

**"AWAKENING THE ENERGIES  
LATENT IN THE HUMAN SOUL AND  
CHANNELLING THEM TOWARDS THE  
BETTERMENT OF SOCIETY"**

DECEMBER 30, 2021, UNIVERSAL HOUSE OF JUSTICE

ABSTENTION FROM FOOD AND DRINK FROM SUNRISE TILL SUNSET  
DATES FOR THE FAST ARE MARCH 2-20

"Thou hast endowed  
every hour of these  
days with a  
*special virtue.."*



*3 Sessions*  
**FEBRUARY**  
**11, 18, 25,**  
**2023**  
**1PM-4PM**  
**EST**

*Preparing for the  
2023 Fast*

**FASTING IS MORE  
THAN JUST NOT EATING**

Shoghi Effendi indicates that the fasting period, is...essentially a period of **meditation and prayer**, of **spiritual recuperation**, during which the believer **must strive to make the necessary readjustments** in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul.

**[HTTPS://TINYURL.COM  
/2023-FASTINGPREP](https://tinyurl.com/2023-fastingprep)**

An Individual Initiative  
of Barbara Talley



**PART 1: PRAYER**



**PART 2: MEDITATION**



**PART 3: SPIRITUAL  
RECUPERATION**

Let's Get Enkindled