

Helping the Soul of the Loved One

Question: Through what means will the spirit of man, that is to say, the rational soul, after departing from this mortal world, make progress?

Answer: **The progress of man's spirit in the divine world, after the severance of its connection with the body of dust, is through the bounty and grace of the Lord alone, or through the intercession and the sincere prayers of other human souls, or through the charities and important good works which are performed in its name.** ('Abdu'l-Bahá, *Some Answered Questions*, p. 240)

The Master has told us that gifts and good deeds done in memory of those who have passed on, are most helpful to the development of their souls in the realms beyond. (On behalf of Shoghi Effendi, *Lights of Guidance*, p. 204)

Therefore, order your lives in accordance with the first principle of the divine teaching, which is love. Service to humanity is service to God. Let the love and light of the Kingdom radiate through you until all who look upon you shall be illumined by its reflection. ('Abdu'l-Bahá: *Promulgation of Universal Peace*, p. 8)

For Sharing:

- What have you done or are you doing to help the soul of your loved one progress?
- What makes it difficult to do this type of service?
- What do you want to do in the future?
- What do you need help with to accomplish?
- Who can help you?

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