

Signs of the Truthful

Ones

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Achieve Noble Character

Signs of the Truthful Ones

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Signs of the Truthful Ones

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All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

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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.

Introduction

The following short book discusses some Signs of the Truthful Ones. This discussion is based on Imam Harith Al Muhasibi's, Risalah Al Mustarshidin, Pages 134-151.

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.

Signs of the Truthful Ones

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant? When he studies, he
contemplates...”***

After studying, this contemplation is the first step which is required before one can act on knowledge.

A muslim must strive to act on their knowledge as knowledge without action is of no value or benefit. This is like the one who possesses knowledge of a path to safety but does not take it and instead remains in an area full of dangers. This is why knowledge can be split into two categories. The first is when one acts on their knowledge, which leads to piety and an increase in the obedience of Allah, the Exalted. The second is when one fails to act on their knowledge. This type will not increase one's obedience to Allah, the Exalted, in fact, it will only increase them in arrogance believing they are superior to others even though they are like donkeys which carry books that do not benefit it. Chapter 62 Al Jumu'ah, verse 5:

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

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he falls silent, he
reflects...”***

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, said,
“What are the signs of a truthful servant?...when he talks, he
mentions Allah, the Exalted...”***

In a Hadith found in Jami At Tirmidhi, number 2322, the Holy Prophet Muhammad, peace and blessings be upon him, advised that everything in this material world is cursed except the remembrance of Allah, the Exalted, what is connected to it, the knowledgeable person and the student of knowledge.

The remembrance of Allah, the Exalted, encompasses all the levels of remembrance. Namely, internal silent remembrance, which includes correcting one's intention so that they only act for the sake of Allah, the Exalted. Remembering Allah, the Exalted, via the tongue and the most important is practically remembering Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience.

Anything which leads to the remembrance of Allah, the Exalted, includes the obedience of Allah, the Exalted, such as striving in the material world in order to fulfill one's necessities and the necessities of their dependents according to the teachings of Islam without waste, excessiveness or extravagance. In reality, this includes any action which appears worldly or religious as long as it involves the obedience of Allah, the Exalted.

Both the knowledgeable person and the student of knowledge are the only people in reality who will obey Allah, the Exalted, correctly as this is not possible to achieve without knowledge. An ignorant person disobeys Allah, the Exalted, without even realizing it as they are unaware of what counts as a sin or a righteous deed. In some cases, one may even believe they are strictly obeying Him even though they are far from it.

To conclude, in reality nothing is really cursed in the material world in itself. It is how a thing is used which determines if it is cursed or not. For example, if wealth is used correctly according to the teachings of Islam then it is a great blessing in both worlds. But if it is misused or hoarded then it will become a curse for its owner in both worlds. This can be applied to all things in this world.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he talks, he
mentions Allah, the Exalted...”***

This person only speaks in ways pleasing to Allah, the Exalted.

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he talks, he
mentions Allah, the Exalted...”***

This person only speaks in ways pleasing to Allah, the Exalted.

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient...”***

In a Hadith found in Sahih Bukhari, number 1302, the Holy Prophet Muhammad, peace and blessings be upon him, advised that real patience is shown at the onset of a difficulty.

It is important to understand that true patience is shown throughout a calamity meaning, from the very onset of the difficulty onwards. Accepting the reality of a difficulty, such as the death of a loved one, eventually, with the passing of time occurs with everyone. This is acceptance not true patience.

Muslims should therefore ensure they encounter difficulties while patient believing that everything which Allah, the Exalted, chooses is for the best even if they fail to observe the wisdoms behind the choices. Instead, they should reflect on the many times when they believed something was good yet, it ended up being bad and vice versa. Understanding the extreme short sightedness and limited knowledge of humans and the infinite knowledge and wisdom of Allah, the Exalted, can aid a muslim to show patience from the onset of a difficulty. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

In addition, it is important for muslims to continue showing patience till the end of their life. This is because a person can easily lose the reward of patience even if they were patient from the onset by demonstrating impatience further down the line. This is an extremely deadly trap of the Devil. He patiently waits for decades just to ruin the reward of a muslim. The Holy Quran makes it clear that a muslim will gain reward for what they bring to Judgment Day, meaning, take with them when they die it does not declare they will gain reward after simply doing a deed, such as showing patience at the onset of a difficulty. Chapter 6 Al An'am, verse 160:

“Whoever comes [on the Day of Judgment] with a good deed...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient...”***

A Hadith found in Musnad Ahmad, number 2803, advises that being patient over the things one dislikes leads to a great reward. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Patience is a key element required in order to fulfil the three aspects of faith: fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny. But a higher and more rewarding level than patience is contentment. This is when a muslim deeply believes that Allah, the Exalted, only chooses the best for His servants and they therefore prefer His choice over their own. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

A patient muslim understands that anything which effected them, such as a difficulty, could not have been avoided even if the entire creation

aided them. Similarly, whatever missed them could not have affected them. The one who truly accepts this fact will not exult and grow proud over anything they obtain knowing Allah, the Exalted, allocated that thing to them. Nor will they grieve over anything which they fail to obtain knowing Allah, the Exalted, did not allocate that thing to them and nothing in existence can alter this fact. Chapter 57 Al Hadid, verses 22-23:

“No disaster strikes upon the earth or among yourselves except that it is in a register¹ before We bring it into being - indeed that, for Allah, is easy. In order that you not despair over what has eluded you and not exult [in pride] over what He has given you...”

In addition, the Holy Prophet Muhammad, peace and blessings be upon him, has advised in a Hadith found in Sunan Ibn Majah, number 79, that when something occurs a muslim should firmly believe it was decreed and nothing could have changed the outcome. And a muslim should not have regrets believing they could have prevented the outcome if they somehow behaved differently as this attitude only causes the Devil to encourage them towards impatience and complaining about destiny. A patient muslim truly understands that whatever Allah, the Exalted, has chosen is best for them even if they do not observe the wisdom behind it. The one who is patient does desire a change in their situation and even supplicates for it but they do not complain about what has occurred. Being persistently patient can lead a muslim to a greater level namely, contentment.

The one who is content does not desire things to change as they know the choice of Allah, the Exalted, is better than their choice. This muslim

firmly believes and acts on the Hadith found in Sahih Muslim, number 7500. It advises that every situation is best for the believer. If they encounter a problem they should show patience which leads to blessings. And if they experience times of ease they should show gratitude which also leads to blessings.

It is important to know that Allah, the Exalted, tests those He loves. If they show patience they will be rewarded but if they are angered it only proves their lack of love for Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2396.

A muslim should be patient or content with the choice and decree of Allah, the Exalted, in both times of ease and hardship. This will reduce one's distress and provide them with much blessings in both worlds. Whereas, impatience will only destroy the reward they could have received. Either way a muslim will go through the situation decreed by Allah, the Exalted, but it is their choice whether they desire reward or not.

A muslim will never reach full contentment until their behaviour is equal in times of difficulty and ease. How can a true servant go to the Master namely, Allah, the Exalted, for a judgment and then become unhappy if the choice does not match their desire. There is a real possibility that if a person gets what they desire it will destroy them. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

A muslim should not worship Allah, the Exalted, on the edge. Meaning, when the divine decree matches their wishes they praise Allah, the Exalted. And when it does not they become annoyed acting as if they know better than Allah, the Exalted. 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.”

A muslim should behave with the choice of Allah, the Exalted, as if they would behave with a skilled trustworthy doctor. The same way a muslim would not complain taking bitter medicine prescribed by the doctor knowing it is best for them they should accept the difficulties they face in the world knowing it is best for them. In fact, a sensible person would thank the doctor for the bitter medicine and similarly an intelligent muslim would thank Allah, the Exalted, for any situation they encounter.

In addition, a muslim should review the many verses of the Holy Quran and the Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him, which discuss the reward given to the patient and content muslim. Deep reflection on this will inspire a muslim to remain steadfast when facing difficulties. For example, Chapter 39 Az Zumar, verse 10:

"...Indeed, the patient will be given their reward without account [i.e., limit]."

Another example is mentioned in a Hadith found in Jami At Tirmidhi, number 2402. It advises that when those who patiently faced trials and difficulties in the world receive their reward on Judgment Day those who did not face such trials will wish they patiently faced difficulties such as their skin being cut off with scissors.

In order to gain patience and even contentment with what Allah, the Exalted, chooses for a person they should seek and act on the knowledge found within the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, so that they reach the high level of excellence of faith. This has been discussed in a Hadith found in Sahih Muslim, number 99. Excellence in faith is when a muslim performs deeds, such as the prayer, as if they can witness Allah, the Exalted. The one who reaches this level will not feel the pain of difficulties and trials as they will completely be immersed in the awareness and love of Allah, the Exalted. This is similar to the state of the women who did not feel pain when cutting their own hands when they observed the beauty of the Holy Prophet Yusuf, peace be upon him. Chapter 12 Yusuf, verse 31:

"...and gave each one of them a knife and said [to Joseph], "Come out before them." And when they saw him, they greatly admired him and cut

their hands and said, "Perfect is Allah! This is not a man; this is none but a noble angel."

If a muslim cannot reach this high level of faith they should at least try to reach the lower level mentioned in the Hadith quoted earlier. This is the level where one is constantly aware they are being observed by Allah, the Exalted. The same way a person would not complain in front of an authoritative figure they feared, such as an employer, a muslim who is constantly aware of the presence of Allah, the Exalted, will not complain about the choices He makes.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient...”***

It is important for muslims to understand a simple thing which can aid them with patiently facing destiny and the difficulties it brings. A person happily takes a bitter medicine which their doctor prescribes fully trusting in their knowledge, experience and choice all the while believing that their doctor knows what is best for them. This is true even though they are only human and prone to errors. Yet, many muslims fail to place this same level of trust in Allah, the Exalted, even though His knowledge is infinite and His choices always the wisest. Muslims should try to accept destiny and the troubles it brings just like they take the bitter medicine without complaining knowing it is best for them. They should understand that the troubles and difficulties they face are best for them even if they do not understand or observe the wisdoms in them just like they do not understand the science behind the bitter medicine they happily take. Even though in most cases, they will never understand the science behind the bitter medicine they take a time will certainly come, whether in this world or in the hereafter, when the wisdom behind the bitter difficulties they faced will be revealed to them. So a muslim should anticipate this time patiently knowing all will be revealed shortly. Pondering deeply over this can increase one's patience when dealing with difficulties. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient...”***

Often when muslims receive blessings especially, beyond their need, it distracts them from the hereafter and instead focuses their minds on this material world. So in this respect, the wisdom behind a difficulty is to refocus a muslim's attention on what is truly important which is preparing for the hereafter. This is like a person who is so preoccupied with their phone that they cross a road without seeing an oncoming vehicle. Another person violently pulls them away from the oncoming car which causes them distress yet, saves their life. Even though being pulled violently causes distress and even pain but it is only done in order to refocus their attention on the life threatening danger namely, the oncoming car. Similarly, a muslim faces emotional and physical difficulties in order to refocus their attention on more important things such as the hereafter. If a muslim was left to only face times of ease without difficulties there is no doubt that they would become lost in enjoying the excess of this material world. This neglect in the long run would be disastrous for them. So they face a small difficulty in order to protect them from greater difficulties namely, the difficulties of the hereafter. Therefore, muslims should remember this truth every time they face a difficulty so that they leave the difficulty refocused on more important things and act correctly over this blessing instead of demonstrating impatience and heedlessness to this vital benefit. This is in fact one of the biggest favours of Allah, the Exalted.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient...”***

Parents often take away things or prevent their children from obtaining certain things such as unhealthy food in order to protect them. This behaviour often causes the child to become sad or angry as they are completely unaware of the wisdom behind the actions of their parent. This parental behaviour is something which is widely accepted in society and is rightfully believed to be a characteristic of a good and responsible parent. Similarly, in life people often lose or are prevented from obtaining certain worldly things by Allah, the Exalted. A muslim must understand that the same way parents keep harmful things away from their children even though their children do not understand the reason behind their choice similarly Allah, the Exalted, acts in this manner according to His infinite wisdom and knowledge in order to protect His servants even if people do not understand the wisdom behind His choices. Therefore, every time a muslim finds themselves in this situation they should reflect on this simple example, which no one would reject irrespective of their faith, so that they are inspired to remain patient and show gratitude for the divine protection Allah, the Exalted, has granted them. They should not act like an immature child by becoming angry and impatient as adults are meant to behave better than children. In fact, children are excused from behaving in such a manner as they lack knowledge and experience whereas adults should not lack this and will therefore be held accountable for their behaviour in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he is denied
something, he remains patient. When he gains something, he is
grateful...”***

In a Hadith found in Sahih Muslim, number 7500, the Holy Prophet Muhammad, peace and blessings be upon him, advised that every situation is blessed for a believer. The only condition is that they need to respond to each situation they encounter while obeying Allah, the Exalted, specifically, patience in difficulties and gratitude in times of ease.

There are two aspects of life. One aspect are the situations people find themselves in whether they are times of ease or difficulties. The control of what situation a person faces is out of their hands. Allah, the Exalted, has decided this and there is no escaping them. Therefore, stressing over the situations one faces does not make sense as they are destined and therefore inevitable. The other aspect is a person's reaction to each situation. This is in each person's control and this is what they are judged on for example, showing patience or impatience in a difficult situation. Therefore, a muslim must concentrate on their behaviour and reaction in each situation instead of stressing over being in a situation as this is unavoidable. If a muslim desires to succeed in both worlds they should assess each situation and always act in the obedience of Allah, the Exalted. For example, in times of ease they must use the blessings they possess as prescribed by Islam which is true gratitude to Allah, the Exalted. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]...”

And in times of difficulty they must show patience knowing Allah, the Exalted, chooses what is best for His servants even if they do not understand the wisdom behind the choices. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he gains
something, he is grateful...”***

A muslim must ensure they fulfill all three aspects of gratitude so that they avoid becoming a denier of Allah, the Exalted, as the one who is ungrateful in reality, scorns the One who granted them the blessings. Chapter 2 Al Baqarah, verse 152:

“...And be grateful to Me and do not deny Me.”

The three aspects of gratitude are to internally acknowledge Allah, the Exalted, as the sole Creator and Provider of all blessings. An aspect of this is to correct one's intention so that they only perform actions to please Allah, the Exalted. The next aspect is to praise Allah, the Exalted, via the tongue. And the final and highest aspect is to practically show gratitude through one's actions by using each blessing as prescribed by Islam in order to please Allah, the Exalted. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.'”

As true gratitude leads to an increase in blessings muslims should fear that showing ingratitude may cause the blessings they possess to either be taken away from them or for their blessings to be used against them by becoming a burden and a curse for them in both worlds. It is important to note, even if a muslim becomes truly grateful they will still face tests and difficulties as they are guaranteed. But if they behave in the correct way they will be guided through every situation so that they obtain peace of mind and body in this world and a great reward in the hereafter.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he gains
something, he is grateful...”***

Gratitude involves using the blessings one has been granted in ways pleasing to Allah, the Exalted.

In reality, in most cases nothing in this material world in itself is good or bad, such as wealth. What makes a thing good or bad is the way it is used. It is important to understand that the very purpose of everything which was created by Allah, the Exalted, was for it to be used correctly according to the teachings of Islam. When something is not used correctly it in reality becomes useless. For example, wealth is useful in both worlds when it is used correctly such as being spent on the necessities of a person and their dependents. But it can become useless and even a curse for its bearer if it is not used correctly, such as being hoarded or spent on sinful things. Simply hoarding wealth causes wealth to lose value. How can paper and metal coins one tucks away be useful? In this respect, there is no difference between a blank piece of paper and a note of money. It is only useful when it is used correctly.

So if a Muslim desires all their worldly possessions to become a blessing for them in both worlds all they have to do is use them correctly according to the teachings found in the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. But if they use them incorrectly then the same blessing will become a burden and curse for them in both worlds. It is as simple as that.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he gains
something, he is grateful...”***

Gratitude involves using the blessings one has been granted in ways pleasing to Allah, the Exalted. One can adopt the correct attitude when they understand the purpose of these blessings.

Every worldly blessing a Muslim possesses is only a means which should aid them in reaching the hereafter safely. It is not an end in itself. For example, wealth is a means one should use in order to obey Allah, the Exalted, by fulfilling the commands of Allah, the Exalted, fulfilling their necessities and the necessities of their dependents. It is not an end or an ultimate goal in itself.

This not only aids a Muslim in maintaining their focus on the hereafter but it also aids them whenever they lose worldly blessings. When a Muslim treats each worldly blessing, such as a child, as a means to please Allah, the Exalted, and reach the hereafter safely then losing it will not have such a detrimental impact on them. They may become sad, which is an acceptable emotion, but they will not become grieved which leads to impatience and other mental problems, such as depression. This is because they firmly believe the worldly blessing they possessed was only a means so losing it does not cause a loss in the ultimate goal namely, Paradise, the loss of which is disastrous. Therefore, still possessing and concentrating on the ultimate goal will prevent them from becoming grieved.

In addition, they will understand that just like the thing they lost was only a means they firmly believe they will be provided with another means to reach and fulfil their ultimate goal by Allah, the Exalted. This will also prevent them from grieving. Whereas, the one who believes their worldly blessing is the end instead of a means will experience severe grief when losing it as their whole purpose and objective has been lost. This grief will lead to depression and other mental issues.

To conclude, Muslims should treat each blessing they possess as a means to reach the hereafter safely not as an end in itself. This is how one can possess things without being possessed by them. This is how they can keep worldly things in their hands and not in their hearts.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...if someone behaves
ignorantly towards him, he bears their abuse...”***

A Hadith found in Sahih Bukhari, number 6853, advises that the Holy Prophet Muhammad, peace and blessings be upon him, never took revenge for himself but instead pardoned and overlooked.

Muslims have been given permission to defend themselves in a proportionate and reasonable way when they are left with no other options. But they should never step over the line as this is a sin. Chapter 2 Al Baqarah, verse 190:

“Fight in the way of Allah those who fight against you but do not transgress. Indeed, Allah does not like transgressors.”

As stepping over the mark is difficult to avoid a muslim should therefore adhere to patience, overlook and forgive others as it is not only the tradition of the Holy Prophet Muhammad, peace and blessings be upon him, but also leads to Allah, the Exalted, forgiving their sins. Chapter 24 An Nur, verse 22:

“...and let them pardon and overlook. Would you not like that Allah should forgive you?...”

Forgiving others is also more effective in changing the character of others in a positive way which is the purpose of Islam and a duty on muslims as taking revenge only leads to further enmity and anger between the people involved.

Finally, those who have the bad habit of not forgiving others and always hold onto grudges, even over minor issues, may well find that Allah, the Exalted, does not overlook their faults and instead scrutinizes each of their small sins. A muslim should learn to let things go as this leads to forgiveness and peace of mind in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...if someone behaves
ignorantly towards him, he bears their abuse...”***

All muslims hope that on Judgment Day Allah, the Exalted, will put aside, overlook and forgive their past mistakes and sins. But the strange thing is that most of these same muslims who hope and pray for this do not treat others in the same way. Meaning, they often latch on to the past mistakes of others and use them as weapons against them. This is not referring to those mistakes which have an effect on the present or future. For example, a car accident caused by a driver which physically disables another person is a mistake which will affect the victim in the present and future. This type of mistake is understandably difficult to let go and overlook. But many muslims often latch on to the mistakes of others which do not influence the future in anyway, such as a verbal insult. Even though, the mistake has faded away yet these people insist on reviving and using it against others when the opportunity presents itself. It is a very sad mentality to possess as one should understand that people are not Angels. At the very least a muslim who hopes for Allah, the Exalted, to overlook their past mistakes should overlook the past mistakes of others. Those who refuse to behave in this manner will find that the majority of their relationships are fractured as no relationship is perfect. They will always be a disagreement which can lead to a mistake in every relationship. Therefore, the one who behaves in this manner will end up lonely as their bad mentality causes them to destroy their relationships with others. It is strange that these very people hate to be lonely yet adopt an attitude which drives others away from them. This defies logic and common sense. All people want to be loved and respected while they are alive and after they pass away but this attitude causes the very opposite to occur. While they are alive people become fed up with them and when they die people do not remember them with true affection and love. If they do remember them it is merely out of custom.

Letting the past go does not mean one needs to be overly nice to others but the least one can do is be respectful according to the teachings of Islam. This does not cost anything and requires little effort. One should therefore learn to overlook and let the past mistakes of people go perhaps then Allah, the Exalted, will overlook their past mistakes on the Day of Judgement. Chapter 24 An Nur, verse 22:

“...and let them pardon and overlook. Would you not like that Allah should forgive you? And Allah is Forgiving and Merciful.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...if someone behaves
ignorantly towards him, he bears their abuse...”***

It is easy to reply evil with evil. But what makes a muslim special is when they reply evil with good. This is the tradition of the Holy Prophet Muhammad, peace and blessings be upon him. It is important to understand that behaving in this manner will never reduce a person's rank in anyway. Otherwise the Holy Prophet Muhammad, peace and blessings be upon him, would not have acted in this way. In fact, a Hadith found in Jami At Tirmidhi, number 2029, advises that when one replies evil with good, such as forgiving others, Allah, the Exalted, raises them in honour. So this attitude does not only benefit others but more importantly it benefits the muslim themselves. Chapter 41 Fussilat, verse 34:

“And not equal are the good deed and the bad. Repel [evil] by that [deed] which is better; and thereupon, the one whom between you and him is enmity [will become] as though he was a devoted friend.”

In addition, as advised by this verse if someone adopts this attitude they will find that those who do not treat them well will eventually become ashamed of their actions and change their attitude. Even the most toughest hearts eventually become affected when treated in this manner. For example, when a husband mistreats his wife then it is best for her to rise above a negative reply and instead reply in a nice manner. This will cause the husband to respect and love his wife more. When a colleague at work shows bad manners it is best to show them the quality of a true muslim by replying with good manners. When one behaves like

this the people around them will respect and love them more which will cause their life to become easier. But when a person replies evil with evil they will always face more evil from others which will only make their life harder in both worlds. This is quite obvious if one reflects over this for a moment. It is important to note, when others exceed the limits then one should defend themselves and detach from the person. But in most cases bad character should be replied with good character.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he learns
something, he humbles himself...”***

Knowledge allows one to recognize that everything good in their life was granted to them by none other than Allah, the Exalted. This leads to humility. In addition, the more one learns, the more they recognize how ignorant they are, which in turn leads to humility.

The servants of Allah, the Exalted, have understood that anything good they possess is solely because Allah, the Exalted, granted it to them. And any evil they are saved from is because Allah, the Exalted, protected them. Is it not foolish to be proud of something that does not belong to someone? Just like a person does not boast about a sports car which does not belong to them Muslims must realize nothing in reality belongs to them. This attitude ensures one remains humble at all times. The humble servants of Allah, the Exalted, fully believe in the Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, found in Sahih Bukhari, number 5673, which declares that the righteous deeds of a person will not take them to Paradise. Only the mercy of Allah, the Exalted, can cause this to occur. This is because every righteous deed is only possible when Allah, the Exalted, provides one with the knowledge, strength, opportunity and inspiration to perform it. Even the acceptance of the deed is dependent on the mercy of Allah, the Exalted. When one bears this in mind it saves them from pride and inspires them to adopt humility. One should always remember that being humble is not a sign of weakness as Islam has encouraged one to defend themselves if necessary. In other words, Islam teaches Muslims to be humble without weakness. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, has confirmed in a Hadith found in Jami At Tirmidhi, number 2029, that whoever humbles themselves before Allah, the Exalted, will be raised by Him. So in reality, humility leads to

honor in both worlds. One only needs to reflect on the most humble of the creation to understand this fact namely, the Holy Prophet Muhammad, peace and blessings be upon him. Allah, the Exalted, has clearly ordered people by ordering the Holy Prophet Muhammad, peace and blessings be upon him, to adopt this important quality. Chapter 26 Ash Shu'ara, verse 215:

“And lower your wing [i.e., show kindness] to those who follow you of the believers.”

The Holy Prophet Muhammad, peace and blessings be upon him, led a humble life. For example, he happily carried out the domestic duties at home thereby proving these chores are gender-neutral. This is confirmed in Imam Bukhari's, Adab Al Mufrad, number 538.

Humility is an inner characteristic that manifests outwards such as the way one walks. This is discussed in another verse chapter 31 Luqman, verse 18:

“And do not turn your cheek [in contempt] toward people and do not walk through the earth exultantly...”

Allah, the Exalted, has made it clear that Paradise is for the humble servants who possess no trace of pride. Chapter 28 Al Qasas, verse 83:

“That home of the Hereafter We assign to those who do not desire exaltedness upon the earth or corruption. And the [best] outcome is for the righteous.”

In fact, the Holy Prophet Muhammad, peace and blessings be upon him, has confirmed in a Hadith found in Jami At Tirmidhi, number 1998, that whoever possesses an atom's worth of pride will not enter Paradise. Only Allah, the Exalted, has the right to be proud as He is the Creator, Sustainer and Owner of the entire universe.

It is important to note, pride is when one believes they are superior to others and rejects the truth when it is presented to them as they dislike accepting the truth when it comes from other than them. This is confirmed in a Hadith found in Sunan Abu Dawud, number 4092.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he teaches
something he does so with gentleness...”***

In a Hadith found in Jami At Tirmidhi, number 2701, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, loves gentleness in all matters.

This is an important characteristic which must be adopted by all muslims. It should be used in all aspects of one's life. It is important to understand that being gentle benefits the muslim themselves more than anyone else. Not only will they receive blessings and reward from Allah, the Exalted, and minimize the amount of sins they commit, as a gentle person is less likely to commit sins through their speech and actions, but it benefits them in worldly affairs also. For example, the person who treats their spouse gently will gain more love and respect in return than if they treated their spouse in a harsh manner. Children are more likely to obey and treat their parents with respect when they are treated gently. Colleagues at work are more likely to help the one who is gentle with them. The examples are endless. Only in very rare cases is a harsh attitude required. In most cases, gentle behaviour will be much more effective than a harsh attitude.

The Holy Prophet Muhammad, peace and blessings be upon him, possesses countless good qualities yet, Allah, the exalted, specifically highlighted his gentleness in the Holy Quran as it is a key ingredient required to affect others in a positive way. Chapter 3 Al Imran, verse 159:

“So by mercy from Allah, [O Muhammad], you were lenient with them. And if you had been rude [in speech] and harsh in heart, they would have disbanded from about you...”

A muslim must remember that they will never be better than a Holy Prophet, peace be upon them, nor will the person they interact with be worse than Pharaoh yet, Allah, the Exalted, commanded the Holy Prophet Mosa and the Holy Prophet Haroon, peace be upon them, to deal with Pharaoh in a kind manner. Chapter 20 Taha, verse 44:

“And speak to him with gentle speech that perhaps he may be reminded or fear [Allah].”

Therefore, a muslim should adopt gentleness in all affairs as it leads to much reward and affects others, such as one's family, in a positive way.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when he teaches
something he does so with gentleness...”***

The beauty of Islam is found in gentleness. This has been advised by the Holy Prophet Muhammad, peace and blessings be upon him, in many Hadiths such as the one found in Sunan Ibn Majah, number 3689. The Holy Quran even mentions that the Companions, may Allah be pleased with them all, constantly lovingly accompanied the Holy Prophet Muhammad, peace and blessings be upon him, because of his gentleness and soft nature. Chapter 3 Alee Imran, verse 159:

“So by mercy from Allah, [O Muhammad], you were lenient with them. And if you had been rude [in speech] and harsh in heart, they would have disbanded from about you...”

The Arabs were infamous for being harsh hearted but due to the Holy Prophet Muhammad's, peace and blessings be upon him, soft temperament their tough hearts melted and thus they adopted this quality and became beacons to guide the rest of mankind. This is why the Holy Prophet Muhammad, peace and blessings be upon him, warned in a Hadith found in Sunan Abu Dawud, number 4809, that the one who is deprived of gentleness is deprived of good. Chapter 3 Alee Imran, verse 103:

“...And remember the favor of Allah upon you - when you were enemies and He brought your hearts together and you became, by His favor, brothers...”

This is a clear message to those who desire to spread the word of Islam. They must possess a gentle constructive mind set rather than a harsh destructive one. They should unite people and strive to benefit others rather than spreading controversy within society. A good example of this is seen in one's attitude towards their children. The parents that showed a gentle nature towards their children had a greater positive impact on them than the parents who adopted a harsh temperament. Often some push people further away from Islam with their harsh attitude and this completely challenges the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. For example, once an uneducated Bedouin urinated in the Mosque of the Holy Prophet Muhammad, peace and blessings be upon him. When the Companions, may Allah be pleased with them all, desired to punish him the Holy Prophet Muhammad, peace and blessings be upon him, forbade them and gently explained to the Bedouin the etiquettes of being in a Mosque. This incident is mentioned in a Hadith found in Sunan Ibn Majah, number 529. This soft approach affected the man in a positive way.

This important characteristic is also mentioned in many places of the Holy Quran. For example, even though Pharaoh claimed to be the highest Lord yet Allah, the Exalted, commanded the Holy Prophet Mosa and the Holy Prophet Haroon, peace be upon them both, to invite Pharaoh towards guidance using gentle and kind speech. Chapter 79 An Naziat, verse 24:

“And said, "I am your most exalted lord.””

and Chapter 20 Taha, verses 43-44:

“Go, both of you, to Pharaoh. Indeed, he has transgressed. And speak to him with gentle speech that perhaps he may be reminded or fear [Allah].”

Children and even animals understand the language of gentleness. So how can an adult not be guided correctly if one adopts this characteristic when inviting them towards Islam and good? This is why the Holy Prophet Muhammad, peace and blessings be upon him, once advised in a Hadith found in Sahih Muslim, number 6601, that Allah, the Exalted, is kind and gentle according to His infinite dignity and likes the creation to act softly with each other. Unfortunately, many who spread the word of Islam have adopted the incorrect belief that being gentle is a sign of weakness. This is nothing but a ploy of the Devil as he desires to lead mankind away from Islam.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when questioned, he
responds to the full extent of his knowledge...”***

Whoever conceals knowledge without a valid reason will be bridled with fire on Judgment Day. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2649. Therefore, muslims must share the useful knowledge their gain with others. It is simply foolish not to as this is one of the righteous deeds which will benefit a muslim even after they die. This has been advised in a Hadith found in Sunan Ibn Majah, number 241. Those who hoarded knowledge were forgotten by history but those who shared it with others became known as the scholars and teachers of mankind.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is a healing for the
people that seek him...”***

Unfortunately, some people experience tests and times of ease yet, do not change their character in a positive way. Even though, there are many possible causes only one will be discussed in this chapter.

In some cases, people do not change for the better because the people around them do not encourage them to do so. In fact, many people have this habit of only patting others on the back and telling them what they want to hear. They somehow believe this is the character of a good companion and friend. They falsely believe acting in this way is a sign of their deep love and respect for others. But this is completely incorrect as this behaviour only encourages one to continue with their attitude without improving it. There is nothing wrong with providing emotional comfort to others but a good friend will always kindly point out the ways in which their friend or relative can improve their character. This will in fact improve the quality and condition of their companion's life in this world and in the next. While merely patting others on the back will only provide temporary comfort to them but in no way will it improve the situation or their character. The correct attitude is possible to achieve without disrespecting others. This is the duty of a person towards others especially, their relatives. In reality, if a person's friend or relative dislikes their good advice then they do not value their relationship with them. A person should never let anything, such as a person's age, prevent them from speaking the truth and kindly advising them to change their attitude for the better. Even if it is one's own parents they should still fulfil this duty as this behaviour is the essence of treating them kindly. Simply staying quiet just because they are one's parents should not be the attitude of a person unless they know advising them will only lead to further problems for everyone.

A shoulder to cry on is only really useful when it leads to a person changing for the better. Even if a person's attitude in a particular situation is correct none the less there are always lessons they can learn from the situation, which should be pointed out to them by others.

To conclude, one must advise others to do good and turn away from evil and not only provide emotional support by simply patting others on the back. Chapter 5 Al Ma'idah, verse 2:

"...And cooperate in righteousness and piety, but do not cooperate in sin and aggression..."

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is a healing for the
people that seek him...”***

This is an aspect of being sincere to others.

In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards the general public. This includes desiring the best for them at all times and showing this through one's words and actions. It includes advising others to do good, forbidding them from evil, to be merciful and kind to others at all times. This can be summed up by a single Hadith found in Sahih Muslim, number 170. It warns that one cannot be a true believer until they love for others what they desire for themselves.

Being sincere to people is so important that according to the Hadith found in Sahih Bukhari, number 57, the Holy Prophet Muhammad, peace and blessings be upon him, placed this duty next to establishing the obligatory prayer and donating the obligatory charity. From this Hadith alone one can understand its importance as it has been placed with two vital obligatory duties.

It is a part of sincerity towards people that one is pleased when they are happy and sad whenever they are grieved as long as their attitude does not contradict the teachings of Islam. A high level of sincerity includes one going to extreme limits to make the lives of others better, even if this

puts himself in difficulty. For example, one may sacrifice purchasing certain things in order to donate the wealth to the needy. Desiring and striving to always unite people on good is a part of sincerity towards others. Whereas, dividing others is a characteristic of the Devil. Chapter 17 Al Isra, verse 53:

“...Satan certainly seeks to sow discord among them...”

One way of uniting people is to veil the faults of others and advise them privately against sins. The one who acts in this way will have their sins veiled by Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 1426. Whenever possible one should advise and teach the aspects of religion and the important aspects of the world to others so that both their worldly and religious lives improve. A proof of one’s sincerity to others is that they support them in their absence for example, from the slander of others. Turning away from others and only worrying about oneself is not the attitude of a muslim. In fact, this is how most animals behave. Even if one cannot change the whole society they can still be sincere in helping those in their life, such as their relatives and friends. Simply put, one must treat others how they desire people to treat them. Chapter 28 Al Qasas, verse 77:

“...And do good as Allah has done good to you...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is a truthful ally for
the honest and a sanctuary for the fearful...”***

This indicates the importance of being a good companion and choosing good companions.

In a Hadith found in Sahih Bukhari, number 5534, the Holy Prophet Muhammad, peace and blessings be upon him, described the difference between a good and bad companion. The good companion is like a person who sells perfume. Their companion will either obtain some perfume or at least be affected by the pleasant smell. Whereas, a bad companion is like a blacksmith, if their companion does not burn their clothes they will certainly be affected by the smoke.

Muslims must understand that the people they accompany will have an effect on them whether this affect is positive or negative, obvious or subtle. It is not possible to accompany someone and not be affected by it. A Hadith found in Sunan Abu Dawud, number 4833, confirms that a person is on their companion's religion. Meaning, a person adopts the characteristics of their companion. It is therefore important for muslims to always accompany the righteous as they will undoubtedly affect them in a positive way meaning, they will inspire them to obey Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. Whereas, bad companions will either inspire one to disobey Allah, the Exalted, or they will encourage a muslim to concentrate on the material world over preparing for the hereafter. This attitude will become a great regret for them on Judgment Day even if the things they strive for are lawful but beyond their needs.

Finally, as a person will end up with those they love in the hereafter according to the Hadith found in Sahih Bukhari, number 3688, a muslim must practically show they love for the righteous by accompanying them in this world. But if they accompany bad or heedless people then it proves and indicates they love for them and their ultimate destination in the hereafter. Chapter 43 Az Zukhruf, verse 67:

“Close friends, that Day, will be enemies to each other, except for the righteous.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is righteous...”***

Righteousness cannot be achieved without gaining and acting on Islamic knowledge so that one can fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 35 Fatir, verse 28:

“...Only those fear Allah, from among His servants, who have knowledge...”

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 righteous until they avoid something which is not harmful to their religion out of caution that it will lead to something which is harmful. Therefore, an aspect of righteousness is to avoid things which are doubtful not just unlawful. This is because doubtful things takes 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 will protect their religion and honor. If one observes those who have become misguided in society, in most cases, this 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 which is not classified sinful by Islam often leads to evil speech, such as backbiting, lying and slander. If a person avoids the first step by

not indulging in vain speech they will undoubtedly avoid evil speech. This process can be applied to all things which are vain, unnecessary and especially, doubtful.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is easy to please
when his rights are involved...”***

In this day and age due to ignorance it has become more difficult to fulfil the rights of people, such as one's parents. Even though a muslim has no excuse but to strive to fulfil them it is important for muslims to be merciful with each other. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Bukhari, number 6655, Allah, the Exalted, shows mercy to those who are merciful to others.

One aspect of this mercy is for a muslim not to demand their full rights from others. Instead, they should use the means such as their physical or financial strength to help themselves and make things easy for others. In some cases, when a muslim demands their full rights from others and they fail to fulfil them it may lead to their punishment. In order to be merciful to others they should therefore only demand their rights in some cases. This does not mean a muslim should not strive to fulfil the rights of others but it means they should try to overlook and excuse the people they have rights over. For example, a parent can excuse their adult child from a particular house chore and do it themselves if they possess the means to do so without troubling themselves, especially if their child returns home from work exhausted. This leniency and mercy will not only cause Allah, the Exalted, to be more merciful to them but it will also increase the love and respect people have for them. The one who always demands their full rights is not a sinner but they will lose out on this reward and outcome if they behave in this manner.

Muslims should make things easy for others and hope Allah, the Exalted, will make things easy for them in this world and in the next.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is firm in fulfilling the
rights of Allah, the Exalted...he is consistently obedient...”***

The essence of this sincerity.

In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards Allah, the Exalted.

Sincerity towards Allah, the Exalted, includes fulfilling all the duties given by Him in the form of commands and prohibitions, solely for His pleasure. As confirmed in a Hadith found in Sahih Bukhari, number 1, all will be judged by their intention. So if one is not sincere towards Allah, the Exalted, when performing good deeds they will gain no reward in this world or in the next. In fact, according to a Hadith found in Jami At Tirmidhi, number 3154, those who performed insincere deeds will be told on Judgement Day to seek their reward from those who they acted for, which will not be possible. Chapter 98 Al Bayyinah, verse 5.

"And they were not commanded except to worship Allah, [being] sincere to Him in religion....."

If one is lax in fulfilling their duties towards Allah, the Exalted, it proves a lack of sincerity. Therefore, they should sincerely repent and struggle to fulfil them all. It is important to bear in mind Allah, the Exalted, never burdens one with duties they cannot perform or handle. Chapter 2 Al Baqarah, verse 286.

"Allah does not charge a soul except [with that within] its capacity...."

Being sincere towards Allah, the Exalted, means that one should always choose His pleasure over the pleasure of themselves and others. A Muslim should always give priority to those actions which are for the sake of Allah, the Exalted, over all else. One should love others and dislike their sins for the sake of Allah, the Exalted, and not for the sake of their own desires. When they help others or refuse to take part in sins it should be for the sake of Allah, the Exalted. The one who adopts this mentality has perfected their faith. This is confirmed in a Hadith found in Sunan Abu Dawud, number 4681.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is firm in fulfilling the
rights of Allah, the Exalted...he is consistently obedient...”***

In a Hadith found in Sahih Muslim, number 159, the Holy Prophet Muhammad, peace and blessings be upon him, gave a short but far reaching piece of advice. He advised people to sincerely declare their belief in Allah, the Exalted, and then remain steadfast on it.

Remaining steadfast on one's faith means that they must strive in the sincere obedience of Allah, the Exalted, in all aspects of their life. It consists of fulfilling the commands of Allah, the Exalted, which relate to Him, such as the obligatory fasts and those which relate to people, such as treating others kindly. It includes refraining from all the prohibitions of Islam which are between a person and Allah, the Exalted, and those involving others. A muslim must also face destiny with patience truly believing Allah, the Exalted, chooses what is best for His servants. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

Steadfastness can include refraining from both types of polytheism. The major type is when one worships something other than Allah, the Exalted. The minor type is when one shows off their good deeds to others. This has been warned in a Hadith found in Sunan Ibn Majah,

number 3989. Therefore, an aspect of steadfastness is to always act for the sake of Allah, the Exalted.

It includes obeying Allah, the Exalted, at all times instead of obeying and pleasing oneself or others. If a Muslim disobeys Allah, the Exalted, by pleasing themselves or others they should know neither their desires nor people will protect them from Allah, the Exalted. On the other hand, the one who is sincerely obedient to Allah, the Exalted, will be protected from all things by Him even if this protection is not apparent to them.

Remaining steadfast on one's faith includes following the path set out by the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, and not adopting a path which deviates from this. The one who strives to adopt this path will not need anything else as this is enough to keep them steadfast on their faith.

As people are not perfect they will undoubtedly make mistakes and commit sins. So being steadfast in matters of faith does not mean one has to be perfect but it means they must strive to adhere strictly to the obedience of Allah, the Exalted, as outlined earlier, and to sincerely repent if they commit a sin. This has been indicated in chapter 41 Fussilat, verse 6:

"...so take a straight course to Him and seek His forgiveness..."

This is further supported by a Hadith found in Jami At Tirmidhi, number 1987, which advises to fear Allah, the Exalted, and to erase a (minor) sin which has occurred by performing a righteous deed. In another Hadith found in Imam Malik's Muwatta, book 2, Hadith number 37, the Holy Prophet Muhammad, peace and blessings be upon him, advised muslims to try their best to remain steadfast on the obedience of Allah, the Exalted, even though they will not be able to do it perfectly. Therefore, a muslim's duty is to fulfil the potential they have been given through their intention and physical actions in the steadfast obedience of Allah, the Exalted. They have not been commanded to achieve perfection as this is not possible.

It is important to note, that one cannot remain steadfast in the obedience of Allah, the Exalted, through their physical actions without purifying their heart first. As indicated in a Hadith found in Sunan Ibn Majah, number 3984, the limbs of the body will only act in a pure way if the spiritual heart is pure. Purity of heart is only achieved by gaining and acting on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

Steadfast obedience requires one to control their tongue as it expresses the heart. Without controlling the tongue steadfast obedience to Allah, the Exalted, is not possible. This has been advised in a Hadith found in Jami At Tirmidhi, number 2407.

Finally, if any deficiency in the steadfast obedience of Allah, the Exalted, occurs one must make sincere repentance to Allah, the Exalted, and seek the forgiveness of people if it involves their rights. Chapter 46 Al Ahqaf, verse 13:

“Indeed, those who have said, “Our Lord is Allah,” and then remained on a right course - there will be no fear concerning them, nor will they grieve.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his intention is better
than his action...”***

One of the main reasons why people who do good things, such as buying gifts for others, do not receive the same level of respect and love from people than some who do not do these things is because of their intention. When these people perform righteous deeds in respect to people, such as visiting the sick, they do so either for the sake of people meaning, to please them or they mix this intention by also aiming to please Allah, the Exalted. First of all, the one who acts for the sake of people will gain no reward from Allah, the Exalted. They will be told to gain their reward from the people they acted for on Judgment Day. This is confirmed in a Hadith found in Jami At Tirmidhi, number 3154. Scholars are divided on whether those who mix their intention by aiming to please Allah, the Exalted, and people will receive a partial reward or none at all. In order to be on the safe side a wise muslim should only act for the sake of Allah, the Exalted.

On the other hand, the other people who gain more respect and love from others do so because they solely act for the pleasure of Allah, the Exalted. When they treat others kindly they do not do it for the sake of people. Because of their sincerity Allah, the Exalted, places more love and respect in the hearts of the people compared to those who do more acts of kindness to people but are less sincere in their deeds.

So if people desire reward from Allah, the Exalted, and respect from people they should correct their intention and only perform righteous deeds for the sake of Allah, the Exalted. One sign of this correct

intention is that this person will aim to please Allah, the Exalted, even if it displeases people. Meaning, they do not pay attention to the attitude and reactions of people.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his intention is better
than his action...”***

Many people have come and gone who have stood up for some sort of cause whether it was to do with women's rights, human rights, the poor, or something else, yet only a small per cent of these people had a positive impact on society. The majority had no positive effect and instead became footnotes in history. One of the reasons for this is a lack of sincerity. If one turns the pages of history they will observe that those who acted with the correct intention meaning, to truly benefit society without any ulterior motives were granted success even if they were not muslims. Benefit to others is something Allah, the Exalted, loves and He therefore grants success to all those who sincerely strive for this end.

Those who did not achieve a positive effect on society lacked this good intention as they desired something else, such as fame. In most cases their bad intention is quite evident as their words and actions clearly contradict each other. For example, some claim to stand up for the rights of women then happily take part in advertising campaigns which show women to be nothing except ornaments to be gawked at. If their actions supported their claims they would have instead taught the advertising companies that a woman's intelligence, good character and inner strength are what should be displayed to the world through their advertising campaigns.

Many of these people who claim to stand up for different causes are in a position of political and social influence and they possess much wealth yet, their positive influence on society is minimal and very short lived. On

the other hand, those who may not have possessed such influence changed the attitude of millions through their sincerity. They only desired to benefit society; they did not seek anything else. Because of their sincerity their positive influence and remembrance endured long after they departed this world whereas, those whose intention was corrupt were quickly forgotten even while they were still alive.

So if one desires to succeed in the material world or more importantly in matters of faith they should strive to correct their intention. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, judges people based on their intention. This is confirmed in a Hadith found in Sahih Bukhari, number 1.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his intention is better
than his action...”***

In a Hadith found in Jami At Tirmidhi, number 3154, the Holy Prophet Muhammad, peace and blessings be upon him, warned that those who perform deeds for the sake of people, such as showing off, instead of doing them for the pleasure of Allah, the Exalted, will be told to gain their reward on Judgment Day from the people they acted for which in reality is not possible to do.

It is important to understand that the foundation of all deeds and even Islam itself is one's intention. It is the very thing which Allah, the Exalted, judges people on according to a Hadith found in Sahih Bukhari, number 1. A muslim should ensure they perform all religious and useful worldly actions for the sake of Allah, the Exalted, so that they gain reward from Him in both worlds. A sign of this correct mentality is that this person neither expects nor desires people to appreciate or show gratitude to them for the deeds they perform. If one desires this then it indicates their incorrect intention.

In addition, acting with the correct intention prevents sadness and bitterness as the one who acts for the sake of people will eventually encounter ungrateful people who will make them annoyed and bitter as they feel they wasted their effort and time. Unfortunately, this is seen in parents and relatives as they often fulfill their duties towards their children and relatives for their sake instead of for the pleasure of Allah, the Exalted. But the one who acts for the sake of Allah, the exalted, will fulfill all their duties towards others such as their children and never

become bitter or enraged when they fail to show gratitude towards them. This attitude leads to peace of mind and general happiness as they know Allah, the Exalted, is fully aware of their righteous deed and will reward them for it. This is the way all muslims must act otherwise they may well be left empty handed on the Day of Judgment.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his intention is better
than his action...”***

In a Hadith found in Sunan Ibn Majah, number 3989, the Holy Prophet Muhammad, peace and blessings be upon him, warned that even slightly showing off is polytheism.

This is a minor type of polytheism which does not cause one to lose their faith. Instead it leads to the loss of reward as this muslim acted for the sake of pleasing people when they should have acted to please Allah, the Exalted. In fact, these people will be told on Judgment Day to seek their reward from those they acted for, which will not be possible. This has been warned in a Hadith found in Jami At Tirmidhi, number 3154.

If the Devil cannot prevent one from performing righteous deeds he will attempt to corrupt their intention thereby destroying their reward. If he cannot corrupt their intention in an obvious way he tries to corrupt it through subtle ways. This includes when people subtly show off their righteous deeds to others. Sometimes it is so subtle that the person themselves are not fully aware of what they are doing. As gaining and acting on knowledge is a duty on all, according to a Hadith found in Sunan Ibn Majah, number 224, claiming ignorance will not be accepted by Allah, the Exalted, on Judgment Day.

Subtly showing off often occurs through social media and one's speech. For example, a muslim might inform others they are fasting even though

no one directly asked them if they were fasting. Another example is when one publically recites the Holy Quran from memory in front of others thereby showing others they have memorized the Holy Quran. Even criticizing oneself publically can be considered showing off one's humility to others.

To conclude, showing off subtly destroys a muslim's reward and must be avoided in order to safeguard their righteous deeds. This is only possible by learning and acting on Islamic knowledge, such as how to safeguard one's speech.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his action has a greater
impact than his speech...”***

An aspect of hypocrisy is when one verbally shows support for others and their good projects such as, building a mosque but when the time comes to take part in the project such as, donating wealth they seem to disappear. Similarly, when people are facing good times they verbally support them reminding others of their loyalty to them. But the moment the people face difficulties these hypocrites offer no emotional or physical support. Instead they criticize them. This was the attitude of the hypocrites in the time of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 4 An Nisa, verse 62:

“So how [will it be] when disaster strikes them because of what their hands have put forth and then they come to you swearing by Allah, “We intended nothing but good conduct and accommodation.””

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his action has a greater
impact than his speech...”***

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure which means their actions become correct. But if one's heart is corrupt the body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah, the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his home is the truth...”***

In a Hadith found in Jami At Tirmidhi, number 1971, the Holy Prophet Muhammad, peace and blessings be upon him, discussed the importance of truthfulness and avoiding lies. The first part advises that truthfulness leads to righteousness which in turn leads to Paradise. When a person persists on truthfulness they are recorded by Allah, the Exalted, as a truthful person.

It is important to note, that truthfulness has three levels. The first is when one is truthful in their intention and sincerity. Meaning, they act only for the sake of Allah, the Exalted, and do not benefit others for an ulterior motive, such as fame. This in fact is the foundation of Islam as every action is judged on one's intention. This is confirmed in a Hadith found in Sahih Bukhari, number 1. The next level is when one is truthful through their words. This in reality means they avoid all types of verbal sins not just lies. As the one who indulges in other verbal sins cannot be a real truthful person. An excellent way of achieving this is by acting on a Hadith found in Jami At Tirmidhi, number 2317, which advises that a person can only make their Islam excellent when they avoid getting involved in the things which do not concern them. The majority of verbal sins occur because a muslim discusses something which does not concern them. The final stage is truthfulness in actions. This is achieved through the sincere obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and being patient with destiny according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, without cherry picking or misinterpreting the teachings of Islam which suit one's desires. They must adhere to hierarchy and priority order set by Allah, the Exalted, in all actions.

The consequences of the opposite of these levels of truthfulness namely, lying, according to the main Hadith under discussion, is that it leads to disobedience which in turn leads to the fire of Hell. When one persists on this attitude they will be recorded as a great liar by Allah, the Exalted.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his refuge is
shyness/modesty...”***

In a Hadith found in Jami At Tirmidhi, number 2458, the Holy Prophet Muhammad, peace and blessings be upon him, advised that showing true modesty to Allah, the Exalted, involves guarding the head and what it contains and to protect the stomach and what it contains and to remember death often. He concluded by declaring that whoever intends to seek the hereafter should leave the adornments of the material world.

This Hadith proves that modesty is something which extends beyond one's clothing. It is something which encompasses every aspect of one's life. Protecting the head includes guarding the tongue, eyes, ears and even the thoughts from sins and vain things. Even though, one may hide what they say and what they see from others but they cannot hide these things from Allah, the Exalted. So protecting these parts of the body is a sign of true modesty.

Guarding the stomach means one should avoid unlawful wealth and food. This will lead to the rejection of one's good deeds. This has been indicated in a Hadith found in Sahih Muslim, number 2342.

Finally, modesty includes giving priority to the hereafter over the excess of this material world. It is important to note, this includes taking from the material world in order to fulfill one's needs and the needs of their

dependents without waste, excess or extravagance as these are disliked by Allah, the Exalted. Chapter 7 Al Araf, verse 31:

“...and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.”

The one who behaves in this manner according to the teachings of Islam will find that they adequately prepare for the hereafter and have plenty of time to enjoy the lawful pleasures of the world moderately.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his refuge is
shyness/modesty...awareness of the divine vision becomes his
state...”***

The height of this is being shy in front of the all-encompassing gaze of Allah, the Exalted.

The divine vision of Allah, the Exalted, encompasses everything irrespective of its size or location. In addition, Allah, the Exalted, is a witness to the actions of the creation. He observes their outer physical actions and inner hidden intentions. Nothing can escape His divine vision.

A muslim should therefore strive in obedience to Allah, the Exalted, in order to reach the level where they become constantly vigilant of the divine vision. This level has been referred to as excellence of faith in a Hadith found in Sahih Muslim, number 99. When one is fully aware of the divine vision it prevents them from sinning and encourages them to perform righteous deeds.

A muslim should be an overseer of their own soul and constantly take themselves into account in order to ensure they do not become heedless. As the main cause of sin is heedlessness. The one who takes themselves into account will find their accountability on Judgement Day easy. Whoever does not watch themselves like this will commit sins without even realising it. A muslim should also ensure they keep a watchful eye

on all the people under their care and advise them accordingly as this is a responsibility given to them by Allah, the Exalted. This is confirmed in a Hadith found in Sunan Abu Dawud, number 2928.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his refuge is
shyness/modesty...awareness of the divine vision becomes his
state...”***

The height of this is being shy in front of the all-encompassing gaze of Allah, the Exalted.

In a long Hadith found in Sahih Muslim, number 99, the Holy Prophet Muhammad, peace and blessings be upon him, explained the meaning of Ihsan, which can be translated to mean excellence. This excellence refers to one's conduct and behavior towards Allah, the Exalted, and the creation. Acting with excellence has been mentioned throughout the Holy Quran, such as chapter 10 Yunus, verse 26:

“For them who have done excellent is the best [reward] - and extra...”

The Holy Prophet Muhammad, peace and blessings be upon him, has explained this verse in Hadiths found in Sahih Muslim, numbers 449 and 450. The word extra in this verse refers to when the inhabitants of Paradise will be blessed with the divine vision of Allah, the Exalted. This reward befits the muslim who acts with excellence. As excellence means to lead one's life as if they can witness Allah, the Exalted, observing their outer and inner being at all times. A person who can observe a powerful authority watching them will never misbehave out of awe of them. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, once advised someone to always behave as if they were constantly being

observed by a righteous man they respected. This has been advised in a Hadith found in Imam Tabarani's, Al Mu'jam Al Kabir, number 5539.

Whoever acts in this manner will very rarely commit sins and always hasten towards good deeds. This attitude creates the fear of Allah, the Exalted, and acts as a shield from the fire of trials in this world and the fire of Hell in the hereafter. This vigilance will ensure one not only fulfills all their duties towards Allah, the Exalted, but it also encourages them to fulfill their responsibilities towards the creation. The peak of which is to sincerely treat others with kindness. This person will fulfill the Hadith found in Jami At Tirmidhi, number 251, which advises that a person cannot be a true believer until they love for others what they love for themselves.

This level of excellence ensures one acts with the right intention, which is the foundation of faith according to the Hadith found in Sahih Bukhari, number 1. Success is guaranteed for the one who performs good deeds and demonstrates good behavior with the right intention namely, to please Allah, the Exalted. The more excellent a person acts the stronger their faith becomes until they become a muslim who is far from heedlessness and is always struggling to beautify their hereafter and worldly life according to the teachings of Islam.

It is feared that the opposite of this reward will be given to those who turned away from Allah, the Exalted. As they lived without fearing the all-encompassing gaze of Allah, the Exalted, they will be veiled from seeing Him in the hereafter. Chapter 83 Al Mutaffifin, verse 15:

“No! Indeed, from their Lord, that Day, they will be partitioned.”

Those who fail to reach the level of acting as if they witness Allah, the Exalted, must act on the second part of the advice given in the main Hadith quoted at the beginning. This person should sincerely believe that Allah, the Exalted, is constantly observing them. Even though this state is lower in rank than the one who acts as if they observe Allah, the Exalted, none the less, it is a great way of adopting true fear of Allah, the Exalted. As mentioned earlier this attitude will prevent one from committing sins and encourage them towards good deeds. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in Imam Tabarani's, *Al Mu'jam Al Kabir*, number 7935, the one who strives to adopt this mentality will be granted shade on the Day of Judgment by Allah, the Exalted.

The divine presence of Allah, the Exalted, is mentioned throughout the Holy Quran, such as Chapter 57 *Al Hadid*, verse 4:

“...He is with you wherever you are. And Allah, of what you do, is Seeing.”

The Holy Prophet Muhammad, peace and blessings be upon him, has advised to adopt the true awareness of the divine presence of Allah, the Exalted, in many Hadiths. For example, in one divine Hadith found in *Sahih Bukhari*, number 7405, Allah, the Exalted, declares that He is with whoever remembers Him. This is the reason why it has been reported in

Hilyat Al Awliya, volume 1, pages 84 and 85, about the Commander of the Faithful, Ali Bin Abu Talib, may Allah be pleased with him, that he shied away from the glitter and pomp of the material world and only found solace in the lonely night. Meaning, he sought the companionship of Allah, the Exalted, rather than the companionship of people.

Adopting the awareness of the divine presence of Allah, the Exalted, not only prevents sins and encourages good deeds but it also prevents loneliness and depression. A person is very rarely affected by mental health issues when they are constantly surrounded by a person who loves them and aids them. No one loves the creation more than Allah, the Exalted, and there is no doubt that He is the source of all aid. Therefore, acting with excellence benefits one's faith, actions, emotional state and the wider society.

A muslim must avoid becoming like those who treat Allah, the Exalted, as the most insignificant of those who observe them. This is a serious spiritual illness which leads to all types of sins and evil behavior towards Allah, the Exalted, and the creation.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...piety is his
companion...he is extremely cautious...”***

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, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

It is important for muslims to develop the correct perception so that they can increase their obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience. This is what the righteous predecessors possessed and it encouraged them to avoid the excess luxuries of the material world and instead prepare for the hereafter. This is an important characteristic to possess and it can be explained with a worldly example. Two people are extremely thirsty and come across a cup of murky water. They both desire to drink it even though it is not pure and even if it means they have to argue over it. As their thirst grows the more focused on the cup of murky water they become to the point they lose focus on everything else. But if one of them shifted their focus and observed a river of pure water which was only a short distance ahead they would immediately lose focus on the cup of water to the point they would no longer care about it and no longer argue over it. And instead they would endure their thirst patiently knowing a river of pure water is close. The person who is unaware of the river would probably believe the other person is crazy after observing their change in attitude. This is the case of the two types of people in this world. One group greedily focuses on the material world. The other group has shifted their focus to the hereafter and the pure and eternal blessings therein. When one shifts their focus to the bliss of the hereafter worldly problems do not seem like such a big deal. Therefore, patience becomes easier to adopt. But if one keeps their focus on this world then it will seem like everything to them. They will argue, fight, love and hate for it. Just like the person in the example mentioned earlier who only focuses on the cup of murky water.

This correct perception is only achieved through gaining and acting on Islamic knowledge found within the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

In a Hadith found in Sunan Ibn Majah, number 4108, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the material world compared to the hereafter is like a drop of water compared to an ocean.

In reality, this parable was given in order for people to understand how small the material world is compared to the hereafter. But in reality they cannot be compared as the material world is temporal whereas the hereafter is eternal. Meaning, the limited cannot be compared to the unlimited. The material world can be split into four categories: fame, fortune, authority and one's social life, such as their family and friends. No matter what worldly blessing one obtains which falls within these groups it will always be imperfect, transient and death will cut a person off from the blessing. On the other hand, the blessings in the hereafter are lasting and perfect. So in this respect the material world is no more than a drop compared to an endless ocean.

In addition, a person is not guaranteed to experience a long life in this world as the time of death is unknown. Whereas, everyone is guaranteed to experience death and reach the hereafter. So it is foolish to strive for a day, such as one's retirement, which they may never reach over striving for the hereafter which they are guaranteed to reach.

This does not mean one should abandon the world as it is a bridge which must be crossed in order to reach the hereafter safely. Instead, a muslim should take from this material world enough to fulfill their necessities and the necessities of their dependents according to the teachings of Islam without waste, excessiveness or extravagance. And then dedicate the rest of their efforts in preparing for the eternal hereafter by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience according to the teachings of Islam.

An intelligent person will not prioritize the drop of water over an endless ocean and an intelligent muslim would not prioritize the temporal material world over the eternal hereafter.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

In a Hadith found in Jami At Tirmidhi, number 2377, the Holy Prophet Muhammad, peace and blessings be upon him, declared that he was not concerned over the excess of this material world and his example in this world is of a rider who takes a short rest under the shade of a tree and then leaves it behind by moving on.

In reality, each person is a traveller who stays in this world for a very limited time compared to where they came from meaning, the world of the souls and to where they are heading which is the eternal hereafter. In fact, this world in comparison is like waiting at a bus stop. In this Hadith this world has been compared to a shadow. This is because a shadow does not last long and fades away quickly without people even taking notice which is exactly how a person's days and nights pass away. The Holy Prophet Muhammad, peace and blessings be upon him, did not mention a traveller's inn or a hotel as these are solid structures which indicate permanence. A fading shadow better describes this material world. This is because no matter how old a person is they always admit that their life flashed by and felt like a moment. Chapter 79 An Naziat, verse 46:

“It will be, on the Day they see it (Judgment Day), as though they had not remained [in the world] except for an afternoon or a morning thereof.”

The Holy Prophet Muhammad, peace and blessings be upon him, indicated a rider not someone walking as the one who is walking would rest more under the shade of the tree than a rider. This further indicates the limited time people spend in this world.

Taking a rest in the shade indicates the importance of one correctly using the material world in order to obtain the provisions they need just like the rider takes the provision they need namely, rest. A muslim should therefore prepare for their immediate departure from this world by preparing for the hereafter by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience.

This does not mean one should abandon this world as this Hadith clearly indicates one should make use of the material world in order to prepare for the hereafter. The rider takes a rest and muslims must gather the things which will benefit them in the hereafter instead of dedicating their time to unnecessary things which will leave them empty handed on Judgment Day. Chapter 89 Al Fajar, verses 23-24:

"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? He will say, "Oh, I wish I had sent ahead [some good] for my life."

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is...he is not deceived by the adornment of the abode of
deception...”***

This is an outcome of certainty of faith.

All muslims have faith in Islam but the strength of their faith varies from person to person. For example, the one who follows the teachings of Islam because their family told them to is not the same as the one who believes in it through evidence. A person who has heard about something will not believe in it in the same way as the one who has witnessed the thing with their own eyes.

As confirmed in a Hadith found in Sunan Ibn Majah, number 224, gaining useful knowledge is a duty on all muslims. One of the reasons for this is that it is the best way a muslim can strengthen their faith in Islam. This is important to pursue as the stronger one's certainty of faith the greater the chance they will remain steadfast on the correct path, especially when facing difficulties. In addition, having certainty of faith has been described as one of the best things one can possess in a Hadith found in Sunan Ibn Majah, number 3849. This knowledge should be obtained by studying the Holy Quran and the Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, through a reliable source.

Allah, the Exalted, did not only declare a truth in the Holy Quran but He also provided evidence for it through examples. Not only examples which are to be found in the past nations but examples which have been placed in one's very own life. For example, in the Holy Quran Allah, the Exalted, advises that sometimes a person loves a thing even though it will cause them trouble if they obtained it. Similarly, they might hate a thing while there is much hidden good in it for them. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

There are many examples of this truth in history such as the Pact of Hudaiba. Some muslims believed this pact, which was made with the non-muslims of Mecca, would completely favour the latter group. Yet, history clearly shows that it favoured Islam and the muslims. This event is discussed in the Hadiths found in Sahih Bukhari, numbers 2731 and 2732.

If one reflects on their own life they will find many examples when they believed something was good when it was actually bad for them and vice versa. These examples prove the authenticity of this verse and help one's faith strengthen.

Another example is found in chapter 79 An Naziat, verse 46:

“It will be, on the Day they see it (Judgement Day) as though they had not remained [in the world] except for an afternoon or a morning thereof.”

If one turns the pages of history they will clearly observe how great empires came and went. But when they left they passed away in such a way as if they were only on Earth for a moment. All but a few of their signs have faded away as if they were never present on Earth in the first place. Similarly, when one reflects on their own life they will realise that no matter how old they are and no matter how slow certain days might have felt overall their life so far has passed in a flash. Understanding the truthfulness of this verse strengthens one's certainty of faith and this inspires them to prepare for the hereafter before their time runs out.

The Holy Quran and the Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, are full of such examples. Therefore, one should strive to learn and act on these divine teachings so that they adopt certainty of faith. The one who achieves this will not be shaken by any difficulty they face and will remain steadfast on the path which leads to the gates of Paradise. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has inner vision
rooted in knowledge that allows him to see reality for what it really
is. Only those who struggle against their desires, for the sake of
Allah, the Exalted, attain this station...”***

Inner vision allows one to perceive the hereafter. But this is only possible when one shifts their focus away from the material world. This shifting of focus involves detaching one’s attention and efforts for the material effort which are beyond their needs and responsibilities. This spiritual detachment from the material world allows one to focus on the hereafter and practically prepare for it by using the blessings they have been granted in ways pleasing to Allah, the Exalted. The more one does this the stronger their faith will become.

It is important to note, the material world which one should detach from actually refers to one’s desires. It does not refer to the physical world, such as the mountains. This is indicated by chapter 3 Alee Imran, verse 14:

“Beautified for people is the love of that which they desire - of women and sons, heaped-up sums of gold and silver, fine branded horses, and cattle and tilled land. That is the enjoyment of worldly life, but Allah has with Him the best return [i.e., Paradise].”

These things are connected to the desires of people and by them one becomes distracted from preparing for the hereafter. When one abstains

from their desires they are in fact detaching from the material world. This is why a muslim who does not possess worldly things can still be regarded a worldly person because of their inner desire and love for it. Whereas, a muslim who possesses worldly things, like some of the righteous predecessors, can be considered detached from the material world as they do not desire and occupy their minds, hearts and actions with them. Instead they desire lies in the eternal hereafter.

The first level of abstinence is turning away from unlawful and vain desires which are not connected to the pleasure of Allah, the Exalted. This person busies themselves in fulfilling their duties and responsibilities all the while focusing on the hereafter. They turn away from things and people who prevent them from fulfilling this important deed.

The next stage of abstinence is when one takes only the things they need from the material world in order to fulfil their necessities and responsibilities. They do not occupy their time on things which will not derive them benefit in the next world. This is the advice given by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Bukhari, number 6416. He advised a muslim to live in this material world as a stranger or a traveller. Both types of people will only take what they need from the material world in order to reach their destination meaning, the hereafter safely. A muslim can achieve this by understanding how close their death and departure to the hereafter is. Not only can death pounce on a person at any time but even if one lives a long life it seems as though it passed in a moment. By realising this reality one sacrifices the moment for the sake of the eternal hereafter. Shortening one's hope for a long life in this material world will encourage them to perform righteous deeds, sincerely repent from their sins and prioritise preparing for the hereafter over all else. The one who hopes for a long life will be inspired to behave in the opposite manner.

The one who is truly abstinent in the material world neither blames it nor praises it. They do not rejoice when they gain it nor do they grieve when it passes them by. The mind of this pious muslim is too focused on the eternal hereafter to greedily notice the small material world.

Abstinence consists of several different levels. Some muslims abstain in order to free their hearts of every vain and useless occupation so that they can fully concentrate on obeying Allah, the Exalted, and fulfil their responsibilities towards people. According to the Hadith found in Sunan Ibn Majah, number 257, the one who behaves in such a manner will find that Allah, the Exalted, will suffice them by taking care of their worldly issues. But the one who is only concerned with worldly things will be left to their devices and will find nothing but destruction. This is why it has been said that the one who pursues the excess of this material world, such as excess wealth, will find that the minimal effect it has on them is that it distracts them from the remembrance and obedience of Allah, the Exalted. This is still true even if a person commits no sins in their pursuit of the excess aspects of the material world.

Some abstain from the world in order to lighten their accountability on the Day of Judgement. The more one possesses the more they will be held accountable. In fact, whoever has their deeds scrutinised by Allah, the Exalted, on Judgement Day will be punished. This has been warned in a Hadith found in Sahih Bukhari, number 6536. The lighter one's accountability the less likely this will occur. It is why the Holy Prophet Muhammad, peace and blessings be upon him, warned in a Hadith found in Sahih Bukhari, number 6444, that those who possess plenty in the world will possess very little good on the Day of Rising except for those who dedicated their belongings and wealth in ways pleasing to Allah, the Exalted, but these are a few in number. This long accountability is the reason why each person, rich or poor, will wish on

the Day of Judgement that they were only given their daily provision during their lives on Earth. This has been confirmed in Hadith found in Sunan Ibn Majah, number 4140.

Some muslims abstain from the excess of this material world out of desire for Paradise which will make up for losing out on the pleasures of this material world.

Some abstain from the excess of the material world out of fear of Hell. They rightfully believe that the more one indulges in the excess of this material world the closer they are to the unlawful, which leads to Hell. This has been warned in a Hadith found in Jami At Tirmidhi, number 1205. In fact, it is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 4215, that a muslim will not become pious until they abstain from something which is not a sin out of fear it may lead to a sin.

The highest degree of abstinence is to understand and act on what Allah, the Exalted, desires from His servants which has been mentioned throughout the Holy Quran and the Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him. Namely, to abstain from the excess of the material world out of servanthood to Allah, the Exalted, knowing that their Lord does not like the material world. Allah, the Exalted, has condemned the excess of this material world and has belittled its worth. These pious servants were embarrassed that their Lord should see them inclining towards something which He dislikes. These are the greatest servants as they only act according to the wishes of their Lord even when they are given an opportunity to enjoy the lawful luxuries of this world. This is the very reason why the Holy Prophet

Muhammad, peace and blessings be upon him, chose poverty even though he was offered the treasuries of the Earth. This has been advised in a Hadith found in Sahih Bukhari, number 6590. The Holy Prophet Muhammad, peace and blessings be upon him, chose this as he knew it was what Allah, the Exalted, desired for His servants. As Allah, the Exalted, disliked the material world the Holy Prophet, peace and blessings be upon him, rejected it out of love for His Lord. How can a true servant love and indulge in what their Lord dislikes?

The Holy Prophet Muhammad, peace and blessings be upon him, did set an example for the poor by choosing poverty and taught the rich how to live through his words and actions. He could have easily chosen the alternative and practically showed the rich how to live by taking the treasuries of the world which were offered to him and he could have taught the poor how to live correctly through his words and actions. But he chose poverty for a specific reason which was out of servanthood to his Lord, Allah, the Exalted. This abstinence was adopted by the Companions, may Allah be pleased with them. For example, the first rightly guided Caliph of Islam Abu Bakkar Siddique, may Allah be pleased with him, once cried when water sweetened with honey was given to him. He explained that he once observed the Holy Prophet Muhammad, peace and blessings be upon him, pushing away an invisible object. The Holy Prophet, peace and blessings be upon him, told him the material world had come to him and he commanded it to leave him alone. The material world replied that he had escaped the material world but those after him would not. Because of this Abu Bakkar Siddique, may Allah be pleased with him, wept when seeing the water sweetened with honey believing the material world had come to misguide him. This incident is recorded in Imam Ashfahani's, Hilyat Al Awliya, number 47.

In reality, the Companions, may Allah be pleased with them, never ate or dressed to gain pleasure but only took what they needed from the material world while focusing on preparing for the hereafter. They disliked when the material world was placed at their feet being fearful that perhaps their reward had been given to them in this world instead of in the hereafter.

Anyone who is truly abstinent will follow in their footsteps. Muslims should not fool themselves by indulging in the unnecessary luxuries of this material world while claiming their heart is attached to Allah, the Exalted. If a person's heart is purified it manifests on their limbs and in their actions which is confirmed in a Hadith found in Sahih Muslim, number 4094. Whoever's heart is attached to Allah, the Exalted, follows in the footsteps of the righteous predecessors by taking what they need from the material world, spending only for the sake of Allah, the Exalted, and turning away from the excess of the material world while striving to prepare for the hereafter. This is true abstinence.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he maintains respect for
Allah, the Exalted, in public and private...”***

In a Hadith found in Jami At Tirmidhi, number 2347, the Holy Prophet Muhammad, peace and blessings be upon him, advised that his true friend is the one who obeys 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, in public and in private. Doing so in private indicates a person's sincerity to Allah, the Exalted, meaning, they only perform righteous deeds for His sake. This is the one who firmly remembers that no matter where they are the inner and outer aspects of their being is constantly being observed by Allah, the Exalted. If one persists on this belief they will adopt excellence of faith which is mentioned in a Hadith found in Sahih Muslim, number 99. It means they act, such as performing the prayer, as if they can observe Allah, the Exalted, watching them. This encourages righteous deeds and prevents sins.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has reduced his
hopes (for a long life)...”***

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, said,
“What are the signs of a truthful servant?...he has reduced his
hopes (for a long life)...”***

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, said,
“What are the signs of a truthful servant?...he has reduced his
hopes (for a long life)...”***

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has reduced his
hopes (for a long life)...”***

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...He has set sail with the
winds of divine protection, across the sea of sincere devotion...”***

When one sincerely obeys Allah, the Exalted, by using the blessings they have been granted in ways pleasing to Him, they will receive His divine aid in both worlds.

It is important for muslims to strive in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”

This good life will protect a muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and effect their entire life on a long term basis. This is because a muslim who strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For

example, they look forward to the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Whereas, the muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
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When one sincerely obeys Allah, the Exalted, by using the blessings they have been granted in ways pleasing to Him, they will receive His divine aid in both worlds.

In a Hadith found in Jami At Tirmidhi, number 2465, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever prioritises the hereafter over this material world will be granted contentment, their affairs will be corrected for them and they will receive their destined provision in an easy way.

This half of the Hadith means that whoever correctly fulfils their duties in respect to Allah, the Exalted, and to the creation, such as providing for their family in a lawful manner while avoiding the excess of this material world will be granted contentment. This is when one is pleased with what they possess without being greedy and actively striving to obtain more worldly things. In reality, the one who is content with what they possess is a truly rich person even if they possess little wealth as they become independent of things. Independence of anything makes one rich in respect to it.

In addition, this attitude will allow one to comfortably deal with any worldly issues which may arise during their life. This is because the less one interacts with the material world and focuses on the hereafter the

less worldly issues they will face. The less worldly issues a person faces the more comfortable their life will become. For example, the one who possesses one house will have fewer issues to deal with in respect to it, such as a broken cooker, than the one who possesses ten houses. Finally, this person will easily and pleasantly obtain their lawful provision. Not only this but Allah, the Exalted, will place such grace in their provision that it will cover all their responsibilities and necessities meaning, it will satisfy them and their dependents.

But as mentioned in the other half of this Hadith the one who prioritises the material world over the hereafter meaning, by neglecting their duties or striving for the unnecessary and excess of this material world will find that their need, meaning greed, for worldly things is never satisfied which by definition makes them poor even if they possess much wealth. These people will go from one worldly issue to another throughout the day failing to achieve contentment as they have opened too many worldly doors. And they will receive their destined provision with difficulty and it will not give them satisfaction and never seem enough to fill their greed. This may even push them towards the unlawful which only leads to a loss in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...He has set sail with the
winds of divine protection, across the sea of sincere devotion...”***

When one sincerely obeys Allah, the Exalted, by using the blessings they have been granted in ways pleasing to Him, they will receive His divine aid in both worlds.

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who have been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that they are completely free of all restrictions. When these children come together the child who has been

given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to behave however they wish. Outwardly it appears the child who has been granted freedom has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...He has set sail with the
winds of divine protection, across the sea of sincere devotion...”***

When one sincerely obeys Allah, the Exalted, by using the blessings they have been granted in ways pleasing to Him, they will receive His divine aid in both worlds.

Islam teaches muslims that they should never compromise on their faith in order to gain something from the material world. Chapter 4 An Nisa, verse 135:

“O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves or parents and relatives...”

As the material world is temporary whatever one gains from it will eventually fade away and they will be held accountable for their actions and attitude in the hereafter. On the other hand, faith is the precious jewel which guides a muslim through all difficulties in this world and in the hereafter safely. Therefore, it is plain foolishness to compromise the thing which is more beneficial and lasting for the sake of a temporary thing.

Many people especially women, will encounter moments in their lives where they will have to choose whether to compromise on their faith. For example, in some cases a muslim woman may believe that if she removed her scarf and dressed a certain way she would be more respected at work and may even climb the corporate ladder more quickly. Similarly, in the corporate world it is considered important to mingle with colleagues after work hours. So a muslim might find themselves being invited to a pub or club after work.

In times like this it is important to remember that ultimate victory and success will only be granted to those who remain steadfast on the teachings of Islam. Those who act in this way will be granted worldly and religious success. But more importantly their worldly success will not become a burden for them. In fact, it will become a means for Allah, the Exalted, to increase their rank and remembrance amongst mankind. Examples of this are the rightly guided Caliphs of Islam. They did not compromise on their faith and instead remained steadfast throughout their lives and in return Allah, the Exalted, granted them a worldly and religious empire.

All other forms of success are very temporal and sooner or later they become a difficulty for its bearer. One only needs to observe the many celebrities who compromised on their ideals and belief in order to obtain fame and fortune only for these things to become a cause of their sadness, anxiety, depression, substance abuse and even suicide.

Reflect on these two paths for a moment and then decide which one should be preferred and chosen.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his time is a source of
benefit...”***

There are many muslims who dedicate much of their time, effort and wealth on things which are neither righteous deeds nor sins meaning, they are vain things. Vain things can also include acquiring unnecessary things, such as beautifying one's home beyond their necessities. Even though, they might be correct in their claim that they are not committing sins it is important to understand a fact. Namely, time is a precious gift from Allah, the Exalted, which cannot be gained once it departs. All other things can be acquired, such as wealth, all other things except time. So when one dedicates their time as well as other blessings such as wealth to unnecessary and extra things meaning, vain things, it will only lead to a great regret on Judgment Day. This will occur when they observe the reward given to those who made use of their time and performed righteous deeds. Time wasters may have avoided sins which save them from punishment but as they wasted time on vain things they may face criticism. And they will surely lose out on the reward they could have gained if they utilised their time and other blessings correctly.

In addition, it is important to understand that the more one indulges in vain things the closer they are to falling into extravagance and waste both of which are blame worthy. For example, those who waste blessings are considered the siblings of the Devil. And it can be argued when one dedicates their time to vain things they have in fact wasted the precious blessing of time. Chapter 17 Al Isra, verse 27:

“Indeed, the wasteful are brothers of the devils...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his time is a source of
benefit...”***

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?

Imam Harith Al Muhasibi, may Allah have mercy on him, said, "What are the signs of a truthful servant?...he is not deceived by the adornment of the abode of deception nor distracted by the mirages of the world from the horrors of the Day of Judgement. He gains the station of wakefulness after experiencing heedlessness."

One of the main deceptions of the material world is its definition of good and bad, success and failure, which fools its people.

It is important for muslims to understand that they should not define a situation as good or bad according to worldly definitions. For example, according to a worldly definition being wealthy is good whereas being poor is bad. Instead, muslims should ascribe good and bad to events and things according to the teachings of Islam. Meaning, anything which takes one closer to the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, is good even if it is seen as bad from a worldly point of view. And anything which takes one away from the obedience of Allah, the Exalted, is bad even if it appears good.

There are many examples throughout the teachings of Islam which demonstrate this. For example, Qarun was an extremely wealthy person who lived in the time of the Holy Prophet Mosa, peace be upon him. Many people then and now may consider his wealth to be a good thing but as it led him to pride it became a means of his destruction. So in his case being wealthy was a bad thing. Chapter 28 Al Qasas, verses 79-81.

“So he came out before his people in his adornment. Those who desired the worldly life said, “Oh, would that we had like what was given to Qārūn. Indeed, he is one of great fortune. But those who had been given knowledge said, “Woe to you! The reward of Allah is better for he who believes and does righteousness. And none are granted it except the patient.” And We caused the earth to swallow him and his home. And there was for him no company to aid him other than Allah, nor was he of those who [could] defend themselves.”

On the other hand, the third rightly guided Caliph of Islam, Usman Bin Affan, may Allah be pleased with him, was also wealthy yet he used his wealth in the correct way. In fact, once after donating a large amount of wealth he was told by the Holy Prophet Muhammad, peace and blessings be upon him, that nothing could harm his faith after that day. This has been indicated in a Hadith found in Jami At Tirmidhi, number 3701. So in his case wealth was a good thing.

To conclude, a muslim should remember that every difficulty they face has wisdoms behind it even if they do not observe them. So they should not believe something is good or bad from a worldly point of view. Meaning, if the thing encourages them towards the obedience of Allah, the Exalted, then it is good even if it looks bad. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is not deceived by
the adornment of the abode of deception nor distracted by the
mirages of the world from the horrors of the Day of Judgement. He
gains the station of wakefulness after experiencing heedlessness.”***

The one who is not deceived by the material world, will use it to prepare for the Day of Judgement.

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, said, "What are the signs of a truthful servant?...he is not deceived by the adornment of the abode of deception nor distracted by the mirages of the world from the horrors of the Day of Judgement. He gains the station of wakefulness after experiencing heedlessness."

The one who is not deceived by the material world, will use it to prepare for the Day of Judgement.

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, said, "What are the signs of a truthful servant?...he is not deceived by the adornment of the abode of deception nor distracted by the mirages of the world from the horrors of the Day of Judgement. He gains the station of wakefulness after experiencing heedlessness."

The one who is not deceived by the material world, will use it to prepare for the Day of Judgement.

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 Zalalah, 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, said, "What are the signs of a truthful servant?...he is not deceived by the adornment of the abode of deception nor distracted by the mirages of the world from the horrors of the Day of Judgement. He gains the station of wakefulness after experiencing heedlessness."

The one who is not deceived by the material world, will use it to prepare for the Day of Judgement.

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, said, "What are the signs of a truthful servant?...he is not deceived by the adornment of the abode of deception nor distracted by the mirages of the world from the horrors of the Day of Judgement. He gains the station of wakefulness after experiencing heedlessness."

The one who is not deceived by the material world, will use it to prepare for the Day of Judgement.

In a Hadith found in Jami At Tirmidhi, number 2559, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Paradise is surrounded by hardships and Hell is surrounded by desires.

This means the path which leads to Paradise contains difficulties and hardships. In most cases, a person cannot obtain good in this world without going through some sort of difficulty, such as exerting one's energy, then how can one believe they can obtain Paradise without facing difficulties? If one turns the pages of history they will observe the righteous always faced difficulties but as they knew the path of Paradise contained difficulties they maintained their focus on the destination instead of the difficulties. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, once declared that no one had been tested more than him in a Hadith found in Jami At Tirmidhi, number 2472. Therefore, muslims must realize a fact that facing some difficulties in this world is an extremely small price to pay to obtain the permanent bliss of Paradise. Therefore, they should remain patient through all difficulties while focusing on the destination.

The path to Hell is full of desires. This indicates the importance of maintaining one's obedience to Allah, the Exalted, at all times by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. Even though it is not unlawful to enjoy lawful pleasures in this world a muslim should minimize these as much as possible as these lawful desires often lead to unlawful desires. It is why a Hadith found in Jami At Tirmidhi, number 1205, advises that the one who behaves in such a manner will safe guard their faith and honor. A muslim should never obey their desires or the desires of others if it means they will disobey Allah, the Exalted, as the pleasure of fulfilling desires vanishes quickly whereas the regret and the potential punishment will last long.

To conclude, a desire fulfilled will not make one feel better if they end up in Hell. And a difficulty one faces will not make them feel bad if they end up in Paradise.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he obtains knowledge
after ignorance...”***

The Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2645, that when Allah, the Exalted, desires to give someone good He provides them with Islamic knowledge.

There is no doubt that every muslim irrespective of the strength of their faith desires good in both worlds. Even though many muslims incorrectly believe that this good which they desire lies in fame, wealth, authority, companionship and their career this Hadith makes it crystal clear that true lasting good lies in gaining and acting on Islamic knowledge. It is important to note a branch of religious knowledge is useful worldly knowledge whereby one earns lawful provision in order to fulfil their necessities and the necessities of their dependents. Even though the Holy Prophet Muhammad, peace and blessings be upon him, has pointed out where good lies yet it is a shame how many muslims do not place much value in this. They in most cases only strive to obtain the bare minimum of Islamic knowledge in order to fulfil their obligatory duties and fail to acquire and act on more such as the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Instead they dedicate their efforts on worldly things believing true good is found there. Many muslims fail to appreciate that the righteous predecessors had to journey for weeks on end just to learn a single verse or Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, whereas today one can study Islamic teachings without leaving their home. Yet, many fail to make use of this blessing given to the modern day muslims. Out of His infinite mercy Allah, the Exalted, through his Holy Prophet Muhammad, peace and blessings be upon him, has not only pointed out where true good lies but He has also placed this good

at one's finger tips. Allah, the Exalted, has informed mankind of where an eternal buried treasure is located which can solve all the problems they may encounter in both worlds. But muslims will only obtain this good once they struggle to acquire and act on it.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is enriched after
being poor...”***

In a Hadith found in Sahih Bukhari, number 6470, the Holy Prophet Muhammad, peace and blessings be upon him, advised that is content with what they possess will be made self-sufficient.

The truly rich person is the one who is not needy and greedy for things. This occurs when one becomes satisfied with what they have been granted by Allah, the Exalted, which is achieved when one rightfully believes that Allah, the Exalted, gives what is best to each person according to His infinite knowledge. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

This person is truly rich whereas the one who is always greedy and needy for things is poor even if they possess much wealth. This has been indicated in a Hadith found in Sahih Muslim, number 2420.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he is drawn near after
being distant...”***

In a divine Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, found in Sahih Bukhari, number 6502, Allah, the Exalted, declares that a muslim can only draw close to Him through fulfilling their obligatory duties. And they can achieve the love of Allah, the Exalted, through voluntary righteous deeds.

This description splits the servants of Allah, the Exalted, into two categories. The first group draws near to Allah, the Exalted, by fulfilling their obligatory duties in respect to Allah, the Exalted, such as the obligatory prayer, and in respect to people, such as the obligatory charity. This can be summed up by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and being patient with destiny.

The second category of those who are brought near to Allah, the Exalted, are superior to the first group as they not only fulfil their obligatory duties but strive in voluntary righteous deeds. This clearly shows that this is the only path to the proximity of Allah, the Exalted. Whoever takes a path other than this will not achieve this vital goal. This completely rejects the concept of obtaining sainthood without striving in obedience to Allah, the Exalted. The person who claims this is simply a liar. The Holy Prophet Muhammad, peace and blessings be upon him, has confirmed in a Hadith found in Sahih Muslim, number 4094, that when the spiritual heart is pure the rest of the body becomes pure. This leads to righteous deeds. So if a person does not perform righteous deeds, such as their obligatory duties, then their body is impure which

means their spiritual heart is impure as well. This person can never reach the proximity of Allah, the Exalted.

It is important to note, the greatest voluntary righteous deeds one can perform are those based on the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Anyone who chooses to perform voluntary righteous deeds not based on his traditions has been fooled by the Devil as no path will take one close to Allah, the Exalted, except the path and actions 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....”

The pious muslims who belong in the second higher group are also those who avoid unnecessary things of this material world. This attitude aids them in focusing their efforts on performing voluntary righteous deeds. It is this group who have perfected their faith by loving, hating, giving and withholding all for the sake of Allah, the Exalted. This has been advised in a Hadith found in Sunan Abu Dawud, number 4681.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he rests after being
exhausted...”***

It is a universal aim and goal for all people, irrespective of their faith or social class, to achieve peace of mind in this world. It is the ultimate reason why people strive in this material world, work long hours and dedicate the majority of their efforts to this world. People desire to obtain such a life whereby they have no stresses or worries such as financial difficulties. But it is strange how people, especially Muslims, look for peace of mind in the wrong place. Just like a person who desires to watch a football game yet, goes to a cricket match. Allah, the Exalted, has made it clear that true peace of mind only lies in His obedience which involves fulfilling His commands, refraining from His prohibitions and being patient with destiny. Chapter 13 Ar Ra'd, verse 28:

“...Unquestionably, by the remembrance of Allah hearts are assured.”

Whenever a person seeks peace of mind in the material world it will only lead them further away from their goal. Whenever a person sets a target in respect to this material world that target will only lead onto more targets. This continues until the person departs this world without obtaining what they were looking for. It is obvious that the rich do not obtain true peace of mind as they stress more than normal people and whatever they obtain of the world ends up becoming a burden for them. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2465, that the one who focuses on the hereafter will be blessed with a rich heart and Allah, the Exalted, will organize their affairs meaning, they will

obtain peace of mind. But the one who focuses on the material world will only see their poverty and their affairs will become scattered meaning, they will not achieve peace of mind. The one who obeys Allah, the Exalted, will find peace of mind even if they possess little of this world. But the one who is lost in the material world will go from one worldly door to another but will never find true peace as it has not been placed there. If a person wants to watch a football game they should not go to a cricket match and if a muslim desires peace of mind they should not search for it in the material world as it lies only in the obedience of Allah, the Exalted. It is important to note, that those who adhere to the teachings of Islam will encounter difficulties throughout their lives as this is guaranteed but through their obedience Allah, the Exalted, will remove fear and grief from them so that they remain firm and steadfast on the correct path. This is similar to the one who only feels slight discomfort from a medical procedure as they have been anaesthetised.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he rests after being
exhausted...”***

Many people strive to achieve more in this material world even though they have already gained much worldly success. Even though, Islam does not prohibit this type of mentality as long as unlawful things are avoided a muslim should understand an important reality. It is obvious that peace of mind is not obtained with many worldly possessions, such as wealth. In fact, these people are often the ones who end up depressed to the point they even commit suicide. Human worldly desires have been created in such a way that no matter what one obtains they always desire more irrespective of their faith and social status. For example, Pharaoh who lived in the time of the Holy Prophet Mosa, peace be upon him, obtained every worldly blessing imaginable yet, he still did not obtain peace of mind and satisfaction. Instead his desire for more pushed him to such a stage that he desired to be worshipped like a God. Chapter 79 An Naziat, verse 24:

“And said, “I am your most exalted lord.””

No matter what desires a person fulfils it only leads them to desiring more things. A person who owns two houses wants three; the millionaire wants to become a billionaire. It is why the Holy Prophet Muhammad, peace and blessings be upon him, warned in a Hadith found in Sahih Bukhari, number 6439, that the person who has one valley of gold would only desire another. A muslim who desires true peace of mind, which is more valuable than the treasures of the Earth, should therefore limit their worldly desires. The more they limit them and only fulfil their necessities

and responsibilities the more they will obtain peace of mind. This mentality closes the doors of preoccupation and striving for more worldly things which in turn gives rest to both the mind and body. If a muslim couples this with striving in the obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience, then they will be granted true peace of mind which extends to every aspect of their life in both worlds. But the more worldly desires they have the more their mind and body will be preoccupied with them and thus the further from true peace of mind they will be.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his affairs become
harmonious. His concerns become focused...”***

One of the reasons why humanity across the globe is suffering is because many people have prioritised things incorrectly. For example, some are more concerned about the welfare of animals than humans. This is quite obvious when one observes the behaviour of some animal lovers. The majority of muslims have given striving for the temporal world priority over the permanent hereafter. This is obvious when one observes their typical daily routine. Even some of the muslims who try to please Allah, the Exalted, prioritise things incorrectly for example, they give preference to voluntary goods deeds over acting on the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

This shift in priorities only occurred when muslims stopped acting on the teachings of Islam and instead acted according to their own desires. The Companions, may Allah be pleased with them, prioritised everything correctly thereby fulfilling the rights of everyone as they did not act according to their own desires. They instead acted according to the teachings and the list of priorities set by Islam. This is evident to anyone who has studied their lives.

Humanity as a whole and especially muslims will only find real success and progression in both worlds when they prioritise things correctly. This is only possible when one acts according to the teachings of Islam. Reordering this list of priorities will only lead to problems for humanity which is quite obvious when one turns the pages of history.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his affairs become
harmonious. His concerns become focused...”***

Muslims should understand that if they desire to avoid this common stress they should prioritise each task and responsibility correctly. This is only possible when one does this according to the teachings of Islam instead of their desires or the desires of others. Whenever one reorders the list of priorities advised in Islam it always leads to difficulties and stress. For example, when one strives excessively in the material world beyond their needs and necessities thereby neglecting their other responsibilities such as correctly raising their children it will lead them to nothing but stress from both what they acquired and from their misguided children. The one who does not prioritise their duties correctly is like the university student who prioritises having fun over preparing for their exams. This only leads them to obtaining a poor degree and a difficult job. Because of prioritising incorrectly they gave up an easy life through a good job for a few years of fun at university which leads to a difficult life in the long run.

Incorrectly prioritising affects every aspect of one's life and it can lead to sins if one obeys people over Allah, the Exalted. Therefore, it is important for muslims to follow the priority set by Islam which begins with obeying Allah, the Exalted, and the Holy Prophet Muhammad, peace and blessings be upon him, above all others. This is only possible to obtain through seeking and acting on Islamic knowledge. Through this, a muslim will find the precious and rare gift of peace in this world and everlasting bliss in the hereafter.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...aware of the divine
vision becomes his state...”***

Nothing irrespective of its size and location is out of the reach of the divine sight and hearing of Allah, the Exalted.

The muslim who understands this divine name will be extremely cautious in their actions and speech. The same way one becomes vigilant over their actions when they are in the hearing and seeing range of someone they respect or fear a true muslim will be vigilant over their behaviour knowing no word or action escapes Allah, the Exalted. In fact, acting in this way is the high level of faith which has been described by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Muslim, number 99. If one remains steadfast on this behaviour then they will eventually reach excellence of faith whereby they perform acts, such as the prayer, as if they observe Allah, the Exalted, constantly watching their inner and outer being. This attitude will prevent sins and encourage one to sincerely perform righteous deeds.

In addition, this divine name encourages muslims never to give up hope whenever they face a difficulty thereby believing no one is aware or even cares about them. Allah, the Exalted, undoubtedly hears and sees their distress and will respond at the time which is best for His servant. Chapter 40 Ghafir, verse 60:

“And your Lord says, “Call upon Me; I will respond to you...”

A muslim should act on this divine name by using these two senses in the way commanded by Allah, the Exalted. Meaning, one should not observe unlawful and vain things nor should they listen to unlawful and vain things. They should instead use them in the obedience of Allah, the Exalted. It is important to avoid vain things as they are often the first step to the unlawful. This is achieved by acting on the Hadith found in Sahih Bukhari, number 6502. It advises that when one fulfils the commands of Allah, the Exalted, in respect to the obligatory duties and then strives in voluntary righteous deeds for the pleasure of Allah, the Exalted, He empowers their senses such as their sight and hearing so that they only use them in accordance to His desire and pleasure.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his wisdom has silenced
him...”***

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.

The first thing is to control one's speech. A muslim should avoid evil speech as only a single evil word is needed to cause them to plunge into Hell on Judgment Day. This has been warned in a Hadith found in Jami At Tirmidhi, number 2314. A muslim should avoid vain and useless speech as it is the first step to evil speech and it wastes one's precious time, which will be a great regret for them on Judgment Day. A muslim should strive to either speak good or remain silent. This has been advised in a Hadith found in Sahih Muslim, number 176.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his desire to give
sincere advice, for the sake of Allah, the Exalted, encourages him
to speak...”***

This is a branch of true belief, as everybody desires to receive sincere advice from others. The Holy Prophet Muhammad, peace and blessings be upon him, once advised in a Hadith found in Sahih Bukhari, number 13, that a person cannot become a true believer until they love for others what they love for themselves.

This does not mean a muslim will lose their faith if they fail to adopt this characteristic. It means that a muslim's faith will not be complete until they act on this advice. This Hadith also indicates that a muslim will not perfect their faith until they also dislike for others what they dislike for themselves. This is supported by another Hadith found in Sahih Muslim, number 6586. It advises that the muslim nation is like one body. If one part of the body is in pain the rest of the body shares the pain. This mutual feeling includes loving and hating for others what one loves and hates for themselves.

A muslim can only achieve this status when their heart is free from evil traits, such as envy. These evil traits will always cause one to desire better for themselves. So in reality, this Hadith is an indication that one should purify their heart by adopting good characteristics, such as being forgiving, and eliminate evil traits, such as envy. This is only possible through learning and acting on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

It is important for muslims to understand that desiring good for others will cause them to lose out on good things. The treasury of Allah, the Exalted, has no limits so there is no need to adopt a selfish and greedy mentality.

Desiring good for others includes striving to aid others in anyway one can, such as financial or emotional support, in the same way a person would desire others to aid them in their moment of need. Therefore, this love must be shown through actions not just words. Even when a muslim forbids evil and offers advice which contradicts the desire of others they should do so gently just like they would want others to advise them kindly.

As mentioned earlier, the main Hadith under discussion indicates the importance of eliminating all bad characteristics which contradict mutual love and care, such as envy. Envy is when a person desires to possess a specific blessing which is only obtainable when it is taken away from someone else. This attitude is a direct challenge to the distribution of blessings chosen by Allah, the Exalted. This is why it is a major sin and leads to the destruction of the envier's good deeds. This has been warned in a Hadith found in Sunan Abu Dawud, number 4903. If a Muslim must desire the lawful things others possess they should wish and supplicate to Allah, the Exalted, to grant them the same or similar thing without the other person losing the blessing. This type of jealousy is lawful and is praiseworthy in aspects of religion. This has been advised in a Hadith found in Sahih Muslim, number 1896. The Holy Prophet Muhammad, peace and blessings be upon him, advised that muslims should only be jealous of a wealthy person who uses their

wealth correctly. And be jealous of a knowledgeable person who uses their knowledge to benefit themselves and others.

A Muslim should not only love for others to obtain lawful worldly blessings but also for them to gain religious blessings in both worlds. In fact, when one wishes this for others it encourages them to strive harder in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. This type of healthy competition is welcomed in Islam. Chapter 83 Al Mutaffifin, verse 26:

“...So for this let the competitors compete.”

This encouragement will also inspire a Muslim to assess themselves in order to find and eliminate any faults in their character. When these two elements combine meaning, striving in sincere obedience to Allah, the Exalted, and purifying one's character, it leads to success in both worlds.

A Muslim must therefore not only claim to love for others what they desire for themselves verbally but show it through their actions. It is hoped that the one who is concerned for others in this way will receive the concern of Allah, the Exalted, in both worlds. This has been indicated in a Hadith found in Jami At Tirmidhi, number 1930.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...his refraining from
asking anything of people has enriched him...”***

In a Hadith found in Sahih Bukhari, number 6470, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever holds back from asking others will be granted independence.

There is no harm in asking for help from others when one is in need but a muslim should not get into this habit as it can lead to a loss of self-respect. This can be dangerous as the one who loses self-respect is more likely to commit sins as they stop caring what Allah, the Exalted, and others think about them.

In addition, a muslim should strive to utilize all the means they have been granted before turning to others for help. The one who behaves in this manner will be granted independence of people by Allah, the Exalted.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...humility has made him
content with a low (social) station...”***

In a Hadith found in Sahih Muslim, number 7432, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, loves the servant who is anonymous. This means a muslim should not strive in worldly or religious matters in order to obtain fame. As this can lead to many sins, such as showing off, and this only destroys one's reward. It is why a Hadith found in Jami At Tirmidhi, number 2376, warns that seeking fame is more destructive to one's religion than two wolves which are let loose on a herd of sheep. Instead, a muslim should strive to fulfill their duties and if they become famous they must maintain sincerity to Allah, the Exalted, without altering their obedience to Him in order to please people as this leads to destruction in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...He does not expose
himself to things which are not his business...”***

In a Hadith found in Jami At Tirmidhi, number 2317, the Holy Prophet Muhammad, peace and blessings be upon him, advised that a muslim cannot make their Islam excellent until they avoid the things which do not concern them.

This Hadith contains an all-encompassing advice which should be applied to every aspect of one's life. It includes a person's speech as well as their other physical actions. It means that a Muslim who desires to perfect their faith must avoid those things, through speech and actions, which do not concern them. And instead they must occupy themselves with those things that do. One should take the things that concern them very seriously and strive to fulfil the responsibilities which accompany them according to the teachings of Islam solely for the pleasure of Allah, the Exalted. It is important to note, that one would not be perfecting their faith if they avoided things according to their own thinking or desires. But the one who perfects their faith avoids the things which Islam has advised to avoid. Meaning, one should strive to fulfil all their duties, avoid all sins and the things which are disliked in Islam and even avoid the excess use of unnecessary lawful things. Achieving this excellence is a characteristic of the excellence of faith mentioned in a Hadith found in Sahih Muslim, number 99. This is when one acts and worships Allah, the Exalted, as if they can observe Him or they at least become fully aware of Allah, the Exalted, observing their every thought and action. Being aware of this divine surveillance will encourage a muslim to always abstain from sins and hasten towards righteous deeds. The one who does not avoid the things which do not concern them will not reach this level of excellence.

A major aspect of avoiding the things which do not concern a person is linked to speech. The majority of sins occur when a person utters words which do not concern them, such as backbiting and slander. The definition of vain talk is when a person utters words which may not be sinful but are useless and therefore not their concern. As confirmed in a Hadith found in Sahih Bukhari, number 2408, vain speech is hated by Allah, the Exalted. Countless arguments, fights and even physical harm have occurred simply because someone spoke about something which did not concern them. Many families have become divided; many marriages have ended because someone did not mind their business. It is why Allah, the Exalted, has advised in the Holy Quran the different types of useful speech which people should concern themselves with. Chapter 4 An Nisa, verse 114:

“No good is there in much of their private conversation, except for those who enjoy 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 fact, uttering words which are not a person's concern will be the main reason people enter Hell. This has been indicated in a Hadith found in Jami At Tirmidhi, number 2616. This is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2412, that all speech will be counted against a person unless it is connected to advising good, forbidding evil or the remembrance of Allah, the Exalted. This means that all other forms of speech are not a person's concern as they will not benefit them. It is important to note, that advising good encompasses anything which is beneficial in one's worldly and religious life, such as they occupation.

Therefore, Muslims should strive to avoid the things which do not concern them through words and actions so that they can perfect their faith. Put simply, the one who dedicates time to the things which do not concern them will fail in the things which do concern them. And the one who occupies themselves with the things which do concern them will not find time to spend on the things which do not concern them. Meaning, they will achieve success through the mercy of Allah, the Exalted, in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not burden
himself with more than what suffices him. He does not take what he
does not need...”***

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.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not burden
himself with more than what suffices him. He does not take what he
does not need...”***

If a person had to cross a country and was presented different paths to choose from such as, a path through a dangerous jungle or over a mountain or through an underground cave an intelligent person would certainly choose the simplest and easiest path. This would allow them to reach their destination safely while achieving peace of mind and body. Only a fool would choose a difficult and dangerous path thereby, unnecessarily burdening themselves.

In reality, each person is on a journey through this world and their destination is the hereafter. Therefore, an intelligent muslim should choose the path through this world which is easy and straight forward in order to reach the hereafter safely. This path consists of 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, and only taking from this material world in order to fulfil their necessities and the necessities of their dependents without waste, excessiveness or extravagance. This would allow them to reach the hereafter safely while obtaining peace of mind and body. But the more one indulges in the excess of this material world and unnecessarily devotes themselves to people and their desires the more difficult their journey will become. This attitude will only deprive them of peace of mind and body and reduce the chances of them reaching the hereafter safely.

To conclude, muslims must understand that life is a journey so they should therefore be kind to themselves and choose the simple and easy path in order to reach the hereafter safely thereby obtaining peace of mind and body in both worlds.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not burden
himself with more than what suffices him. He does not take what he
does not need...”***

In a Hadith found in Sahih Bukhari, number 6416, the Holy Prophet Muhammad, peace and blessings be upon him, once advised his Companion Abdullah Bin Umar, may Allah be pleased with him, to live in this world as a stranger or a traveller. And Abdullah Bin Umar, may Allah be pleased with him, used to advise that when a person reaches the evening they should not expect to be alive in the morning. And if they reach the morning they should not expect to be alive in the evening. And that a muslim must make use of their good health before they encounter sickness and make good use of their life before their death.

This Hadith teaches muslims to limit their hope for a long life which is the main cause of failing to prepare for the hereafter while dedicating one's complete effort to the material world as it convinces a muslim they have plenty of time to prepare for the hereafter. In addition, a muslim should not treat this temporary world as their permanent home. Instead, they should behave as someone who is about to depart it, never to return. This would inspire one to dedicate the majority of their efforts in preparing for their final destination namely, the hereafter, and to limit their efforts in obtaining the material world which is beyond their need and responsibilities. This concept has been discussed throughout the Holy Quran and the Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him, for example chapter 40 Ghafir, verse 39:

“...this worldly life is only [temporary] enjoyment, and indeed, the Hereafter - that is the home of [permanent] settlement.”

In a similar Hadith to the main one under discussion which is found in Jami At Tirmidhi, number 2377, the Holy Prophet Muhammad, peace and blessings be upon him, described himself in this world as a rider who takes a short rest under the shade of a tree and then swiftly moves on. In order to indicate the temporal nature of this world the Holy Prophet, peace and blessings be upon him, compared it to shade which, as everyone knows, does not last long even though it appears to be permanent. This is how the material world can appear to some. They behave as if the world will last forever whereas in reality it will quickly fade away.

In addition, this Hadith mentions a rider and not someone who is walking. This is because a rider would rest significantly less than someone journeying on foot. This further indicates that a person's stay in this world is very short. This is quite evident to all. Even those who reach elderly age admit they life went by in a flash. So in reality, whether one reaches old age or not life is just a moment. Chapter 79 An Naziat, verse 46:

“It will be, on the Day they see it, as though they had not remained [in the world] except for an afternoon or a morning thereof.”

In reality, the material world is like a bridge which must be crossed and not taken as a permanent home. The same way a person does not take

a bus station as their home knowing they stay there will only be for a short while similarly, the world is a short stop before one reaches the eternal hereafter.

When someone goes on a once in a lifetime holiday, in most cases, they will limit their spending on luxury household items, such as a wide screen television and instead make do with whatever services their hotel offers. They behave in this manner as they understand their stay in the hotel will be short and soon they will leave never to return. This mentality prevents them from taking the holiday destination as their permanent home. Similarly, people were sent to Earth for a purpose which is definitely not to make it their permanent home. Instead, they were sent to take provisions from it so that they can safely reach their permanent home meaning, the hereafter.

Whenever a person intends to travel they first acquire the provision they need in order to make the journey comfortable and successful. As indicated in the Holy Quran the best provision for the hereafter is piety. Chapter 2 Al Baqarah, verse 197:

“...indeed, the best provision is fear of Allah...”

This is when a muslim fulfils the commands of Allah, the Exalted, refrains from His prohibitions and faces destiny with patience believing He only chooses what is best for His servants. Other provisions, such as food, are required in order to complete the journey from the world to the hereafter. But the provision which should be prioritised is piety as it is

the only provision which will benefit someone in both this world and the next. Whereas, all the other types of provision, such as food, wealth and housing, will only benefit someone in this world unless, it is dedicated towards the hereafter, such as donating charity, but this in fact is a part of piety.

As the material world is not the permanent home of a person they should therefore act on the main Hadith under discussion and either live as if they were a stranger or a traveller.

The first state of being a stranger is someone who does not attach their heart and mind to their temporary home. Their only aim is to gather enough supplies so that they can return safely to their permanent home namely, the hereafter. This is like the one who lives in a foreign country on a work visa. Their place of work is not their home; only a place to earn money so that they can return back to their homeland with it. This person will never treat the strange country as their home. Instead, they only spend on necessary things and concentrate on saving their wealth so that they can take as much wealth as possible back to their real and permanent home. If this person spent all or the majority of their wealth in the foreign country and returned to their home country empty handed they would undoubtedly be considered blameworthy by their relatives. This is because they have failed in their mission and purpose of living in another country on a work visa. Similarly, a muslim should dedicate the majority of their effort in acquiring provisions to take to the hereafter. They should not compete for the luxuries of the material world with others. Instead, they must concentrate on their mission to acquire provisions for the eternal hereafter. If they dedicate too much effort in beautifying their temporary home then they will enter the hereafter unprepared and empty handed and therefore, fail in their mission which Allah, the Exalted, entrusted them with. A muslim should be honest with themselves and reflect on how many hours of the day they dedicate each to

the material world and preparing for the hereafter. This self-reflection will show them if they have the correct mentality or not and how strong their faith in the hereafter really is. Chapter 87 Al A'la, verses 16-17:

“But you prefer the worldly life. While the Hereafter is better and more enduring.”

The Holy Prophet Muhammad, peace and blessings be upon him, was sent to mankind when they were the most lowly of people and the vast majority of them were leading a sinful life which would have caused them to enter Hell. The Holy Prophet, peace and blessings be upon him, called them towards the path of truth with clear proofs. Many of these people accepted his clear message and followed him. He promised them that Islam would conquer many nations and much wealth would be obtained by the muslims. But he warned them not to become distracted by the luxuries of the material world. An example of this warning is mentioned in a Hadith found in Sunan Ibn Majah, number 3997. The Holy Prophet, peace and blessings be upon him, warned that competing for the unnecessary luxuries of the material world would destroy people. Therefore, he advised muslims to content themselves with the basic necessities in order to fulfil their responsibilities and needs and instead concentrate on preparing for the hereafter. Everything the Holy Prophet, peace and blessings be upon him, promised muslims came true. When the world was opened to the muslims the majority of them became busy with competing, collecting, hoarding and enjoying the excess of the material world. Thus, they gave up preparing for the hereafter correctly as they were told to by the Holy Prophet, peace and blessings be upon him. Only a few accepted his advice and only took what they needed from the material world in order to fulfil their needs and responsibilities and dedicated the majority of their efforts in preparing for the eternal hereafter. This small party, meaning the Companions, may Allah be pleased with them, and the righteous predecessors, caught up with the

Holy Prophet, peace and blessings be upon him, in the hereafter as they practically followed his advice and footsteps. On the other hand, the majority continued in their heedlessness chasing the material world until death caught them unprepared.

The second mentality muslims should adopt as advised in the main Hadith under discussion is that of a traveller. This person does not observe this material world as their home and instead journeys towards their true home meaning, the hereafter. This mentality is similar to a back packer who may sleep over in different cities but never regards them as their home. The only provision they take with them is what they can carry meaning, the essentials. This includes the things they need to survive and will help them reach their destination safely. A back packer would never pack unnecessary items knowing that these things will only be a burden for them. Nor will they fail to pack the essentials needed to complete their journey safely. Similarly, an intelligent muslim only collects the deeds from this material world, in respect to actions and speech, which will help them reach the hereafter safely. They will turn away from all actions and speech which will become a burden for them in both this world and the next. This is the attitude the Holy Prophet Muhammad, peace and blessings be upon him, advised the Companions, may Allah be pleased with them, to adopt in a Hadith found in Sunan Ibn Majah, number 4104. Chapter 18 Al Kahf, verses 7-8:

“Indeed, We have made that which is on the earth adornment for it that We may test them [as to] which of them is best in deed. And indeed, We will make that which is upon it [into] a barren ground.”

A muslim must understand that the day and night are only brief stages in which people travel through, stage by stage, until they reach the hereafter. Therefore, they should use each stage by sending ahead provision to the hereafter in the form of righteous deeds. They must constantly be aware the journey will end very soon and they will reach the hereafter. Even if the journey looks long it will ultimately feel like a moment so one should make it a moment of obedience before it ends while they are unprepared. Chapter 79 An Naziat, verse 46:

“It will be, on the Day they see it, as though they had not remained [in the world] except for an afternoon or a morning thereof.”

With every breath one takes they are moving towards the hereafter while leaving the world behind. Even though, one may seem not to be moving but in reality, the day and night act as their conveyance which takes them swiftly, without pause, to the next world.

Muslims must realise that as they are the servants of Allah, the Exalted, soon a day will come when they will return to Him. When they return they will be stopped for questioning. Therefore, they should prepare something good for this interrogation. They should fulfil the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience. But if they continue in heedlessness and fail to prepare then they will be taken to task for what has already occurred and for what remains.

Moving on to the advice of the Companion Abdullah Bin Umar, may Allah be pleased with him, mentioned in the main Hadith under discussion. The first part of it highlights the importance of shortening one's hope for a long life in this world. A muslim should not believe they stay in this world is long as they could pass away at any moment. Even if one lives for many years life still seems to have gone by in a flash. This is what Abdullah Bin Umar, may Allah be pleased with him, indicated by advising muslims not to believe they will be alive in the morning if they reach the evening. This mentality is the root cause of only taking what one needs from the material world in order to fulfil their worldly responsibilities and prepare for the hereafter. Whereas, having hopes for a long life is the root cause of the opposite meaning, it causes one to delay preparing for the hereafter by performing righteous deeds and refraining from sins and it encourages them to collect and hoard the material world believing their stay in it will be extremely long.

In addition, Abdullah Bin Umar, may Allah be pleased with him, also advised muslims to make good use of their good health before they encounter sickness. Unfortunately, most people only appreciate the value of good health after they lose it, which has been warned in a Hadith found in Sahih Bukhari, number 6412. Making use of good health means that a muslim should use their physical and mental strength in the obedience of Allah, the Exalted, by performing righteous deeds and refraining from sins before they reach a time when they might desire to perform good deeds but can no longer do them due to poor health. The one who makes good use of their good health will be given the reward of the righteous deeds they performed during their good health even when they encounter sickness and can no longer do them. This is confirmed in a Hadith found in Sahih Bukhari, number 2996. Whereas, the one who does not make good use of their good health will lose this potential reward when they become sick. In fact, they will be left with nothing except regret.

The final part of the advice given by Abdullah Bin Umar, may Allah be pleased with him, is that a person should make good use of their life before death. This includes making use of all things which lead to righteous deeds, such as wealth, and avoiding all those things which prevent one from doing good deeds, such as unnecessary preoccupations. It is important for muslims to make good use of their time before they become distracted with responsibilities which naturally occur with the passing of time, such as marriage. And to make good use of their wealth before their financial responsibilities increase.

As warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 2403, all people will have regrets at the time of their death. The good doer will regret that they did not perform more good deeds before dying. The sinful person will regret that they did not sincerely repent before their death. In this world people are often given second chances for example, redoing a driving test, but there is no do over once a person dies. Regret will not help them at all. Instead, it will only add to their pain and suffering. So muslims must use the time they are given to strive in the obedience of Allah, the Exalted, before their moment ends by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience. One should abandon the mentality of delaying things till tomorrow as in most cases this tomorrow never comes. A muslim should concentrate on today and therefore, do the things which please Allah, the Exalted, as tomorrow may come in this world but they may not be alive to witness it.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not burden
himself with more than what suffices him. He does not take what he
does not need...”***

In a Hadith found in Sahih Bukhari, number 103, the Holy Prophet Muhammad, peace and blessings be upon him, warned that whoever has their deeds scrutinized by Allah, the Exalted, on Judgment Day will be punished.

It is important for muslims to understand that even though enjoying the lawful pleasures of this material world are not prohibited they often lead to the unlawful. For example, vain speech is usually the first step before sinful speech. In addition, the more one indulges in unnecessary lawful things the longer their accountability will be on Judgment Day. One should bear in mind that Judgment Day will be a difficult day. For example, the Sun will be brought within two miles of the creation. This has been confirmed in a Hadith found in Jami At Tirmidhi, number 2421. Even though, a muslim may be forgiven and saved by Allah, the Exalted, but none the less, the longer their accountability the greater stress they will endure. Seeing as Judgment Day will be fifty thousand years long, according to the Holy Quran, it does not make sense to enjoy a few decades of lawful pleasures if it means one will face a difficult accountability on a day which will last so long. Chapter 70 Al Ma'arij, verse 4:

“...during a Day the extent of which is fifty thousand years.”

It is therefore best to lead a simple life in order to minimize one's accountability on the Day of Judgment. It is one of the reasons why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 4118, that simplicity is a part of faith.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not abandon
what he has been entrusted to protect...”***

In a Hadith found in Sahih Bukhari, number 2749, the Holy Prophet Muhammad, peace and blessings be upon him, warned that betraying trusts is an aspect of hypocrisy.

This includes all the trusts one possesses from Allah, the Exalted, and people. Every blessing one possesses has been entrusted to them by Allah, the Exalted. The only way to fulfill these trusts is by using the blessings in the way which is pleasing to Allah, the Exalted. This will ensure they gain further blessings as this is true gratitude. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]...”

The trusts between people are important to fulfill also. The one who has been entrusted with someone else's belongings should not misuse them and only use them according to the wishes of the owner. One of the greatest trusts between people is keeping conversations secret unless there is some obvious benefit in informing others. Unfortunately, this is often overlooked amongst Muslims.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he does not abandon
what he has been entrusted to protect...”***

In a Hadith found in Sahih Bukhari, number 2409, the Holy Prophet Muhammad, peace and blessings be upon him, advised that each person is a guardian and responsible for the things under their care.

The greatest thing a muslim is a guardian of is their faith. Therefore, they must strive to fulfill its responsibility 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.

This guardianship also includes every blessing one has been granted by Allah, the Exalted, which includes external things such as wealth and internal things such as one's body. A muslim must fulfill the responsibility of these things by using them in the way prescribed by Islam. For example, a muslim should only use their eyes to look at lawful things and their tongue to utter only lawful and useful words.

This guardianship also extends to others within one's life such as relatives and friends. A muslim must fulfill this responsibility by fulfilling their rights such as providing for them and gently commanding good and forbidding evil according to the teachings of Islam. One should not cut off from others especially over worldly issues. Instead, they should continue to treat them kindly hoping they will change for the better. This

guardianship includes one's children. A muslim must guide them by leading by example as this by far is the most effective way in guiding children. They must obey Allah, the Exalted, practically as discussed earlier and teach their children to do the same.

To conclude, according to this Hadith everyone has some sort of responsibility they have been entrusted with. So they should gain and act on the relevant knowledge in order to fulfill them as this is a part of obeying Allah, the Exalted.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...people are comfortable
with him...”***

In a Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the heaviest thing in the scales of Judgment Day will be good character. This includes showing good character towards Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. It also includes showing good character towards people. Unfortunately, many muslims strive to fulfil the obligatory duties in respect to Allah, the Exalted, but neglect the second aspect by mistreating others. They fail to understand its importance. A Hadith found in Jami At Tirmidhi, number 2515, clearly advises that a person will not be a true believer until they love for others what they love for themselves. Meaning, the same way a person desires to be treated kindly they must also treat others with good character otherwise they will not succeed as the only truly successful people are the believers.

In addition, a person cannot be a true believer until they keep their verbal and physical harm away from others and their possessions irrespective of their faith. This has been confirmed in a Hadith found in Sunan An Nasai, number 4998.

The Holy Prophet Muhammad, peace and blessings be upon him, once warned in a Hadith found in Sahih Bukhari, number 3318, that a woman will enter Hell because she mistreated a cat which led to its death. And another Hadith found in Sunan Abu Dawud, number 2550, advises that a man was forgiven because he fed a thirsty dog. If this is the outcome of

showing good character and the consequences of showing evil character to animals can one imagine the importance of showing good character towards Allah, the Exalted, and people? In fact, the main Hadith under discussion concludes by advising that the one who possesses good character will be rewarded like the muslim who persistently worships Allah, the Exalted, and regularly fasts.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...people are comfortable
with him...”***

It is important for muslims to understand that when they treat others kindly it in reality, benefits themselves and not others. This is because treating others kindly has been commanded by Allah, the Exalted, and fulfilling this important duty gains one reward.

In addition, when one is kind to others they will supplicate for them while they are alive which will benefit them. For example, the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sahih Muslim, number 6929, that a supplication done for a person in secret is always answered.

In addition, the people will supplicate for them after they pass away which is definitely answered as it has been recorded in the Holy Quran. Chapter 59 Al Hashr, verse 10:

“...saying, “Our Lord, forgive us and our brothers who preceded us in faith...”

Finally, a person who treated others kindly will gain their intercession on the Day of Judgment, which is a day people will be desperate for the

intercession of others. This has been confirmed in a Hadith found in Sahih Bukhari, number 7439.

But those who mistreat others even if they fulfil their duties towards Allah, the Exalted, will miss out on the benefits mentioned earlier. And on Judgment Day they will find that Allah, the Exalted, will not forgive them until their victim forgives them first. If they choose not to then the oppressor's good deeds will be given to their victim and if needed the victim's sins will be given to their oppressor. This may cause the oppressor to be hurled into Hell. This has been warned in a Hadith found in Sahih Muslim, number 6579.

Therefore, a muslim should be kind to themselves by being kind to others as in reality they are only benefiting themselves in this world and the next. Chapter 29 Al Ankabut, verse 6:

“And whoever strives only strives for [the benefit of] himself...”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...people are comfortable
with him...”***

In a Hadith found in Sunan An Nasai, number 4998, the Holy Prophet Muhammad, peace and blessings be upon him, advised the signs of a true muslim and a true believer. A true muslim is the one who keeps their verbal and physical harm away from others. This in fact, includes all people irrespective of their faith. It includes all types of verbal and physical sins which can cause harm or distress to another. This can include failing to give the best advice to others as this contradicts sincerity towards others which has been commanded in a Hadith found in Sunan An Nasai, number 4204. It includes advising others to disobey Allah, the Exalted, thereby, inviting them towards sins. A muslim should avoid this behavior as they will be taken account for every person who acts on their bad advice. This has been warned in a Hadith found in Sahih Muslim, number 2351.

Physical harm includes causing problems for other people's livelihood, committing fraud, conning others and physical abuse. All of these characteristics contradict Islamic teachings and must be avoided.

A true believer, according to the main Hadith under discussion, is the one who keeps their harm away from the lives and property of others. Again, this applies to all people irrespective of their faith. This includes stealing, misusing or damaging the property and belongings of others. Whenever one is entrusted with someone else's property they must ensure they only use it with the owner's permission and in a way which is pleasing and agreeable to the owner. The Holy Prophet Muhammad,

peace and blessings be upon him, has warned in a Hadith found in Sunan An Nasai, number 5421, that whoever illegally takes someone else's property, through a false oath, even if it is as small as a twig of a tree will go to Hell.

To conclude a muslim must support their verbal declaration of belief with actions as they are the physical proof of one's belief which will be needed in order to obtain success on the Day of Judgment. In addition, a muslim should fulfill the characteristics of true belief in respect to Allah, the Exalted, and people. An excellent way of achieving this in respect to people is to simply treat others how they wish to be treated by people, which is with respect and peace.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...he has cut off his
worldly cravings with piety...”***

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, said,
“What are the signs of a truthful servant?...he has cut off his
worldly cravings with piety...”***

In a Hadith found in Jami At Tirmidhi, number 2376, the Holy Prophet Muhammad, peace and blessings be upon him, warned that craving for wealth and status is more destructive to one's faith than the destruction caused by two hungry wolves which are set free on a herd of sheep.

This shows that hardly any of a muslim's faith remains secure if they crave after wealth and fame in this world just as hardly any of the sheep will be saved from two hungry wolves. So this great similitude contains a severe warning against the evil of craving after excess wealth and social status in the world.

The first type of craving for wealth is when one has extreme love for wealth and strives without fatigue to acquire it through lawful means. To behave in such a manner is not the sign of wise person as a muslim should firmly believe their provision is guaranteed to them and this allotment can never change. 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. This person will undoubtedly neglect their duties as they are too preoccupied with obtaining wealth. A body which is too busy acquiring wealth will never prepare adequately for the hereafter. In fact, this person will dedicate so much effort to acquiring wealth that they may not even get a chance to enjoy it. Instead, they will depart this world and leave it behind for other people to enjoy even though they will be held accountable for it. This person may acquire wealth lawfully but they will

still not find peace of mind as no matter how much they obtain they will only desire more. This person is needy and therefore, a real pauper even if they possess much wealth.

The only craving which is beneficial is craving for accumulating true wealth namely, righteous deeds in order to prepare for one's day of return.

The second type of craving for wealth is similar to the first type but in addition to it this type of person acquires wealth through unlawful means and fails to fulfil the rights of people, such as the obligatory charity. The Holy Prophet Muhammad, peace and blessings be upon him, has warned against this in many Hadiths. For example, in a Hadith found in Sahih Muslim, number 6576, he warned that this attitude destroyed the past nations as they made unlawful things lawful, withheld the rights of others and killed others for the sake of excess wealth. This person strives for the wealth they are not entitled to which leads to countless major sins. When one adopts this attitude they become intensely greedy. As warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 1961, the greedy person is far from Allah, the Exalted, far from Paradise, far from people and close to Hell. In fact, a Hadith found in Sunan An Nasai, number 3114, warns that extreme greed and true faith will never combine in the heart of a true muslim.

If a muslim adopts this type of craving then the extreme danger of it is clear even to an uneducated muslim. It will destroy their faith until nothing except a little remains just like the main Hadith under discussion warns that this destruction to one's faith is more severe than the

destruction caused by two hungry wolves which are let loose on a herd of sheep. This muslim risks losing the little faith they possess at the moment of their death, which is the greatest loss. A person's craving for fame and status is arguably more destructive to one's faith than craving for excess wealth. A person will often spend their beloved wealth on obtaining fame and prestige.

It is rare for someone to obtain status and fame and still remain firm on the correct path whereby they prioritise the hereafter over the material world. In fact, a Hadith found in Sahih Bukhari, number 6723, warns that a person who seeks status in society, such as leadership, will be left to deal with it themselves but if someone receives it without asking for it they will be aided by Allah, the Exalted, in remaining obedient to Him. This is the reason the Holy Prophet Muhammad, peace and blessings be upon him, would not appoint a person who requested to be appointed in a position of authority or even showed desire for it. This is confirmed in a Hadith found in Sahih Bukhari, number 6923. Another Hadith found in Sahih Bukhari, number 7148, warns that people will be keen to obtain status and authority but it will be a great regret for them on the Day of Judgment. This is a dangerous craving as it forces one to strive intensely to obtain it and then strive further in order to hold on to it even if it encourages them to commit oppression and other sins.

The worse type of craving for status is when one obtains this through religion. The Holy Prophet Muhammad, peace and blessings be upon him, has warned in a Hadith found in Jami At Tirmidhi, number 2654, that this person will go to Hell.

Therefore, it is safer for a muslim to avoid the craving for excess wealth and high social status as they are two things which can lead to the destruction of their faith by distracting them from preparing adequately for the hereafter.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...thus, you should be like
them...adopt their character...”***

If one turns the pages of history they will observe many people who achieved great worldly success and in some cases benefited mankind yet, they will also observe at least one thing which taints their achievements. But if one observes the life of the Holy Prophet Muhammad, peace and blessings be upon him, they will observe nothing except success and countless things which benefit mankind. Even though, there are people who falsely criticise the Holy Prophet Muhammad, peace and blessings be upon him, it is quite evident from his highly accurate and detailed biography which has been verified by reliable muslim and non-muslim historians that this criticism is based on nothing but falsehood. This is why muslims must put aside all role models and instead study and adopt the flawless character of the Holy Prophet Muhammad, peace and blessings be upon him, as this is the only way to achieve real untainted success in both one's worldly and religious life. 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...”

There is no goal greater than this in this world. In fact, this is what people irrespective of their faith strive to achieve. And Allah, the Exalted, has placed all of it in the footsteps of his Holy Prophet Muhammad, peace and blessings be upon him. Chapter 33 Al Ahzab, verse 21:

“There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and [who] remembers Allah often.”

It is simple, if a person desires worldly and religious success they should follow in the footsteps of the Holy Prophet Muhammad, peace and blessings be upon him. But if they choose a path other than his whatever tainted success they achieve will eventually become a burden for them and it may lead to a punishment on a Great Day.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...those are who the
people you should associate with...they are a support during
difficulties and those who will protect you...”***

Muslims should note that a major sign of true love is when one directs their beloved towards the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience. This is because obedience leads to success and safety in both this world and in the hereafter. A person who does not desire safety and success for a person can never truly love them irrespective of what they claim or how they treat the other person. The same way a person becomes happy when their beloved obtains worldly success, like a job, they will also desire their beloved to obtain success in the hereafter. If a person does not care about another obtaining safety and success especially, in the next world then they do not love them.

A true lover could not bear knowing and seeing their beloved facing difficulties and punishment in this world or in the next. This is only avoidable through the sincere obedience of Allah, the Exalted. Therefore, they would always direct their beloved towards the obedience of Allah, the Exalted. If a person directs another towards their own selfish interest or the interest of others instead of the obedience of Allah, the Exalted, it is a clear sign that they do not truly love them. This applies to all relationships such as friendships and relatives.

Therefore, a muslim should assess whether those in their life direct them towards Allah, the Exalted, or not. If they do then it is a clear sign of their

love for them. If they do not then it is a clear sign that they do not truly love them. Chapter 43 Az Zukhruf, verse 67:

“Close friends, that Day, will be enemies to each other, except for the righteous.”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...they are those who will
protect you...”***

In a Hadith found in Jami At Tirmidhi, number 1931, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever protects the honor of another will be protected from Hellfire by Allah, the Exalted.

Just like a muslim would desire others to protect their honor in their presence or absence they should protect the honor of others in their presence or absence also. In fact, loving for others what one desires for themselves is the characteristic of a true believer according to a Hadith found in Jami At Tirmidhi, number 2515. A muslim should protect the honor of others when anyone else speaks ill about them, such as backbiting or slander, irrespective of if what they are saying is true or not. This is an aspect of concealing the faults of others which leads to Allah, the Exalted, concealing their faults in both worlds. This is advised in a Hadith found in Sunan Ibn Majah, number 225. Behaving in such a manner is a clear proof of one's love for others for the sake of Allah, the Exalted, which is a characteristic which leads to Paradise according to a Hadith found in Jami At Tirmidhi, number 2688.

The main Hadith under discussion clearly shows that a muslim benefits from supporting others so even if they are too preoccupied from caring about others they should at least act in this manner for their own sake.

But the one who fails to defend the honor of others when they have the opportunity and strength to do so without fear of harm should fear that Allah, the Exalted, will not protect their honor in a time and place where it is being violated by others and especially, on the Day of Resurrection.

Finally, as the main Hadith under discussion advises protecting the honor of others it indirectly indicates the importance of not violating the honor of others. This is in fact the very sign of a true muslim and believer according to a Hadith found in Sunan An Nasai, number 4998. Specifically, it advises that a true muslim and believer keeps their verbal and physical harm away from the self and possessions of others.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...when they supplicate to
Allah, the Exalted, they do not neglect you...”***

In a Hadith found in Sahih Muslim, number 6586, the Holy Prophet Muhammad, peace and blessings be upon him, declared that the muslim nation is like one body. If any part of the body suffers pain the rest of the body shares in its pain.

This Hadith, like many others, indicates the importance of not becoming so self-absorbed into one's own life thereby behaving as if the universe revolves around them and their problems. The Devil inspires a muslim to focus so much on their own life and their problems that they lose focus on the bigger picture which leads to impatience and causes them to become heedless of others thereby failing their duty in supporting others according to their means. A muslim should always bear this in mind and strive to aid others as much as they can. This extends to beyond financial help and includes all verbal and physical help such as good and sincere advice.

Muslims should regularly observe the news and those who are in difficult situations all over the world. This will inspire them to avoid becoming self-centered and instead aid others. In reality, the one who only cares about themselves is lower in rank than an animal as even they care about their offspring. In fact, a muslim should be better than animals by practically caring for others beyond their own family.

Even though a muslim cannot remove all the problems of the world but they can play their part and help others according to their means as this is what Allah, the Exalted, commands and expects.

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...they are the party of
Allah, the Exalted. Chapter 58 Al Mujadila, verse 22:***

“...Unquestionably, the party of Allāh - they are the successful.”

In a Hadith found in Sunan Abu Dawud, number 4031, the Holy Prophet Muhammad, peace and blessings be upon him, advised that a person who imitates a people is counted as one of them.

All muslims irrespective of the strength of their faith desire to be counted and end up with the righteous in the next world. But this Hadith clearly warns that a muslim will only be considered a righteous person and end up with them if they imitate the righteous. This imitation is a practical thing not only a declaration through words. This imitation is correctly done 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.

But those who verbally declare their love for the righteous and fail to imitate them and instead imitate the characteristics found in hypocrites and the sinful will be considered and judged as one of them. This does not mean they will lose their faith but it means they will be judged as disobedient muslims. How can a disobedient muslim be counted as an obedient muslim and end up with the righteous? This is only wishful thinking which has no value in Islam. Chapter 59 Al Hashr, verse 20:

“Not equal are the companions of the Fire and the companions of Paradise. The companions of Paradise - they are the attainers [of success].”

***Imam Harith Al Muhasibi, may Allah have mercy on him, said,
“What are the signs of a truthful servant?...they are the party of
Allah, the Exalted. Chapter 58 Al Mujadila, verse 22:***

“...Unquestionably, the party of Allāh - they are the successful.”

Every muslim openly declares that they desire the companionship of the Holy Prophet Muhammad, peace and blessings be upon him, the other Holy Prophets, peace be upon him them, and the Companions, may Allah be pleased with them, in the hereafter. They often quote the Hadith found in Sahih Bukhari, number 3688, which advises that a person will be with those they love in the hereafter. And because of this they openly declare their love for these righteous servants of Allah, the Exalted. But it is strange how they desire this outcome and claim love for the Holy Prophet Muhammad, peace and blessings be upon him, yet they barely know him as they are too busy to study his life, character and teachings. This is foolish as how can one truly love someone they do not even know?

In addition, when these people are asked for proof of their love for the Holy Prophet Muhammad, peace and blessings be upon him, on Judgment Day what will they say? What will they present? The proof of this declaration is studying and acting on the life, character and teachings of the Holy Prophet Muhammad, peace and blessings be upon him. A declaration without this evidence will not be accepted by Allah, the Exalted. This is quite obvious as no one understood Islam better than the Companions, may Allah be pleased with them, did and this was not their attitude. They declared love for the Holy Prophet Muhammad, peace and blessings be upon him, and supported their

claim through actions by following in his footsteps. This is why they will be with him in the hereafter.

Those who believe love is in the heart and does not require it to be shown through actions is as foolish as the student who hands back a blank exam paper to their teacher claiming that knowledge is in their mind so they do not need to practically write it down on paper and then still expects to pass.

The one who behaves in such a manner does not love the righteous servants of Allah, the Exalted, only their own desires and they have undoubtedly been fooled by the Devil.

Finally, it is important to note that members of other religions also claim love for their Holy Prophets, peace be upon them. But as they failed to follow in their footsteps and act on their teachings they will certainly not be with them on Judgment Day. This is quite obvious if one ponders over this fact for a moment.

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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