

53-Moderation

In the Navajo religion and culture, there is an emphasis on how you relate to everything around you. Everything has to be measured, weighed, and harmonious. We call it nizhoni—walking in beauty.

American Indigenous Religions, Lori Cupp (Navajo)

These eight qualities glorify a man, viz., wisdom, high birth, self-restraint, learning, prowess, moderation in speech, gift according to one's power, and gratitude.

Hinduism, Vyāsa, *The Mahabharata* 5, 33.5

Where there is no vision, the people cast off restraint; but he that keepeth the law, happy is he.

Judaism, Solomon, *Mishlei (Proverbs)*, 29: 18

A man is not an elder because his head is grey; his age may be ripe, but he is called 'Old-in-vain.'

He in whom there is truth, virtue, love, restraint, moderation, he who is free from impurity and is wise, he is called an elder.

Buddhism, *The Dhammapada*, 260

Rejoice in the Lord alway: and again I say, Rejoice.

Let your moderation be known unto all men. The Lord is at hand.

Christianity, Paul, *Philippians*, 4: 4-5

O my son! establish Regular prayer, enjoin what is Just, and forbid what is wrong: And bear with patient constancy Whate'er betide thee; for this Is firmness (of purpose) In (the conduct of) affairs.

And swell not thy cheek (For pride) at men, Nor walk in insolence Through the earth; For God loveth not Any arrogant boaster.

And be moderate In thy pace, and lower Thy voice; for the harshest Of sounds without doubt Is the braying of the ass.

Islam, Muhammad, *Qur'án*, 31: 17-19

In all matters moderation is desirable. If a thing is carried to excess, it will prove a source of evil.

Bahá'i, Bahá'u'lláh, *Tablets of Bahá'u'lláh*, p. 69

A good character is in the sight of God and His chosen ones and the possessors of insight, the most excellent and praiseworthy of all things, but always on condition that its center of emanation should be reason and knowledge and its base should be true moderation.

Bahá'i, 'Abdu'l-Bahá,
Secret of Divine Civilization, p. 60

Human utterance is an essence which aspireth to exert its influence and needeth moderation. As to its influence, this is conditional upon refinement which in turn is dependent upon hearts which are detached and pure. As to its moderation, this hath to be combined with tact and wisdom as prescribed in the Holy Scriptures and Tablets.

Bahá'i, Bahá'u'lláh, *Tablets of Bahá'u'lláh*, p. 172

It is incumbent upon the loved ones of God to exercise the greatest care and prudence in all things, whether great or small, to take counsel together and unitedly resist the onslaught of the stirrers up of strife and the movers of mischief. They must endeavour to consort in a friendly spirit with everyone, must follow moderation in their conduct, must have respect and consideration one for another and show loving-kindness and tender regard to all the peoples of the world.

Bahá'i, Abdu'l-Bahá,
Selections from the Writings of 'Abdu'l-Bahá, p. 233