

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَنِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُ الْصَّلَاةِ وَالسَّلَامِ عَلَى سَيِّدِ الْعَبْدِ وَرَبِّ الْأَدَمِ كَمَا يُحِبُّ وَيُرْضِي إِنَّمَا يُصْلِلُ 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*

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## What is Zuhd and a Zaahid

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Imam ibn Abid Dunya through a long chain of narrators records from Hadrat Sayyiduna Yunus bin Maysirah Jilani - *may Allah be pleased with him* - who states that, “To think of Haraam as Haraam and to spend ones wealth is not actual Zuhd. You should have absolute trust in the Divine Promise of the Allah Almighty in which He has promised to give each creation their sustenance. At the same time, whatever you receive or not, should not change your attitude. In other words, in both joy and sadness, you should be the same. In like manner, whether a person praises you or applauds you, your condition should remain the same. (Musnad Imam Ahmed).

The same records from Hadrat Sayyiduna Waheeb Makki - *may Allah be pleased with him* - who mentions that, “Zuhd in the world means that you should not become sad with what you have not received and you should not become overjoyed with what you have received.”

The same records from Hadrat Sayyiduna Sufyan - *may Allah be pleased with him* - who mentions that, "Having Zuhd in the world implies that one should shorten one's hopes and it does not only mean consuming simple food or wearing simple clothing." (Hulyatul Awliyah, Sayr 'Alaamul Nubla)

Another Saint has stated that Zuhd is something which instils in a person love for the Hereafter. (Taarik ibn Manzur)

Ibn Abid Dunya from a long chain of narrators record from Hadrat Sayyiduna Abu Nasr bin Haarith - *may Allah be pleased with him*, (who is Hadrat Sayyiduna Bishar Haafi) who mentions that once, Hadrat Sayyiduna Sufyan Thouri - *may Allah be pleased with him* - mentioned to Bakr Aabid, "O Bakr! Adopt Zuhd and after that, if you choose, you may rest."

He also stated, "O Bakr! Use the world for your physical being and use your heart for the Hereafter." In other words, only use so much in the world which is sufficient for your physical self to survive and immerse your heart in remembering the Hereafter and thoughts of the Hereafter. (Hulyatul Awliyah)

The same reports from Mutawakkil bin Husain who narrates that Hadrat Sayyiduna Ebrahim bin Adham - *may Allah be pleased with him* - has stated that, "There are three types of Zuhd. Zuhd Fard, Zuhd Fadl and Zuhd Salaamat. Zuhd Fard is when you abstain from all that which is Haraam. Zuhd Fadl is to also refrain from all that which is Halaal (for the sake of the Nafs) and Zuhd Salaamat is to refrain from all those things which are doubtful. (Bahiqi Shareef, Hulyatul Awliyah)

The same reports from Imam Ahmed bin Al Hawaari - *may Allah be pleased with him* - who mentions that he once asked Imam Sufyan bin Ayniyah - *may Allah be pleased with him*, "Who is a Zaahid?" He replied, "A Zaahid is that person who when he receives any blessing, he makes Shukr. When he goes through tough times, he displays Sabr." I then asked him, "O Abu Mohammed! If a person gives thanks when he receives a blessing and makes Sabr during times of difficulty, then what about that person who even restricts himself from enjoying these blessings and gifts?" He then hit me with his hand and declared, "Remain silent. When a person does not cease from making Shukr at any blessing and does not cease from displaying patience in times of difficulty, he is indeed a Zaahid." (Hulyatul Awliyah)

The same reports from Jafer bin Sulayman who mentions that once a person came inside the house of Hadrat Sayyiduna Abu Zarr - *may Allah be pleased with him* - and began to look around. He then asked, "O Abu Zarr! Where are your possessions?" The eminent companion replied, "We have a special house and the best of things are sent over there." The person replied, "As long as you are here (in the world), there is also need for some things here as well." The blessed companion replied, "The Owner of the house does not allow us to stop here." (Taarik Dimishq)

The same reports from Abdul Aziz Qarashi who reports that he heard Hadrat Sayyiduna Sufyan Thouri - *may Allah be pleased with him* - mention that, "Make Zuhd necessary upon you. Allah Almighty will reveal the faults and defects of creation to you. (In other words, the faults of people will become apparent to you). Adopt piety, Allah Almighty will decrease your accountability (on the Day of Judgement). Substitute those things which are doubtful with those things which are certain and eliminate doubt with certainty. Through this, your religion will also remain secure." (Bahiqi Shareef)