

SLEEP

As to the seven qualifications (of the divinely enlightened soul) of which thou hast asked an explanation, it is as follows:

1. KNOWLEDGE. Man must attain the knowledge of God.
2. FAITH.
3. STEADFASTNESS.
4. TRUTHFULNESS. Truthfulness is the foundation of all the virtues of the world of humanity. Without truthfulness, progress and success in all of the worlds of God are impossible for a soul. When this holy attribute is established in man, all the divine qualities will also become realized.
5. UPRIGHTNESS. And this is one of the greatest divine attainments.
6. FIDELITY. This is also a beautiful trait of the heavenly man.
7. EVANESCENCE OR HUMILITY. That is to say, man must become evanescent in God. Must forget his own selfish conditions that he may thus arise to the station of sacrifice. It should be to such a degree that if he sleeps, it should not be for pleasure, but to rest the body in order to do better, to speak better, to explain more beautifully, to serve the servants of God and to prove the truths. When he remains awake, he should seek to be attentive, serve the Cause of God and sacrifice his own stations for those of God. When he attains to this station, the confirmations of the Holy Spirit will surely reach him, and man with this power can withstand all who inhabit the earth.

In regard to children, thou hast written that it is decided to train them in the teachings of God from childhood. This thought is very acceptable.

Give greeting and praise to all of the friends of God and to His maid-servants.
(Tablets of 'Abdu'l-Bahá, Page: 459)

I can't go into details now but I must say the degree on incompetent fools - if not rascals - Shoghi Effendi has around him is appalling. He suffers so much! He only sleeps 5 or 6 hours a night. If I could worry any more I would...
(Paris Talks, Page: 165)

We relate it here, that through this evanescent Servant a memory may endure of that youth of the school of Divine Unity, that elder of the art of instruction and the Absolute. He said: "O Son, if thou art able not to sleep, then thou art able not to die. And if thou art able not to waken after sleep, then thou shall be able not to rise after death."
(The Seven Valleys and The Four Valleys, Page: 34)

O thou who art cheered through the Fragrances of God! When thou desirest and yearnest for meeting in the world of vision; at the time when thou art in perfect fragrance and spirituality, wash thy hands and face, clothe thyself in clean robes, turn toward the court of the Peerless One, offer prayer to Him and lay thy head upon the pillow. When sleep cometh, the doors of revelation shall be opened and all thy desires shall become revealed.
(Tablets of 'Abdu'l-Bahá, Page: 104)

How can I choose to sleep, O God, my God, when the eyes of them that long for Thee are wakeful because of their separation from Thee; and how can I lie down to rest whilst the souls of Thy lovers are sore vexed in their remoteness from Thy presence?

I have committed, O my Lord, my spirit and my entire being into the right hand of Thy might and Thy protection, and I lay my head on my pillow through Thy power, and lift it up according to Thy will and Thy good pleasure. Thou art, in truth, the Preserver, the Keeper, the Almighty, the Most Powerful.

By Thy might! I ask not, whether sleeping or waking, but that which Thou dost desire. I am Thy servant and in Thy hands. Do Thou graciously aid me to do what will shed forth the fragrance of Thy good pleasure. This, truly, is my hope and the hope of them that enjoy near access to Thee. Praised be Thou, O Lord of the worlds!

Bahá'u'lláh

(Bahá'í Prayers, Page: 60)

These shall labour ceaselessly, by day and by night, shall heed neither trials nor woe, shall suffer no respite in their efforts, shall seek no repose, shall disregard all ease and comfort, and, detached and unsullied, shall consecrate every fleeting moment of their lives to the diffusion of the divine fragrance and the exaltation of God's holy Word.

(Selections from the Writings of 'Abdu'l-Bahá, Page: 251)