

## Bahá'í

<b>1. Origin</b>	<ul style="list-style-type: none"> <li>The Bahá'í Faith is an independent world religion which originated in Persia (now Iran) in the mid 19<sup>th</sup> century.</li> <li>Bahá'ís now have religious and cultural links to many countries around the world.</li> <li>The Bahá'í are followers of Bahá'u'lláh (a title meaning "glory of God"), who lived from 1817 – 1892, who they believe is the most recent Prophet sent from God to guide humanity.</li> </ul>
<b>2. Languages</b>	<ul style="list-style-type: none"> <li>Relevant languages to our healthcare context: English or a language from someone's country of origin.</li> </ul>
<b>3. Beliefs</b>	<ul style="list-style-type: none"> <li>There is one God.</li> <li>Bahá'u'lláh's teachings will unite the world. Men and women are equal. All kinds of prejudice should be eliminated. Extremes of wealth and poverty should be abolished. Religious and cultural diversity is to be respected.</li> <li>There is belief in an afterlife where the soul progresses; our journey towards God is infinite.</li> </ul>
<b>4. Birth</b>	<ul style="list-style-type: none"> <li>After the birth of a child there are no particular rituals but prayers may be said to offer thanks to God. Everyone is created "noble".</li> <li>Individuals are supported in making their own decisions about difficult ethical issues.</li> </ul>
<b>5. Prayer &amp; Customs</b>	<ul style="list-style-type: none"> <li>Bahá'ís have a choice of three obligatory prayers, one of which is said each day in a quiet place facing South East towards Bahá'u'lláh's Shrine in Acre, Israel.</li> <li>Some prayers are said with physical gestures.</li> <li>Bahá'ís also read from their scriptures each morning and evening.</li> </ul>



<b>6. Diet &amp; Fasting</b>	<ul style="list-style-type: none"> <li>Bahá'ís tend to eat moderately and to have a healthy balanced diet.</li> <li>As they believe in treating animals with kindness they may be vegetarian or vegan.</li> <li>There is a nineteen-day fast which runs from either 1-19 March or 2-20 March each year, from sunrise to sunset. This is obligatory unless prevented by sickness, pregnancy, menstruation, breastfeeding or because people are under 15 or over 70.</li> <li>Bahá'ís would prefer to be home for Nawruz / New Year on March 21<sup>st</sup> but don't need to be.</li> </ul>
<b>7. Clothing &amp; Washing</b>	<ul style="list-style-type: none"> <li>Modesty and cleanliness are important.</li> </ul>
<b>8. Medicine</b>	<ul style="list-style-type: none"> <li>There is a positive attitude towards following the advice of healthcare staff; science and religion are seen as complementary.</li> <li>The use of intoxicating drugs and alcohol are prohibited except when prescribed by a doctor.</li> <li>There is no objection to blood transfusions.</li> </ul>
<b>9. Care of the Dying</b>	<ul style="list-style-type: none"> <li>Saying obligatory prayers each day may continue when someone is dying and privacy for this should be respected.</li> <li>It is important for the dying person to prepare themselves for the life which comes after death.</li> <li>There are no "last rite rituals" but family and friends may want to pray with the dying person.</li> </ul>

