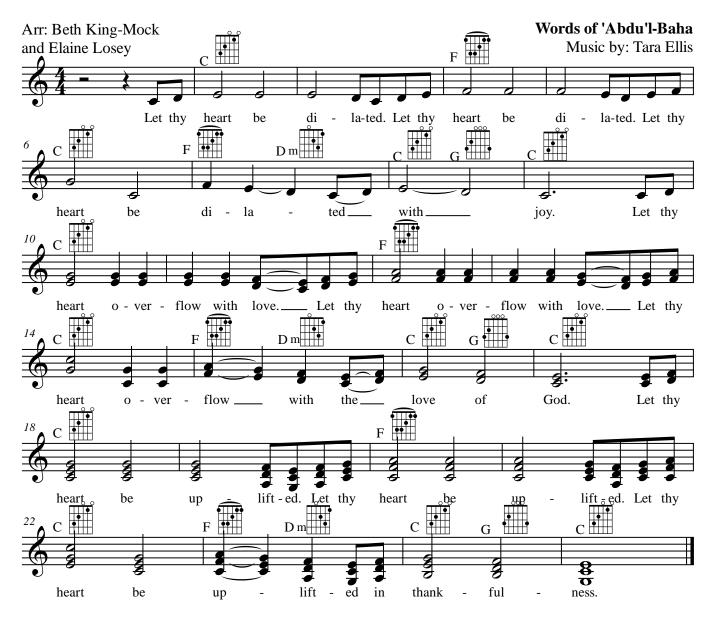
## Let Thy Heart Be Dilated



Verily, I address thee with such an appellation whereby the hearts of those who are endowed with intelligence, are dilated with joy; because, verily, this is from my heart which is overflowing with the love of God -- and an appellation that proceeds from love will certainly be as a spirit for the souls, as a light to the eyes, as a life to bodies and as a dressing for the hearts and bodies which are wounded and lacerated by the afflictions of this world. Then be consoled by the praise of thy Lord, whenever thou art attacked by grief and sorrow. (Abdu'l-Baha, Tablets of Abdu'l-Baha v1, p. 129)

Our hearts are uplifted in thankfulness to Him. (Abdu'l-Baha, Foundations of World Unity, p. 62)

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