

ResearchSpider™ Study Network

Concentrate!

Once one believes and becomes committed to the Love of God as their central purpose and focus of life, how do we get there? Three steps:

1. Read the [Scriptures](#) all the time about the Love of God. This site will continually expand that resource for you, from all the religions. That reading enables the first step: turning only to God.
2. Pray for the Love of God, and for detachment from everything else.
3. Use your powers of Concentration to FOCUS ONLY on the Love of God, continually, at every moment of your life. This will merge your will with His Will, in perfect obedience to the flow of His grace and blessings. We will literally want nothing but what He wants for us-- the inner essence of faith, trust and love.

All the religions state "know yourself" as a goal of life-- and most systems of meditation and enlightenment do this by showing us what we are NOT-- we are NOT this body, we are NOT this mind, we are NOT this heart-- we ARE this dumbfounding SOUL containing the Universe-- which is a mystery in a Mystery.

Practically, the Love of God is a Body that feels the Love of God and serves that love, a Mind that knows only the Love of God, a Heart that reflects only the Love of God and a Spirit or Soul that reflects only the Names and Attributes (Qualities) of God as we approach closer and closer to Him. There is a **secret and subtle power** humans possess that has not even yet begun to be known yet-- the power of concentrated prayer (or worship) focused solely on the Love of God. Here is one quote from the Baha'i Writings about that power:

"The wisdom of repeating the [Greatest Name](#) 9 times before each prayer and 95 times daily, is as follows: Abdu'l-Baha said that there is

in man a power of concentration not fully developed, which power rightly directed can lead him to great heights of knowledge, understanding and illumination. Prayer and supplication are the ladder, He said, "by which the soul ascends... and as the power of sustained communion with God develops the capacity to receive the influx of the Holy Spirit and to penetrate, the hidden mystery unfolds." Prayer and communion are the only direct approach of the soul to God, and Baha'u'llah has likened it unto a "river of milk" which is the perfect nutriment and the more we partake of this lifegiving food, the more the soul shall advance in the path of God and the greater will be its progress."

(Mirza Abu'l-Fadl, words of Abdu'l-Baha from an essay by May Maxwell)

"O SON OF LIGHT! Forget all save Me and commune with My spirit. This is of the essence of My command, therefore turn unto it." -- Baha'u'llah

Information on this site may be freely shared, with proper attribution, under the [Wikipedia Creative Commons](#)

From: Why Love God? - <http://www.whylovegod.org/justconcentrate.html>

Meditation

There are nine elements in this meditation (see figures below): The five things humans can control: **Senses, Mind, Heart, Speech, Action** ("In the end, all we can do is move a few muscles"; "Were we put on earth to do much less than we think?"); and four "objects" or goal/ meaning/ purpose Metaphors seen in all the Scriptures: **Light, Salvation, River, and Mirror.**

The human being often is symbolized by the five pointed star, for the five senses, or the five elements of human life above. The three symbols here present these nine factors in radar graphs. This graph contains **all of the mathematics of the natural world**, since when you graph the normal curve, or increasing levels of entropy resistance (“order”) on a decimal scale, you get a “nine” pointed graph that also produces a “conch” spiral of the number 9, seen in many places in nature, from **atoms to galaxies to seashells to spiderwebs**, ubiquitous, and still little understood by science. It is not accidental that this graph resembles a spiderweb!

Science explains the ubiquitous presence of this pattern from atoms to galaxies as the “Crystal structure of efficiency: greatest results with least energy expenditure, while opposing entropy.” This is the primal struggle of life! In spiritual terms it is the same, the gracious “unified field theory” of achieving our spiritual destiny (Unity with God), with the least effort, and avoiding the greatest number of traps, diversions, pitfalls and detours on the way.

Baha’u’llah says that all paths lead to God, but the Baha’i Faith is the “Safe and secure path.” If our motive is God’s good pleasure, acceptance, grace and favor; our senses see only the Light of His Names and Attributes everywhere reflected by His Manifestation for our age (Baha’u’llah); our heart is filled with only His love, our action is prayer and service with a virtuous character, and our thoughts are only of His Glory, we will live in continual bliss, **through eons and**

ages of immortal cycles and spirals.

To get there, “enlightenment” was formerly described as meditating on the hard working ant, who knows, when coming to a beach, how to separate the sand from the sugar. This is a metaphor for “right thinking” or “positive thinking” in only focusing on thoughts of the light of God’s Prophets, with hard practical work in our daily life, and dismissing or ignoring or renouncing the negative.

A step beyond this is a more amazing awakening: **realization of the brief SPARK that is this life (time) and realizing that life is all PROCESS (space), which is never static.** Imagine a swiftly moving river. You can see both trash and sirens float by, but to reject the former and grab at the latter is still attachment, and missing the point of the river: it is ALL RAPID FLOW.

These are all symbols for the worlds of thought, and heart-attachment to physical objects, physical comforts, fame, power, and opinions. This helps us LET GO of “ALL THINGS AND ALL THOUGHTS” as [‘Abdu’l-Baha](#) puts it. Clinging to a “future investment” or “mortal sovereignty” misses the lightning speed with which our lives are over. Clinging to thoughts plugs up the wondrous river of grace that is a continual flow: NO! Stop clinging, grabbing, obsessing, chasing: LET IT FLOW, SEE the process, then: **BE the process!**

Many older meditations also try to sell us on “living in the

moment,” which is working hard to attain what every dog gets for free. Far beyond living in the moment is seeing the future of immortal life: living with the continual realization of the blazing speed with which this life is over, and keeping our mirror turned to God at all times by letting go of the **CONTENT** of thought to **BE** the river and **BE** the process of reflecting His Names and Attributes with virtue, character, prayer and service.

To simplify: we can only control how we allocate attention with our mind, (including what we see with our senses and where we point the mirror of mind); what we plant in our heart; and how we act and speak. The end is **Light and Purity**: reliance and renunciation; turning away from everything but God and turning to God.

There are thus only three things to remember: allocation of sense-thought attention, heart-love, and character-action including speech-silence. How do we allocate sense-thought? We scan, we search, we sort, and allocation of attention comes from this process. If we are independent of all “received opinion” we use only the Word of God as our **filter, standard and selection criteria to separate signal from noise** and thus to choose our **focus and priorities**, in managing the mirror of our **attention allocation process**.

We sit at the center of a web of thought. If we build our web in the Light, we will catch eternal life from the river of grace streaming through the web. That catch will kindle the spark of love in our own hearts, until we become a beacon to

Paradise, guiding the way for our fellow travelers with the light of character, a light that, according to Baha'u'llah, is brighter than the light of the sun.

What about the “daily grind” of bills, raising kids, working at our job, and the calamities of job loss, financial stress, the struggle to survive, terrorism, natural disasters...? Living in grace, and seeking only God's favor, solves all our material woes as well! 'Abdu'l-Baha says that the “greatest bestowal in the world of being is a tranquil heart” and that it can only be attained by achieving the paradise of “the good pleasure of God.” [Baha'u'llah](#) tells us to seek only His grace and favor, for “in His Hands is the destiny of all His servants.”

'Abdu'l-Baha states: **Rely upon God, trust in Him, praise Him, and call Him continually to mind. He verily turneth trouble into ease, and sorrow into solace, and toil into utter peace. He verily hath dominion over all things.**

Why should you think deeply about this meditation? Man is a “Meaning Machine” – and until we turn to the spiritual, we will never find meaning, be happy, and achieve our astonishing destiny. We have to fight and struggle, but God is in our corner! This is not the kind of Faithful Friend we want to reject, is it? And for what? As we fight the struggles of life, it's our choice who we want in our corner!

Senses: Scan, Search, 1 Eye,

Independence

**Mind: Sort, Allocate, Focus,
Prioritize, GPB, Motive**

**Heart: Spark, Process, Kindle LOG,
Means**

Speech: Pure, Kindly, Truthful

Action: Protect, Promote

Character: P and S, Svc.

Light: All aspects Greatest Name

**Salvation: Reliance, Renunciation,
Good End**

**River: Trash, Sirens, Detachment
Flow, Process**

**Mirror: Allocation of Attention
Choices**

O SON OF MAN!

The light hath shone on thee from the horizon of the sacred Mount and the spirit of enlightenment hath breathed in the Sinai of thy heart. Wherefore, free thyself from the veils of idle fancies and enter into My court, that thou mayest be fit for everlasting life and worthy to meet Me. Thus may death not come upon thee, neither weariness nor trouble.

O SON OF LOVE!

Thou art but one step away from the glorious heights above and from the celestial tree of love. Take thou one pace and with the next advance into the immortal realm and enter the pavilion of eternity. Give ear then to that which hath been revealed by the pen of glory.

O COMPANION OF MY THRONE!

Hear no evil, and see no evil, abase not thyself, neither sigh nor weep. Speak no evil, that thou mayest not hear it spoken unto thee, and magnify not the faults of others that thine own faults may not appear great; and wish not the abasement of anyone, that thine own abasement be not exposed. Live then the days of thy life, that are less than a fleeting moment, with thy mind stainless, thy heart unsullied, thy thoughts pure, and thy nature sanctified, so that, free and content, thou mayest put away this mortal frame, and repair unto the mystic paradise and abide in the eternal kingdom for evermore.

From: Astonishing Prayers for Many Occasions! -

<http://www.wellnessprayers.com/meditation.html>

Provenance

Herein, the wondrous tablet on this site's [home page](#) will be called TGN-- for Tablet of the Greatest Name.

We have received many comments, visits and [emails](#) regarding this incredible tablet. First, what exactly IS the Greatest Name of God? Given it's importance as the password to God's Kingdom, the Source of eternal life and salvation, and the essence of the best guarded Secret of eons, cycles, centuries and ages, many are rightfully curious! In English, the forms of God's Greatest Name are "The All-Glorious," or "God is All-Glorious" or "The Glory of God." [Baha'u'llah](#), the Prophet-Founder of the Baha'i Faith, literally IS the Greatest Name of God, fulfilling the Biblical prophecy that Christ would return in the "GLORY of the Father." Ya Baha'u'llah Abha is a cry to Baha'u'llah,

literally meaning "Oh Thou Glory of the All Glorious." The Baha'i greeting- Allah-u-Abha- means "God the All Glorious." Baha'i itself means "Follower of the Glory." Baha'u'llah is pronounced "Ba-howl-ah" and the greeting is "Allow-ub-ha."

Curious questions also are received about the reference to a "password" at a time (1817 -- 1844, etc.) when there was no hint of computers yet on the planet. Even in the 1950's, when the Guardian described the internet ("a most great network containing all the world's knowledge, encircling and linking the globe, and readily available to everyone"), not a hint of PC's or the web (1985) existed! The practical answer is that passwords have been used for centuries by gatekeepers to allow entry into strongholds, and spiritually, the Divine Prophets and Manifestations one and all could see eons into the future. In fact, Baha'u'llah Himself said that if you die and ascend, and your soul finds the gates of paradise locked and closed, there is a phrase you can say, following which they will be flung wide open to you! After reading this site, you might imagine that it has something to do with TGN, and you would be right! The phrase is: "Oh my Lord, I beseech Thee by Thy Most Glorious Light, and all Thy Lights are, verily, Glorious."

The above phrase acknowledges Baha'u'llah as God's Greatest Name and Light, and most recent Manifestation, while at the same time praising Abraham, Moses, Jesus, Mohammad and all the Prophets preceding this newest and most Glorious Revelation.

Those who have listened to [Shirley Flynn's wonderful rendition of TGN](#), often ask about the tablet's provenance. At present, many suspect that the original tablet either is in research papers for Star of the West, or in a private collection. We're encouraging anyone who has knowledge of or copies of the original, to fax, or scan and [email us a copy](#) - - anonymously if you wish. Although the House has approved use of the tablet in song and private prayer/reading, the original tablet is still either in one of the voluminous pages in one of the publishing trust, house of worship, or central archives around the world, or still in a private collection. The translation surely rivals the beauty of the Guardian's other translations, to which the West owes their entire Faith. Even when found, only tiny differences from current translations are likely to emerge, such as "Chanting the words of that Phrase is to sing in harmony" vs. "The words of that phrase" and "The Holy I AM in His Court of Divine Omnipotent Truth" (written translations) vs. "His Court of Omnipotent Truth" ([Flynn song](#)).

A huge step beyond provenance is Baha'u'llah's own statements about the Greatest Name-- some given at the bottom of the [home page](#)-- which at root, say that It is Glorified beyond any praise or description. Calling, reading or chanting the phrase is surely greater than anything on the planet, given that it relates to eternal salvation, not this quickly passing world, but we will never truly even begin to properly praise it, even with this beautiful tablet! In other words, you are RIGHT to be astonished at it via TGN, however, it is even vastly greater than that! The Greatest Name is dumbfounding, and is at the apex of Infinite Names

of God, such as the Fashioner, the All-Powerful, The All Merciful, The Creator, The Forgiving, The Compassionate, The All Knowing, The All Wise, The All Loving, etc. However, don't forget this quote by Baha'u'llah about the REALITY of God:

"Wert Thou to bestow on one of Thy creatures what would equal the kingdoms of earth and heaven, it would still not diminish by even as much as an atom the immensity of Thy dominion. Far greater art Thou than the Great One men are wont to call Thee, for such a title is but one of Thy names all of which were created by a mere indication of Thy will. There is no God but Thee, the God of power, the God of Glory, the God of knowledge and wisdom." -- Baha'u'llah (BP: 247)

From: Ya Bahá'u'l-Abhá - The Greatest Name of God - <http://www.godspassword.com/provenance.html>