

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَنِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُدُوا الصَّلَاةَ وَالسَّلَامَ عَلَى سَيِّدِ وُلُودِ آدَمَ كَمَا يُحِبُّ وَيُرْضِي إِنْ يُصْلِلَ عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,

The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his
companions – *may Allah be pleased with them all*

They Controlled their Nafs

Hadrat Sayyiduna Ebrahim Khawwaas - *may Allah be pleased with him* - mentions that once he experienced immense trial and tribulation on a certain journey. However, he maintained patience and did not utter a word of complaint. He mentions that when he arrived in Mecca Shareef, his Nafs began to inform him that he indeed completed a very important task.

In other word, his Nafs tried to make him believe in self-conceit. However, while he was making Tawaaf, an old female shouted at him, “I was also with you in that jungle, however, I had deliberately not spoken to you so that it does not disturb your concentration. Therefore, remove this (self-conceit) thoughts from your mind.”

Shaikh Abul Husain Muzayyin - *may Allah be pleased with him* - was once walking in a wild and barren area in spiritual penitence. He had no covering on his head and he was also barefoot. He began to thing to himself that in this year, no one besides him had

endured such trial and tribulation. The moment he thought in this manner, suddenly someone touched him in the back and said to him, “How long will you be trapped in these false thoughts?”

Another Saint has stated that, “To refrain from the Nafs is itself connection with the truth and to be connected to the Nafs is to refrain from the truth.”

Another Saint has mentioned that, “Indeed that Allah Almighty has given Ma’rifah to every servant of His. As much Ma’rifah as a person has been given, in like manner, he had been given the power to display patience in times of trial and tribulation as per his state of Ma’rifah.”

It is mentioned that Hadrat Sayyiduna Samnun - *may Allah be pleased with him* - was considered among the eminent Awliyah. One day while he was making Tawaaf, someone approached him and asked, “O Shaikh! I ask you through the Barakah of standing in the Divine Court of the Allah Almighty, how did you find Allah?” When heard the person mentioning about standing in the Divine Court of Allah, he fell unconscious. When he regained his senses, he replied, “My dear friend! I have made four things compulsory upon me. What was alive within me (the desires of the Nafs), I have destroyed it. That which was dead within me, (the heart and the inner being), I have revived it and made it come alive. That which was hidden from my eyes, (the Hereafter), I have placed it in front of me and that which was in front of me (a comfortable life), I have made it disappear. That which is considered as destroyed, (piety), I have turned it into something which is Baaqi (forever). And that which was to remain forever within me (desires of the Nafs), I had made it Faani (in other words, I have made it disappear). That which used to make people fearful, I have chosen to like it and that which was liked by people, I have run away from it.”

He then disappeared from that place.

It is mentioned that one day, Shaikh Abu Rabee - *may Allah be pleased with him* - was sitting among the pious in the Haram Shareef. In this group there were different types of Awliyah. There were some who had travelled the earth and this was clearly seen in their appearance. However, when Shaikh Abu Rabee - *may Allah be pleased with him* - listened to these people, he felt very small and insignificant.

One day, while he was sitting alone, he thought to himself that he would also have to do something which would create the same personality within himself. At the same time, he also understood that he was just at the beginning and did not know what this would create within himself. He then thought that the best thing to do would be to continue making the Tawaaf. One day, someone among these Faqeers asked him, "How long will you continue to go around and around like the animal which continues to pull out water from a well? Will you be able to achieve anything from this?" Shaikh Abu Rabee - *may Allah be pleased with him* - replied, "I have no idea. In fact, I am also unaware of recognizing the heart and do not understand how to gain control over it, but I have certainly heard the Divine Order of Allah to make Tawaaf of His House and that if what I have decided to do all the time." It is through this consistent hope and belief in one's Ibadah that one can achieve amazing results.

It is mentioned that once Shaikh Abu Yaqub Basri - *may Allah be pleased with him* - was in the Haram Shareef for ten days. He was extremely hungry because he had not eaten anything in these ten days. Obviously, a person would feel extremely weak and frail. He decided to go outside and see whether there would be anything on the floor which he could pick up and eat to satisfy his hunger.

On the road, he found an old turnip but it was also rotten. He wanted to pick it up but internally, he felt a great disgust in doing this and thought that after staying hungry for ten days how could he lower himself to such a degree. He then threw this away and returned to the Haram Shareef.

After a few minutes, a person approached him. He sat in front of the Shaikh and said to him after opening a small parcel that this was for him. The Shaikh asked him what he meant by this even though he did know the man and had never met him before.

The person explained, "Ten days before, I was on a sea voyage and our boat came close to sinking. All the people on the boat took their Nazar (oath) so that they could be saved from this calamity. I also made the intention of the Nazr that if I am saved from this disaster, I will enter the Haram Shareef and give five hundred Ashrafis to the first person I see in the Haram Shareef. You were the first person I noticed in the Haram Shareef."

The Shaikh then asked him to fully uncover his parcel and when this was done, the Shaikh noticed some bread, some sweet dish, etc. The Shaikh then took a little in his hand and said to the person, "The rest of it you can distribute among your family members and this is a gift from my side." Thereafter, the Shaikh turned to his Nafs and said, "O Nafs! Your sustenance was walking towards you ten days ago and yet, you travelled to the wilds looking for sustenance." (Roud Ar Riyahen)