

# Sources of Tribulations

**PodSeries - Vol 416**



**Achieve Noble Character**

# **Sources of Tribulations**

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## **Acknowledgements**

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

## **Compiler's Notes**

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to [ShaykhPod.Books@gmail.com](mailto:ShaykhPod.Books@gmail.com).

## Introduction

The following short book discusses some Sources of Tribulations. This discussion is based on Imam Harith Al Muhasibi's, Risalah Al Mustarshidin, Pages 152-160.

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

*“And indeed, you are of a great moral character.”*

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

## Sources of Tribulations

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is becoming involved in worldly things while in a state of ignorance..."***

A great distraction which prevents one from submitting to the obedience of Allah, the Exalted, is ignorance. It can be argued that it is the origin of every sin as the one who truly knows the consequences of sins would never commit them. This refers to true beneficial knowledge which is knowledge that is acted upon. In reality, all knowledge which is not acted on is not beneficial knowledge. The example of the one who behaves in this manner is described in the Holy Quran as a donkey which carries books of knowledge which do not benefit it. Chapter 62 Al Jumu'ah, verse 5:

*"...and then did not take it on (did not act upon knowledge) is like that of a donkey who carries volumes [of books]..."*

A person who acts on their knowledge rarely slips up and commits sins intentionally. In fact, when this occurs it is only caused by a moment of ignorance where a person forgets to act on their knowledge which results in them sinning.



The Holy Prophet Muhammad, peace and blessings be upon him, once highlighted the seriousness of ignorance in a Hadith found in Jami At Tirmidhi, number 2322. He declared that everything in the material world is cursed except for the remembrance of Allah, the Exalted, whatever is connected to this remembrance, the scholar and the student of knowledge. This means that all the blessings in the material world will become a curse for the one who is ignorant as they will misuse them thereby committing sins.

In fact, ignorance can be considered a person's worse enemy as it prevents them from protecting themselves from harm and gaining benefit all of which can only be achieved through acting on knowledge. The ignorant commits sins without being aware of them. How can one avoid a sin if they do not know what is considered a sin? Ignorance causes one to neglect their obligatory duties. How can one fulfil their duties if they are unaware of what their duties are?

It is therefore a duty on all Muslims to gain enough knowledge to fulfil all their obligatory duties and avoid sins. This is confirmed in a Hadith found in Sunan Ibn Majah, number 224.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is becoming involved in worldly things while in a state of ignorance..."***

It is important for muslims to understand that their worldly knowledge irrespective of how much they possess is not enough to gain success in their religious life. Even though, gaining useful worldly knowledge is praiseworthy according to the teachings of Islam as it is an excellent means for one to obtain lawful provision for themselves and their dependents yet, it is not enough to safely guide them through their religious life. For example, in most cases, worldly knowledge will not teach someone how to safely journey through a difficulty or a test in a way which pleases Allah, the Exalted, so that they gain reward in both worlds. The obligatory duties and traditions of the Holy Prophet Muhammad, peace and blessings be upon him, cannot be acted on by a muslim who only possesses worldly knowledge. In fact, religious knowledge has the power to guide one to success in both worlds whereas worldly knowledge will only aid someone in this world. The one who possesses religious knowledge will adhere to the obedience of Allah, the Exalted, which will result in such blessings and grace that they will find success in both worlds. Whereas, worldly knowledge will inspire one to deduce their own path in religion instead of acting according to the teachings of the rightly guided namely, the righteous predecessors. Religion is not to about creating one's own path it is simply to adhere to Islamic teachings.

Unfortunately, many muslims who possess worldly knowledge do not realise this important point which only reduces their chances of achieving success in both worlds. Therefore, muslims should strive to obtain and act on both religious and useful worldly knowledge if they

desire success in both worlds. This is why gaining useful knowledge is a duty on all muslims according to a Hadith found in Sunan Ibn Majah, number 224.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is...forgetting the final return to Allah, the Exalted..."***

The trumpet blast will lead to the death of the creation. This has been confirmed in a Hadith found in Sahih Muslim, number 7381. The important thing to learn is that this is a call which no one can or will reject responding to. It will lead to the resurrection and final judgment. Therefore, muslims should respond to the call of Allah, the Exalted, through the Holy Prophet Muhammad, peace and blessings be upon him, through sincere obedience by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 8 An Anfal, verse 24:

*"O you who have believed, respond to Allah and to the Messenger when he calls you to that which gives you life..."*

Whoever responds to this call in this world will find the final call easy to endure and respond to. Whereas, the one who lives heedless to the call of Allah, the Exalted, in this world will not find peace in it and they will be forced to answer the call of the trumpet which will be a great burden for them to endure and respond to. A person can only ignore the call of Allah, the Exalted, for so long as the final call will occur, sooner or later, and no one will be able to avoid or ignore it. If this is inevitable it makes sense that one respond to it now, today, instead of living in heedlessness. If one hears the trumpet blast while heedless no action or

regret will benefit them and what comes after for this person will be even more terrifying.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is...forgetting the final return to Allah, the Exalted..."***

In a Hadith found in Sahih Muslim, number 7232, the Holy Prophet Muhammad, peace and blessings be upon him, advised that people will be resurrected on Judgment Day in the same state they died on Earth.

This means that if a person dies on good they will be resurrected on good. But if they die on evil they will be raised in an evil way.

A muslim should not live in heedlessness by believing just because they have faith in Islam it guarantees they will die and therefore be raised in a good state on Judgment Day. If they persist on the disobedience of Allah, the Exalted, and then die in this state without sincerely repenting then they will be raised in an evil way. It does not take a scholar to determine what will happen to this person on Judgment Day.

From this Hadith one can understand that the way they will die will be in the same state they have lived. Meaning, if they lived in the obedience of Allah, the Exalted, by sincerely fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, then they will die in a good state and therefore be raised in a good state which includes being raised with the righteous as they practically

followed in their footsteps. This has been indicated in a Hadith found in Sahih Bukhari, number 3688.

A muslim should therefore not walk the path to Hell by disobeying Allah, the Exalted, and believe that they will somehow be raised with the pious and end up in Paradise.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is...forgetting the final return to Allah, the Exalted..."***

The Sun will be brought within two miles of the creation on the Day of Judgment. This has been confirmed in a Hadith found in Sahih Muslim, number 2864.

This will cause people to sweat according to the deeds they performed during their lives on Earth. Some people's sweat will reach up to their ankles, some their knees and for others it will reach their mouths.

One only needs to ponder over the times they were subjected to intense summer weather and how the heat affected their attitude and behaviour. Through this one can imagine how difficult the situation on Judgment Day will be when the Sun is brought so close to them. This shows that those who strive hard and exert sincere efforts in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, will find relaxation on Judgment Day. But those who were lazy and relaxed during their lives on Earth will be subjected to great stress on Judgment Day. Simply put, the one who strives here will relax there but the one who relaxes here will strive there in difficulty.



The same way people strive hard in this material world so that they obtain a comfortable life and even a comfortable retirement, even though reaching this retirement age is not guaranteed, muslims should strive even harder in this world by obeying Allah, the Exalted, in all aspects of their life so that they can obtain peace and comfort on a day that is guaranteed to occur. It is a sign of great ignorance to strive for a day one may never reach namely, the day of retirement, and not strive for a day they are guaranteed to reach and experience namely, Judgment Day.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is...forgetting the final return to Allah, the Exalted..."***

It is important for muslims to regularly assess their own deeds as no one except Allah, the Exalted, is better aware of them than themselves. When one honestly judges their own deeds it will inspire them to sincerely repent from their sins and encourage them towards righteous deeds. But the one who fails to regularly assess their deeds will lead a life of heedlessness whereby they commit sins without sincerely repenting. This person will find the weighing of their deeds on the Day of Judgment extremely difficult. In fact, it may well cause them to be hurled into Hell.

A clever business owner will always regularly assess their accounts. This will ensure their business heads in the right direction and ensures they complete all the necessary accounts such as a tax return correctly. But the foolish business owner will not regularly take accounts of their business. This will lead to a loss in profits and a failure in correctly preparing for their accounts. Those who fail to file their accounts correctly with the government face penalties which only makes their lives more difficult. But the key thing to note is that the penalty of failing to correctly assess and prepare one's deeds for the Scales of Judgment Day does not involve a monetary fine. Its penalty is more severe and truly unbearable. Chapter 99 Az Zalzalah, verses 7-8:

*"So whoever does an atom's weight of good will see it. And whoever does an atom's weight of evil will see it."*

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness. The source of such excessiveness is...forgetting the final return to Allah, the Exalted..."***

People will be commanded to cross the Bridge which will be placed over Hell on the Day of Judgment. This has been discussed extensively in Islamic teachings, such as the Hadith found in Sahih Bukhari, number 6573. It warns that extremely large hooks will be on the Bridge which will affect people according to their deeds. Some will be flung into Hell by them, some will be subjected to great torture before they cross the Bridge, others will only face minimal injury from them and finally the righteous will not be harmed by them. Another Hadith found in Sahih Muslim, number 455, warns that the Bridge is narrower than a strand of hair and sharper than a sword.

The important thing to learn from this is that each person will cross the Bridge according to their deeds. So it is important for Muslims not to neglect any duties if they desire to cross the Bridge safely. They must fulfil the commands of Allah, the Exalted, and refrain from His prohibitions. These include duties in respect to Allah, the Exalted, and people. One should not neglect this and simply hope they will magically cross the Bridge unaffected.

In addition, the ease at which a person will cross this Bridge will be a mirror of how much they remained steadfast on the straight path of Islam in this world. This straight path is the path of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 3 Alee Imran, verse 31:

*“Say, [O Muhammad], “If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins...”*

Anyone who abandons this path will not successfully cross this Bridge. Simply put, the more one remains steadfast on the straight path in this world the easier they will cross the Bridge over Hell on Judgment Day. The straight path has been made clear in this world so muslims are left with no excuses from following it thereby ensuring they safely cross the Bridge on Judgment Day.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...the cure for this is leaving things whose rulings you are ignorant of out of piety and only engaging in things based on certainty..."***

In a Hadith found in Jami At Tirmidhi, number 2451, the Holy Prophet Muhammad, peace and blessings be upon, advised that a muslim cannot become pious until they avoid something which is not harmful to their religion out of caution that it will lead to something which is harmful.

Piety can be summed up to mean fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This includes treating others how one desires to be treated by people.

An aspect of piety is to avoid things which are doubtful not just unlawful. This is because doubtful things take a muslim one step closer to the unlawful. And the closer one is to the unlawful the easier it is to fall into it. It is why a Hadith found in Jami At Tirmidhi, number 1205, advises that the one who avoids unlawful and doubtful things and only uses lawful things will protect their religion and honor.

If one observes those who have become misguided in society, in most cases, it occurred gradually not in one sudden step. Meaning, the person first indulged in doubtful things before falling into the unlawful.

This is the reason why Islam stresses the need to avoid unnecessary and vain things in one's life as they can lead them to the unlawful. For example, vain and useless speech meaning, speech which derives no benefit nor is it a sin, often leads to evil speech such as backbiting, lying and slander. If a person avoided the first step by not indulging in vain speech they would avoid evil speech. This process can be applied to all things which are vain, unnecessary and especially, doubtful. Therefore, a muslim should strive to adopt piety as described earlier, a branch of which is to avoid vain and doubtful things out of fear they will lead to the unlawful.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...the cure for this is leaving things whose rulings you are ignorant of out of piety and only engaging in things based on certainty..."***

In a Hadith found in Jami At Tirmidhi, number 1205, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the lawful and unlawful have been made clear by Islam. In between them are doubtful things which should be avoided in order to protect one's faith and honor.

The vast majority of muslims are aware of the obligatory duties and the majority of unlawful things, such as drinking alcohol. So these create no doubt within muslims therefore they should act accordingly. Meaning, fulfil the obligatory duties and abstain from the unlawful according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. All other things which are not obligatory and create a doubt in society should therefore be avoided. Allah, the Exalted, will not question why someone did not perform a voluntary deed instead He will ask why they performed a voluntary deed. Therefore, leaving the voluntary action will have no consequences in the hereafter whereas performing a voluntary deed will namely, punishment, reward or forgiveness. It is important for muslims to act on this short but extremely important Hadith as it will solve and prevent many problems and debates. It is important to understand that when one indulges in doubtful or even vain things it will take them one step closer to the unlawful. For example, sinful speech is often preceded by vain and useless speech. Therefore, it is much safer for a muslim's faith and honor to avoid doubtful and vain things.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion..."***

The corruption and hardness of the spiritual heart is an extremely important matter which has been discussed in a Hadith found in Sahih Bukhari, number 52. The Holy Prophet Muhammad, peace and blessings be upon him, warned that when the spiritual heart becomes corrupt then the whole body becomes corrupt. This corruption is then reflected in one's speech and actions. Similarly, the Holy Quran has highlighted the importance of a soft and sound heart by advising that one will not derive benefit from their possessions or relatives on Judgment Day unless they possess a sound spiritual heart. Chapter 26 Ash Shu'ara, verses 88-89:

*"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."*

The one with a hard spiritual heart can be described as a person who rejects the truth when it is presented to them believing they are superior in knowledge. They lack submission and the fear of Allah, the Exalted, which leads to abandoning good deeds, committing sins, excessive love and striving for the material world while remaining heedless to preparing for the eternal hereafter. The hard hearted are easily influenced by the Devil into committing sins and rejecting good deeds. Chapter 22 Al Hajj, verse 53:



*“[That is] so He may make what Satan throws in [i.e., asserts] a trial for those within whose hearts is disease and those hard of heart...”*

Two specific blameworthy characteristics are adopted by the one who possesses a hard spiritual heart. They intentionally misinterpret divine scriptures in order to fulfil their own desires such as obtaining fame. They criticise those who strive to adhere to the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, as they desire people to follow their thinking and love for the material world. The second is that they cherry pick verses and Hadiths which suit their desires. They label those who strive to adopt and act on all verses and Hadiths as extremists thereby making their own attitude seem pleasing to others. Chapter 5 Al Ma'idah, verse 13:

*“So for their breaking of the covenant We cursed them and made their hearts hardened. They distort words from their [proper] places [i.e., usages] and have forgotten a portion of that of which they were reminded. And you will still observe deceit among them, except a few of them...”*

The Holy Prophet Muhammad, peace and blessings be upon him, has warned that those who talk excessively without mentioning Allah, the Exalted, are prone to adopting a spiritual hard heart. The one who possesses a hard spiritual heart is furthest from Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2411.

As mentioned earlier those who abandon the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience, will be cursed with a hard heart. Chapter 5 Al Ma'idah, verse 13:

*“So for their breaking of the covenant We cursed them and made their hearts hardened...”*

In a Hadith found in Jami At Tirmidhi, number 2305, the Holy Prophet Muhammad, peace and blessings be upon him, warned that the one who laughs excessively will become hard hearted. It is important to understand this does not mean one cannot smile as this has been classified as an act of charity by the Holy Prophet Muhammad, peace and blessings be upon him. This is confirmed in a Hadith found in Jami At Tirmidhi, number 1970. Laughing excessively causes one to adopt a mentality whereby they only discuss funny issues. This causes one to avoid serious issues such as death and Judgment Day. If one avoids these important issues how can they prepare for them? A lack of preparation will lead to one's spiritual heart becoming hard.

Some say over eating can cause hardness of the spiritual heart. This is because over eating causes one to become lazy. Laziness leads to a reduction in good deeds which can cause the spiritual heart to become hard.

As warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 3334, when a

person sins a black spot is etched on their spiritual heart. If the number of sins increases then this blackness increases which leads to a hard spiritual heart. Chapter 83 Al Mutaffifin, verse 14:

*“No! Rather, the stain has covered their hearts of that which they were earning.”*

This is why it has been said persistently sinning can cause the spiritual heart to die.

It is important for muslims to strive to soften their heart as it leads to its purification. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Muslim, number 4094, when the spiritual heart is purified all the limbs of the body become purified also. This purification will encourage one to perform righteous deeds and abandon sins for the sake of Allah, the Exalted.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...the source of the spiritual heart's corruption is failing to take account of the soul..."***

Merely performing worship will not raise someone to the highest levels of faith. Muslims can only reach this level by purifying their inner beings. This is achieved by removing the negative characteristics they possess and replacing them with good characteristics. But this is only achieved through serious reflection and self-assessment.

When one recognises their own reality this will encourage them to live like a servant and fulfil the purpose of their creation. This will lead them to recognising Allah, the Exalted, as their Lord, which is the ultimate goal. Chapter 51 Adh Dhariyat, verse 56:

*"And I did not create the jinn and mankind except to worship Me."*

This self-assessment is vital for triggering one to take the steps needed to purify their character and soul of evil characteristics which is the path of success in both worlds. Some are so lost in the material world they never perform this important deed and therefore decades pass by without them changing one single bit. Muslims must use the time of strength they have been given in order to self-assess and change for the better before they reach the final stage of weakness. At this point they

will desire to change but they will not possess the intelligence or strength to do so. This has been indicated in a Hadith found in Sahih Bukhari, number 6412.

One only needs to turn the pages of history to observe those who were given great power and wealth but eventually a time came when their moment of strength ran out and because of their persistent disobedience they were destroyed.

Those who used their moments of strength in the correct way by pleasing Allah, the Exalted, will be blessed by Him in such a way that even after departing from this world they will still be honoured by society.

As the majority of muslims do not understand the Arabic language an abundant amount of worship will not trigger this inner purification. One can only reach it by reflecting on this material world, death, the grave and Hell. Because of this a single moment of reflection can become better than sixty years of voluntary worship.

Those who live without wisdom or reflection habitually make mistakes which only lead to constant stress. It is these people who lead an aimless life with no higher aspirations and move through each day without understanding their true purpose.

The pious always take time out of their day to reflect on their aims, what actions they have performed and whether they have pleased Allah, the exalted, or not. This mentality will ensure that one avoids sins, performs righteous deeds and if they happen to commit sins to sincerely repent. This mentality fits the advice given by the second rightly guided Caliph of Islam, Omar Bin Khataab, may Allah be pleased with him, which is recorded in Imam Asfahani's, Hilyat Al Awliya, number 98. He advised that one should judge their own actions before someone else judges them namely, Allah, the exalted, on the Day of Judgement.

This self-assessment is the key which inspires one to sincerely repent and change for the better. This is the best stage compared to the stage where one only realises their mistakes when another points it out to them. But even this stage requires one to possess good friends and relatives who are wise and sincerely concerned over their eternal welfare instead of only being concerned with the material world. A truly blessed muslim is the one who possesses these types of relatives and friends who aid them to adopt piety.

Reflecting at the start of one's day also ensures a person prioritises their daily tasks and saves time by avoiding those tasks which should be delayed.

The following verse describes the state of successful muslims. They reflect on and are deeply affected by the teachings of Islam and strive to implement them in their lives. If one is affected in this way they should be grateful to Allah, the Exalted, and show no signs of pride. But if one is not affected in this way they must repent and change before it is too late. Chapter 5 Al Ma'idah, verse 83:

*“And when they hear what has been revealed to the Messenger, you see their eyes overflowing with tears because of what they have recognized of the truth...”*

A lack of self-reflection has caused muslims to become lost in the material world even though Islamic knowledge is more readily available than it ever was. Voluntary worship will only take one so far but to reach the height of faith they must reflect and assess their character. This will inspire them to abandon their evil traits and replace them with good ones. The vital ingredient needed to stimulate this self-assessment and reflection is Islamic knowledge which must be obtained from a reliable source. This is one of the reasons the Holy Prophet Muhammad, peace and blessings be upon him, declared in a Hadith found in Sunan Ibn Majah, number 224, that obtaining this type of knowledge is obligatory on all muslims.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...the source of the spiritual heart's corruption is...being deceived into expecting a long life...help yourself to conquer the false hope for a long a life by constantly remembering death..."***

A great obstacle to the obedience of Allah, the Exalted, is having false hope for a long life. It is an extremely blameworthy characteristic as it is the main cause for a muslim giving priority to amassing the material world over preparing for the hereafter. One only needs to assess their average 24 hour day and observe how much time they dedicate to the material world and how much time they dedicate to the hereafter in order to realise this truth. In fact, having false hope for a long life is one of the strongest weapons the Devil uses in order to misguide people. When a person believes they will live long they delay preparing for the hereafter falsely believing they can prepare for it in the near future. In most cases, this near future never comes and a person passes away without adequately preparing for the hereafter.

In addition, false hope for a long life causes one to delay sincere repentance and changing one's character for the better as they believe they have much time left to do this. It encourages a person to hoard the things of this material world, such as wealth, as it convinces them they will need these things during their long life on Earth. The Devil scares people into thinking they must hoard wealth for their old age as they may find no one to support them when they become physically weaker and therefore can no longer work for themselves. They forget that the same way Allah, the Exalted, took care of their provision when they were younger He will provide for them in old age too. In fact, the provision of the creation was allocated over fifty thousand years before the creation



of the Heavens and the Earth. This is confirmed in a Hadith found in Sahih Muslim, number 6748. It is strange how a person will dedicate 40 years of their life saving for their retirement which very rarely lasts longer than 20 years but fails to prepare in the same way for the eternal hereafter.

Islam does not teach Muslims to not prepare anything for the world. There is no harm in saving for the near future as long as priority is given to the hereafter. Even though, people admit they may die at any time yet, some behave as if they will live forever in this world. Even to the point that if they were given a promise of eternal life on Earth they would not be able to strive harder in order to accumulate more of the material world due to the restrictions of the day and night. How many people have passed away earlier than expected? And how many learn a lesson from this and change their behaviour?

In reality, one of the greatest pains a person will feel at the time of death or any other stage of the hereafter is regret for delaying their preparation for the hereafter. Chapter 63 Al Munafiqun, verses 10-11:

*“And spend [in the way of Allah] from what We have provided you before death approaches one of you and he says, “My Lord, if only You would delay me for a brief term so I would give charity and be of the righteous.” But never will Allah delay a soul when its time has come. And Allah is Aware of what you do.”*

A person would be labelled a fool if they dedicated more time and wealth on a house which they were only going to live in for a short while compared to a house they were planning to live in for a very long time. This is the example of giving priority to the temporal world over the eternal hereafter.

Muslims should work for both the world and the hereafter but know that death does not come to a person at a time, situation or age known to them but it is certain to come. Therefore, preparing for it and what it leads to should take priority over preparing for a future in this world which is not certain to occur.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...the source of the spiritual heart's corruption is...being deceived into expecting a long life...help yourself to conquer the false hope for a long a life by constantly remembering death..."***

It is strange that even though people believe they can die at any moment yet the vast majority behave as if they will live a long life. Some dedicate their efforts to this material world to such a degree that even if they were guaranteed a long life they could not exert any more effort for the sake of the material world. Unfortunately, muslims delay preparing for the hereafter believing they can do it in the future. They often keep delaying this preparation until they suddenly encounter death unprepared.

It is important for muslims to understand that no matter how long they live life goes by in a flash. So they should take every opportunity they have in order to prepare for the eternal hereafter. This does not mean they should abandon the world completely. It means they should prioritize preparing for the hereafter by only taking what they need from the material world in order to fulfil their necessities and responsibilities according to the commands of Allah, the Exalted. This attitude will allow them to enjoy the lawful pleasures of this world and prepare adequately for the next one also. A muslim only fails preparing for the hereafter correctly because of their pursuit of the excess of this material world, not by striving to fulfil their necessities and responsibilities.

A muslim should remember the Hadith found in Sahih Muslim, number 7424, which warns that only a person's deeds will accompany them in their grave while their family and wealth abandons them at this crucial moment. Therefore, a muslim should give priority to the thing which will aid them in their moment of need.

Muslims should not delay preparing for the hereafter otherwise they may well encounter death suddenly while unprepared as death does not come at a particular age or time. If they fail to prepare they will be left with nothing but regrets at a time when regrets will not benefit them. Chapter 89 Al Fajr, verse 23:

*“And brought [within view], that Day, is Hell - that Day, man will remember, but how [i.e., what good] to him will be the remembrance?”*

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...the source of the spiritual heart's corruption is...being deceived into expecting a long life...help yourself to conquer the false hope for a long a life by constantly remembering death..."***

When people, irrespective of their faith, go on holiday they only pack the things they need and maybe a little extra but they try to avoid over packing. Even the amount of money they take with them they limit in respect to their stay abroad. When they arrive they often stay in a hotel which usually has the main necessities of living with a few extras. If they believe they will never return to the same destination in the future they will never buy a house as they will claim they stay is short and they will not return. They do not get a job during their holiday claiming that they stay is short so they do not need to earn more money. They do not get married nor have children claiming the holiday destination is not their homeland where they would get married and have children. Generally speaking, this is the attitude and mind-set of holiday makers.

It is strange how muslims truly believe they will depart from this world soon meaning, they stay in the world is temporary just like being on holiday, and they believe their stay in the hereafter will be permanent yet, they do not adequately prepare for it. If they truly realised the short time they have, similarly to a holiday, they would not dedicate too much effort on their homes and instead be content with a simple home just like the traveller who is content with a simple hotel. So in reality, this world is like the holiday destination in the example yet, muslims do not treat it like one. Instead, they dedicate the majority of their efforts in beautifying their world while neglecting the eternal hereafter. It is sometimes hard to believe some muslims actually believe in the permanent hereafter when

one observes the amount of effort they dedicate to the temporal world. Muslims should therefore strive in preparing for the hereafter by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience while being pleased with obtaining and utilising the necessities of this world. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised muslims to live in this world as travellers in a Hadith found in Sahih Bukhari, number 6416. They should not take this world as a permanent home and instead treat it like a holiday destination.

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In a Hadith found in Sahih Bukhari, number 6412, the Holy Prophet Muhammad, peace and blessings be upon him, warned that there are two blessings people often do not appreciate until they lose them namely, good health and free time.

Everything in this material can be bought, even through illegal means, except time. Once it passes it does not return. Even though this reality is not denied by anyone irrespective of their faith yet, many muslims do not appreciate and make good use of the time they have been given. Many have adopted the mentality that they will prepare for the hereafter tomorrow. But as each day passes this tomorrow keeps getting delayed until, in many cases, this tomorrow never comes. And they only realise this tomorrow when it is too late meaning, at the time of their death. Those who are fortunate enough to reach this tomorrow during their lives may inhabit the Mosques when they reach elderly age but as they have dedicated so much time and energy to the material world their bodies might be in Mosques yet, their hearts and tongues are still engrossed in the material world. This is obvious to those who regularly attend Mosques. These muslims are unlikely to learn and act on Islamic teachings because of their elderly age and their worldly mentalities.

In addition, with the passing of time, in most cases, one's responsibilities only increase such as marriage and raising children. So delaying preparing for the hereafter until one is supposedly more free is simply foolish. Islam does not teach muslims to abandon the world but it does encourage them to make correct use of their time by taking enough from the material world in order to fulfil their necessitates and responsibilities without extravagance or waste and then dedicate the rest of their efforts to preparing for the permanent hereafter. This is how one uses their time correctly. How many muslims can honestly say they dedicate the majority of their efforts to preparing for the hereafter over beautifying their temporal world?



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Death is something which is certain to occur but the time is unknown so it therefore makes sense that a muslim who believes in the hereafter prioritises preparing for it over preparing for things which might not occur, such as marriage, children or their retirement. It is strange how many muslims have adopted the opposite mentality even though they testify that the world is temporary and uncertain whereas the hereafter is permanent and they are certain to reach it. No matter how one behaves they will be judged regarding their deeds. A muslim should not be fooled into believing that they can and will prepare for the hereafter in the future as this attitude only causes them to delay further until their death occurs and they leave this world with regrets that will not aid them.

So the important thing is not that people will die as this is unavoidable but the key is acting in such a way that one is fully prepared for it. The only way to prepare for it correctly is by acting on the teachings of Islam namely, fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience. This is only possible when one prioritises preparing for the hereafter over preparing for things which might not occur.

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This includes listening to many different aspects of Islamic knowledge yet failing to act upon it.

Even though, the number of preachers has increased over time and accessing information has become easier yet the strength of muslims has only weakened. One of the reasons is that many muslims have adopted a mentality which has hindered them from learning and acting on Islamic knowledge namely, they believe merely listening to Islamic knowledge is good enough to succeed. This is a trap of the Devil and completely contradicts the attitude of the Companions, may Allah be pleased with them, and the righteous predecessors. They not only listened to religious knowledge but they fully intended and fulfilled this intention by acting on the knowledge they heard. Failing to act in this way has caused the faith of muslims to weaken. It is the reason why some muslims have spent decades attending religious gatherings and talks yet have not changed for the better at all. The danger of this attitude is that eventually people will fall lower by believing that they can simply declare Islam with their tongues without the need to listen or act on religious teachings. Muslims will be left with ignorance as their guide which will only lead them to destruction.

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This includes listening to many different aspects of Islamic knowledge yet failing to act upon it.

Listening correctly to Islamic knowledge is the only way one can correctly adhere to its teachings. It is important to understand the difference between hearing and listening. Hearing is simply acknowledging a sound with one's mind even if they fail to make sense of the noise. For example, a person may hear someone shouting at them from a great distance but they will not be able to understand what they are saying. Whereas, listening involves hearing a sound and understanding it so that one's behaviour changes. For example, a person giving a specific verbal instruction to another who responds appropriately after hearing and understanding the instructions.

Muslims need to hear the word of Allah, the Exalted, and strive to understand it so that it affects their behaviour in a positive way. Unfortunately, many Muslims have failed to live up to this in respect to the Holy Quran as they are good at hearing the recitation of the Holy Quran but fail to correctly listen to it which involves understanding and acting on its teachings.

To conclude, simply hearing Islamic knowledge is not good enough to obtain success one must strive to instead truly listen to it.

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An aspect of this is when one observes things without learning lessons from them.

It is important for a muslim to be observant in their daily life and avoid being too self-absorbed in their own worldly matters so that they become heedless over the things which are occurring around them and the things which have already occurred. This is an important quality to possess as it is an excellent way to strengthen one's faith which in turn helps one to remain obedient to Allah, the Exalted, at all times. For example, when a muslim observes a sick person they should not only aid them by whatever means they possess, even if it is only a supplication, but they should reflect on their own health and understand that they too will eventually lose their good health either by an illness, ageing or even death. This should inspire them to be grateful for their good health and show this through their actions by taking advantage of their good health in both worldly and religious matters which are pleasing to Allah, the Exalted.

When they observe the death of a rich person they should not only feel sad for the deceased and their family but realise that one day which is

unknown to them they will die also. They should understand that just like the rich person was abandoned by their wealth, fame and family at their grave so will they too be left only with their deeds in their grave. This will encourage them to prepare for their grave and the hereafter.

This attitude can and should be applied to all things one observes. A muslim should learn a lesson from everything around them which has been advised in the Holy Quran. Chapter 3 Alee Imran, verse 191:

*"...and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.""*

Those who behave in this manner will strengthen their faith on a daily basis whereas those who are too self-absorbed in their worldly life will remain heedless which may lead them to their destruction.

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An aspect of this is when one observes things without learning lessons from them.

It is important for a muslim to understand a key truth namely, nothing in creation occurs without a wise reason even if people do not observe this wisdom immediately. A muslim should treat everything which occurs, whether they are in times of ease or difficulty, as a message in a bottle. They should not get too caught up in assessing and examining the bottle as it is merely a messenger which delivers the important message. This occurs when muslims either exult over the good things which occur thereby becoming heedless to the message within the good thing. Or they become grieved during difficulties thereby becoming too distracted to understand the message within the difficulty. They should instead concentrate on following the advice of the Holy Quran and approach each situation in a balanced way. Chapter 57 Al Hadid, verse 23:

*"In order that you not despair over what has eluded you and not exult [in pride] over what He has given you..."*

This verse does not prohibit being happy or sad in different situations as this is a part of human nature. But it advises a balanced approach whereby one avoids extreme emotions namely, exultant which is excessive happiness or grief which is excessive sadness. This balanced approach will allow one to focus their mind on the more important message inside the bottle meaning, inside the situation whether it is a situation of ease or difficulty. Through assessing, understanding and acting on the hidden message a muslim can improve their worldly and religious life for the better. Sometimes the message will be a wakeup call to turn back to Allah, the Exalted, before their time runs out. Sometimes it will be a way of raising their rank. Other times a way of erasing their sins and sometimes a reminder not to attach themselves to the temporal material world and the things in it. Without this assessment one will merely journey through events without improving their worldly or religious life.



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In a Hadith found in Jami At Tirmidhi, number 2501, the Holy Prophet Muhammad, peace and blessings be upon him, declared that whoever is silent is saved.

This means the one who is silent from vain or evil speech and only speaks good words will be saved by Allah, the Exalted, in both worlds. This is important to understand as the main reason people will enter Hell is because of their speech. This has been warned in a Hadith found in Jami At Tirmidhi, number 2616. In fact, it only takes a single evil word to cause a person to plunge into Hell on Judgement Day which has been confirmed in a Hadith found in Jami At Tirmidhi, number 2314.

Speech can be of three types. The first is evil speech which should be avoided at all costs. The second is vain speech which only causes one to waste time which will lead to a great regret on Judgment Day. In addition, the first step of sinful speech is often vain speech. So it is safer to avoid this type of speech. The final type is good speech which should always be adopted. Based on these aspects two thirds of speech should be removed from one's life.

In addition, the one who speaks too much will only reflect on their actions and the hereafter a little as this requires silence. This will prevent one from assessing their deeds which inspires one to perform more righteous deeds and sincerely repent from their sins. This person will then be prevented from changing for the better.

Finally, those who speak too much often discuss worldly things and things which are entertaining and fun. This will cause them to adopt a mentality whereby they dislike discussing or listening to serious issues like death and the hereafter. This will prevent them from preparing adequately for the hereafter which will lead to a great regret and a potential punishment.

All of this can be avoided if one simply remains silent from sinful and vain speech and instead only speaks good words. Therefore, the one who is silent in this way will be saved from trouble in this world and from punishment in the next world.

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This is connected to chapter 4 An Nisa, verse 114:

*"No good is there in much of their private conversation, except for those who enjoin charity or that which is right or conciliation between people. And whoever does that seeking means to the approval of Allah - then We are going to give him a great reward."*

In this verse Allah, the exalted, explains how people should conduct themselves when conversing with others so that they derive benefit for themselves and others. The first is that when muslims gather they should discuss how to benefit others which encompasses charity in the form of wealth and physical aid. If a muslim is not in a position to help a needy person then this is an excellent way of gaining reward equal to actually helping them. A Hadith found in Sahih Muslim, number 6800, advises that the one who inspires someone else towards good will be rewarded as if they performed the good action themselves. If one cannot aid someone in difficulty or inspire another to fulfill this task they can at least encourage others to supplicate for the one in need. Supplication for an absent person causes the Angels to pray for the supplicator. This has been advised in a Hadith found in Sunan Abu Dawud, number 1534.

This mentality can inspire the group to visit the needy person which provides them with emotional support. This has a powerful psychological impact and provides them with a new mode of strength when dealing with their hardship. The important thing to note is that when one mentions the situation of a needy person their intention must be to aid them in their hour of need. It should never be for the sake of passing time and making them a target of ridicule.

The second way to gain blessings is when one converses about anything lawful that will provide benefit to someone in this world or the next. This aspect includes advising others to do good and refrain from evil in every aspect of their life.

The third aspect mentioned in this verse involves conversing with others with a constructive mindset which brings people together in a positive way instead of possessing a destructive mindset which causes divisions within society. If a person cannot bring people together in a loving way then the minimum they can do is not cause divisions amongst them. Even this is recorded as a good deed when done for the pleasure of Allah, the Exalted. This has been indicated in a Hadith found in Sahih Bukhari, number 2518.

In fact, a Hadith found in Sunan Abu Dawud, number 4919, advises that reconciling between two opposing muslims for the pleasure of Allah, the Exalted, is superior to voluntary prayer and fasting. Every good thing found within society was the outcome of this pious attitude such as the construction of schools, hospitals and Mosques.

But it is important to note, that a muslim will only obtain the great reward mentioned in this verse when they perform the righteous deeds for the pleasure of Allah, the Exalted. Each person will be rewarded based on their intention not just their physical action. This is confirmed in a Hadith found in Sahih Bukhari, number 1. The insincere muslim will find that on Judgment Day they will be told to gain their reward from those who they acted for which will not be possible. This is confirmed in a Hadith found in Jami At Tirmidhi, number 3154.

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This is often the result of over socializing.

In a Hadith found in Jami At Tirmidhi, number 2406, the Holy Prophet Muhammad, peace and blessings be upon him, advised how to achieve salvation.

One of these things is that a person should not leave their home unnecessarily. Behaving in this manner leads to wasting time and both verbal and physical sins. If one truly sincerely reflects they will realize that the majority of their sins and the problems they encountered were due to unnecessarily socializing with others. This does not mean it was always the fault of others but it means if one avoids unnecessarily leaving their home they would sin less and encounter less problems and difficulties. This would also free up their time to learn and act on Islamic teachings more which is beneficial in all aspects of one's life.

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In a Hadith found in Jami At Tirmidhi, number 2380, the Holy Prophet Muhammad, peace and blessings be upon him, advised the importance of a balanced diet. He advised that one should split their stomach into three parts. The first part is for food, the second part is for drink and the last part should be left empty for breathing.

This can be achieved when one stops eating before they reach their fill. This was the behaviour of the Holy Prophet Muhammad, peace and blessings be upon him, and his Companions, may Allah be pleased with them.

If people were to act on this advice they would be safe from both physical and mental illnesses. In fact, according to many knowledgeable people one of the main causes of illness is indigestion.

In respect to the heart little food leads to a soft heart, humility of self and weakness of desires and anger. A full stomach results in laziness which prevents worship and other righteous deeds. It induces sleep which

causes one to miss out on the voluntary and even the obligatory night prayers. It prevents reflection which is the key to assessing one's deeds and therefore changing one's character for the better. The one with a full stomach forgets the poor and is therefore less likely to help them. All these negative effects lead to a hard heart. The one who possesses a hard heart will not be safe on the Day of Judgment. Chapter 26 Ash Shu'ara, verses 88-89:

*“The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart.”*

The one who is only concerned about their stomach becomes distracted from more important things, such as learning and acting on religious knowledge. Muslims should know that the most fed in this world will be the hungriest on the Day of Judgment. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2478.

Therefore, muslims should strive to obtain a balanced diet so that they avoid the negative effects discussed which will undoubtedly hinder their success in both this world and the next.



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In a Hadith found in Sahih Bukhari, number 2886, the Holy Prophet Muhammad, peace and blessings be upon him, criticized the slaves of wealth and fine clothing. These people are pleased when they receive these things and become displeased when they do not.

In reality, this applies to all non-essential worldly things. This criticism is not directed at those who strive in the material world in order to fulfill their needs and the needs of their dependents as this is a part of obeying Allah, the Exalted. But it is directed at those who either pursue the unlawful in order to obtain wealth and other worldly things in order to satisfy their desires and the desires of others. And it is directed at those who pursue non-essential lawful things in such a way that it causes them to neglect obeying Allah, the Exalted, correctly. This obedience involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This prevents them from preparing adequately for the hereafter and their final judgment.

In addition, this criticism is for those who are impatient when they do not obtain their unnecessary desires in this world. This attitude can cause a

muslim to obey Allah, the Exalted, on the edge. Meaning, they obey Him when they obtain their desires but when they do not they angrily turn away from His obedience. The Holy Quran has warned of a severe loss in both worlds for the one who adopts this attitude. Chapter 22 Al Hajj, verse 11:

*“And of the people is he who worships Allah on an edge. If he is touched by good, he is reassured by it; but if he is struck by trial, he turns on his face [to unbelief]. He has lost [this] world and the Hereafter. That is what is the manifest loss.”*

Muslims should instead learn to be patient and content with what they possess as this is true richness according to a Hadith found in Sahih Muslim, number 2420. In reality, the person full of desires is needy meaning, poor even if they possess much wealth. A muslim should know Allah, the Exalted, grants people what is best for them and not according to their desires as this in most cases would lead to their destruction. Chapter 42 Ash Shuraa, verse 27:

*“And if Allah had extended [excessively] provision for His servants, they would have committed tyranny throughout the earth. But He sends [it] down in an amount which He wills. Indeed He is, of His servants, Aware and Seeing.”*

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...I have found that the sources of different types of excessiveness that affect the spiritual heart are found in hearing, sight, speech, food, clothing and housing...Excessive clothing leads to boasting and showing off..."***

In a Hadith found in Jami At Tirmidhi, number 1999, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, loves beauty.

Islam does not prohibit a muslim from dedicating energy, time and money in beautifying themselves as this can be considered fulfilling the rights of their body. This has been commanded in a Hadith found in Sahih Bukhari, number 5199. But the key thing which differentiates acting in this manner to acting in a disliked or even sinful manner is when one is excessive, wasteful or extravagant when beautifying themselves. A good way to determine this is that beautifying oneself should never cause one to neglect fulfilling one's duty to Allah, the Exalted, or people which is not possible to fulfill without gaining and acting on Islamic knowledge. And in reality correcting one's physical appearance so that they appear clean and smart is not expensive nor does it take much time or effort.

In addition, it is more important to understand that true beauty which Allah, the Exalted, loves is connected to internal beauty meaning, one's character. This beauty will endure in both worlds whereas one's outer

beauty will eventually fade away with the passing of time. One should therefore prioritize obtaining this true beauty over external beauty by striving to gain and act on Islamic knowledge so that they eliminate any bad traits, such as envy, from their character and adopt good characteristics, such as generosity. This will aid one in fulfilling the rights of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, and will aid them in fulfilling the rights of people, such as their dependents.

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In a Hadith found in Sahih Muslim, number 265, the Holy Prophet Muhammad, peace and blessings be upon him, warned that a person who possesses even an atom's worth of pride in their heart will not enter Paradise. He clarified that pride is when a person rejects the truth and looks down on others.

No amount of good deeds will benefit someone who possesses pride. This is quite obvious when one observes the Devil and how his countless years of worship did not benefit him when he became proud. In fact, the following verse clearly connects pride with disbelief so a muslim must avoid this evil characteristic at all costs. Chapter 2 Al Baqarah, verse 34:

*"And [mention] when We said to the angels, "Prostrate before Adam"; so they prostrated, except for Iblees. He refused and was arrogant and became of the disbelievers."*

The proud is the one who rejects the truth when it is presented to them simply because it did not come from them and as it challenges their desires and mentality. The proud person also believes they are superior to others even though they are unaware of their own ultimate end and the ultimate end of others. This is plain ignorance. In reality, it is foolish to be proud of anything seeing as Allah, the Exalted, created and granted everything a person owns. Even the righteous deeds one performs are only due to the inspiration, knowledge and strength granted by Allah, the Exalted. Therefore, being proud of something which does not innately belong to them is plain foolishness. This is just like a person who becomes proud over a mansion they do not even own or live in.

This is the reason why pride belongs to Allah, the Exalted, as He alone is the Creator and innate Owner of all things. The one who challenges Allah, the Exalted, in pride will be thrown into Hell. This has been confirmed in a Hadith found in Sunan Abu Dawud, number 4090.

A muslim should instead follow in the footsteps of the Holy Prophet Muhammad, peace and blessings be upon him, and adopt humility. The humble truly recognise that all the good they possess and all the evil they are protected from comes from no one except Allah, the Exalted. Therefore, humility is more fitting for a person than pride. A person should not be fooled into believing humility leads to disgrace as no one has been more honoured than the humble servants of Allah, the Exalted. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, has guaranteed an increase in status for the one who adopts humility for the sake of Allah, the Exalted, in a Hadith found in Jami At Tirmidhi, number 2029.

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In a Hadith found in Sahih Muslim, number 6543, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, does not judge people based on their outward appearance or their wealth instead He observes and judges people's inward intention and their physical actions.

The first thing to note is that a muslim should always correct their intention when performing any deed as Allah, the Exalted, will only reward them when they perform righteous deeds for His sake. Those who perform deeds for the sake of other people and things will be told to gain their reward from those who they acted for on Judgment Day, which will not be possible. This has been warned in a Hadith found in Jami At Tirmidhi, number 3154.

In addition, this Hadith indicates the importance of equality in Islam. A person is not superior to others by worldly things such as their ethnicity or wealth. Even though, many muslims have erected these barriers such as social castes and sects thereby believing some are better than others Islam has clearly rejected this concept and declared that in this respect all people are equal in the sight of Islam. The only thing which makes

one muslim superior to another is their piety meaning, how much they fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience. Chapter 49 Al Hujurat, verse 13:

*“...Indeed, the most noble of you in the sight of Allah is the most righteous of you...”*

A muslim should therefore busy themselves in obeying Allah, the Exalted, by fulfilling His rights and the rights of people and not believe that something they possess or belong to will somehow save them from punishment. The Holy Prophet Muhammad, peace and blessings be upon him, has made it clear in a Hadith found in Sahih Muslim, number 6853, that the muslim who lacks in righteous deeds meaning, the obedience of Allah, the Exalted, will not be increased in rank because of their lineage. In reality, this applies to all worldly things such as wealth, ethnicity, gender or social brotherhoods and castes.



***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...I have found that the sources of different types of excessiveness that affect the spiritual heart are found in hearing, sight, speech, food, clothing and housing...Excessively large houses lead to waste and conceit..."***

In a Hadith found in Jami At Tirmidhi, number 2482, the Holy Prophet Muhammad, peace and blessings be upon him, advised that all lawful spending gains reward from Allah, the Exalted, except the wealth which is spent on buildings.

This includes all spending on lawful things which is free from excessiveness, waste or extravagance. Spending on construction which is necessary is not included in this Hadith but the construction which is beyond one's needs is. This is disliked as spending on construction easily leads to waste and extravagance. In addition, the one who spends wealth on construction is less likely to donate charity and spend in ways pleasing to Allah, the Exalted. Also this behavior often leads a muslim to adopt hopes for a long life as the one who believes their stay in this world is extremely short will not waste energy and wealth on constructing a beautiful home. The greater one's hope for a long life the less righteous deeds they will perform believing they can always perform good deeds in the future. It also causes one to delay sincere repentance believing they can always change for the better in the future. Finally, it causes one to dedicate more efforts to the world in order to create a more comfortable life for their supposed long stay in this world.

Actively taking part in unnecessary construction occupies one's time which prevents them from performing voluntary righteous deeds, such as fasting and the voluntary night prayer out of extreme fatigue. It also prevents them from striving to gain and act on Islamic knowledge.

Finally, in reality taking part in unnecessary construction never ends. Meaning, the moment a person completes one part of their home they move to the next until the cycle repeats itself.

Therefore, muslims should adhere to what is within their necessity in respect to all things not just construction so that they can avoid these negative consequences.

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...I have found that the sources of different types of excessiveness that affect the spiritual heart are found in hearing, sight, speech, food, clothing and housing...Excessively large houses lead to waste and conceit..."***

The Holy Quran has labelled those who are wasteful as the siblings of the Devil. Chapter 17 Al Isra, verse 27:

*"Indeed, the wasteful are brothers of the devils, and ever has Satan been to his Lord ungrateful."*

The comparison has been made to the Devil for several reasons. First of all, the people who spend wealth excessively on unnecessary things often do so in haste without thinking things through meaning, an impulse spender. In fact, according to a Hadith found in Jami At Tirmidhi, number 2012, the Holy Prophet Muhammad, peace and blessings be upon him, has warned that being hasty is from the Devil while thinking things through is from Allah, the Exalted. If a muslim truly pondered over what they desired to purchase they would not spend on unnecessary and extravagant things as this is not a sign of a true muslim.

In addition, when one spends on unnecessary and extravagant things especially, excessively they in most cases are only fuelling the

companies who make a profit by distracting people from right guidance, such as the entertainment industry, which is the Devil's main and ultimate goal.

Spending wastefully always distracts one from preparing for the hereafter as this person dedicates much time to earning wealth, spending it wastefully and enjoying what they acquired. Distracting a muslim from preparing for the hereafter is another goal of the Devil.

Finally, the verse quoted earlier specifically mentions the ingratitude of the Devil. In reality, the one who spends wastefully on unnecessary things does so because they too are ungrateful over what they already possess. If they possessed true gratitude it would prevent them from acting in this manner. Islam does not prohibit one from spending on necessary things in fact it encourages muslims to do so. And even spending on unnecessary things is acceptable if it is done occasionally and without extravagance as this is something which is disliked by Allah, the Exalted, and leads to wasting wealth. Chapter 6 Al An'am, verse 141:

*"...And be not excessive. Indeed, He does not like those who commit excess."*

***Imam Harith Al Muhasibi, may Allah have mercy on him, once said, "...the source of every tribulation that enters the spiritual heart is a result of excessiveness...I have found that the corruption of the spiritual heart leads to the corruption of one's religion...I have found that the sources of different types of excessiveness that affect the spiritual heart are found in hearing, sight, speech, food, clothing and housing... Excessive clothing leads to boasting and showing off. Excessively large houses lead to waste and conceit..."***

In a Hadith found in Sunan Ibn Majah, number 4118, the Holy Prophet Muhammad, peace and blessings be upon him, advised that simplicity is a part of faith.

Islam does not teach muslims to give up all their wealth and lawful desires but it instead teaches them to adopt a simple lifestyle in all aspects of their life, such as their food, clothing, housing and business, so that it provides them free time to prepare for the hereafter adequately. This involves fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This simple life includes striving in this world in order to fulfill one's needs and the needs of their dependents without excessiveness, waste or extravagance.

A muslim should understand that the simpler life they lead the less they will stress over worldly things and therefore the more they will be able to strive for the hereafter thereby, obtaining peace of mind, body and soul. But the more complicated a person's life is the more they will stress, encounter difficulties and strive less for their hereafter as their

preoccupations with worldly things will never seem to end. This attitude will prevent them from obtaining peace of mind, body and soul.

Simplicity leads to a life of ease in this world and a straight forward accounting on the Day of Judgment. Whereas, a complicated and indulgent life will only lead to a stressful life and a severe and difficult accounting on the Day of Judgment.

All praise is due to Allah, Lord of the worlds and may peace and blessings be upon His final Messenger, Muhammad, his noble Family and Companions.

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