

Uplifting movies and songs for playing during the Fast

During the Fast we are trying to detach ourselves from the world more and focus on our spiritual growth and development. We may have more time available because we are not spending so much time eating or preparing food. So – here's a great opportunity to watch some of the many wonderful Baha'i films that have been produced in recent years.

Here are links to many of them.

Building Momentum:

This film from the Baha'i World Centre focuses on seven clusters in various parts of the globe, all of which are working in the forefront of Baha'i activity. The segment on each cluster highlights some distinct aspect of the growth process, so that, in their entirety, the seven stories give a vivid picture of the coherence achieved by the lines of action called for in the Five Year Plan. Released in 2004, it contains examples of coherence in community building that are still timely and inspiring. <https://youtu.be/1QN-G1safeM>

Dawn of the Light - Two hundred years ago, the Báb appeared, inaugurating a new Dispensation and preparing humanity for the light of Bahá'u'lláh's Revelation. Dawn of the Light portrays several individuals from different continents as they relate their own personal search after truth and meaning. They share their discovery that God has sent two Divine Manifestations—the Báb and Bahá'u'lláh—Whose teachings are revolutionizing human thought and behaviour, changing darkness into light. The film shows glimpses of how this same discovery is inspiring the efforts of many across the globe to serve humanity and to contribute to building a new pattern of life.

<https://youtu.be/0h9hLL3JFnI>

Light to the World: This feature film, by the Baha'i International Community, was produced for the joyous and historic Bicentenary anniversary of the Birth of Baha'u'llah, Prophet-founder of the Baha'i Faith. The wonderful film shares personal reflections from around the world about aspects of the life and teachings of Baha'u'llah and it illustrates how His Teachings are transforming the lives of individuals and communities. <https://youtu.be/xsd5C15MvyA>

A Widening Embrace: a new innovative documentary film commissioned by the Universal House of Justice about the community-building efforts of the Baha'i world, as seen through the eyes of local populations. <https://youtu.be/Nwlvld9z98A>

Exemplar : follows the life of 'Abdu'l-Bahá and the profound effect He had on people both past and present. A sense of 'Abdu'l-Bahá's unique function as a shelter, a shield, a stronghold for all humanity is captured in vignettes of some of the souls whose lives were transformed for the betterment of society through their association with Him. The film reflects a few of the universal principles embodied, both in word and deed, by 'Abdu'l-Bahá—principles that animate a global movement of individuals, communities and institutions striving to emulate His example in service to humanity. https://youtu.be/PRE8vDU_ufs

Glimpses of a Hundred Years of Endeavour: In 1921, at the time of the passing of 'Abdu'l-Bahá, a relatively small Bahá'í community, though grieving, looked to the future with faith and courage, focused on the instructions that had been left by Him, the Centre of Bahá'u'lláh's Covenant. 'Abdu'l-Bahá had provided clear guidance for how the Bahá'í community was to grow, develop and increasingly serve humanity. Since that time, the followers of Bahá'u'lláh have been striving, with unimaginable sacrifice, to implement that guidance, reaching the farthest corners of the globe. This film provides glimpses into a hundred years of endeavour and learning, carried out by a burgeoning Bahá'í community, and outlines the journey that has led to the community's current

efforts to contribute to the emergence of a world based on the principle of the oneness of humanity. <https://youtu.be/4MsMfnkd6>

Luminous Journey: celebrates the centenary of 'Abdu'l-Bahá's visit—a journey destined to change the consciousness of a nation and the world. <https://youtu.be/KfT-g7tpDil>

The Gate: Dawn of the Baha'í Faith – In the midst of religious intolerance and extremism, one religion—the Bahá'í Faith—offers a path toward world peace by advocating the oneness of humanity's major religions. Now, this groundbreaking documentary tells the amazing, little-known story of the origins of the Bahá'í Faith. The Gate: Dawn of the Bahá'í Faith recounts the founding of this new world religion in Persia by a Prophet known as The Báb. Combining dramatic reenactments with interviews of renowned historians, religious scholars, and Bahá'í Faith experts, The Gate: Dawn of the Bahá'í Faith celebrates the brief, exciting life of a prophet and the indelible impact His message continues to have on the world today.

<https://youtu.be/GPKEkSXhtgw>

Baha'u'llah – the Secret of Our Century:- This video is a meditation on Baha'u'llah. It focuses on His exile out of Persia in 1852 until His passing in Palestine in 1892. It shows the relationship between His suffering and the solutions so sorely needed by the world today. And it follows the unfolding drama of His exile and imprisonment against the documentary of our times. In particular it examines such issues as the waste of war and the cry for peace, the questions of rights and crisis of poverty, the misuse of power and the importance of justice. And it finally illustrates how the Baha'is in communities all around the world are striving to put into action the challenges which Baha'u'llah directed to the kings and rulers of the world over one hundred years ago. <https://youtu.be/ZldQSucqujQ>

Abdu'l Baha the Mystery – a series of six documentary films covering the life of Abdu'l-Baha, the eldest son of Baha'u'llah.

Part 1: Beginnings - <https://bit.ly/3Inwi2h>

Part 2: Master of the Prison City - <https://bit.ly/3preFGe>

Part 3: Tumultuous Years - <https://bit.ly/3dnOudV>

Part 4: Travels in the West - <https://bit.ly/3zjb2XC>

Part 5: The End of the Journey - <https://bit.ly/3HvJalA>

Part 6: Touching Hearts: Stories of Transformation - <https://bit.ly/3qvz2xN>

Shoghi Effendi – the Guardian of the Baha'í Faith - This video recounts the life of Shoghi Effendi, the beloved Guardian of the Baha'í Faith. Amatu'l-Baha Ruhyyih Khanum shares her experiences, vivid memories and stories of the life of the Guardian from his birth to his passing. <https://youtu.be/hKLdVb8l074>

Tanna – A Study In Leadership And Action: No one can stop climate change alone. Individuals, communities and institutions must learn to work together in harmony. Today, a community in Vanuatu is doing this—to restore a lagoon ecosystem on which it relies.

<https://youtu.be/Kbkm4iNMH3M>

Specially for Youth

Rising Generations: Weaving a New Tapestry of Community Life - In a culture of service and friendship characterized by bonds of love and unity young people will lay a foundation from which the seeds of a prosperous world civilization can bloom. <https://youtu.be/1EqbS2WxbJ0>

Rising Generations: Meaningful Work and Service - Work must not be reduced to a mere means of satisfying wants and needs. It must find constant expression in service to humanity. When performed in a spirit of service, work may indeed be regarded as an act of worship.

<https://youtu.be/7G1E5TSN5E8>

Rising Generations: A Culture of Friendship: If young people long for a world of unity and friendship, their approaches to bringing that world into being must embody those very attributes. As service draws young people further into the lives of the members of their communities, they will strengthen bonds of trust and feel genuine concern for every aspect of one another's lives, delighting in one another's accomplishments and offering support through one another's hardships. <https://youtu.be/e0HVJDwxvsw>

Qualities of Youth - <https://youtu.be/FUcEfSd4kkE>

Some Prayers and Songs to enrich your devotions during the Fast

The Tablet of Ahmad : https://youtu.be/_9R_3ttezaA

The Long Healing Prayer : <https://youtu.be/106-xK6YHro>

Prayer for Aid and Assistance : <https://youtu.be/k5XJ-GxhVbg>

Mō te Kotahitanga (waiata) : <https://youtu.be/Nia7RZNgN0g>

Mō te Whakaora: <https://youtu.be/lhg9sffnDtk>

Ko I ate Atua - <https://youtu.be/jyvm74GQjas>

E te Tama a te Wairua - <https://youtu.be/Q3O2mluYfQU>

E te Hoa - <https://youtu.be/Gt0SGxhead4>

Moananui-a-Kiwa - <https://youtu.be/-vMOFv2HXIY>

E Otua - <https://youtu.be/k76IBUQ70UY>

One Tree - <https://youtu.be/nS1RBSrOGng>

A Kindly Tongue - <https://youtu.be/wU3C-m9JkI>

Unite - https://youtu.be/zfPzUZ_25yw

ENJOY!