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Rest

The believer only acquires true rest when he meets Allah, although rest may also be obtained by these four things: silence, by which you recognize the state of your heart and your self in your relations with your Creator; retreat, by which you are rescued from the evils of the age, outwardly and inwardly; hunger, which kills fleshly appetites and temptation; and wakefulness, which illuminates your heart, purifies your nature and cleanses your spirit.

The Holy Prophet said, 'If a man finds himself in the morning tranquil in his heart, healthy in body and with food for the day, it is as if all of this world had been chosen for him'; and Wahb ibn Munabbih said: “In the first and the last Books it is written ‘O contentment, honour and riches are to be found with you. Whoever wins, wins through you!'

Abu al-Darda' said, 'What Allah has allotted to me will not pass me by, even if it were on the wing of a breeze'; and Abu Dharr said, 'The secret of a man who does not trust his Lord is always exposed, even if it is imprisoned in solid rock.' No one is in a greater state of loss, is viler, or lower than the person who does not believe what his Lord has guaranteed for him and allotted him before He created him. In spite of that, this person relies on his own strength, management, effort, and striving, and goes beyond the limits of his Lord by his seeking ways and means which Allah has caused him to have no need of.

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