

Hunger

Hunger الْجُوعُ

1. Hunger is better than the humiliation of subjugation.

.. الْجُوعُ خَيْرٌ مِنْ ذُلِّ الْخُسُوعِ¹

2. Keeping oneself hungry is the most beneficial cure, whereas eating to one's fill increases maladies.

.. التَّجُوعُ أَنْفَعُ الدَّوَاءِ، الشَّبَعُ يُكْثِرُ الْأَدْوَاءَ²

3. Hunger is better than subjugation.

.. الْجُوعُ خَيْرٌ مِنْ الْخُسُوعِ³

4. Complement your food with hunger and discipline yourself with contentment.

.. تَأَدَّمْ بِالْجُوعِ وَتَأَدَّبْ بِالْفُنُوعِ⁴

5. The best condiment is hunger.

.. نِعَمَ الْإِدَامُ الْجُوعُ⁵

6. How good an assistant of piety hunger is!

.. نِعَمَ عَوْنُ الْوَرَعِ التَّجُوعُ⁶

7. How good an assistant in cutting down the [desires of the carnal] self and breaking its [bad] habits hunger is!

.. نَعِمَ الْعَوْنُ عَلَى أَشْرَ (أَسْرَى) النَّفْسِ وَكَسَرَ عَادَتِهَا التَّجَوُّعُ7

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