



"While you meditate ... you put certain questions to your spirit and the spirit answers ..." —'Abdu'l-Bahá

MY SPIRIT  
INSPIRED ME  
TO WRITE A  
LETTER TO MY  
FRIEND. HOW WILL  
YOUR SPIRIT  
INSPIRE YOU?



## LISTENING TO YOUR SPIRIT

**D**id you know your spirit can speak to you? Your spirit, or your soul, is the mysterious part of you that lives forever and can grow closer to God. When you speak to your soul and listen to its answers, it can help you become your best self. It can help you discover how to be happy and peaceful, make wise decisions, use your creativity, or find inner strength when challenges arise.

You may not be able to "hear" your spirit with physical ears, but you can listen with your "inner ears" through meditation. Diverse cultures and religions around the world practice different types of meditation. The Bahá'í teachings encourage us to meditate, but how you meditate is up to you. Follow the steps below to practice one type of meditation. Try to hear what your spirit is telling you.

## TUNING IN TO YOUR SPIRIT

1. Find a place inside or outside that's quiet and free from distractions—someplace you feel safe. Sit down cross-legged and place your hands on your lap.



3. Close your eyes. Concentrate on the natural rhythm of your breathing to help quiet your mind. Feel the breath flowing in and out of your nostrils. If distracting thoughts come to mind, just let them drift by, and refocus on your breath. Continue until your mind is clear and calm.

4. Ask your spirit questions about a challenge or a goal you have. For example: "I'm upset about what my friend did. What should I do?"



5. Listen to what comes to mind. Try not to expect certain answers. You might "hear" the answers as ideas or feelings. For example, if you think of an idea and feel positive emotions like joy or peace, your spirit could be telling you that you may have a good solution.



2. Sit up straight and be comfortable and relaxed. Keep your head upright, but not tense. This posture helps you stay focused.

6. Open your eyes. Slowly stand up and stretch. Write down your thoughts and feelings, and any actions you are inspired to take.