

What does it Mean?

The Light of Bahá'u'lláh

In the Bahá'í Writings Bahá'u'lláh is compared with the sun. The sun gives our bodies life, and its power reaches us through the light which pours from it.

In the same way Bahá'u'lláh gives life to our souls. His power reaches us through His Spirit, which is compared with light.

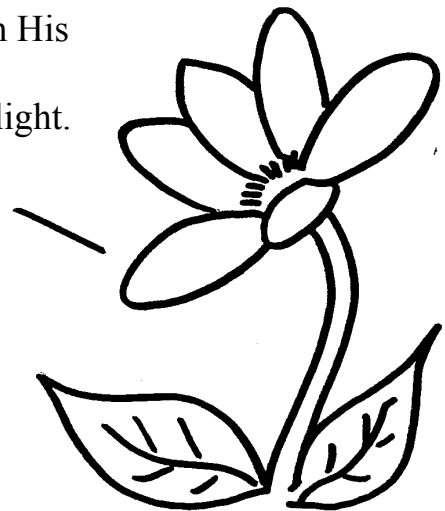
THINK!



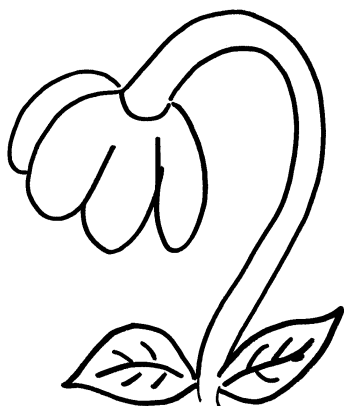
This Light pours over everyone, but we have the choice of turning to it or not.

THINK!

Our souls are like mirrors. If we turn them to Bahá'u'lláh they will become bright and shining with His light.



Bahá'u'lláh tells us that when we are born, His Light is already within us --- that inside every heart His Light is already shining. But it is only a little light and we must feed it to make it grow brighter.

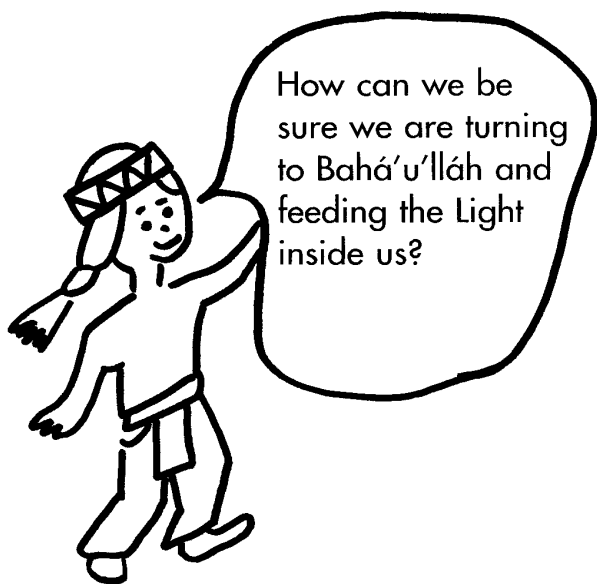


If we do not turn to Bahá'u'lláh, and if we forget to feed this tiny Light, we may begin to shut ourselves out from the great Light which Bahá'u'lláh is constantly pouring out for us.

Other thoughts and interests come in between us and Bahá'u'lláh and our Light becomes very dim and not able to shine.

We become like a beautiful flower that is taken into the darkness and becomes colourless and dull.

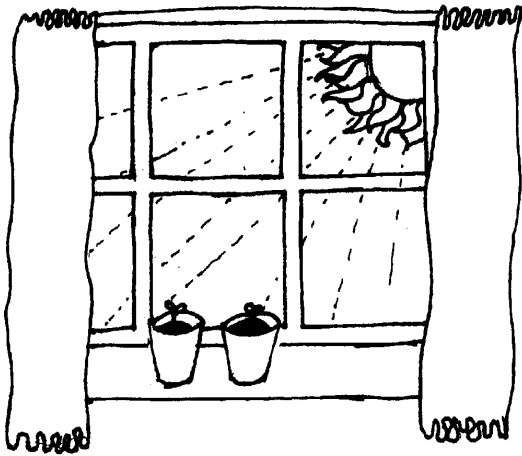
Question!



How can we be sure we are turning to Bahá'u'lláh and feeding the Light inside us?

Answer!

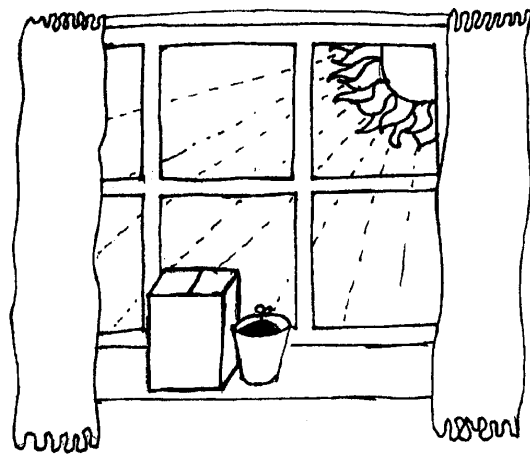
1. **We should say prayers every day.**
2. **We should read a little from Bahá'u'lláh's Writings every day.**
3. **We should try hard to follow His Teachings.**



Sow two seeds in separate flower pots. Put them on a window sill and watch each day to see how they've grown.

When the seedlings have a few leaves place a cardboard box over one of them. Water them both often.

After one week, remove the box and compare the plants.



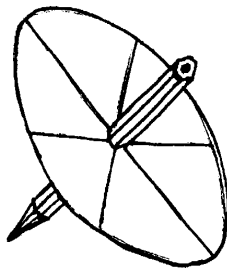
THINK!

What happens to my soul if I turn it to the Light of Bahá'u'lláh? What happens if I don't?



THINK!

Light is pure white but breaks up into different colours in different objects. The Light of Bahá'u'lláh shines differently in different people.



Cut out a circle of card. Divide it roughly into seven parts. Colour it with the colours of the rainbow. Make a hole in the centre and use a sharp pencil as a spinner.

