

Lament not in your hours of trial, neither rejoice therein; seek ye the Middle Way which is the remembrance of Me in your afflictions and reflection over that which may befall you in future.

Bahá 'u'llá h

The word of God which the Supreme Pen hath recorded on the ninth leaf of the Most Exalted Paradise is this: In all matters moderation is desirable. If a thing is carried to excess, it will prove a source of evil.

Bahá 'u'llá h

Be generous in prosperity, and thankful in adversity.

Bahá 'u'llá h

Human utterance is an essence which aspireth to exert its influence and needeth moderation.

Bahá 'u'llá h

If haste is harmful, inertness and indolence are a thousand times worse. A middle course is best, as it is written: "It is incumbent upon you to do good between the two evils,"

this referring to the mean between the two extremes. "And let not thy hand be tied up to thy neck; nor yet open it with all openness ... but between these follow a middle way."^[1]

[1 Qur'án 17:31; 110.]

`Abdu'l-Bahá

But man hath perversely continued to serve his lustful appetites, and he would not content himself with simple foods. Rather, he prepared for himself food that was compounded of many ingredients, of substances differing one from the other. With this, and with the perpetrating of vile and ignoble acts, his attention was engrossed, and he abandoned the temperance and moderation of a natural way of life. The result was the engendering of diseases both violent and diverse.

`Abdu'l-Bahá

...absolute equality is just as impossible, for absolute equality in fortunes, honors, commerce, agriculture, industry would end in disorderliness, in chaos, in disorganization of the means of existence, and in universal

disappointment: the order of the community would be quite destroyed. Thus difficulties will also arise when unjustified equality is imposed. It is, therefore, preferable for moderation to be established by means of laws and regulations to hinder the constitution of the excessive fortunes of certain individuals, and to protect the essential needs of the masses.

`Abdu'l-Bahá

A good character is in the sight of God and His chosen ones and the possessors of insight, the most excellent and praiseworthy of all things, but always on condition that its center of emanation should be reason and knowledge and its base should be true moderation.

`Abdu'l-Bahá

Such a chaste and holy life, with its implications of modesty, purity, temperance, decency, and clean-mindedness, involves no less than the exercise of moderation in all that pertains to dress, language, amusements, and all artistic and literary avocations.

Shoghi Effendi

...Bahá'ís are enjoined to use moderation in all things, and to seek the Golden mean,...

Shoghi Effendi

The Bahá'í conception of social life is essentially based on the subordination of the individual will to that of society. It neither suppresses the individual nor does it exalt him to the point of making him an anti-social creature, a menace to society. As in everything, it follows the 'golden mean'.

Universal House of Justice

Consultation, as you know, should be courteous and loving, but it should also be frank. In this area, as in others, the friends should be guided by the spirit of the teachings and strive for the golden mean.

Universal House of Justice

So often he would say: this is a religion of the golden mean, the middle of the way, neither this extreme nor that.

Rúhíyyih Khanum, speaking of the Guardian

The Middle Way

A brief selection from the

Bahá'í Writings