Yield not to grief and sorrow: they cause the greatest misery. Jealousy consumeth the body and anger doth burn the liver: avoid these two as you would a lion.”  
(Bahá’u’lláh, Bahá’u’lláh and The New Era, p. 108)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for our health based on these quotes.

# "Healing Through Unity" Course

## Instructions for Session Four

### Mandate

"A course on spiritual education, training and application of the Bahá'í teachings on health and healing."

### Preparation of Course Materials for Session Four

- A. The 12 points of **Spiritual Health Habits** should be taped to the wall.
- B. From the secretary's notes of the previous session the facilitators can type these insights and have photocopied for the members of the class.
- C. Prepare attractive thank you cards for the individuals participating in the course. Each card can contain an appropriate quote on healing for the participants (or a gift of your own choosing).
- D. Be sure to have extra pens and paper out on a table for participants' use.

### Introduction

1. To begin, ask one of the participants to read a healing prayer to open the session.
2. One of the facilitators of the course can read out loud the 12 points of **Spiritual Health Habits**.
3. Give the participants 5 minutes to review their personal vision. Has it changed since the first week? This does not have to be shared with the group but is for their private reflection. Perhaps play soothing music during this quiet time.
4. Review the 6 introductory points from the first class to refresh everyone's understanding of the focus of the course.

The above should take about 1/2 hour.

1. Go over the homework that was assigned during the third session.
2. Pass out photocopies of insights from previous session. (See above - B)
3. If there were any questions that individuals asked of a Bahá'í physician who uses the teachings of Bahá'u'lláh, now is the time to share the physician's answers to those questions with the participants.

The above should take about 1/2 hour.

### Studying the Quotes

Now the class breaks into two groups. Each group will have their own writings to study. (See "**Quotes to Study**" - **Group One and Group Two** in this session.) Be sure that each group has a facilitator and a secretary. The facilitator will keep the group on track. The secretary will take notes of all insights and will report back to the general group at the end of this session.

This part will take approximately 45 minutes to study the quotes. Follow the three steps outlined below.

1. Someone reads the quote out loud.
2. Participants take turns asking questions to the person beside them and the answer is given using the words in the quote rather than personal opinion. This is continued until the quote has been completed.
3. Consult how we can develop skills for our health based on the quote.

### **Completing Session Four**

After 45 minutes of study, consultation and insights, the groups reconvene into one major group. Both facilitators and secretaries share the insights gained during the study of the quotes with all the participants. Allow approximately ten to fifteen minutes.

Some suggestions that can be given to the participants for their consideration.

1. Ask if they would like to meet in 3 months. You could invite all the participants back for a potluck supper reunion in three months time. State the time, date and place of the upcoming reunion of the participants. After the potluck supper they can all be encouraged to share the changes they have been able to institute in their health habits since the completion of the course.
2. The facilitators can encourage others to give the course. One of the facilitators could offer to assist anyone who would wish to give the course to another group of people.

The evaluation sheet can be given out to each participant, and while soft music is playing they can write their answers which the facilitators can review later.

Give each participant the gift of the thank you card (or a gift of your own choosing).

Serve simple and nourishing refreshments such as fruits, nuts and water or juice to drink.

# Quote To Study

## Session Four

### Group One

“Therefore, it is evident that this spirit is different from the body, and that the bird is different from the cage, and that the power and penetration of the spirit is stronger without the intermediary of the body. Now, if the instrument is abandoned, the possessor of the instrument continues to act. For example, if the pen is abandoned or broken, the writer remains living and present; if a house is ruined, the owner is alive and existing. This is one of the logical evidences for the immortality of the soul.

There is another: this body becomes weak or heavy or sick, or it finds health; it becomes tired or rested; sometimes the hand or leg is amputated, or its physical power is crippled; it becomes blind or deaf or dumb; its limbs may become paralyzed; briefly, the body may have all the imperfections. Nevertheless, the spirit in its original state, in its own spiritual perception, will be eternal and perpetual; it neither finds any imperfection, nor will it become crippled. But when the body is wholly subjected to disease and misfortune, it is deprived of the bounty of the spirit, like a mirror which, when it becomes broken or dirty or dusty, cannot reflect the rays of the sun nor any longer show its bounties.

We have already explained that the spirit of man is not in the body because it is freed and sanctified from entrance and exit, which are bodily conditions. The connection of the spirit with the body is like that of the sun with the mirror. Briefly, the human spirit is in one condition. It neither becomes ill from the diseases of the body nor cured by its health; it does not become sick, nor weak, nor miserable, nor poor, nor light, nor small -- that is to say, it will not be injured because of the infirmities of the body, and no effect will be visible even if the body becomes weak, or if the hands and feet and tongue be cut off, or if it loses the power of hearing or sight.

Therefore, it is evident and certain that the spirit is different from the body, and that its duration is independent of that of the body; on the contrary, the spirit with the utmost greatness rules in the world of the body; and its power and influence, like the bounty of the sun in the mirror, are apparent and visible. But when the mirror becomes dusty or breaks, it will cease to reflect the rays of the sun.”

(‘Abdu’l-Bahá, *Some Answered Questions*, pp. 228-29)

Exercise:

1. Study the above quote using the sample method provided.
2. Consult how we can develop skills for health based on this quote.

# Quotes To Study

## Session Four

### Group Two

“Know thou that the soul of man is exalted above, and is independent of all infirmities of body or mind. That a sick person showeth signs of weakness is due to the hindrances that interpose themselves between his soul and his body, for the soul itself remaineth unaffected by any bodily ailments. Consider the light of the lamp. Though an external object may interfere with its radiance, the light itself continueth to shine with undiminished power. In like manner, every malady afflicting the body of man is an impediment that preventeth the soul from manifesting its inherent might and power. When it leaveth the body, however, it will evince such ascendancy, and reveal such influence as no force on earth can equal. Every pure, every refined and sanctified soul will be endowed with tremendous power, and shall rejoice with exceeding gladness.”  
(Bahá'u'lláh, Gleanings from the Writings of Baha'u'llah, LXXX, pp. 153-54)

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“Regarding your questions concerning the condition of the soul during illness. The passages in the ‘Gleanings’ make it quite clear that physical ailments, no matter how severe, cannot bring any change in the inherent condition of the soul. As Baha'u'llah says: “The spirit is permanent and steadfast in its station”. The veil or hindrance that interposes between soul and body during physical disease is sickness itself. Sickness reveals a lack of balance in the human organism, an absence of equilibrium in the forces essential for the normal functioning of the human body.”  
(Written on behalf of Shoghi Effendi to an individual believer, 8 March 1936)

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“O ye lovers of God! The world is even as a human being who is diseased and impotent, whose eyes can see no longer, whose ears have gone deaf, all of whose powers are corroded and used up. Wherefore must the friends of God be competent physicians who, following the holy Teachings, will nurse this patient back to health. Perhaps, God willing, the world will mend, and become permanently whole, and its exhausted faculties will be restored, and its person will take on such vigour, freshness and verdancy that it will shine out with comeliness and grace.”  
(‘Abdu'l-Bahá, Selections from the Writings of ‘Abdu'l-Bahá, p. 244)

Exercise:

1. Study the above quotes using the sample method provided.
2. Consult how we can develop skills for health based on these quotes.

# Course Evaluation

## Session Four

1. Did you enjoy the way the course was presented? - Material? - Organization?
2. What did you learn from the course?
3. Did it change your attitude about health? If yes, how?
4. How do you plan to use your new awareness?
5. Are you willing to carry on the course with another group of people?
6. Other comments.

# ***SPIRITUAL HEALTH HABITS***

Here are some essential elements for our spiritual and physical health provided by a physician who has practiced for more than 35 years under the guidance of the Bahá'í teachings.

- 1) Trust in God
- 2) Consult a skilled physician and follow his instructions
- 3) Practice detachment from all save God
- 4) Practice moderation
- 5) Pray and meditate daily; read the Creative Word morning and evening
- 6) Be always happy
- 7) Simplify
- 8) Focus
- 9) Practice patience
- 10) Eat simple, natural plant foods
- 11) Drink adequate pure water
- 12) Evaluate progress daily, summarize weekly

# **PERSONAL VISION OF HEALTH**