The ADVENT of DIVINE JUSTICE - OVERVIEW: from 1844 to World War II

Dawnbreakers, war, North America and related writings from 'Abdu'l-Bahá

for groups, read aloud: the title block above, then the angled Dawnbreakers line from bottom up, then the timeline from bottom up, then the green text

the spiritual descendants of the Dawnbreakers build the World Order of Bahá'u'lláh 1945: end of World War II Dec. 1941: the US enters World War II after Japan's attack on Pearl Harbor Sep. 1939: WWII begins with the invasion of Poland by Germany, Canada enters WWII Dec. 1938: Shoghi Effendi's Advent of Divine Justice to North American Bahá'ís in the months before WWII Jan. 1922: Shoghi Effendi appointed Guardian In 1938, Shoghi Effendi, anticipating war, adapted themes from 'Abdu'l-Bahá's Secret of Divine Civilization and Tablets of the Nov. 1921: Ascension of 'Abdu'l-Bahá Divine Plan for The Advent of Divine Justice to prepare the North Nov. 1918: end of World War I American Bahá'ís for the "appointed time".

"...from age to age, the temple of existence has continually been embellished with a fresh grace, and distinguished with an evervarying splendor... in this present age, godlike impulses may radiate from the conscience of mankind... We must...promote the peace and well-being and happiness, the knowledge, culture and industry, the dignity, value and station, of the entire human race."

"The teachers of the Cause must be heavenly, lordly and radiant. They must be embodied spirit, personified intellect, and arise in service with the utmost firmness, steadfastness and self-sacrifice. "Should he become as such, his sanctified breath will even affect the rock; otherwise there will be no result whatsoever. As long as a soul is not perfected, how can he efface the defects of others? Unless he is detached from aught else save God, how can he teach severance to others?

"...the divine teachings...include all the degrees and embrace all the universal relations and necessary laws of humanity... when divers shades of thought, temperament and character, are brought together under the power and influence of one central agency, the beauty and glory of human perfection will be revealed and made manifest.

"Travel ye to the East and to the West...and summon the people to the Kingdom of God... Their sustenance and food must consist of the teachings of God. First they must themselves live in accordance with those principles, then guide the people."

'Abdu'l-Bahá Secret of Divine Civilization and Tablets of the Divine Plan

Apr. 1917: US declares war on Germany

Mar. 1916-Mar. 17: 'Abdu'l-Bahá's Tablets of the Divine Plan guides North American Bahá'ís to teach peace and oneness; advocates pioneering, steadfastness, purity, detachment

Aug. 1914: Canada enters WWI

Jul. 1914: Austria-Hungary declares war on Serbia starting WWI Jun. 1912: 'Abdu'l-Bahá's sojourn to the US and Canada Jun. 1892: 'Abdu'l-Bahá is appointed leader of the Bahá'í Faith

May 1892: Ascension of Bahá'u'lláh

the Dawnbreakers and open the Bahá'í cycle their descendants 1875: 'Abdu'l-Bahá's Secret of Divine Civilization, assessment/critique of Persian leadership & guide to modern governance based on divine justice 1873: Bahá'u'lláh's Kitáb-i-Aqdas – message to American leaders 1866: Proclamation - letters to Bábis and the world as the head of Bahá'í Faith Apr. 1863: Declaration of Bahá'u'lláh – abolition of holy war

1853: Bahá'u'lláh exiled from Persia to Baghdad 1852: Bahá'u'lláh's heavenly maiden visitation in the Síyáh-Chál 1850-53: Upheavals and Bábi martyrs at Zanján, Nayríz and throughout Persia Jul. 1850: Martyrdom of the Báb

the Dawnbreakers close the Adamic cycle 1848-49: Conference at Badasht leading to siege and Bábi martyrs of Fort Tabarsí May 1844: Declaration of the Báb

The ADVENT of DIVINE JUSTICE - OVERVIEW: from Double Crusade to Golden Age

North American Bahá'ís working on the Double Crusade will help build a strong spiritual foundation that leads to the ultimate goal of establishing the World Order of Bahá'u'lláh – "heaven on earth".

groups read: the title block; then from bottom up by paragraph 1844...Golden Age/Goal "The Golden Age"

GOAL:

to establish God's Kingdom on earth.

Peace, unity and the maturation of the human race, under the World Order of Bahá'u'lláh.

Teaching, pioneering and consolidation all work towards the expansion of the Bahá'í Faith.

External Material Teaching + Pioneering + Consolidation Growth

The Double Crusade is the North American Bahá'ís' spiritual prerequisite for success in consolidating their communities, and also for illuminating the Americas and then the world through teaching and pioneering.

Internal The Double Crusade regenerates the inward life of their own community and assails the long-standing evils of their nations by promoting; a rectitude of conduct, a chaste and holy life, and the elimination of racial prejudice.

US and Canadian Bahá'ís, the spiritual descendants of the Dawnbreakers, working on the Double Crusade will 1939 grow spiritually and provide the foundation which eventually leads to the New World Order of Bahá'u'lláh. Bahá'u'lláh and His earliest Bahá'ís, most were Dawnbreakers and their descendants, opened the Bahá'í Era. 1863 1844 When the Báb and His Bábi Dawnbreakers closed the Adamic Era, the Old World Order became obsolete.

<u>The ADVENT of DIVINE JUSTICE</u> - OVERVIEW: Problems and Solutions, from one to all

Spiritual Problem: the Old World Order with its attendant evils

Spiritual Solution: the New World Order of Bahá'u'lláh with divine justice and individual ADJ/Double Crusade efforts

read: the title block, then the four columns: problem, solutions, results with the row title for each entry	<u>PROBLEM</u> Old World Order and its attendant evils	<u>ADJ/BAHÁ'Í SPIRITU</u> internal/spiritual growth building Bahá'í character	J <u>AL SOLUTIONS</u> external/material growth building the Bahá'í order	<u>DESTINED RESULTS</u> New World Order of Bahá'u'lláh
WORLDWIDE	war, disintegration, oppression, irreligion, racial animosity	individual initiative, universal participation, consult with administration,	<u>Tablets of the Divine Plan</u> : world-wide teaching and pioneering	world's destiny: the Golden Age Bahá'í world leadership, peace, justice, unity, transformation
LATIN AMERICA	corruption, unaware of Bahá'u'lláh	study: Bahá'í writings and Islam, also local languages, customs and circumstances	Call of Bahá'u'lláh, pioneers, spread teachings, expansion of the Bahá'í Faith	destiny of Latin America: an increasingly important role in shaping the world, awakening
USA and CANADA	<u>excessive materialism</u>	<u>"the Double Crusade"</u> rectitude of conduct	ADJ (1939): teaching, home front pioneering, building the nascent Bahá'í administration	destiny of America: world leader in justice, holiness, unity, material attainment; the envy of the world
AMERICAN and CANADIAN BAHÁÍ COMMUNITIES	corruption & deceit moral decadence racial prejudice	chaste and holy life elimination of racial prejudice, "the most vital and	Current UHJ plans focus on consolidation/systematic change: study circles, children's classes, etc.	sanctified, loving, equitable, diverse Bahá'í communities
INDIVIDUAL BAHÁÍS		challenging issue"	living the life, unity in diversity, transformation	sanctified Bahá'ís incomparable in character, a new race of men

In the Adamic cycle, the tendency towards unity enforced by dominance had led to the rise and progress of civilization during humanity's adolescence; in the Bahá'í cycle, for civilization to continue to advance and evolve towards the maturation of humanity, this dominance must be replaced with justice and unity in diversity by choice.

Excessive materialism underlies the other critical North American evils and has led to the rampant exploitation and desecration of human beings and nature. Shoghi Effendi urged the North American Bahá'ís to purge this brutal and spiritually debilitating materialism and its evils from ourselves with the Double Crusade; this guidance may also be appropriate for other groups engaged in inherited institutionalized oppressor/oppressed relationships. As we continue to cleanse our souls and replace our inherited baggage with sterling Bahá'í qualities through the Double Crusade process, we will become more sanctified and will innately become more effective at spiritualizing the world.

The ADVENT of DIVINE JUSTICE - OVERVIEW: Why ADJ?

wars and upheavals create opportunities to build the New World Order of Bahá'u'lláh on a foundation of divine justice

In the <u>Kitáb-i-Aqdas</u>, Bahá'u'lláh alludes to the new World Order and then specifically commands the leaders of the Americas to enforce justice on both the oppressors and the oppressed. With WWI, 'Abdu'l-Bahá instructed the North American Bahá'ís towards spirituality, promoting the oneness of humanity and building God's Kingdom on earth, which would abrogate humanity's struggle for survival, so oppression as a means to material success is censured in the Bahá'í cycle. Before World War II, Shoghi Effendi consolidated and further expounded upon Bahá'u'lláh's and 'Abdu'l-Bahá's messages towards justice, spiritualization, oneness and building the New World Order, with messages specifically for the North American Bahá'ís in ADJ (1938) and in the 1929-36 <u>World Order of Bahá'u'lláh</u> letters.

- "The world's equilibrium hath been upset through the vibrating influence of this most great, this new World Order. Mankind's ordered life hath been revolutionized through the agency of this unique, this wondrous System—the like of which mortal eyes have never witnessed."
- "O Rulers of America and the Presidents of the Republics therein... Adorn ye the temple of dominion with the ornament of justice and of the fear of God... Take ye advantage of the Day of God... Bind ye the broken with the hands of justice, and crush the oppressor who flourisheth with the rod of the commandments of your Lord, the Ordainer, the All-Wise." Bahá'u'lláh, <u>Kitáb-i-Aqdas</u>, 1873
- "...this world-consuming war has set such a conflagration to the hearts that no word can describe it. In all the countries of the world the longing for universal peace is taking possession of the consciousness of men... A most wonderful state of receptivity is being realized. This is through the consummate wisdom of God, so that capacity may be created, the standard of the oneness of the world of humanity be upraised, and the fundamental of universal peace and the divine principles be promoted in the East and the West...
- "the Kingdom, embodying the institutions and divine teachings...organizes the oneness of the world of humanity, and destroys the foundation of differences...Through the breaths of the Holy Spirit it performs miracles; the Orient and the Occident embrace each other, the North and South become intimates and associates, conflicting and contending opinions disappear, antagonistic aims are brushed aside, the law of the struggle for existence is abrogated, and the canopy of the oneness of the world of humanity is raised on the apex of the globe, casting its shade over all the races of men."
- "In every Dispensation...the light of Divine Guidance has been focussed upon one central theme.... In this wondrous Revelation, this glorious century, the foundation of the Faith of God and the distinguishing feature of His Law is the consciousness of the Oneness of Mankind." 'Abdu'l-Bahá, cited by Shoghi Effendi in <u>World Order of Bahá'u'lláh</u>, 1931
- "A world, torn with conflicting passions, and perilously disintegrating from within, finds itself confronted...by the rising fortunes of an infant Faith...as the chill of irreligion creeps relentlessly over the soul of mankind...
- "The one chief remaining citadel...is none other than the blessed community of the followers of the Most Great Name in the North American continent... The community of the organized promoters of the Faith of Bahá'u'lláh in the American continent--the spiritual descendants of the dawn-breakers...must...usher in...through living sacrifice, that promised World Order, the shell ordained to enshrine that priceless jewel, the world civilization, of which the Faith itself is the sole begetter."

The ADVENT of DIVINE JUSTICE - OVERVIEW: Why the US and Canada?

their role in setting up the World Order of Bahá'u'lláh will demonstrate the transformative power of the Bahá'í Faith

"History is written by the victors." The USA and Canada had traditionally disseminated a biased historical narrative which glamorized "manifest destiny" and material accomplishments while minimizing the human cost to those subjugated and damage to the environment, as well as ignoring the consequential spiritual impairment of the victorious oppressors. Bahá'u'lláh chose the North American Bahá'ís to build the framework of His World Order specifically because of these countries' inherent spiritual weaknesses; the contrast between the sterling character of the Bahá'ís compared to the rapacious materialism of their fellow citizens, historical and current, would demonstrate the transformative power of the Bahá'í Faith to the world. Then the North American Bahá'ís, invested with their inherited virtues and cleansed of the inherited evils of their countries, would become spiritualized, more proficient at serving the Cause of God, and spiritually qualified to establish divine justice as the foundation of the New World Order of Bahá'u'lláh.

"The one chief remaining citadel...is...the...community of the followers of the Most Great Name in the North American continent...

"Let not...those who are to participate so predominantly in the birth of that world civilization...imagine for a moment that for some mysterious purpose or by any reason of inherent excellence or special merit Bahá'u'lláh has chosen to confer upon their country and people so great and lasting a distinction. It is precisely by reason of the patent evils which...an excessive and binding materialism has unfortunately engendered within it that the Author of their Faith and the Center of His Covenant have singled it out to become the standard-bearer of the New World Order envisaged in their writings. It is by such means as this that Bahá'u'lláh can best demonstrate to a heedless generation His almighty power to raise up from the very midst of a people, immersed in a sea of materialism, a prey to one of the most virulent and long-standing forms of racial prejudice, and notorious for its political corruption, lawlessness and laxity in moral standards, men and women who, as time goes by, will increasingly exemplify those essential virtues of self-renunciation, of moral rectitude, of chastity, of indiscriminating fellowship, of holy discipline, and of spiritual insight that will fit them for the preponderating share they will have in calling into being that World Order and that World Civilization of which their country, no less than the entire human race, stands in desperate need. Theirs will be the duty and privilege, in their capacity first as the establishers of one of the most powerful pillars [*spiritual assemblies*] sustaining the edifice of the Universal House of Justice, and then as the champion-builders of that New World Order of which that House is to be the nucleus and forerunner, to inculcate, demonstrate, and apply those twin and sorely needed principles of Divine justice and order--principles to which the political corruption and the moral license, increasingly staining the society to which they belong, offer so sad and striking a contrast.

"...those virtues and qualities of high intelligence, of youthfulness, of unbounded initiative, and enterprise which the nation...so conspicuously displays...are being increasingly reflected by the community of the believers within it. Upon these virtues and qualities, no less than upon the elimination of the evils referred to, must depend, to a very great extent, the ability of that community to lay a firm foundation for the country's future role in ushering in the Golden Age of the Cause of Bahá'u'lláh."

Shoghi Effendi, <u>The Advent of Divine Justice</u>

The ADVENT of DIVINE JUSTICE - OVERVIEW: Introduction to the DIY Plan of Action Shoghi Effendi's ADJ approach is translated into a series of processes which lead to action

Shoghi Effendi's long and complex ADJ letter to the North American Bahá'ís describes our spiritual destiny in terms of the World Order of Bahá'u'lláh, then presents many detailed steps needed to attain that destiny. Here, Shoghi Effendi's ADJ approach is outlined into a layered series of processes which an individual and/or group can follow to create a plan of action which is aligned with ADJ and supports the New World Order of Bahá'u'lláh.

The ADJ approach encompasses; an assessment of the situation supporting the overall goal and a plan of action with specific tasks including the Double Crusade, teaching and pioneering. Pioneering is not addressed in the DIY plan of action, but the current UHJ plans are considered. The Double Crusade process consists of the internal spiritual aspects of moral rectitude, chaste and holy life, and freedom from racial prejudice. The most vital and challenging issue process is the external aspect of the supreme and corresponding efforts to eliminate racial prejudice. The supreme effort is the internal cleansing and external oneness conduct for whites to eliminate racial prejudice from themselves. **The corresponding effort** is the internal cleansing and external oneness conduct for Blacks to counteract the effects of racial prejudice.

Shoghi Effendi stated that the successful spiritual expansion of the Bahá'í Faith starts with the spiritual growth of individual Bahá'ís, then he defined a clear path for internal spiritual growth in the ADJ. Like the ADJ, the DIY Plan of Action begins with internal spiritual transformation through the Double Crusade. All of the ADJ processes have an element of cleansing; as we replace our Old World Order evils with saintly Bahá'í virtues, we become spiritualized, draw closer to Bahá'u'lláh, exude godliness and the oneness of humanity, and will naturally spiritualize and reform the world around us.

- ADJ individual supreme and corresponding efforts: cleanse, spiritualize and align your own self to the oneness of humanity.
- ADJ individual supreme and corresponding efforts: cleanse, spiritualize and align your own self to the oneness of humanity. + ADJ individual/group Double Crusade: cleanse, spiritualize and align your self and/or group to the New World Order of Bahá'u'lláh.

 - + ADJ group most vital and challenging issue process: spiritualize and align your group to the oneness of humanity.
 + UHJ Bahá'í community consolidation: cleanse, spiritualize, expand and align Bahá'í communities to the New World Order of Bahá'u'lláh.
- external xpansion + ADJ local teaching: expand Bahá'í communities, cleanse, spiritualize and align the US and Canada to the New World Order.
 - + ADJ travel teaching and pioneering: expand Bahá'í communities, cleanse, spiritualize and align the world to the New World Order.

The Double Crusade: "Of these spiritual prerequisites of success, which constitute the bedrock on which the security of all teaching plans...must ultimately rest... are none other than a high sense of moral rectitude in their social and administrative activities, absolute chastity in their individual lives, and complete freedom from prejudice in their dealings with peoples of a different race, class, creed, or color."

Shoghi Effendi, The Advent of Divine Justice

<u>The ADVENT of DIVINE JUSTICE</u> – OVERVIEW: the Double Crusade Diagram

The Double Crusade is the spiritual prerequisite for the success of the North American Bahá'ís.

The Advent of Divine Justice, Shoghi Effendi, 1939, page references to 1990 edition

read each column top to bottom, don't read aloud the references

In 1939, Shoghi Effendi published The Advent of Divine Justice

as a letter "To the beloved of God and the handmaids of the Merciful throughout the United States and Canada," p 1 "the spiritual descendants of the dawnbreakers." p 7 This letter still applies today!

the DOUBLE CRUSADE

pp 41-43

To regenerate the inward life of their own community

&

To assail these long-standing evils of their nations

political deceit and corruption moral laxity and materialism ingrained racial prejudice

DEVELOP the DOUBLE CRUSADE'S SPIRITUAL "WEAPONS" pp 41-42

High sense of moral rectitude pp 22-29

vs. political deceit and corruption primarily to custodians of Bahá'í administration but applicable to all

Chaste and holy life pp 29-33

vs. moral laxity and materialism primarily to Bahá'í youth but applicable to all

Complete freedom from racial prejudice, "the most vital and challenging issue" pp 33-41

vs. ingrained racial prejudice to all Bahá'ís without exception!

ATTRIBUTES of the DOUBLE CRUSADE'S "WEAPONS"

justice, equity, truthfulness, fair-mindedness, honesty, reliability, trustworthiness p 23

modesty, purity, temperance, decency, clean-mindedness, moderation p 30

ceaseless exertions, sacrifices, care & vigilance, moral courage, fortitude, tact, sympathy p 34; "genuine love, extreme patience, true humility, consummate tact, sound initiative, mature wisdom, and deliberate, persistent and prayerful effort" p 40; mutual understanding, amity, sustained cooperation p 41

Supreme effort: for whites to abandon their sense of superiority, correct their patronizing attitude, have intimate spontaneous informal interracial associations, genuine sincere friendships and master their impatience p 40

Corresponding effort: for blacks to show their warmth of response, readiness to forget the past and to wipe out suspicion p 40

DOUBLE CRUSADE STRUGGLES pp 41-42

counter own instincts, encounter stiff resistance, setbacks, opposition, abuse, ridicule, condemnation, misrepresentation, assaulted, defamed, scorned, belittled, undermined, deserted

<u>The ADVENT of DIVINE JUSTICE</u> - OVERVIEW: Why the Double Crusade?

How? Follow this deepening's DIY plan of action with the ADJ approach, or use your own approach!

WHY?

The Double Crusade counteracts our inherited Old World Order evils rather than just correcting our individual imperfections and spiritually transforming just one person. Having many individual Bahá'ís working on their own Double Crusade transformations creates a collective of Double Crusaders who exemplify the key spiritual qualities of the New World Order; they will transform their Bahá'í communities and provide a living spiritual foundation for the World Order of Bahá'u'lláh. Without the many individual efforts towards internal spiritual transformation, the North American Bahá'ís' external material service of teaching, pioneering and building Bahá'í institutions may continue, but the resulting framework will not have its full intended spiritually transformative effect and will continue to perpetuate Old World Order evils and uphold our nations' current cultural norms, making the Bahá'ís spiritually lift our nations from the Old to the New World Order of Bahá'u'lláh.

"...how staggering the responsibility...to weed out...those faults, habits, and tendencies which they have inherited from their own nation, and to cultivate...those distinctive qualities and characteristics that are so indispensable to their effective participation in the great redemptive work of their Faith... let them focus their attention...on their own selves, their own individual needs, their own personal deficiencies and weaknesses, ever mindful that every intensification of effort on their part will better equip them for the time when they will be called upon to eradicate in their turn such evil tendencies from the lives and the hearts of the entire body of their fellow-citizens. Nor must they overlook the fact that the World Order...can never be reared unless and until the generality of the people to which they belong has been already purged from the divers ills...that now so severely afflict it."

Shoghi Effendi, <u>The Advent of Divine Justice</u>

HOW?

Shoghi Effendi divided his lengthy ADJ message into somewhat more manageable sections, with: greetings; an introductory section with a detailed narrative assessment and goals; achievable plans of action with the internal/external Double Crusade, teaching and pioneering; encouragement including newly translated Bahá'í writings; and closing with a description of the destiny of America. This ADJ approach is interpreted further on the next page and guides this deepening and the DIY processes. So, this deepening systemizes how to use the ADJ by providing you with a basic background overview and guiding you to use the ADJ approach to assess your own unique situation and to create your own achievable plans of action.

However, this approach will not appeal to everyone... If this deepening's approach doesn't work for you, just read the next page to finish this Overview section; take a break from this deepening to reflect, pray and consult; then continue with an approach that does work for you! This deepening is not meant to be a barrier to action! Be aware that with any approach, you may encounter the Double Crusade struggles (see the Diagram on the previous page), when it may be beneficial to refer back to the Bahá'í writings, Shoghi Effendi's ADJ letter and/or this deepening, with reflection and prayers.

The best approach for you will lead you to inspired action and spiritual transformation!

The ADVENT of DIVINE JUSTICE - OVERVIEW: the ADJ Approach

The Four Valleys, unity in diversity, whole person approach

read green intro,

then columns 1-4 top to bottom with row title for each entry

<u>The Four Valleys</u> describes four different archetype personalities who approach God; they are ruled by their body, mind, heart, or soul. All of us have elements of each valley to comprise our whole person; the cohesive blend of the four valleys within us demonstrates a unity in diversity that permeates our unique individual selves. This deepening interprets Shoghi Effendi's ADJ as containing aspects which address each of the four valleys, such that the ADJ message is directed to us as whole persons and also to unify diverse groups as we travel on our individual and collective paths towards God.

<u>Four Valleys #</u>	I	2	3	4
type	body/physical	mind/intellectual	heart/emotional	soul/spiritual
justification	divine authority	divine knowledge	divine love	divine self
spiritual food	laws, plans of action	explanations, facts	love, encouragement	examples of godliness, destiny
response	obedience, follow directions	comprehend, plan, do	love, pleasing the Beloved	to be or not to be
ADJ approach	plans; Double Crusade, teaching and pioneering	introduction with background and assessment	loving greetings, encouragement, uplifting Bahá'í writings	a new race of men, destiny of America
this deepening	DIY Plan of Action	condensed ADJ, Overview, DIY assessment, reflection	prayers, group fellowship	Spiritual Descendants of the Dawnbreakers

The ADJ can be divided into quarters, with topics that can be generally matched to the four valleys: Shoghi Effendi begins the first quarter with loving greetings (3) and acknowledges the North American Bahá'ís' efforts and successes (1), then describes them as the spiritual descendants of the Dawnbreakers (4) and provides a past/present/future assessment of their pre–WWII juncture (2); the second quarter defines the internal/external Double Crusade plan (1); the third quarter outlines his external teaching and pioneering plans (1); finally, he closes with encouragement and assurances (1,2,3) and a glimpse of destiny (4).

This deepening basically follows the ADJ approach but relies on your prayers and the loving fellowship of your group to provide Valley 3 encouragement and emotional support. This deepening begins with knowledge (valley 2) through the condensed ADJ, this Overview and the DIY assessments; armed with a deepened comprehension of the situation, you then create your own DIY Plan of Action (valley 1); and closes with a section on the Spiritual Descendants of the Dawnbreakers (valley 4).

If you will be continuing with this deepening's DIY Plan of Action, it is recommended that you preview the whole process before working on the specifics of your own plan of action. To preview, just read through to the end (1+ hour from here to the end), and then backtrack to proceed with the DIY ADJ overview assessment on the next page. Since the ADJ ranges from broad global issues to deeply personal individual concerns, you may want to take some time after the preview to reflect upon the ADJ message before continuing on to your DIY plan of action in another session. Do what works best for you and/or your group!

This concludes the Overview section; hopefully, you now have a good grasp of ADJ's overall message! This may be a good time to take a break before beginning the DIY section.