

**From a letter written on behalf of the Universal House of Justice to an individual believer, April 6, 1976:**

"With reference to the broad aspects of your problem of psychological difficulty, the House of Justice has asked us to quote the following passages from the Writings of Baha'u'llah: 'Know thou that the soul of man is exalted above, and is independent of all infirmities of body or mind.... When it (the soul) leaveth the body, however, it will evince such ascendancy, and reveal such influence as no force on earth can equal'. In a letter written on behalf of the beloved Guardian we also find the following passage: 'You must always remember, no matter how much you and others are afflicted with mental troubles ..., that your spirit is healthy, near to your Beloved, and will in the next world enjoy a happy and normal state of soul.' Thus it is that the soul is not aided by psychotherapy. On the other hand, in your understanding of the mental phenomena which distress you, and in your efforts to overcome your problem it is perfectly proper to consult professional experts, as your National Assembly ... advised. In another letter written on behalf of Shoghi Effendi by his secretary, we read the following: 'As Baha'u'llah has urged us to avail ourselves of the help of good physicians, Baha'is certainly are not only free to turn to psychiatry for assistance but should, when available, do so.' The mind, then, with all its aberrancies, may often favourably be influenced by scientifically trained persons.

"The Universal House of Justice suggests that through daily prayer, and specially by observing the daily obligatory prayers, through study of the Writings, through active participation in teaching efforts and in the activities of the community, and through constant effort to sacrifice for the Faith you love so well, you will provide a spiritual counterpart to the professional help you will receive from the experts. You should also endeavour to engage in some useful occupation, or by training yourself to have such an occupation, as work is itself another means at our disposal, in accordance with our Teachings, to draw nearer to God, and to better grasp His purpose for us in this world."