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Lowering The Gaze

Lowering the gaze-العين وغض الطّرف

1. Lowering the gaze is a sign of magnanimity.

غَضُّ الطَّرْفِ مِنَ المُرُوءَةِ1 ..

2. Lowering the gaze is better than staring.

غَضُّ الطَّرْفِخَيْرٌ مِنْ كَثيرِ النَّظَرِ2 ..

3. Lowering the gaze is one of the best [acts of] piety.

غَضُّ الطَّرْفِ مِنْ أفْضَلِ الوَرَعِ3 ..

4. Lowering the gaze is from perfect gracefulness.

غَضُّ الطَّرْفِ مِنْ كَمالِ الظَّرْفِ4 ..

5. One who lowers his gaze relieves his heart.

مَنْ غَضَّ طَرْفَهُ أراحَ قَلْبَهُ5 ..

6. One who lowers his gaze, his regret reduces and he is saved from harm.

6ـ مَنْ غَضَّ طَرْفَهُ قَلَّ أسَفُهُ وأمِنَ تَلَفُهُ

7. How good an act of piety lowering the gaze is!

7ـ نِعْمَ الوَرَعُ غَضُّ الطَّرْفِ

8. How good a curtailer of lustful desires lowering the gaze is!

8ـ نِعْمَ صارِفُ الشَّهَواتِ غَضُّ الأبْصارِ

9. There is no magnanimity like lowering the gaze.

9ـ لامُرُوَّةَ كَغَضِّ الطَّرْفِ

10. One who does not feign negligence and lower his gaze in many situations, his life becomes bitter.

10ـ مَنْ لَمْ يَتَغافَلْ وَلايَغُضَّ عَنْ كَثير مِنَ الأُمُورِ تَنَغَّصَتْ عيشَتُهُ

11. One who frees his gaze occasions (or brings about) his [own] destruction.

11ـ مَنْ أطْلَقَ طَرْفَهُ جَلَبَ (اِجْتَلَبَ) حَتْفَهُ

12. The eye is the scout of the heart (or of temptations).

12ـ اَلعَيْنُ رائِدُ القَلْبِ (الفِتَنْ).

13. The eye is the emissary of the heart.

13ـ اَلعَيْنُ بَريدُ القَلْبِ

14. Eyes are the informers of the heart.

14ـ اَلعُيُونُ طَلائِعُ القُلُوبِ

15. Eyes are the hunting traps of Satan.

15العُيُونُ مَصائِدُ الشَّيْطانِ ..

16. When the eye sees what is [lustfully] desired, the heart becomes blind to the consequence.

16إذا أبْصَرَتِ العَيْنُ الشَّهْوَةَ عَمِيَ القَلْبُ عَنِ العاقِبَةِ ..

17. Blessed is the eye that forsakes its sleep in obedience [and worship] to Allah.

17طُوبى لِعَيْن هَجَرَتْ في طاعَةِ اللّهِ غُمضَها ..

18. The day has dawned for those with two eyes.[1]

18قَدْ أضاءَ الصُّبحُ لِذي عَيْنَيْنِ ..

19. Bear annoyances patiently [in life] otherwise you will never be pleased.

19أغْضِعَلَى القَذى وإلاّ لَمْ تَرْضَ أبَداً ..

20. The glance is the scout of temptations.

20اَللَّحْظُ رائِدُ الفِتَنِ ..

21. There is no part of the body that is less thankful than the eye, so do not give it what it seeks thereby letting it occupy you from the remembrance of Allah.

21لَيْسَ فِي الجَوارِحِ أقَلَّ شُكْراً مِنَ العَيْنِ، فَلاتُعْطُوها سُؤْلَها فَتَشْغَلَكُمْ عَنْ ذِكْرِ اللّهِ ..

1. This could mean: The matter is clear for those whose eyes are open to see.

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