

Using the Lavatory

The lavatory is called in Arabic 'the place of rest', because there people may find rest from the burden of impurities and empty themselves of grossness and filth. There the believer may reflect on how he is cleansing himself from the food and perishable matter of this world, and how his own death will come in like manner: therefore he should find ease in avoiding the world, leaving it aside and freeing himself and his heart from its distractions. He should be averse to taking and gathering this world just as he loathes impurity, the lavatory and filth, reflecting on how something good in one state becomes so base in another. He knows that holding onto contentment and precaution will bring him ease in the two abodes.

Thus ease comes from considering this world to be insignificant, giving up one's enjoyment of it, and removing the impurity of what is forbidden or doubtful. A person closes the door of pride on himself once he recognizes this; he flees from wrong actions and opens the door of humility, regret, and modesty. He strives to carry out Allah's commands and to avoid His prohibitions, seeking a good end and excellent proximity to Allah. He locks himself in the prison of fear, steadfastness, and the restraint of his appetites until he reaches the safety of Allah in the world to come, and tastes the food of His good pleasure. If he intends that, everything else means nothing to him.

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