The Exquisite Pearl
The Journey to Allah & The Home of the Hereafter

Shaykh 'Abd al-Rahmān al-Sa‘dī
SHAYKH 'ABD AL-RAḤMĀN AL-SA'DĪ
(d. 1376H/1956CE)

al-durrat al-fākhirah

THE EXQUISITE PEARL

Translation:
ABU AALIYAH SURKHEEL SHARIF

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ALL PRAISE BE TO ALLĀH, Lord of the worlds. May Allāh extol and shower abundant blessings and peace upon the best of His creation, the Prophet Muḥammad; and upon his Family, his Companions and all who follow them until the Day of Resurrection.

To continue:

The Material Landscape
Allāh, Exalted is He, said in the Majestic Qur‘ān:

Whoever aspires to the harvest of the Afterlife, We grant him increase in his harvest; and whoever aspires to the harvest of this world, We grant him of it here, but in the Afterlife he shall have no portion. [al-Shūrā 42:20]

In today’s maelstrom of materialism and spread of licentious western liberalism, most people’s aspirations tend not to extend beyond those of gratifying their desires and appeasing the urges of their appetites. That inner yearning within the human condition to know our origins and our Creator, to understand the purpose of our existence, to bring into our lives a richer and deeper sense of meaning, has - for all intents and purposes - been stifled or turned into a social taboo. In short, those ‘fundamental’ questions and inner yearnings that ultimately define our humanity have, in most cases, been either suppressed and ignored by the individuals, or methodically purged from them!
The result: greed, selfishness, nihilism, and spiritual bankruptcy have become dominant hallmarks of many of today's individuals; whereas, hedonism, mass-consumerism, environmental vandalism and rape of the earth's natural resources so as to ensure today's material comforts, perks and profits, have become emblematic of humanity at a more global level. It would seem that though the ideology of materialism has aided people in their actual quality of living, it nevertheless continues to play havoc with their actual quality of life!

Caught up in this milieu is the Muslim world. Betaken with western culture, the sole pre-occupation for many Muslims has now become 'the standard of living' and their own material advancement. As such, the Muslim world has fallen prey to a similar dysfunctionality and dissonance that inevitably occurs when faith, spirituality and conformity to the Divine Will are neglected, and materialism is embraced. The Prophet Muḥammad,ṣallallāhu 'alayhi wa sallam, forewarned: "By Allāh! It is not poverty that I fear for you, but I fear the world will be opened to you as it was opened to those before you, and that you would compete with one another over it as they competed, and that it would destroy you as it destroyed them."

The Sound Aspiration
Disengaging from this malady of materialism requires engaging the higher purpose for which we were created, the prelude to which is sound aspiration (irādah). What is meant by 'sound aspiration' is the desire to draw closer to Allāh through inner struggle, or mujāhada; in other words it is the heart's quest for its spiritual sustenance. Imām Ibn al-Qayyim, may Allāh have mercy upon him, explained: 'The signs of sound aspiration is that the aspirant's main concern lies in pleasing his Lord, preparing to meet Him, being grieved at the times he spent in other than his Lord's pleasure, and regretting the missed opportunities to be close and intimate with Him. The summary of this is that day-in and day-out he has no concern other than this."

One of the fruits of this aspiration, this 'labour of love', is that of being granted inner peace. The Prophet, ṣallallāhu 'alayhi wa sallam, said: "Whoever makes the Afterlife his concern, Allāh will gather together his affairs, place contentment in his heart and the world will come to him despite his reluctance; whoever makes the world his concern, Allāh will split-up his affairs, put poverty before him and nothing of the world will come to him except what Allāh has written for him."

The Prophet, ṣallallāhu 'alayhi wa sallam, also said: "Allāh said: O son of Adam! Free yourself for My worship, and I will fill your chest with sufficiency and remove your poverty. But if you do not, I will fill your hands with distraction and will not remove your poverty."

Perhaps the profoundest fruit that arises as a result of this aspiration is being indemnified in Allāh's divine love - as the Prophet, ṣallallāhu 'alayhi wa sallam, said: "Whenever Allāh loves a person, He shelters him from worldliness."

Here the question is often asked: how should material possessions and wealth be dealt with, should they be totally abandoned? The answer to this apparent 'dilemma' was aptly given by Imām Ibn Taymiyyah, may 2. Al-Fawā'id (p.171).

3. Recorded by al-Tirmidhī (no.2389) and it was declared to be authentic (ṣaḥīḥ) by Shaykh al-Albānī, Sīsilah al-Ṣaḥīḥah (no.949).

4. Recorded by al-Tirmidhī (no.2466) and others, and it is ṣaḥīḥ. Consult: Sīsilah al-Ṣaḥīḥah (no.1359).

5. Recorded by al-Tirmidhī (no.2036) and Aḥmad, Musnad (5/427). It was declared to be ṣaḥīḥ by Shaykh al-Albānī, Ṣaḥīḥ al-Jāmī’ (no.282).
Allāh have mercy upon him, who said: ‘Wealth should be viewed just like the toilet, in that you have need for it and resort to it when necessary, but it has no place in your heart.’

Our Spiritual Tradition

Islam’s Sacred Law, or shari‘ah, not only provides guidance for man’s external well-being, but it embodies a narrative for his inner growth as well. It is this ‘inner’ narrative, or spiritual tradition, which guides him to subduing his bestial nature and elevating the angelic nature within his soul, as well as purifying the heart from the spiritual diseases that veil it from knowing Allāh and being truly devoted to Him. Indeed, it is only when the soul transcends its bestiality, and the heart is purified from the veils that render blind its spiritual perception, can one be infused with the illuminations of iḥsān - the very essence of faith and spirituality - which the Prophet ṣallallāhu ‘alayhi wa sallam explained as being: “That you worship Allāh as if you see Him, for if you do not see Him, He sees you.”

Ibn Rajab al-Ḥanbalī, may Allāh have mercy upon him, said as part of his commentary to the above Prophetic words:

‘It indicates that the servant (‘abd) should worship Allāh in this manner; namely, evoking the feeling of His nearness and of His being with him as though he sees Him. This in turn necessitates reverence, fear, awe and glorification (of Allāh); as occurs in the narration of Abū Hurayrah: “That you revere Allāh as if you see Him.” It also necessitates sincerity in worship, as well as exerting all one’s efforts in improving, completing and perfecting it.”

Ibn Rajab further said: ‘It has been said that it [the second part of the sentence] is the cause for the first part. This is because when the servant is ordered to have vigilance (murāqabah) of Allāh whilst worshipping Him and to feel His closeness, to the point that it is as if he was seeing Him, then this may be difficult. So he seeks aid to attain this through his faith that Allāh sees him, is fully aware of his secret and public [acts], his inner and outer [states], and that nothing of his affairs is ever hidden from Him. When he actualises this station (maqām), it becomes easier for him to move to the second station, which is where there is a continual realisation, upon spiritual perception (baṣṭrah), of Allāh’s closeness to His servant and of His being with him; to the extent that it is as if he actually sees Him.

It has further been said: Rather, it refers to the fact that whosoever finds it difficult to worship Allāh as if seeing Him, then he should worship Allāh upon the realization that Allāh sees him and is fully aware of what he is doing. So let him feel shy of Allāh due to the Divine gaze over him; as one of the gnostics (‘arīfūn) said: ‘Fear Allāh, lest He becomes [to you] the most despised of those watching you.’ Another said: ‘Fear Allāh in proportion to His power over you, and feel shy of Allāh in proportion to His closeness to you.’ A female gnostic from the Predecessors (ṣalaf) said: ‘Whoever acts for Allāh, due to witnessing Allāh (mushāhadah), is a gnostic (‘arīf); whoever acts for Allāh, due to knowing that Allāh sees him, is sincere (mukhlīf).’ So this indicates the two stations that were previously mentioned:

The First: the station of sincerity (ikhlāṣ), which is where the servant acts whilst bringing to mind that Allāh observes him, that Allāh is fully conversant with whatever he is doing, and that Allāh is close to him. So when the servant brings this to mind in his actions - this being the root of his actions - then he is sincere to Allāh. This is because evoking this feeling during his actions prevents him from turning to other than Allāh, or from desiring other than Him in his actions.
The Second: the station of mushāhādah. This is where the servant acts whilst witnessing Allah with his heart; which is when the heart is so illuminated by faith, and the spiritual perception is so heightened, it is as if the unseen is beheld with one’s eyes.⁹

The Required Wayfaring
So when love of Allah stirs in the heart and the winds of yearning for the Afterlife (ākhirah) diffuse throughout the soul, then striving (jihād) against whatever hinders wayfaring (sulāk) to Allah becomes essential, in order to nurture this ‘awakening.’ Allah, Exalted is He, said:

As for those who strive in Us, We shall guide them to Our paths.
[al-ʾAnkabūt 29:69]

Commenting upon this verse, Ibn al-Qayyim, may Allah have mercy upon him, said: ‘Allah, Transcendent is He, made guidance dependant upon jihād. The most perfect of people with regards guidance are those that perform jihād the most. The most obligatory jihād is the jihād against the ego (nafs), capriciousness (hawā), the Devil (shaytān), and the world (dunyā). Whoever wages jihād for Allah’s sake against these four, Allah will guide to the paths of His good pleasure, which in turn lead to His Paradise. Whoever leaves jihād, forfeits guidance in proportion to what he leaves of it.’¹⁰

So a vital aspect of a servant’s sulāk is engaging in an inner struggle in order to attain a deep conviction in the sharʿah truths, remove sluggishness, make compliance with its rules easy and spontaneous, and to eradicate the ego’s opposition. Put simply, it is to carry out the sharʿah commands, persevere in it, and to do so sincerely and with presence of heart. Furthermore: ‘Sulāk is,’ as Ibn Taymiyyah explained: ‘of two types: [Firstly] the sulāk of the Righteous (abrār), the companions of the right hand, which is fulfilling what is obligatory and forsaking what is forbidden, both inwardly and outwardly. Secondly, the sulāk of the Ones Brought Near (muqarrabūn), the fore-runners, which involves fulfilling the obligatory and the recommended, as best as possible, and leaving the forbidden and the disliked.’¹¹

The Prophet ʿallāhu ʿalayhi wa sallam said: “Allah, Exalted is He, said: Whoever shows enmity to a friend of Mine, I shall be at war with him. My servant does not draw closer to Me with anything more beloved to Me than the religious duties I have obligated upon him, and My servant continues to draw closer to Me with voluntary deeds so that I love him. When I love him, I am his hearing with which he hears; his seeing with which he sees; his hand with which he strikes; and his foot with which he walks.”¹²

Once again we are returned to the station of iḥsān, as Ibn Rajab, may Allah have mercy upon him, explained:

‘Whenever a person strives in drawing closer to Allah, Exalted is He, by [performing] the obligatory deeds, then the optional ones, Allah draws him closer to Himself and raises him from the degree of faith to that of iḥsān. Here he begins to worship Allah, witnessing His presence and having vigilance, as if he sees Him. His heart fills with gnosis of Allah, and with love, reverence, fear, grandeur, awe, intimacy and yearning of Him - to the extent that the heart is so filled with gnosis of Him, that it sees Him with the eye of spiritual perception.’¹³


¹⁰. Al-Fawāʾid (p.91).

¹¹. Majmūʿ Fatāwā (19/274).

¹². Recorded by al-Bukhārī (no.6502).

Finally, as the servant embodies and internalises obedience to Allāh, and as his spirit is elevated and his ego debased, he is filled with a deep concern for people's welfare and for being in their service; aiding, guiding, counselling, and suppling for them. It is here, in the absence of the ego, that the effusions of true altruism pour forth from the servant, exemplifying the Prophetic concern and conduct.

The Blissful Life

The Prophet ̆sallallāhu ̆alayhi wa sallam said: "He has relished the taste of faith who is pleased with Allāh as Lord, with Islam as Religion, and with Muhammad as Messenger."14

He ̆sallallāhu ̆alayhi wa sallam also said: "There are three things which, if they are present in anyone, will cause him to taste the sweetness of faith: that Allāh and His Messenger are more beloved to him than all else; that he loves others only for the sake of Allāh; and that he should hate to revert to disbelief after Allāh has saved him from it, just as he would hate to be cast into a blazing fire."15

The heart, when it is truly sincere in its servitude (‘ubūdiyyah) to Allāh, is given to taste such sweetness, and experience such delight, that nothing besides this servitude is held more beloved to it. For the spiritually sound heart finds nothing sweeter, more blissful, or gratifying to it than the sweetness of faith (imān), which is born out of the labours of its gnosis, love and servitude to Allāh, Blessed and Exalted is He. Imām Ibn Taymiyyah, may Allāh have mercy upon him, said:

'If you do not find the deed producing a sweetness or expansion in your heart, then blame it. For the Lord, Exalted is He, is indeed appreciative.'

Meaning that He will reward the doer of the deed in this world with experiencing sweetness, expansion and delight in his heart. Whenever one does not find this occurring, then the deed is defective.16

Imām Ibn al-Qayyim, may Allāh have mercy upon him, elaborated upon this state of bliss and delight experienced by the sincere servant; he said: 'There is no [true] bliss, nor any delight, joy, or completeness for him, except in knowing Allāh, loving Him, being tranquil in the remembrance of Him, feeling delighted in drawing closer to Him and in yearning to meet Him; this being the paradise of the worldly life. Likewise, there is no delight or success for him in the Afterlife, except with his being enveloped in the Abode of Bliss in the Paradise of the next life. So there are for him two paradises, he will not enter the latter without first entering the former.

I heard Shaykh'ī-Islām Ibn Taymiyyah, may Allāh sanctify his soul, saying: 'Indeed there is a paradise in this world, whoever does not enter it will not enter the Paradise of the Afterlife.'

One of the gnostics said: 'There are times that pass over the heart about which I say: If the people of Paradise are in the likes of this [state], then what a wonderful life they are in.'

One of the lovers [of Allāh] said: 'The poor people of this world have left it without having tasted the sweetest thing in it.' They asked: What is the sweetest thing in it? He replied: 'Love of Allāh, intimacy with Him, yearning to meet Him, drawing closer to Him, and turning away from everything other than Him,' or words similar to it. Indeed, anyone with life in their heart affirms this and experiences its taste.17

14. Recorded by Muslim (no.34).

15. Recorded by al-Bukhārī (no.21) and Muslim (no.43).


17. Madārij al-Sāliktin (1/344).
The Beautific Vision
Allâh, Blessed and Exalted is He, said:

For those who act with excellence is the greatest good, and even more. [Yûnûs 10:26]

This 'greatest good' is a reference to Paradise, whilst this 'even more' is a reference to gazing at the Face of Allâh.¹⁸ For the servant, having lived his life in the pursuit of Allâh’s good pleasure and having striven to worship Him in this world as though seeing Him, is then rewarded by Allâh in the Afterlife with Paradise and its delights, the greatest of which is the beautific vision of Allâh. The Prophet of Mercy, sallallâhu ‘alayhi wa sallam, informed us:

“When the people of Paradise enter Paradise and those of Hell enter Hell, a herald shall call out, saying: O people of Paradise! Your Lord has undertaken a promise to you which He wishes to fulfill upon you. They will inquire: ‘What might that promise be? Has he not made heavy our scales, whitened our faces, brought us into Paradise and delivered us from Hell?' Then the veil shall be lifted and they shall gaze upon Him. By Allâh! They will not have given anything more beloved to them than looking at Him.”¹⁹

O Lord! I seek Your forgiveness for speaking about matters for which I am not from its people. O Allâh! We seek refuge in Your pleasure from Your anger; in Your forgiveness from Your chastisement; and in You from You. O Allâh! Grace us with a fervent desire to meet You and with the delight of gazing at Your Face.

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¹⁹. Recorded by Muslim (no.181).

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ABOUT THE BOOK

HERE, THREE ASPECTS OF THE BOOK shall be discussed: its author, its theme, and its translation.

Its Author²⁰
The author is 'Abd al-Raḥmân ibn Nâṣir ibn 'Abd Allâh ibn Ḥamad al-Sâ’di, from the tribe of Banû Tamîm. He was born on the 12th of Muḥarram, 1307H/1889CE, in the city of ‘Unayzah, situated in the province of al-Qaṣîm; central Saudi Arabia. He was orphaned at a young age; his mother passing away when he was only four, and his father when he was seven. His older brother, Ḥamad, was then entrusted with his care and upbringing.

By the age of twelve Shaykh al-Sâ’di had completed the memorisation of the Qur’ân, after which his pursuit for knowledge of the Sacred Law began in earnest. He studied the traditional disciplines at the hands of a number of senior scholars of the land; from them:

1 - Shaykh Ibrâhîm al-Jâsir. Born in 1241H, he first studied locally, then went to Syria to further his studies. Shaykh Ibrâhîm was well-known for his good manners, scrupulousness and generosity. He was also blessed with a lengthy life, passing away at the age of ninety-seven.

²⁰. This biographical sketch is based upon: al-Ramyân, al-Juhûd al-Da‘awiyyah wa-l-‘Ilmiyyah li-Shaykh ‘Abd al-Raḥmân al-Sâ’di (pp.15-60).
Under him Shaykh al-Sa’di studied Qur’anic exegesis (tafsir), jurisprudence (fiqh) and the science of Prophetic traditions (hadith).

2 - Shaykh Salih ibn ‘Uthman al-Qaṭṭ. Born in ‘Unayzah in 1282H, he travelled to Egypt to study at the famous al-Azhar university, where he was granted authorization (‘ijazah) in a number of subjects. Under him Shaykh al-Sa’di studied theology (tawhid), tafsir, fiqh, fundamentals of jurisprudence (usul al-fiqh) and grammar.

3 - Shaykh ‘Ali ibn Nāṣir Abū Wādī. He first studied in ‘Unayzah and Riyadh, and then travelled to India to study under the hadith scholars, obtaining numerous authorizations in this field. Under him Shaykh al-Sa’di learnt hadith and tafsir.

4 - Shaykh ‘Abd Allāh ibn ‘Ā’id al-Ḥarbi. He was born in 1249H in the city of ‘Unayzah. He travelled to the Hijaz province and also to Egypt in his quest for knowledge. From him Shaykh al-Sa’di learnt fiqh, usul al-fiqh and the disciplines connected with the Arabic language.

Shaykh al-Sa’di, may Allāh have mercy upon him, was known for his worship, character, and abstinance from worldliness. Shaykh Salih ibn ‘Abd al-‘Aziz al-‘Uthaymīn remarked: ‘The deceased - may Allāh have mercy upon him - was exceptional with regards to his excellent conduct and his humility to both young and old. He was a person of worship, abstinance and scrupulousness, as well as a jurist (faqih), traditionalist (muhaddith), exhorter (wā’iz), orator (khāṭib), linguist and author; he combined within him knowledge of a variety of disciplines.’

Shaykh ‘Abd al-‘Aziz bin Bāz, may Allāh have mercy upon him, said about him: ‘He - may Allāh have mercy upon him - had a great concern for fiqh and, in issues involving differences of opinion, paid attention to knowing the stronger opinion along with its respective proof. He hardly spoke unless there was a benefit; I sat with him on more than one occasion in Makkah and Riyadh and he only spoke sparingly, except in issues of knowledge. He was humble and had an excellent character; whoever reads his books will realise his virtue, knowledge and concern for the textual proofs. May Allāh bestow vast mercy upon him.’

From the age of twenty-three, up until his death, the Shaykh devoted his life to teaching, instructing and cultivating the people. During this time he authored over thirty books and treatises; from them:

1 - Taṣṣir al-Karīm al-Rahmān fi Tafsir Kalām al-Manān (Facilitation of the Most-Munificent, Most-Merciful in Explaining the Words of the Most-Benevolent), a concise exegesis of the Qur’ān; simple in its wording, profound in its meanings.


3 - Manhaj al-Salikīn wa‘l-Tawqīh al-Fiqh fi ‘l-Dīn (Methodology of the Wayfarer and an Exposition of the Laws of the Religion), a digest of Ḥanbali fiqh, although in some issues opinions from other fiqh schools have been preferred by the Shaykh due to the strength of their proof.

4 - Irshād Ul al-Basā’ir wa‘l-Albāb li Nayl al-Fiqh (A Guidance to those Possessing Insight and Understanding for the Attainment of the Law), a compendium of fiqh in question and answer form.

5 - Risālah fi‘l-Qawā‘id al-Fiqhiyyah (A Treatise about the Maxims of Jurisprudence), written in poetry form, with brief notes to each line of poetry by the author himself.

6 - Bahjatu Qulāb al-Abrār (Delight for the Hearts of the Righteous), a superb exposition of ninety-nine Prophetic traditions that deal with beliefs, manners, morals, sulāk, law, and social transactions.
7 - Al-Wasā’il al-Mufidah li’il-Ḥayāt al-Sa’idah (The Beneficial Means to a Happy Life), in which ways that assist a person in what is now referred to as ‘personal and spiritual intelligence,’ are discussed.

Shaykh ‘Abd al-Raḥmān al-Sa’di, after suddenly falling ill, passed away just before dawn, on Thursday 23rd of Jumāda al-Ākhir; 1376H. May Allāh shower mercy upon him, be pleased with him, and raise him to the ranks of the Truthful Ones (al-siddiqūn).

The Theme
The book consists of a short, didactic poem - which its author entitled: ‘The Journey to Allāh and the Home of the Hereafter, or Afterlife (al-sayr il-lāhā wa-l-dār al-akhirah) - as well as a brief explanation to the poem, which he called: ‘The Exquisite Pearl (al-durrat al-fākhirah).’ The nature and brevity of the book is such that it may be regarded as an introduction, or a primer, to the science of sulāk.

The book elucidates the main stations (maqāmāt or manāzil) that the heart: is required to embrace as part of its journeying to Allāh. What is meant by ‘station’ is a praiseworthy quality - such as sincerity, love, fear, hope, patience, satisfaction or renunciation - which the heart succeeds in acquiring and firmly rooting in itself. When this occurs, the heart is said to have ‘arrived’ at that particular station. If, however, the praiseworthy quality wavers and has not settled in it, then the heart is said to be in a state (ḥāl), not a station (maqām).

Ibn al-Qayyim, may Allāh have mercy upon him, explained the distinction between states and stations in the following manner:

‘What is correct here is that these occurrences and stations are named so by taking into consideration the particular state for it. So they are glimmerings (lawāmi‘), flashes (bawāriq) and external appearances (lawā‘īh) at the onset of their occurrence, in the same way that lightening glimmers and flashes from a distance. But when they dawn upon him and he encounters them, then they become states. If they become firmly established within him, without vanishing, then they are called stations. So initially they are glimmers and flashes; midway they are states; and finally they are stations. Therefore, the initial glimmer of light is the state, as well as the station. But these terms are only named so by taking into consideration how they connect with the heart, how manifest they are upon it, and how firmly-rooted they are in it.’

The difference between the two may also be clarified by the following example: Renunciation (zuhd) is one of the lofty stations of wayfaring; being proven so by the texts of the Book, the Sunnah and the agreement of the Pious Predecessors (al-salaf al-ṣāliḥ) of this nation (ummah). So knowledge of the world’s ephemerality; the censure of it and of those who chase after it; and the praise for those who turn away from it and instead aspire for the Afterlife, is what initially causes the heart to incline towards renunciation. Then, if success is granted, there appears from the limbs certain acts that indicate the presence of this state in the heart, such as shunning worldliness and materialism, and engaging in righteous actions and spiritual works. This state then encounters opposing influences, such as the ego’s insinuations, satanic whisperings and the soul’s capriciousness, which urge and lure him towards worldliness. In the wake of this onslaught this state may waver or fluctuate; it may even vanish completely. But if these influences are combated, and the effect becomes firmly ingrained and deeply rooted in the heart, then it is called a station.

One of the purposes of sulāk is to aid the transition from ‘experiencing’ states, to ‘arriving’ at stations; and from experiencing ‘moments’ of reliance, patience, fear, hope, satisfaction in Allāh, etc., to being ‘permanently’ adorned with these essential and praiseworthy qualities. The actual vehicle for this transition is inner struggle, or mujāhada, by

which these qualities may be imposed, and then imprinted, upon the heart. The Prophet, *sallallahu alayhi wa sallam*, said: ‘Indeed, knowledge is acquired by learning it, and forbearance is acquired by imposing it [upon oneself].’

**About the Translation**

The following points are related to the actual translation:

1. Two critical Arabic editions of the book have been used for this translation; the first is the edition of Shaykh ‘Ali Ijasa alk-Halabi, the second is the one prepared by Ashraf ibn ‘Abd al-Maqsud; one of the fifteen or so al-Sadi titles that he has edited. May Allâh reward them both with goodness for their services and efforts.

2. Footnotes have been added from the words of Ibn al-Qayyim, a saintly scholar and a master of both the inward and outward sciences of Islam; may Allâh illuminate his grave and sanctify his soul. Most of these words are from his *magnum opus* on Islamic spirituality, entitled *Madârij al-Sâlihîn* (Stations of the Wayfarers), in which he extensively quotes the pietists and masters of *sulâtâk* from the early Muslims.

3. I would like to express my thanks to Safia Debar, Asif Sharif and Arsalan Obaidullah, who proof-read the translation and made valuable suggestions for its improvement. I am also grateful to Abu Rumaysah who not only checked the translation, but also contributed immensely in the translation of the actual poetry itself. May Allâh grant each of them felicity and well-being in both worlds.

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23. Published by Dâr Ibn ‘Affân: Khubar; 1418H/1997CE.

24. Published by Aḍwâ al-Salaf: Riyadh; 1419H/1998CE.

4. Headings have been included at the beginning of each chapter. In addition, a bibliography of the sources used for this introduction has been given at the end of this book, along with a general index of names and terms that occur in the book.

**Finally**

The believer, in his quest for spiritual growth, and in his desire to draw closer to Allâh, knows that his is not a ‘one-sided affair’. Rather, he is reassured and comforted by the promise of divine reciprocity, about which the Prophet, *sallallahu alayhi wa sallam*, said:

“Allâh, Mighty and Majestic is He, said: I am as My servant thinks I am and I am with him when he remembers Me. If he remembers Me to himself, I remember him to Myself. If he remembers Me in an assembly, I remember him in an assembly better than it. If he draws closer to Me by a hand’s span, I draw closer to him by an arm’s length; and if he draws closer to Me by an arm’s length, I draw closer to him by a fathom; and if he comes walking to me, I come hastening to him.”

All praise be to Allâh, Lord of the worlds. May Allâh’s blessings and peace be upon our master (ṣayyid), Muḥammad; and upon his Family, his Companions and all those who follow them.

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Abu Aaliyah Surkheil ibn Anwar Sharif
8th of Rabî’ al-Thani; 1422H
(31st of August, 2001CE)
London, England

25. Recorded by al-Bukhârî (no.7405) and Muslim (no.2675).
وهم الذين أكثروا من ذكرهم
في السر والعلان والأضلاع
يتقنون إلى المليك علمهم
طاعته وأسرته للعصبان
 فعل الفراق والتوافل دأبهم
مع رؤية التقصير والنقضان
 صبروا النفوس على المكاره كلها
شوقاً إلى ما فيه من إحسان
نزلوا بمنزلة الرضا فهم بها
قد أصبحوا في جنة وأمان
شكرًا الذي أولى الخلق فضله
بالقلب والأوقال والأركان
صحبوا الكوكب في جميع أمورهم
مع بلد جهد في رضي الرحمن
عبدوا الإله على اعتراف حضوره
فتبوا في منزل الإحسان
نصحبوا الخليقة في رضي محبتهم
بالعلم والإرشاد والإحسان
صحبوا الخلق بالجسد وإنما
أرواحهم في منزل فوقاني

باَللّهِ دعْوَات الخَلْق كُلها
خَوْفاً عَلَى الإِيمان مِنْ نُفْصَلِ
عَزْوَات القُلُوب عَن الشَّواغل كُلها
فَذُ فَرَّغُوا مِن سُوَى الرَّحْمَانِ
حِركَانِهِم وَفُسُورُهُم وَعُزُورُهُم
للهِ لَالخلق والشيطان
تَمْ الزَّرِيق لِتَالِب السُّبْلِ التَّيَ
تَفْصِيُّ إلى الدُّهَر والإِحسان

xxiv

xxv
TRANSLATION OF THE POEM

Fortunate are those who avoid the destructive paths; Intending the stations of Allah's good pleasure.

Those who journey with the utmost sincerity; Following the legislation by which faith is measured.

Those who build the stations of their journey; Submitting between being fearful and being hopeful.

Those whose hearts the Divine has filled; With devotion to Him and love for the Most-Merciful.

Those who remember Him and do so abundantly; In private, public, at all times in continuance.

Seeking nearness to the Sovereign-Master; By obeying Him and forsaking disobedience.

Doing what is obligatory and optional is their way; Inspecting their own faults and their deficiencies.

Their souls patiently enduring all that is disdainful; Desirous of what it entails of benevolence.

They arrive at the Station of Contentment; Ultimately reaching the Garden and safety.

For His bounties to His creation they are grateful; With their heart, tongues and the limbs of their body.

Reliance is their companion in all affairs; Whilst striving in the pleasure of the All-Merciful.

Worshipping the Divine, believing in His presence; Thus taking their place at the Station of Excellence.

Advising others to that which pleases their Lord; With knowledge, guidance and compassion.

Accompanying the people in bodily form; Whilst their spirits dwell at a sublimer station.

They alert creation to their complete need for Allah; Continuously fearing a decrease in their faith.

Their hearts turning away from all distractions; Completely emptied of other than the Most-Merciful.

Their movements, concerns and their resolves; Are all for Allah, not creation, nor the Devil.

The best of friends is the seeker of these paths; Which leads to acquiring goodness and *ihsan*. 
INTRODUCTION

ALL PRAISE BE TO ALLĀH, Lord of the worlds. May Allāh extol and send blessings and peace upon Muḥammad; and upon his Family, Companions and followers.

These are some brief, but beneficial comments to my poem regarding ‘The Journey to Allāh and the Home of the Afterlife;’ explaining its meanings and clarifying its premises. The poem encapsulates the main stations (manāzil) for the wayfarers to Allāh, which should lead them to the Gardens of Delight and to the closeness of the Munificent Lord. It should also safeguard them from the torment of the Hellfire and from the anguish of being veiled [from Allāh]. I beseech Allāh by His benevolence and bounty that He cause this work to be purely for His Face and for drawing closer to Him.
THE AWAKENING

Realise that what is intended by worship (‘ibādah) is to serve Allāh, have gnosis (ma‘rifah) of Him, love Him, continually turn to Him in repentance, and to traverse the paths that lead to the abode of eternal peace (dār al-salām).

Most people are overwhelmed by their sensual pleasures and are subjugated by their carnal desires and habits. They give no importance to this matter at all, nor attempt to make it their basis. On the contrary, they turn away from worship and instead pre-occupy themselves with their carnal desires. They abandon it and instead dedicate themselves to their [worldly] pursuits. They do not prevent themselves in order to make up for the time they have squandered. So in their ignorance and oppression they are confused; with their soul's desires they are diverted from being devoted to Allāh; concerning their Lord's remembrance they are heedless; in their religious practice they are remiss; and in the drunken love of their habits they [blindly] wander:

Those who forgot Allāh, so He caused them to forget their own selves; such are the corrupt ones. [al-Ḥašr 59:19]

None take heed of this dire neglect and this enormous calamity except for the few who possess intelligence and nobility. They realise that the greatest loss lies in being pre-occupied with that which produces nothing for its doer except perdition and misery. Therefore they prefer the perfect to the imperfect; they trade the ephemeral for the eternal; and they bear the burden of legal responsibility (taklīf) and worship until it becomes a source of delight for them and a part of their very nature, by which they become leaders. So listen attentively to their description, and seek the help of Allāh in adorning yourselves with their traits:
THE ASPIRATION

1 - Fortunate are those who avoid the destructive paths; Intending the stations of Allah’s good pleasure.

This is the foundation of their path and the principle course of their party, in that: they avoid the paths of [spiritual] loss and anguish and intend the paths of Allah’s good pleasure. They avoid the paths of Satan and intend to be worshippers of the Most-Merciful. They avoid the paths of the blazing Fire and intend the paths of eternal bliss. They abandon evil and do good. They keep their hearts, tongues and limbs away from prohibited and repugnant actions, and instead busy themselves with obligatory and praiseworthy actions. They adorn themselves with beautiful character and purge themselves of all reprehensible traits.

THE STATION OF SINCERITY

2 - Those who journey with the utmost sincerity; Following the legislation by which faith is measured.

These two principles, sincerity (ikhlaṣ) and conformity (mutāba‘ah), are a prerequisite for every act of worship, inward or outward, to be valid. Every act that is not done intending the Face of Allah is futile; and every act that does not conform to the Sunnah of Allah’s Messenger șal-lallāhu ‘alayhi wa sallam, is rejected.¹

It is only when an action combines sincerity for the One being worshipped - which means intending to seek the Face of Allah when performing the action - and conformity with the Messenger - by doing

¹. Imām Ibn al-Qayyim, may Allah have mercy upon him, said in Madārij al-ṣālikin (2/68): “Allah said: He Who created death and life, to test which of you are best in action. [al-Mulk 67:2] Fudayl ibn Iyāḍ said [about this verse]: ‘It is what is most sincere and most correct.’ They asked: O Abū ‘Alī, what is most sincere and most correct? He replied: ‘An action, if it is sincere but not correct, will not be accepted. If it is correct but not sincere, it will [also] not be accepted; until it is both sincere and correct. Sincere means that it is exclusively for Allah, and correct means that it conforms to the Sunnah.’”
those actions that have been prescribed and legislated - that an action becomes acceptable.²

2. Ibn al-Qayyim, may Allah have mercy upon him, said in Madārij al-Sālikīn (2/70): “It has been said: ‘Sincerity is to forget the creation seeing you because of continually looking towards the Creator. Whoever adorns himself before the people with what he does not possess, has fallen from Allah’s grace.’ From the words of Fuḍayl are: ‘Leaving an action for people’s sake is ostentation (riyā’), whereas doing an action for people’s sake is shirk. Sincerity is where Allah saves you from both of these.’ Al-Junayd said: ‘Sincerity is a secret (sirr) between Allah and His servant which not even the angel knows so as to record it; nor does Satan know so as to corrupt it; nor is the desire (hawa) aware of it so as to influence it.’ It was said to Sahl: What is the hardest thing upon the ego (nafs)? He replied: ‘Sincerity, because the ego has no share of it.’”

Imām Ibn al-Qayyim said about conformity (2/348): “The master of the spiritual faction (sayyid al-tā’īfah) and their sheykh - Al-Junayd ibn Muḥammad, may Allah’s mercy be upon him - said: ‘The paths, all of them are closed to the creation, except for one who emulates the footsteps of the Messenger; may Allah’s blessings and peace be upon him.’ He [also] said: ‘Whoever does not memorise the Qur’an nor record the hadith should not be followed in this matter, because our science is confined to the Book and the Sunnah.’... Abū Sulaymān al-Dārānī, may Allah have mercy upon him, said: ‘Indeed a word of wisdom occurs to my heart as it does to the nation [of the righteous], but I do not accept it until it is supported by two just witnesses: the Book and the Sunnah.’”

THE STATION OF FEAR AND HOPE

3 - Those who build the stations of their journey;
Between being fearful and being hopeful.

Meaning that in their journey they attach themselves to reverential fear (khawf) and hope (raja’) in all their affairs, clinging to them. They do this by inspecting their own faults regarding [the fulfilment of] Allah’s rights, which induces fear in them, and by reflecting upon Allah’s bounties and kindness upon them, which instills hope in them.³

They reflect over Allah’s Attributes of greatness, magnificence, wisdom and justice; which induces fear in them, and they reflect upon the Divine Attributes of mercy, munificence, generosity and kindness; having hope in what they necessitate. So when they do an act of goodness, they combine between having fear and hope; hoping for its acceptance,

³. Ibn al-Qayyim, may Allah have mercy upon him, said (1/390): “The heart, in its journey to Allah, Majestic is He, is like that of a bird: love is its head, and fear and hope are its two wings. When the head and two wings are sound, the bird flies gracefully; if the head is severed, the bird dies; if the bird loses one of its wings, it then becomes a target for every hunter or predator.”
but fearing that it will be rejected. If they do an act of evil, they fear being punished, but hope in being forgiven by the Grace of Allāh.

Between fear and hope they fluctuate; to them they constantly turn to seek shelter; and from them the affairs of their journey alternate. Indeed they are the ones who succeed with flying colours; they are the ones who are victorious.⁴

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4. Ibn al-Qayyim, may Allāh sanctify his soul, said (2/27-28) whilst explaining the distinction between true hope and mere wishful thinking (tamamīn):

“The difference between it and mere wishful thinking is that mere wishful thinking involves laziness wherein the person neither exerts himself, nor strives [to achieve what he wishes for]. Hope, however, entails striving, exertion and beautiful reliance. The first is like the one who wishes that the earth would plant and sow its own seeds for him. The second is like the one who [actually] tills the soil, plants the seeds and then hopes that crops will grow. This is why the gnostics (‘ārifīn) are agreed that hope is not correct, except if accompanied by action. Shāh al-Kirmānī said: ‘The sign of sound hope is good obedience.’ And hope is of three types; two are praiseworthy and one type is blameworthy and mere delusion. The first two are the hope of a person who does an act of obedience for Allāh, upon a light from Allāh, hoping in its reward; and like someone who commits a sin, then repents from it, hoping for Allāh’s forgiveness, pardon, kindness, magnanimity, clemency and generosity. The third [type] is like a person who persists in sinning and transgressing the limits, yet hopes for Allāh’s mercy without doing any action [to warrant it]. This is delusion, mere wishful thinking and false hope.”

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THE STATION OF LOVE

⁴ Those whose hearts the Divine has filled;
With devotion to Him and love for the Most-Merciful.

This station - which is the station of love (mahabbah) - is the bedrock of all stations; from it spring every righteous actions, all beneficial deeds and all the lofty stations.⁵

Love refers to the heart being attached to the beloved such that it needs this love and cannot do without it. This requires that the lover withhold from all that the Beloved detests and hasten towards all that the Beloved is pleased with, doing so readily, willingly and eagerly. If he speaks, he speaks for Allāh. If he remains silent, he does so for Allāh. If he moves, it is for Allāh. If he remains still, it is for Him. This love then gives rise to a yearning and a restlessness for Allāh, such that the lover never feels settled [unless in His devotion].

5. Ibn al-Qayyim, may Allāh have mercy upon him, said (3/7): “It is the station for which the competitors compete; to it do the workers fix their gaze; for reaching its mark do the forerunners strive; upon it do the lovers annihilate themselves, and with its refreshing breeze do the worshippers revive themselves. It is the heart’s strength, the soul’s nourishment and the eye’s splendour.”
If it is said: Does love - which is the highest station - have any causes or means leading to it? It is said in reply: Allah has not made anything that is sought after, except that He has also made causes and means by which it can be acquired. From the greatest of these causes and means are: withholding from any statement, action or thought that will sever you from it; increasing in the remembrance of Allah with presence of heart; reflecting upon His noble Word; acknowledging the tremendous bounties that Allah has bestowed upon the servant; standing before Him with presence of heart and due etiquette; attending the gatherings of the lovers of Allah; and turning away from whatever will cut you off from any of this. Whoever does this will attain the love of Allah, if Allah Wills - and it is His aid that is sought.⁶

This is why I said:

6. After mentioning twenty-nine sayings from the gnostics concerning the definition of love, Ibn al-Qayyim, may Allah have mercy upon him, then said (3/15):

“The thirtieth - which is the most comprehensive of what has been said concerning it. Abu Bakr al-Kattani said: The topic of love was discussed - may Allah the Exalted elevate it - during the Pilgrimage season, and all the shaykhs were speaking about it. Al-Junayd was the youngest of them. They said to him: O Iraqi, share with us what you know? So Al-Junayd lowered his head and his eyes filled with tears. He said: ‘There is a servant who has left his own soul behind, who is attached to his Lord’s remembrance, who is steadfast in fulfilling His rights; who looks to Him with his heart, his heart burning with the lights of His Divine awe. Allah has purified the draught that he has drunk, from the cup of His Divine love. The All-Mighty has raised for him the veils of the Unseen. When he talks, it is for the sake of Allah; when he utters, it is about Allah; when he moves, it is by the command of Allah; when he is at rest, it is with Allah. He is for Allah, by Allah, with Allah.’ The shaykhs all wept and said: What more can be added to this! May Allah reward you, O Crown of the Gnostics.”

THE STATION OF REMEMBRANCE

6 - Those who remember Him and do so abundantly;
In private, public, at all times in continuance.

This is a noble station which each person is in need of; indeed it is a need which ranks above all other needs. The remembrance (dhikr) of Allah is the edifice of one’s time. By it grief, anxiety and distress can be dispelled. With it joy and happiness can be obtained. It cultivates barren hearts, makes healthy hearts resplendent, and it leads to the loftiest of stations. In it are benefits and virtues that cannot be enumerated. Allah, Exalted is He, said:

O you who believe! Remember Allah abundantly, and glorify Him morning and evening. [al-Ahzab 33:41-42]

The Prophet sallallahu ‘alayhi wa sallam advised a man who asked: The duties of Islam are many for me, so instruct me? He replied: “Never let your tongue cease to be moist with the remembrance of Allah.”⁷

⁷. Reported by at-Tirmidhi (no.3375). It was classified as ṣaḥīḥ by Shaykh al-Albānī in Ṣaḥīḥ al-Jāmi’ (no.7700).
He șallallâhu 'ălayhi wa sallam [also] said: "The loners (muṣarridûn) lead the way." We asked: Who are the loners? He replied: "Those men and women who remember Allâh abundantly."\(^8\)

I composed the following lines of poetry:

Be one who remembers Allâh under all conditions;
For the remembrance of Allâh has no time restrictions.
The remembrance of the Deity, in private and public;
Will remove your anxiety and grief, and expel it.
Procuring both religious and worldly excellence;
Driving away [evil] whisperings at their occurrence.
The Chosen One informed his Companions one day;
Abundant remembrance is why the loners lead the way.
To seek Allâh's aid was Mu‘âdh's given legacy;
So as to remember, thank and worship Him beautifully.
He advised a person who sought sincere council;
Who was striving hard to carry out laws legal.
That let your tongue remain most with it;
This will aid every matter and facilitate it.
He informed that ǧhîkr is a plant for its people;
Cultivating Gardens eternal and abodes perpetual.
He informed that Allâh mentions His servant;
And is with him in all matters, facilitating it.
If ǧhîkr had no virtue fine;
Except being a path to loving the Divine.
Stopping the youth from backbiting and tale-carrying;
And from uttering that which corrupts their well-being.
A great acquisition and an incentive t'would be;
To engage in Allâh's ǧhîkr, abundantly.
But due to our ignorance our ǧhîkr is rare;
Just as our worship of the Deity is rare.

The ǧhîkr of Allâh is a light (nûr) for the one remembering Allâh, in his heart, speech, grave, and on the Day of Resurrection. And Allâh's aid is sought.\(^9\)

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\(^8\) Reported by Muslim (no.2676).

\(^9\) Ibn al-Qayyim, may Allâh have mercy upon him, said in al-Wâbi al-Şayyib (p.63): "I heard Shaykh'l-Islâm Ibn Taymiyyah - may Allâh sanctify his soul - say: 'Dhîkr(533,712),(570,734) is to the heart as water is to a fish; see what happens to a fish when it is taken out of water!' ... I once attended the morning (fajr) Prayer with Shaykh'l-Islâm Ibn Taymiyyah, after which he sat down and engaged in ǧhîkr of Allâh until it was almost midday. He then turned to me and said: 'This is my morning meal, if I do not partake of it my strength diminishes.'"
SEEKING NEARNESS TO ALLĀH

6 - Seeking nearness to the Sovereign-Master;
By obeying Him and by forsaking disobedience.

Performing these acts of obedience - especially the obligatory ones and leaving the sinful ones - draws one closer to Allāh and leads to Him. In a sacred tradition (hadith qudsi) it states: "My servant does not draw closer to Me with anything more beloved to Me, than the obligatory duties that I have enjoined upon him. My servant continues to draw closer to Me by performing optional deeds, until I love him." 10

Due to this I said:

SELF-INSPECTION

7 - Doing what is obligatory and optional is their way;
Inspecting their own faults and their deficiencies.

Fulfilling the obligatory duties and increasing in performing optional deeds, along with seeing oneself as being deficient or excessive, is from perfection. So striving to do [good] actions eliminates indolence and laziness from oneself, whereas inspecting one's deficiencies dispels the ego's self-conceit ('ujb) - which corrupts actions and renders them futile. 11

10. Reported by al-Bukhārī (no.6502).

11. Ibn al-Qayyim, may Allāh have mercy upon him, said (1/395): "I heard Shaykh'Islām Ibn Taymiyyah, may Allāh sanctify his soul, saying: 'The gnostic sees himself as having no right over anyone, nor deems himself as being more virtuous than anyone. This is why he does not reproach, demand or harm.'"
disobedience, so that it may be abandoned; and patiently persevering with regards to the hardships that Allah decrees, not showing any impertinence towards it. When the soul feels lazy about obeying Allah, one exhorts and enjoins it to do so, as well as encouraging it by reminders of the rewards [entailed]. When the soul is strong in inviting towards disobedience to Allah, one restrains and warns it from doing so, and reminds it about the punishment for disobedience. Patient perseverance is needed in all these affairs. 13

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12. Ibn al-Qayyim said (2/120): 'Al-Junayd said: 'The journey from this world to the Hereafter is smooth and easy for the believer, but leaving ordinary life for the sake of Allah is difficult. The journey from the ego (nafs) to Allah is extremely difficult, and patience (sabr) in Allah is even more difficult.' He was asked about patience, so he replied: 'It is to swallow bitterness without frowning.' Dhu'l-Nun al-Miṣrî said: 'Patience is to distance yourself from opposing [the truth], to remain calm when engulfed with calamities, and to display sufficiency when poverty occupies your daily life.' It has been said: 'Patience is to face affliction with the best conduct.' It has been said: 'It is to absorb affliction without displaying complaint.' It is said: 'It is acquitting the soul to the onslaught of adversities.' It is said: 'It is to settle down with adversities in good companionship, in the same manner as one settles down with well-being.' And 'Amr ibn 'Uthmân said: 'It is standing firm with Allah and meeting tribulations with magnanimity and welcome.'

13. As for complaining in times of adversity, Imam ibn al-Qayyim, may Allah have mercy upon him, said in al-Fawa'id (pp.130-131):

"The ignorant one complains about Allah to the people! This is the height of ignorance in complaining and in whom the complaint is about. For if a person were to truly know his Lord, he would never complain of Him? If he truly knew people, he would never complain to them? ... The gnostic complains only to Allah, and the most knowledgeable of the gnostics are those who complain to Allah about themselves, not about others ... So there are three levels: The most contemptible of them is to complain to people about Allah; the loftiest of them is to complain to Allah about oneself; the middle level is to complain to Allah about others."
THE STATION OF CONTENTMENT

9 - They arrive at the Station of Contentment;
Ultimately reaching the Garden and safety.

The station of contentment (riḍā) is loftier than that of patience (ṣabr). For patience is restraining the soul against what it finds disdainful, although an opposing desire still remains within it. Contentment on the other hand, melts away this opposing desire, causes satisfaction with Allāh and brings about tranquillity and expanse of the breast. It may even cause delight to be experienced in times of hardships, just as others experience delight in times of ease. When the worshippers reaches this station, his life is remedied and his eye experiences coolness. This is why contentment is called: 'a paradise of this world and a repose for the worshippers.'

Whoever is content with Allāh, Allāh is content with him. Whoever is content with simple provisions from Allāh, Allāh is content with simple

14. Ibn al-Qayyim said (2/132): "This is why contentment is one of the greatest gateways to Allāh. It is the paradise of the world, a repose for the gnostics, a life for the lovers, a delight for the worshippers and a coolness of the eye to the yearners."

actions from him. The reality behind contentment is: to receive Allāh's
religious ordinances and His All-Embracing Decree with an open heart
and a cheerful soul, without resentment or indignation. 15

15. Ibn al-Qayyim, may Allāh have mercy upon him, said (2/134-135): "Fuḍayl ibn Ḥayyān said to Bishr al-Ḥāfiẓ: 'Contentment (riḍā) is better than worldly renunciation (zuḥūd), because the one content does not wish for what is above his station.' Abū 'Uthmān was asked about the Prophet sawlahulahu 'alayhi wa sallam saying: "I ask You for content after Your Decree." He said: 'This is because being content before the Decree occurs is [actually] the resolve to be content, whereas contentment after it takes place is [true] contentment.' It has been said: 'It is the disappearance of anxiety, whatever the judgement may be.' It is said: 'It is the suspension of preference.' It is said: 'It is to face the judgement with joy.' It has been said: 'It is the heart's tranquillity in the midst of tribulations.' It is said: 'It is the heart looking at Allāh's pre-ordained choice for His servant. It is abandoning resentment.' Umar wrote to Abū Mūsā: 'To proceed: Indeed goodness, in its entirety, is encapsulated in contentment; if you are able to be content [then do so], otherwise it is upon you to be patient.' Abū 'Ali al-Daqqāq said: 'The human being is earthenware. Earthenware does not have enough value that it should oppose the judgement of the Truth, Exalted is He... Contentment is of three types: Contentment of the common folk with what Allāh has apportioned and granted; contentment of the elite with what He pre-destined and decreed; contentment of the elite of the elite with Him, to the exclusion of all else besides Him.'
THE STATION OF GRATITUDE

10 - For His bounties to His creation they are grateful; With the heart, tongue and the limbs of their body.

Gratitude (shukr) is expressed with the heart, by acknowledging Allāh’s favours, attesting to them and not considering oneself deserving of them, but instead recognising that they are purely from the Lord’s bountiful grace. It is expressed with the tongue by praising Allāh for His favours and proclaiming them. [It is expressed] with the limbs by not being disobedient to Allāh, but rather by utilising His favours to obey Him.

If he is granted any worldly thing, he thanks Allāh for it. If something of this world is removed from him, he [still] thanks Allāh, for sometimes the withdrawal of a favour removes the person from a greater evil. If he is granted the ability to do an act of obedience, he sees this as a grace (tawfīq) from Allāh, for which he [again] thanks Him.

And Allāh’s aid is sought.
THE STATION OF RELIANCE

11 - Reliance is their companion in all affairs;

Whilst striving in the pleasure of the All-Merciful.

The servant's perfection lies in these two matters, which are: reliance (tawakkul) upon Allâh, and striving diligently to obey Allâh. The servant's perfection is hindered by the loss of any one of them.

The reality of reliance entails two matters: dependence upon Allâh and trust in Allâh. So he depends upon his Lord with his heart for procuring what will benefit him, in both his religious and worldly affairs. He acknowledges his lack of power and inability and instead places his trust in Allâh in order to acquire what will benefit him or to repel what will harm him. Furthermore he strives to utilise those causes (asbâb) that will lead him to what is sought after.

The details of this is that when he firmly resolves to perform an act of worship, he strives to complete it and beautify it, sparing no effort to do so. He frees himself from depending upon his own self and strength, but instead resorts to, and depends upon, his Lord in order to allow him to complete and perfect [that act]; having a good expectation of Allâh in this and putting his trust in attaining that which he placed his reliance upon Allâh for.

When he firmly resolves to leave an act of disobedience that his soul incites him to, he fulfills those causes that will lead him to leaving that sin; such as considering it and turning his limbs from it. Then, after this, he places his trust in Allâh, resorts to Him in order that He may protect him from it, and has good expectations of Allâh with regards to Allâh protecting him.

If he does this in everything that he does and leaves, then success is to be hoped for him, if Allâh the Exalted wills. But as for the person who seeks Allâh's aid and relies upon Him, but leaves the striving that is a pre-requisite for it, then this is not reliance. Rather, it is mockery! Such is also the case of one who does strive, but depends upon his own self and does not rely upon his Lord; he is only deluding himself.
gradually training the souls, step-by-step. The servant will not cease habituating his soul to it until he is drawn to it and accustoms himself with it. Then the servant will live in delight of his Lord, experiencing joy and bliss in His closeness. 19

19. To worship Allâh whilst being aware of His Ever-Watchful Presence is also known as the Station of Vigilance (muraqabah), about which Ibn al-Qayyim, may Allâh have mercy upon him, said (2/50):

"Al-Junayd said: 'If someone actualises vigilance, he will fear losing even a second from his Lord, and nothing else.' Dhu'l-Nun said: 'The sign of vigilance is to prefer what Allâh revealed, to magnify what Allah magnified, and to debase what Allâh debased.' It has been said: 'Hope moves you to acts of obedience; fear removes you from acts of disobedience; and vigilance begets to you the path of realities.' It was said: 'Vigilance is watching over the heart because of realising the Truth's gaze with every thought and step.' ... It was said: 'The best of what a person can attach himself to in this Path is: to call oneself to account, vigilance, and governance of one's actions through knowledge.' Abu Ḥafs said to Abû Uthmân al-Naysâbûrî: 'When you preach to people, be an exhorter (wa'âţîz) to your own heart and soul. In that way you will not be deceived by their gathering around you; for they are observing your exterior, but Allâh is observing your interior.' "

17. Imâm Ibn al-Qayyim said about iḥsâ'ân (2/344): "It is the quintessence (labb) of faith as well as its spirit and perfection. This station contains all other stations; it embodies them all and they are enveloped by it."

18. Reported by al-Bukhârî (no.5) and Muslim (no.9).
THE STATION OF GOOD CHARACTER

[Arabic text]

13 - Advising others to that which pleases their Lord;
   With knowledge, guidance and compassion.

[Arabic text]

14 - Accompanying the people in bodily form;
   Whilst their spirits dwell at a sublimer station.

This is their state with the people, which is the most perfect of states and the sublimest.

They begin by sincerely advising people to their utmost, loving for them the good they love for themselves; deploring for them the evil they deplore for themselves; striving to remove every evil from them with all that is possible; and exerting themselves in order to bring about benefit to them with every means at their disposal. [This they do] by enjoining goodness, forbidding evil, feeding those that suffer from hunger, clothing those that are destitute, alliving those that are distressed, teaching those that are ignorant, restraining those that are oppressors, helping those that are oppressed, warding-off potential harm from people, and keeping the harms of their own selves away from others. Furthermore, their association with people is external and bodily; as for their hearts and spirits, they hover around the Beloved and seek to be as close to Him as possible.20

Sometimes the person humbly abases himself before Him, with fear and humility. Furthermore, he expresses gratitude to Him through love of Him; being led to this by witnessing His kindness and closeness. He then inclines towards all that is pleasing to Allah, strives in the worship of Him and shows benevolence to His creation. Indeed these are the [true] people; these are the intelligent and perspicuous ones. And there is no might, nor power, except with Allah.

20. Ibn al-Qayyim said (2/248): “Good character with the Creator and with the creation revolves around two statements which were mentioned by Shaykh 'Abd al-Qadir al-Jilani who said: 'Be with the Truth, without creation; and be with creation, without ego (nafs).' So consider carefully! How amazing are these statements, despite their brevity, and how they gather together the principles of wayfaring (salak) and every beautiful character. Corruption of character arises from putting the creation between yourself and Allah, and by putting your ego between yourself and His creation. So when you isolate the creation, in that state when you are with Allah the Exalted; and when you isolate your ego, in that state when you are with the creation - then you have fully attained to the ideals of the People of Spirituality (al-qawm). And Allah’s aid is sought.”
Likewise, from the most important matters that deserve attentive care are the favours of Allah that He bestows upon a person. It is desired for a person to greatly thank Allah for granting him the grace to perform that action.

Likewise, [from those matters that deserve] attentive care is fear and hope; fearing that the act may be rejected due to self-conceit (‘ujb), ostentation (riyā'), arrogance (takabbur), or by not fulfilling it in the way that it deserves to be fulfilled; yet hoping in its acceptance by Allah's mercy, benevolence and grace - which includes being granted the grace to perform that action in the first place.

15 - They alert creation to their complete need for Allah;
Continuously fearing a decrease in their faith.

This is the Station of Attentive Care (riḍayah) of the realities of faith and of the milestone of iḥsān. For it is not befitting for the worshipper to ever turn away from contemplating his own condition and reflecting upon the deficiencies in his own actions. Instead he should expend all his efforts - before, as well as whilst, performing an action - in making sure that it is performed correctly and excellently. He should also safeguard it from anything that may render it void, and remove from it anything that may corrupt it. For indeed, preserving the action is actually greater than the action itself. Thus, whenever a person increases in his attentive care and increases in his striving in the action, his faith increase. If, however, his attentive care decreases, his faith diminishes in proportion.

From the greatest of matters wherein attentive care should be exercised is in performance of actions, and in the milestone of iḥsān; which refers to the fervent desire to perform acts of worship with presence of heart and total devotion to Allah.
This emptying will not be sufficient until and unless the heart is filled with beneficial thoughts and truthful resolves. So the servant’s ideas and thoughts should be concerned with all that will draw him closer to Allah; such as acquiring knowledge, contemplating over the Qur’an, remembering Allah with presence of heart, reflecting over Allah’s kindness, the fear of slipping and committing disobedience, reflecting over the Attributes of the All-Merciful and the fact that they are free from every blemish and defect, and reflecting upon the grave and its states; the Day of Resurrection and its events; Paradise and its delights; and Hell and its blazing fire.

Their thoughts revolve around these matters, away from those negative thoughts that engender nothing but grief, harm, wasting of time and psychological instability; all of which are unhealthy for a person, both in this life and the Afterlife.23

Meaning that they empty their hearts of all that distracts them from Allah and distances them from His good pleasure; this being the reality of worldly renunciation (zuḥd).22

22. Ibn al-Qa‘yim, may Allah have mercy upon him, said: (2/11): “Imam Ahmad bin Hanbal said: ‘zuḥd is of three degrees: Firstly, to avoid the forbidden; this is the zuḥd of the common people. Secondly, to avoid what is lawful but unnecessary; this is the zuḥd of the elite. Thirdly, to avoid everything that distracts one from Allah; this is the zuḥd of the gnostics.’”

23. After having discussed four types of thoughts and reflections - reflecting over the Qur’an, the creation, Allah’s bounties, and the blemishes of one’s own soul and actions - that are vital to a person’s psycho-spiritual growth, Ibn al-Qa‘yim then said in al-Da‘ wa’l-Dawa’ (p.239):

“The Fifth: Reflecting upon the obligation of the moment and its duty, and to then firmly resolve to fulfil it. So the gnostic is, ‘the son of his moment.’ If he loses it, he loses all of its benefits. For all benefits arise from the moment, if you lose it you will never again be able to reach it. Al-Shafi‘i, may Allah be pleased with him, said: ‘I accompanied the Sa‘īds and I did not benefit from them other than for two words. One was their saying: Time is like a sword, if you do not cut it, it will cut you.’ He mentioned the other saying [as being]: ‘Your soul, if it is not kept busy with the Truth, it will busy you with falsehood.’"
THE FELLOWSHIP

18 - The best of friends is the seeker of these paths;
Which leads to acquiring goodness and iḥsān.

These are the ones who will cause their friends to be happy, providing they follow their path. Theirs is the path that Allāh has ordered we ask Him to guide us to, because of Him favouring them with true faith and with actualising it.

We ask Allāh that He guides us to the Straight Path, the path of those whom He has bestowed His grace:

Of the Prophets, the truthful ones, the martyrs and the pious;
they are the best of company. [al-Nisā’ 4:69]

We ask that He save us from the paths of His anger and misguidance, which lead to disgrace and destruction, for He is the most generous of those who show generosity and the most merciful of those who show mercy. I ask Allāh - seeking the means of nearness to Him by His most beautiful Names, Attributes and Favours - that He not prevent us from the good that is with Him of Divine benevolence and forgiveness,
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