

## Extract from a Tablet of ‘Abdu’l-Bahá

In brief, the beings in the universe can each live individually and alone. A tree can grow and develop by itself, without the assistance of other trees. Likewise, animals can live a solitary existence. But this is impossible for man. Humankind is in need of mutual aid and cooperation, of interaction and association, that it may obtain happiness and well-being and achieve comfort and harmony.

—‘Abdu’l-Bahá

---

This document has been downloaded from the [Bahá'í Reference Library](#). You are free to use its content subject to the terms of use found at [www.bahai.org/legal](http://www.bahai.org/legal)

Last modified: 19 February 2024 10:00 a.m. (GMT)