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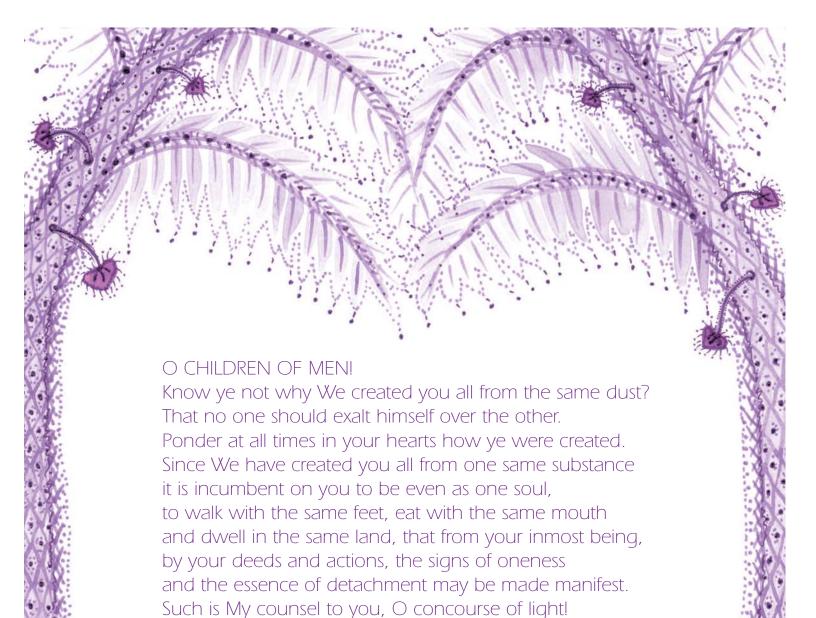
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Heed ye this counsel that ye may obtain the fruit

of holiness from the tree of wondrous glory.

— Bahá'u'lláh, Hidden Words, Arabic No. 68

Illustrated by Carrie Kneisler





Isfandíyár—yes, that was his amazing name—was my first real friend, and he truly changed my life. But, I should slow down with the story because I'm getting ahead of myself.

In our neighborhood, I knew most of the people, and everything was fine. So, most years, I'd go out by myself and I'd roll up to the door or porch and shout "TRICK OR TREAT!" like any other kid. But the really memorable year, things didn't go exactly like always. That year, I ran into some bullies stealing candy bags away from other kids. There were three of them, and they just stepped out of the dark when I was alone.

"Well, lookie here—a witch in a wheelchair! Ooooh, I am soooo scared."

"Hey, witchie, if you're so powerful, why don't you heal yourself?"

"Yeah, you must be a fake witch . . . let's see if you can stop me from taking your candy!"

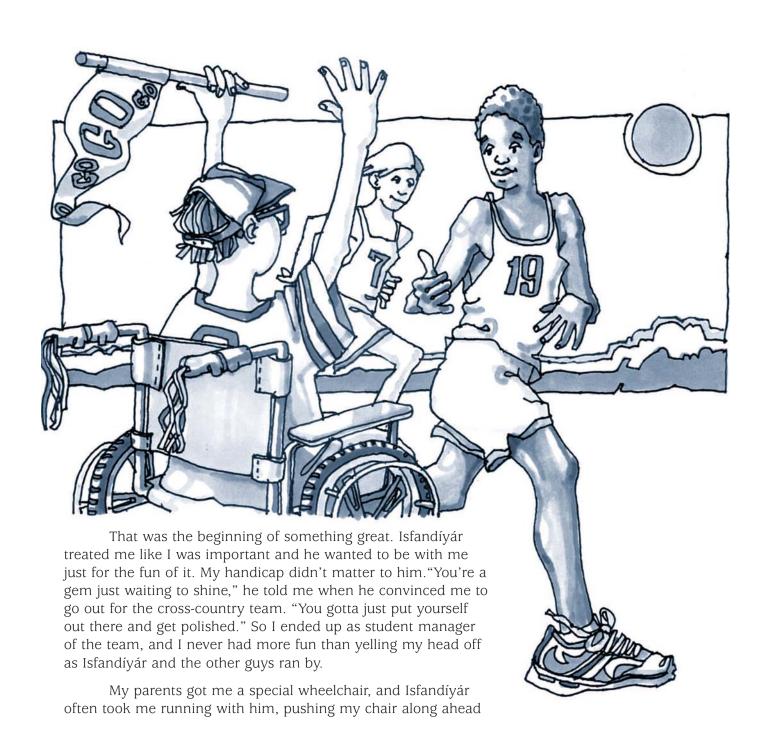
I was just starting to feel really scared when another voice yelled, "Leave him alone!" It sounded loud enough to hear across town, and those guys froze! "Leave him alone! Now!" The voice really wasn't so much loud as determined and commanding. These cowardly bullies were not of a mind to argue even though this new person did not look bigger or older. Something in his voice and look just made you want to say, "Yes, sir!"

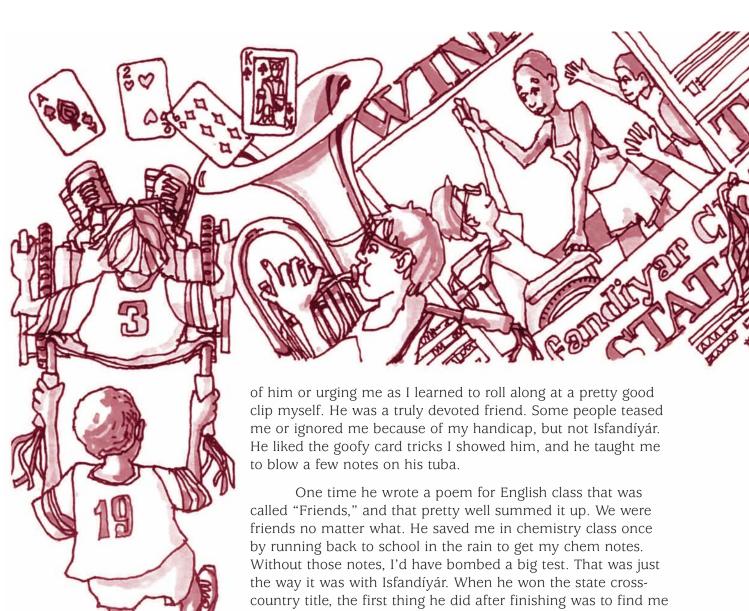
The bullies moved off, and I looked at this new person. I didn't know his name, but I recognized him from school. "Thanks, I really appreciate what you did."

"No way I was going to let those guys get away with that," he replied. "My parents taught me to take care of people. I'm new here—who's got the best treats?"

"The next house is Gorman's, and they do homemade candy apples . . . Come on, let's go!"

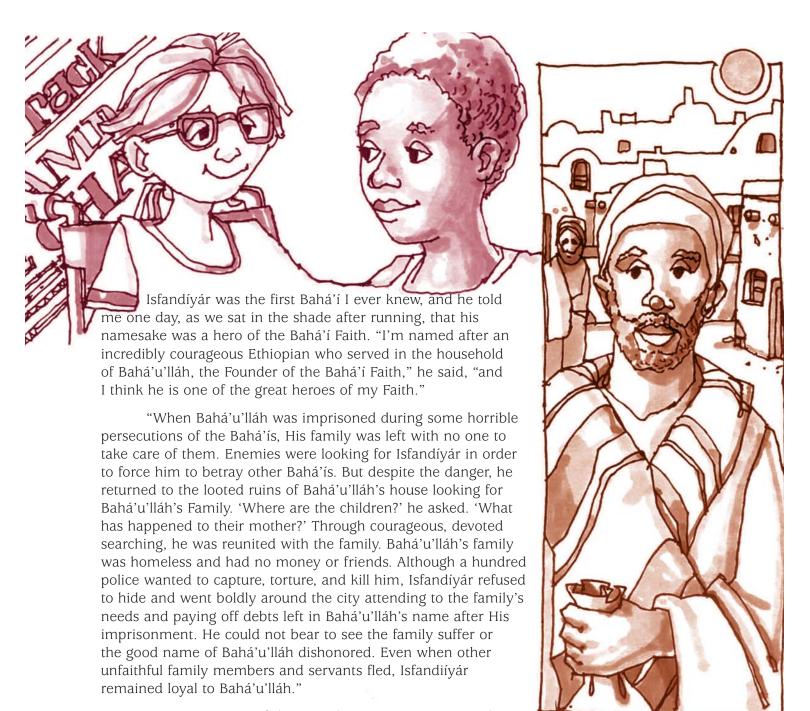
Bahá'u'lláh: Principles Related to the Oneness of God and the Oneness of Humanity





and give me a high five, and that was the picture that showed up on sports pages across the state.

Even now, twenty-five years later, I still look at the yellowed newspaper often and think of what Isfandíyár's friendship meant to me. He's never changed, even now that he is president of a famous medical school.



"I can see some of those qualities in you, too," I said.



"I'm really proud of my name," he replied, "Isfandíyár loved the truth so much that nothing scared him. That's the way I want to be."

Even now, years later, I can see Isfandíyár sitting there under the tree, smiling as he talked. He made the most difficult things seem so natural that you just wanted to do them. It made me happy just to be around him.

"My mother made some needlework for me," Isfandíyár continued. "She put some words about Isfandíyár into needlepoint and framed it for me. They're words of 'Abdu'l-Bahá, the Son of Bahá'u'lláh: 'If a perfect man could be found in the world, that man was Isfandíyár . . . Whenever I think of Isfandíyár, I am moved to tears, although he passed away fifty years ago.'"

I saw that needlework many times as Isfandíyár and I went through high school together. It hung in his room over his bed, and those words just seemed to soak into him. It was wonderful to see how he strived to love and care about others as the earlier Isfandíyár had done.

I am now over forty years old myself and see my old friend only rarely, but I think of him often. He made doing new or difficult things seem natural. He made me feel like I could do things I never dreamed were in me. I guess that's why I just finished "running" my nineteenth marathon in my wheelchair and why I love Bahá'u'lláh so very much. Thank you, Isfandíyár, my noble friend. *

