Karellyn Popov, her husband Dr. Dan Popov, and I were focused on a cottage on a little island in British Columbia, Canada, my sister Linda, when the Family Virtues Guide was conceived more than a decade ago in 1989.

Pleasure of Life

and rationale, of “divine design,” that informs my view of the very life of studying the Park’s Wonders, and seeking patterns of meaning that would assist spiritual growth. Using the metaphor of a “divine theme park,” with its many destinations such as Adventuredland, Fantasyland, and Main Street USA, the Family Virtues Guide suggests that the Virtues are those potentialities of human nature that are, in fact, divine. The Virtues Project was created more than a decade ago as a program to

Introductions

Mawl the spiritual traveler, Virtues that are helpful in navigating the landscapes of the Spirit, those that are helpful in navigating the landscapes of daily life, are often at a loss to enumerate or define the Virtues which are simply said to be spiritual “adults.” But many adults, especially in the world with clear purpose, have been asked the purpose of life, and in the world with clear purpose, love of God and His Creation, and an

Abstract

Karellyn

Adventures of the Spirit

Theme Park as Metaphor
Spiritually speaking, the best is yet to come, with feet grounded in reality, and minds educated in the knowledge that, to the satisfactions and challenges of adulthood, when we face the future adolescent independence and new frontiers of young adulthood; and finally, theaspirations to the excited dreams of childhood, from the empty adventurism of our hearts, when we are seen as a metaphor for the journey of the soul through the many phases of our earthly experience, from the infancy of our parents, when we are well into the Disney family of characters, and I’ve developed a theory about it that I impresses on many occasions with the special affection expressed toward the Disney experience those carefully designed environments, I have been in several of our theme parks, I have had a lot of time to observe guests as during more than 14 years of work for Disney as a designer of attractions over them, from Alaska to Guam, from Malta to Papua New Guinea, every kind, as well as corporations and government agencies, the world programs have been embraced by families, schools, faith groups of programs, are often at a loss to communicate our virtues, much less to define them. This is why the Virtues Project was born and its materials and our unique gifts in service of the global family. But many adults, especially develop our knowing and loving capabilities, to acquire Virtues, and to use The Bahá’í Virtues reinforce the belief that the entire purpose of life is to God and His creation, and an attitude of service.

radical spiritual beings, walking in the world with clear purpose, love of personal education and focus of personal will, allow us to become those potentialities of our inborn human nature that, with proper awareness of God. The Family Virtues Guide suggests that the Virtues are All the Holy Books remind us that we have been created in the image and about uncovering those aspects of our nature that are, in fact, divine. define “being human” from a spiritual perspective, we are really taking character education of their children. The premise was that when we create a program that could be used by families anywhere to inspire the
Time again.

Once that conflictcombe, that draw exquisitely back to Disneyland time and after that, these virtues, regardless of the many costumes and silly virtue that attract genuine affection and loyalty from their fans, the world icons of goodness, represent a purity of spirit and certain qualities of goofy, Donald, and all the others. It is my belief that these characters, as smile to every face and who other unconditional love — Mickey, Minnie, next curve in the road. Disneyland features many characters who bring in a spirit of discovery and adventure, not knowing what lies around the many lands in some kind of order. We may choose to walk freely about Guis upon entering the Park, and you are free to use it to navigate the

A handy guidebook (show sample Disneyland Guidebook) is given to each

and enjoyable one.

been heavily pre-programmed and "humanized" makes it no less a vital happiest place on earth. "The Guest Experience" in Disneyland has

by the intrinsic activity of the destinations is the best we have seen called the includes joys, thrills, and opportunities of various kinds, each stimulating different "experiences", it becomes clear that a full day in the Park in examining these different kinds, each with its characteristic style and

...costumes, attractions, and even landscapes (show chart)

land has been given a principal theme in the design of its architecture, each land representing a unique assortment of ideas and attractions. Each actually a series of distinct "lands" radiating from a central "hub", with world-famous theme park, so symbolic of fantasy and adventure, is

If you were to fly over Disneyland, it would become evident that this

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I hope you'Il enjoy this tour of a virtual, or should I say, "virtuous", theme

park where we will enjoy the adventures of the spirit.
Virtues that inhabited the main streets of villages and towns all over the
Reaching from the Virtues Card's, I want to share with you some of the

Spontaneous.

each other, and when a smile offered to strangers was easy and
shops and restaurants. It was a time when all the neighbors in town knew
Street was slow-paced, familiar, and populated by many charming small
designed to reflect another time and era in America when life on Main
watcher, the building's color, and character of this "land" were purposely
"World Bazaar" and is covered with a glass roof for protection from the
Your first stop at Disneyland is "Main Street." Here in Tokyo it is called

(please turn to this page in your guide)

II "Main Street" - The Safety of Tradition

whole character of Disneyland..."

"is not the object of every Revelation to effect a transformation in the

Concourse on High," TLP 369

him who is adorned with the sanctifying attributes and character of the
Shangri Path and are led to the Great Announcement. Well is it with
"...a goodly character is a means whereby men are guided to the

Witness:

I'd like to read just a few words about "Character" from the Bhagat

(Hand out "Guidebooks")

each stage in the growth of our character, and thus our spirit.

considered on the Virtues required to "nurture" each of the land's, as well as
believe there are some significant and impressive lessons to be learned,
spirit "using the specific lands of Disneyland as a metaphor, since I
To come, I would like to present a "Guidebook" to those "adventures of the

From my perspective, there are significant parallels between the design of
We'll move on to another helpful area called:

Integrity

Integrity is living by your highest values. It is being honest and sincere. Integrit is telling the truth, doing the right thing, and not doing the wrong thing. Integrity gives you self-respect and a sense of purpose and direction in your life. Integrity helps you to maintain your conscience, to do the right thing, and to live a life that is true to your values.

Here is the definition of integrity in the Virtue Guide:

Integrity is being honest and sincere. It is important because it builds trust. When people are honest, they can be relied on not to lie. When people are honest, O people, with truthfulness and adorn your souls with the ornament of honesty. Because, O people, that ye dead not reach eloquently with anyone. (Qur’ān 2:97) 

Honesty is being truthful and sincere. It is important because it is a character that you are open and trustworthy, others can believe in you.

Happiness. Together we can accomplish great things. We are willing to follow the rules which keep everyone safe and understand the value and spiritual significance. Sharing these simple definitions will help us achieve a common goal.

Cooperation is working together and sharing the load. When we share, people, they are still highly valued in Bahá’í communities today. World, before suspicion and prejudice create false barriers between
In the Old Testament, Jeremiah says this about prayer:

"Prayerfulness is about seeking God's guidance. Praying is being thankful for things. Praying is acting in ways which are worthy of that gift. Prayer is praising God, and gratitude is knowing that you are a unique creation of God, and presence of your Creator. It is doing simple things with an attitude of prayerfulness is living in a way which shows that you are in the presence of God."
The Bab tells us:

Empowerment in our lives.

We consistently return to the Whiteness to find order, balance, direction, and Whiteness are the center of individual and community life for Bahá’ís and that it represents stability, order, beauty, and constancy. The Sacred

The other significance of the Hub, or center, of this unique universe is

dreams come true.

It is hard to be living less. When determination is something

You focus your energy and efforts on a task and stick with it until it

Family Virtues Guide as follows:

The last characteristic we need at the Hub is determination, which is defined in the

things happen. When you are purposeful, you make things happen.

Being Purposeful is having a clear focus. Begin with a vision for

Here's a definition of Purposefulness from The Family Virtues Guide:

insight.

Lives when they needed to choose a direction, and received the gift of

How many here today have prayed for special guidance in a time in their

things which you did not know. "(3:3)

"Call to me and I will answer you, and show you great and mighty
nature of man. PWU 77
numenominate are symbols expressing the more human or earthly

"God has never created an evil spirit; all such ideas and

Abdu'l-Baha states that:

"...the evil one is he that hindereth the rise and obstructeth the

Baha'u'llah reminds us that:

and the powers of good in order to triumph over evil. This
does not go unnoticed, and we need the support of family, community,
Witch from the story of Shepherds' Beauty. What's the lesson here? Virtue
Massion, some evil characters in the Castle Mystery, the Wicked
Yet even here there are darker forces at work: the ghosts in the haunted

and that favorable Baha'i value -- unity in diversity:

a small world, where images of the world's children express happiness
princes, courageous knights, flying elephants and the simple truths of "It's
feels to immerse ourselves in a world of beautiful princesses and handsome
charming land where storybook worlds come alive. And the child in us all
between the hub and walking right through the Castle, we reach a

(please turn to this page in your guide)

Fantasyland - Childhood Dreams

If you visit is:

Now that we've gotten our bearings in the Hub, the first "Land" we're going

"Journey" SDC 35
was not first set forth either directly or by implication in the Holy

"...what thing of value to mankind has ever come into being which
"In every act and skill, God loves the highest perfection"

that:

In striving toward perfection, or the virtue of excellence, Bahá'í yoga says

you believe in. You finish what you start. You keep your promises.

nothing back. You give your all to a friendship, a task, or something
deciding carefully what you want to do, then giving it 100% holding
commitment is caring deeply about something or someone. If is

you. Love is contagious. If keeps spreading.

and things with care and kindness because they mean so much to

smile. A kind word, a thoughtful act or a hug. Love is healing people

love is a special feeling that fills your heart. You show love in a

Cards:

Here are the definitions of love and commitment given in the Virtues

Stage of our journey? Love of whom? Of what? From whom?
Can someone suggest why the Virtue of love is particularly useful in this

Let's examine a few of these virtues to understand their significance.

character are the Virtues of love, commitment and excellence.

Some of the best tools for educating our spirits and meaning our

Disneyland, there are no magic wands to make our troubles disappear.

effort to make improvements in all those areas of life, and that, unlike

relationships. What we learn is that it takes dedicated and conscious

existence, improved finances, more happiness and deeper unity in our

In the so-called "real" world, everyone engages in ventures of a better
Here are the definitions of these three virtues from the Virtues Cards:

**Enthusiasm and Perseverance.**

A number of important virtues to navigate along the way, such as courage, choose to venture past known boundaries and borders, we require a particular kind of adventure, in reality whenever we consciously attempt to improve our quality of life, we are, in a sense, venturing into a world of adventures and possibilities. Cultivated by faith, and the right steps, a young person learns the comfort of what is familiar, they step (please turn to this page in your guide)

Adventurism – Adolescent Independence
The next stage takes us to:

**Excellence is the key to success.**

When you practice excellence, you bring your gifts to fruition. It is a desire for perfection. The perfection of a seed comes in the fruit, and every relationship. Excellence is often guided by a noble purpose.

Excellence is doing your best, giving careful attention to every task.

Here is the definition of excellence from the Virtues Cards:

Adventurism, Perfection, SDC 33-4

"The spiritually learned must be characterized by both humble and..."
Previously unexplored territories of the spiritual realm? Our troubled lives to seek communion with God, and to venture into
mediation not a profound opportunity to break out of the daily realities of
comfortable boundaries into new frontiers of the spirit, are prayer and
of the greatest adventures of our lives, and are asked to move past
I believe that when we accept the Damilu faith, we have embarked on one

Uncertainty, hazards and dangers linked all along the way.
Grups of settlers set out in vessels named "Journey into the new frontier,
for farming and raising families in the wide open spaces of the new land,
crowded ships that filled up around the Atlantic sea ports, and to blind land
on the East coast of that vast unexplored continent. To escape the
In America, the early settlers arrived primarily from Europe, and landed
(please turn to this page in your guide)
Figure 1: Frontierland – Young adulthood

With those empowering virtues in our guidebook, the next land we visit

ride the waves.
In a storm, you don't become bolder or braver off course. You just
persevere, you don't give up...you keep going like a strong ship.
endure and overcome obstacles, no matter how long it takes. When
Perseverance is being steadfast and persistent. You commit to your

You have a positive attitude. Enthusiasm is being inspired.
something enthusiastic and eager. When you are enthusiastic,
Enthusiasm is being cheerful, happy and full of spirit. It is doing
Your heart.
You try new things. You admit mistakes. Courage is the strength in
when it's hard or scary. When you are courageous, you don't give up.
Courage is bravery in the face of fear. You do the right thing even

**Self-discipline** means self-control. It is doing what you really want to do, rather than being lost or done by your feelings. Like a leaf in the wind, you act instead of react. You get things done in an orderly, efficient way. You act instead of react. You get things done in an orderly, efficient way.

The Family Virtues Guide also provides the following explanation:

peaceful and uplifting life.

afternoon those who have been trained by it reap the harvest of a Discipline, to be sure, is never pleasant; at times it seems painful, but

12:11: The Family Virtues Guide defines self-discipline with a quote from Hebrews:

*Here is the definition of hebdihly given in the Virtues Guide:

- The spirit are hebdihly, self-discpline and moderation.

- Some of the virtues needed to empower our journey toward new frontiers.

- deeds. “Whoa THW 76

- ...since then with heart and soul to distinguish yourselves by your

- Pass from this fleeting world. “Whoa 41

- Distil thou behold immortal sovereignty, than wouldst shine to

- comfort zone.”

Here are some Hidden Words related to the challenge of moving out of our
Gathered in New York for the World Congress in 1992, celebrating our community, who can forget those images of the Bahá'ís of the world spiritual journey is uniquely our own, and yet shared by the larger Bahá'í community. The experience of unity in the social, political and religious realms. Our eventual establishment of a unified world. In the face of humankind to establish hope in the capacity of humankind to tomorrow, never losing hope in the capacity or humankind to participate in the unfolding Plan of God. We keep an eye on the present time, the present time, that the present time, through darkened by the threat of Global recognition that the present time, through darkened by the threat of Global". As Bahá'ís we administrate us to "let your vision be world encompassing. "As Bahá'ís we by the effort to express Bahá'í
daily life is marked by the effort to express Bahá'í
daily life is marked by the effort to express Bahá'í
daily life is marked by the effort to express Bahá'í
daily life is marked by the effort to express Bahá'í

but insignificantly it is light and mercy.

"My Providence, My Providence, My Providence, My Providence, My Providence and the light of the world Hidden Words (AVW 51) that what

global economy.

reflect the values of unity and a more balanced and equitable focused on the future, since we recognize that the present time is not unknown, or undisclosed words. In our Bahá'í lives, we are often

The idea of this "land" is the challenge and excitement of the future, of the

(6) Tomorrowland - Facing Adulthood

With that encouragement, let's move to the last of our "lands":

The things you like, you use your self-discipline to take charge of your and play, rest and exercise. You don't overdo or get swept away by

moderation is creating a healthy balance in your life between work

helpful, as explained by the Virtues Guide

To add balance to the spiritual journey, the virtue of moderation is very
The last virtue on our spiritual journey is one that resonates with every

have big dreams and then act as if they are possible!

things the way they are. You make a difference. Ideals come to
meaningful in life. You follow your beliefs. You don’t just accept
When you have ideals, you really care about what is right and

Idealism is defined this way:


Confidence is having faith in someone. Self-confidence is trusting

The Virtues Cards define confidence this way:

revels 10:35

Do not therefore, throw away your confidence, for it carries a great

advise:

In the Family Virtues Guide (p.81) the Old Testament is quoted for this

Idealism and Peacefulness.

faith in the victory of the unfolding New World Order, are confidence.
The virtues we call on to encourage our march toward tomorrow, with

of this unique, this wondrous system... vs. 27

“Whakamana’s ordered life has been revolutionized through the agency

be very bright.

unprecedented diversity, while unified in the conviction that tomorrow will
and our health. Help us to build healthy relationships and protect our time, our energy, reputation to create a climate of peace and safety. Personal boundaries.

Virtue-based boundaries focus on respect, responsibility, and justice.

**Strategies for Clear Boundaries**

1. **Become a Stepping Stone**
   - and confidence to learn from our mistakes, every stumbling blockFuture character in ourselves and others. When we have the humility to recognize the growth and the lessons in our daily challenges helps us to recognize and respect.

2. **Recognize Reachable Moments**
   - ourselves. It helps us to become the kind of people we want to be.
   - respect. It is a frame of reference for bringing out the best in children and us to replace blaming and blaming with personal responsibility and have greater power to discriminate or to inspire. The language of virtues helps language shapes character. The way we speak, and the words we use,

**Strategies 3: Speak the Language of the Virtues**

In our schools, and inspire excellence and service in the workplace, these strategies build foundations for safe and caring communities.

I’d like to share with you, “The Five Strategies of the Virtues Guide,”

Answered in some degree in the family Virtues Guide.

Well, back in the real world, some of you may be asking yourselves, “Now what begins with peace in your heart,”

Is gaining up the love of power for the power of love. Peace in the gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peacefulness is being calm inside. Take time for daily reflection and

Peacefulness.
Thank you.

Community?

(d) What three virtues best describe the character of your Phaet.

help you to achieve them?

(c) What virtues would you most like to develop in yourself, and what will

(b) What virtues do you most admire in others?

(a) What virtues are you happiest about in your own character?

Questions:

Page of your handout, and take a few moments to reflect on these.

As an final activity today, I would like all of you to please turn to the last

(Time for Questions)

Trauma:

Resolution. This process is a powerful tool for healing grief, anger, and

supports moral choice, intimacy in relationships, and peaceful conflict.

of others to define teachable moments and to reflect on their virtues. It

others to embody their own virtues. This counseling approach empowers

we help others to embody their own virtues. It is by being deeply present and listening with compassion and detachment,

Strategy 5: Other Spiritual Companioning

Workplaces:

Statement increases unity and morale in our homes, schools and

honoring special events, and sharing our stories. Creating "Vision

expressing what is meaningful in our lives by participating in the arts,

encourages us to make time for reflection, reverence, and beauty. It is

This strategy begins with respect for the dignity of each person and

Strategy 6: Honor the Spirit
Habib Taherzadeh, Hekayat, Beheshti World Centre, 1978.


Books

Canada, 2002.


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