

Reflection and Assessment Process

Practicing the ADJ Internal Processes
Toolbox Series

Prayer

O Thou compassionate Lord, Thou Who art generous and able! We are servants of Thine sheltered beneath Thy providence. Cast Thy glance of favor upon us. Give light to our eyes, hearing to our ears, and understanding and love to our hearts. Render our souls joyous and happy through Thy glad tidings. O Lord! Point out to us the pathway of Thy kingdom and resuscitate all of us through the breaths of the Holy Spirit. Bestow upon us life everlasting and confer upon us never-ending honor. Unify mankind and illumine the world of humanity. May we all follow Thy pathway, long for Thy good pleasure and seek the mysteries of Thy kingdom. O God! Unite us and connect our hearts with Thy indissoluble bond. Verily, Thou art the Giver, Thou art the Kind One and Thou art the Almighty.

Abdu'l-Bahá

Land Acknowledgement

Halton as we know it today, is rich in history and modern traditions of many First Nations and the Métis. From the Anishinabe to the Attawandaron, the Haudenosaunee, and the Métis - these lands surrounding the Great Lakes are steeped in Indigenous history.

As we gather today on these treaty lands we have the responsibility to honour and respect the four directions, land, waters, plants, animals, ancestors that walked before us, and all the wonderful elements of creation that exist.

We would like to acknowledge and thank the Mississaugas of the Credit First Nation for sharing their traditional territory with us.

Guidelines for a focused Practice

- We want to acknowledge the sacrifice that all of us are making to spend our precious time in learning how to practice the ADJ Process.
- It is critical that during this time, we focus solely on the Practice of the ADJ Process, where we will work to free ourselves from racial prejudice. Please stay on topic. We will gently remind you of this.
- During the presentation, everybody should be on mute. We will go through the entire presentation first. Write down any thoughts or questions that come to you. Once the presentation is finished, unmute. We will then start the discussion based on each specific slide.
- We are aware that in learning and practicing this process, emotions will be stirred up and awakened that will surprise and confuse us.
- How do we move forward with this double-edged sword where our personal lived experience and tests and difficulties can obscure our path forward in our quest for freedom from racial prejudice?
- If an emotion becomes overwhelming in this process and in the meeting, write it down for yourself. Do not ignore, avoid or deny it. This is a gift.
- If you have any questions about the ADJ process, please reach out to info@adj-wtru.org.

What we're working on today

1. Purpose of the ADJ Process – Moving ourselves towards freedom from racial prejudice.
2. Reflection Process
 - a. In The Reflection Process I work with humility and honesty in moving myself forward towards freedom from racial prejudice by reflecting on the spiritual standards and conditions in the 3 spiritual prerequisites in The Advent of Divine Justice.
3. Self Assessment
 - a. In the Self Assessment I reflect on the spiritual standards and conditions to start to understand where I am spiritually.
 - b. All of us will be working together on the Baseline Assessment Worksheet. We will each assess where we stand in each of the spiritual standards. This will be the start of moving ourselves towards freedom from racial prejudice.

Purpose of the ADJ Process

- In *The Advent of Divine Justice*, Shoghi Effendi has identified a practical application towards freedom from racial prejudice in a concise and systematic format for us to follow.
- In 1967, Glenford Mitchell, later elected to the Universal House of Justice, wrote,
- “It is not enough for Bahá’ís to say they believe in the oneness of mankind. They must be able to explain what it means spiritually and socially to a cynical society, otherwise they will appear to be merely a naive group of kind-hearted souls with no real concept of the complexities of racism.”
- Please read the following letter from the Universal House of Justice to America dated July 20, 2020 link below.

https://www.bahai.org/library/authoritative-texts/the-universal-house-of-justice/messages/20200722_001/1#870410250

Walking the Path to Spiritual Transformation

- The first step is to reflect on the spiritual standards and conditions in the Baseline Assessment Worksheet, as they relate to my inner self and to start to understand where I am spiritually in this process.
- The Baseline Assessment Worksheet is the tool that I use to help me to identify where I need improvement.

Walkthrough of the Worksheet

- Column 1 – Spiritual prerequisites in Advent of Divine Justice
- Column 2 – Spiritual Standards
- Column 3, 4,5 – Assessment (Good, So/So, Needs Improvement)
- Column 6 – Reflection on each spiritual standard
 - Where am I in this process?
 - Where do I need to improve?

- Now we will do the Worksheet
- Share our experience

Aids in Bringing Ourselves to Account

- As a result of the Reflection and Assessment Process, I ask myself,
- How do I do this spiritual walk?”
- How do I become the being that the Creator tells me I am capable of becoming?

- How do I integrate this practice into my daily life? With prayers, reflection and meditation.
- Daily reflection on my Sacred Writings.
- Daily reflection on the 3 spiritual prerequisites including the Holy Text (The Advent of Divine Justice) and the Corresponding Prayers that each of us will select and that will help us in our work on the spiritual standard that we want to work on. These are the prayers that will open our hearts and minds.

Some guidance on this Sacred Path

Additional quotes below

The path to oneness of humanity

Today the world of humanity is in need of international unity and conciliation. To establish these great fundamental principles a propelling power is needed.

It is self-evident that the unity of the human world and the Most Great Peace cannot be accomplished through material means. They cannot be established through political power, for the political interests of nations are various and the policies of peoples are divergent and conflicting. They cannot be founded through racial or patriotic power, for these are human powers, selfish and weak. The very nature of racial differences and patriotic prejudices prevents the realization of this unity and agreement.

Therefore, it is evidenced that the promotion of the oneness of the kingdom of humanity, which is the essence of the teachings of all the Manifestations of God, is impossible except through the divine power and breaths of the Holy Spirit. Other powers are too weak and are incapable of accomplishing this.

Abdul Baha, The Promulgation of Universal Peace

Reflection: The oneness of humanity can only be accomplished through divine power and breaths of the Holy Spirit.

My Individual obligations on this path

- **As the friends work together to remove the blight of racism from society, challenges will no doubt arise; however, through patience as well as love for one another, it will be possible for them to encourage and support each other to reflect deeply on their own obligation to deal with the issue of racial prejudice.**
- **In such a culture, each individual can personally assess, in an atmosphere of uncensorious forbearance, his or her own condition and possibilities for improvement.**
- **In this way, all can grow together and develop their capacities in an environment characterized by tender affection, reciprocity, and cooperation, in which the friends do not sit in judgment of their fellow believers but, rather, urge each other to contribute their share to the establishment of the World Order of Bahá'u'lláh.**

Universal House of Justice, July 29, 2021 letter to an Individual believer.

Reflection: How do we see ourselves supporting each other in what the Universal House of Justice is asking us to do?

The struggle of the valiant warriors on this path

In the conduct of this twofold crusade the valiant warriors struggling in the name and for the Cause of Bahá'u'lláh must, of necessity, encounter stiff resistance, and suffer many a setback.

Their own instincts, no less than the fury of conservative forces, the opposition of vested interests, and the objections of a corrupt and pleasure-seeking generation, must be reckoned with, resolutely resisted, and completely overcome.

As their defensive measures for the impending struggle are organized and extended, storms of abuse and ridicule, and campaigns of condemnation and misrepresentation, may be unloosed against them. Their Faith, they may soon find, has been assaulted, their motives misconstrued, their aims defamed, their aspirations derided, their institutions scorned, their influence belittled, their authority undermined, and their Cause, at times, deserted by a few who will either be incapable of appreciating the nature of their ideals, or unwilling to bear the brunt of the mounting criticisms which such a contest is sure to involve.

“Because of ‘Abdu’l-Bahá,” the beloved Master has prophesied, “many a test will be visited upon you. Troubles will befall you, and suffering afflict you.”

Shoghi Effendi, *The Advent of Divine Justice*

Reflection: How can we overcome these forces, if not through the harmony of our hearts?