

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

DECEMBER 30, 2021, 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..."

**Note time
change!**



*Our Final
Session*

**FEBRUARY
26, 2022
3PM-6PM EST**



*Awakening the Spiritual
Forces Latent In Our Souls*

**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.**



PART 1: PRAYER 2/12



**PART 2:
MEDITATION 2/19**



**PART 3: SPIRITUAL
RECUPERATION 2/25**



[HTTPS://TINYURL.COM/FASTPREP2022](https://tinyurl.com/FASTPREP2022)

Presenter: Barbara Talley

Let's Get Enkindled