

Plunging one's hand in food

Bahá'u'lláh

Partial translation



Plunging one's hand in food

*"... Take heed lest, when partaking of food, ye plunge your hands into the contents of bowls and platters. Adopt ye such usages as are most in keeping with refinement... Hold ye fast unto refinement under all conditions, that your eyes may be preserved from beholding what is repugnant both to your own selves and to the dwellers of Paradise. Should anyone depart therefrom, his deed shall at that moment be rendered vain; yet should he have good reason, God will excuse him. He, in truth, is the Gracious, the Most Bountiful."*¹

"Take heed lest, when partaking of food, ye plunge your hands into the contents of bowls and platters."

This prohibition was defined by Shoghi Effendi as "plunging one's hand in food." In many parts of the world it has been customary to eat with the hands from a communal bowl."²



1. Baha'u'llah, The Most Holy Book, para 46

2. Notes to the Kitab-i-Aqdas no. 73

