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On Loneliness

'Ali b. Mahan narrated from Sarraj, the client of Al-Ridha', peace be upon him, from Ja'far b. Daylam from Ibrahim b. 'Abd al-Hamid from al-Halabi, who said: A man said to Abu 'Abd Allah at-Sadiq, peace be upon him, 'When I am on my own, loneliness (*al-wahsha*) and anxiety come upon me but when I mix with people, I feel nothing of that.'

Al-Sadiq said: 'Place your hand on your heart, and say: "In the Name of Allah, in the Name of Allah, in the Namc of Allah." Then pass your hand over your heart and say "I take refuge in the Might of Allah. I take refuge in the Power of Allah. I take refuge in the Majesty of Allah, I take refuge in the Exaltedness of Allah, I take refuge in the force of Allah, I take refuge in the Messenger of Allah, I take refuge in the Names of Allah, from the evil of what I fear and from the evil of what I am afraid of for myself." Say that seven times.'

He [the man] said: I did that and Allah removed from me the loneliness and replaced it with tranquillity and security.

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