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Sorrow

Sorrow الحُزن

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الحُزنِ

ـ عيسى (عَلَيهِ السّلامُ) : مَن كَثُرَ هَمّهُ سَقُمَ بَدنُه1

1- Prophet Jesus (a.s.) said, 'He who has much anxiety, his body starts to ail.'[Amali al-Saduq, p. 436, no. 3]

ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : الهَمُّ نِصفُ الهَرَمِ2

2- Imam Ali (a.s.) said, 'Worry is half of old age.'[Tuhaf al-'Uqul, no. 214]

ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : الهمُّ يُذيبُ الجَسَدَ3

3- Imam Ali (a.s.) said, 'Worry wastes away the body.'[Ghurar al-Hikam, no. 1039]

ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ) : الأحْزانُ أسْقامُ القُلوبِ، كما أنَّ الأمْراضَ أسْقامُ الأبْدانِ4

4- Imam al-Sadiq (a.s.) said, 'Sorrows are the ailments of the hearts just as illnesses are the ailments of the body.'[al-Da'awat, p. 118, no. 276]

The Causes of Sorrow

ما يورِثُ الحُزنَ

5ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : مَن نَظرَ إلى ما في أيْدي النّاسِ طالَ حُزنُهُ ، ودامَ أسَفُهُ.

5- The Prophet (S) said, 'Whoever looks at what other people possess, his sorrow endures and his regret is continuous.'[A'alam al-Din, no. 294]

6ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : رُبَّ شَهْوةِ ساعةٍ تُورِثُ حُزناً طويلاً.

6- The Prophet (S) said, 'Many a desire lasting but an hour brings about enduring sorrow.'[Amali al-Tusi, p. 533, no. 1162]

7ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : مَن غَضِبَ على مَن لا يقدِرُ أنْ يَضُرَّهُ ، طالَ حُزْنُهُ وعَذّبَ نَفْسَهُ.

7- Imam Ali (a.s.) said, 'He who is angry with somebody whom he cannot hurt, his sorrow endures and he inflicts pain on his own soul.'[Tuhaf al-'Uqul, no. 99]

8ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : ما رأيتُ ظالِما أشْبَهَ بمظلومٍ من الحاسِدِ؛ نَفَسٌ دائمٌ، وقَلبٌ هائمٌ، وحُزنٌ لازِمٌ.

8- Imam Ali (a.s.) said, 'I have not seen a wrong-doer resemble a wronged person more than the jealous one: he has an exhausted spirit, a wandering heart, and an inherent sorrow.'[Bihar al-Anwar, v. 76, p. 256, no. 29]

9ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : مَن قَصَّر في العملِ ابْتُلي بالهَمِّ.

9- Imam Ali (a.s.) said, 'He who is negligent in his work is afflicted with anxiety.'[Nahjul Balaghah, Saying 127]

10ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ) : إيّاكَ والجَزَعَ ؛ فإنَّهُ يَقْطَعُ الأملَ ، ويُضعِفُ العَملَ ، ويُورِثُ الهَمَّ.

10- Imam Ali (a.s.) said, 'Beware of apprehension, for it kills hope, weakens action, and brings about worry.'[Da'aim al-Islam, v. 1, p. 223]

That Which Exterminates Sorrow

مَا يَطرُدُ الحُزنَ

11ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : إنّ اللّهَ ـ بحُكْمِهِ وفَضْلِه ـ جَعلَ الرَّوحَ والفَرحَ في اليقينِ والرِّضا ، وجَعلَ الهَمَّ والحُزنَ في الشَّكِّ والسُّخْطِ .

11– The Prophet (S) said, ‘Truly Allah, out of His wisdom and grace, placed bliss and happiness in conviction and contentment, and placed worry and sorrow in doubt and discontentment.’[Tuhaf al–’Uqul, no. 6]

12ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : أيُّها النّاسُ ، هذهِ دارُ تَرَحٍ لا دارُ فَرَحٍ ، ودارُ الْتِواءٍ لا دارُ اسْتِواءٍ ، فمَن عَرَفها لَم يَفْرَحْ لِرَجاءٍ ، ولَم يَحْزَنْ لِشَقاءٍ .

12– The Prophet (S) said, ‘O people! This is the house of pain and not the house of joy, and the house of writhing [in pain] not the house of repose. So he who knows it will neither rejoice for ease and nor will he grieve for misfortune.’[A’alam al–Din, no. 294]

13ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : قَولُ : «لا حَولَ ولا قُوّةَ إلّا باللّهِ» فيهِ شِفاءٌ مِن تِسعَةٍ وتِسْعينَ داءً ، أدْناها الهَمُّ .

13– The Prophet (S) said, ‘There is remedy in the statement “There is no might or power save in Allah” (La Hawla wa la quwwata illa billah) for ninety–nine ailments, the least of them being anxiety.’[Qurb al–Isnad, p. 76, no. 244]

14ـ عن ابنِ عبّاسٍ : ما انْتَفَعْتُ بكلامٍ بَعدَ رسولِ اللّهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) كانْتِفاعي بكِتابٍ كَتَبَهُ عليُّ بنُ أبي طالبٍ (عَلَيهِ السَّلامُ) ، فإنَّهُ كَتبَ إلَيَّ : أمّا بَعدُ فإنَّ المَرءَ يَسوؤهُ فَوتُ ما لَم يَكُن لِيُدْرِكَهُ ، ويَسُرُّهُ دَرْكُ ما لَم يَكُن لِيَفوتَهُ ، فلْيَكُنْ سُرورُكَ بما نِلْتَ مِن آخِرَتِكَ ، ولْيَكُن أسَفُكَ على ما فاتَكَ مِنها ، وما نِلْتَ مِن دُنْياكَ فلا تَكُنْ بهِ فَرِحا ، وما فاتَكَ مِنها فلا تَأْسَ عليهِ حُزْناً، ولْيَكُنْ هَمُّكَ فيما بَعدَ المَوتِ . والسَّلامُ .

14– Ibn ‘Abbas narrated, ‘I have not profited by any speech after the Messenger of Allah (S) more than by a letter written by Ali b. Abi Talib (a.s.). He wrote to me, saying, “But now, indeed man grieves for having missed that which he would not have attained anyway, and is overjoyed at attaining that which he would not have missed anyway. So, let your happiness be for what you attain for your Hereafter, and let your regret be for what you miss of it. Do not be happy for what you attain for this world, nor regret

sorrowfully what you miss from it, and let your concern be for what comes after death, and peace be with you.”’[Matalib al-Sa’ul, p. 55]

15ـ الإمامُ عليٌّ (عَلَيهِ السَّلامُ) : نِعْمَ طارِدُ الهُمومِ اليَقينُ

15- Imam Ali (a.s.) said, ‘What an excellent repellent of worries conviction is.’[Bihar al-Anwar, v. 77, p. 211, no. 1]

16ـ الإمامُ عليٌّ (عَلَيهِ السَّلامُ) : غَسْلُ الثِّيابِ يُذهِبُ الهَمَّ والحُزنَ

16- Imam Ali (a.s.) said, ‘Washing clothes takes away worry and sorrow.’[al-Khisal, p. 612, no. 10]

17ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ) : إنْ كانَ كُلُّ شيءٍ بقَضاءٍ وقَدَرٍ ، فالحُزْنُ لِماذا؟!

17- Imam al-Sadiq (a.s.) said, ‘If everything is determined by fate and destiny, then wherefore the sorrow?!’[Amali al-Saduq, p. 16, no. 5]

18ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ) : شَكا نَبيٌّ مِن الأنبياءِ إلى اللّهِ الغَمَّ ، فأمَرَهُ بأكْلِ العِنَبِ

18- Imam al-Sadiq (a.s.) said, ‘One of the prophets complained of his grief to Allah. So he commanded him to eat grapes.’[al-Mahasin, v. 2, p. 362, no. 2262]

19ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ) : مَن وَجَدَ هَمّا ولا يَدري ما هُو فلْيَغْسِلْ رأسَهُ .

19- Imam al-Sadiq (a.s.) said, ‘He who finds himself sorrowful for no reason should wash his head.’[al-Da’awat, p. 120, no. 284]

The Reason for Sorrow and Joy for an Unknown Cause

عِلَّةُ الحُزنِ وَالفَرَحِ مِن غَيرِ سَبَبٍ يُعرَفُ

20ـ عن أبي بصيرٍ : دَخَلتُ على أبي عبدِ اللّهِ (عَلَيهِ السَّلامُ) ومَعي رجُلٌ مِن أصْحابِنا ، فقُلتُ لَهُ : جُعِلتُ فِداكَ يابنَ رسولِ اللّهِ ، إنّي لَأغْتَمُّ وأحْزَنُ مِن غَيرِ أنْ أعْرِفَ لِذلكَ سَبباً، فقالَ أبو عبدِ اللّهِ (عَلَيهِ السَّلامُ) : إنَّ ذلكَ الحُزنَ والفَرحَ يَصِلُ إلَيكُم مِنّا؛ لأنّا إذا دَخلَ علَينا حُزنٌ أو سُرورٌ كانَ ذلكَ داخِلاً علَيكُم ، لأ نّا وإيّاكُم مِن نُورِ اللّهِ عزّوجلّ .

20– Abu Basir narrated, ‘I once went to visit Abu ‘Abdillah [al–Sadiq] (a.s.) along with one of our companions. I said to him, ‘O son of the Prophet! Could I but sacrifice myself for you. I grieve and become sorrowful without knowing the cause of that.’ So Abu ‘Abdillah (a.s.) replied, ‘Truly that sorrow and joy reaches you from us, for when sorrow or joy comes to us it comes to you too, for indeed we and you are all from the Light of Allah, Mighty and Exalted.’[‘Alal al–Shara’i’a, p. 93, no. 2]

21ـ رُوي أنَّه سئلَ العالِمُ (عَلَيهِ السّلامُ) عن الرّجُلِ يُصبِحُ مَغْموماً لا يَدْري سَبَبَ غَمِّهِ ، فقالَ : إذا أصابَهُ ذلكَ فلْيَعْلَمْ أنَّ أخاهُ مَغْمومٌ ، وكذلكَ إذا أصْبَحَ فَرْحانَ لغَيرِ سَبَبٍ يُوجِبُ الفَرَحَ ، فباللّهِ نَسْتَعينُ على حُقوقِ الإخْوانِ.

21– It is narrated in Bihar al–Anwar that the scholar [al–Sadiq] (a.s.) was once asked about why a man may wake up in the morning feeling sad without knowing the reason for his sorrow. He said, ‘If that happens to him then he should know that his brother is in sorrow, and similarly if he wakes up happy without a specific reason for that joy. And Allah’s help do we seek with regard to the rights of the brothers.’[Bihar al–Anwar, v. 74, p. 227, no. 20]

Praiseworthy Sorrow

الحُزنُ المَمدوحُ

22ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) : ما عُبِدَ اللّهُ عزّوجلّ على مِثْلِ طُولِ الحُزْنِ.

22– The Prophet (S) said, ‘Allah, Mighty and Exalted, is worshipped through nothing like continuous sorrow.’[Makarim al–Akhlaq, v. 2, p. 367]

23ـ الإمامُ زينُ العابدينَ (عَلَيهِ السّلامُ) : إنَّ اللّهَ يُحِبُّ كُلَّ قَلبٍ حَزينٍ.

23– Imam Zayn al–’Abidin (a.s.) said, ‘Truly Allah loves every sorrowful heart.’[al–Kafi, v. 2, p. 99, no. 30]

24ـ الإمامُ الباقرُ (عَلَيهِ السّلامُ) : قَرَأتُ في كِتابِ عليٍّ (عَلَيهِ السّلامُ) : إنَّ المؤمنَ يُمْسي حَزيناً ويُصبِحُ حَزيناً، ولا يَصْلُحُ لَهُ إلّا ذلكَ.

24– Imam al–Sadiq (a.s.) said, ‘The believer wakes up in the morning sorrowful and sleeps at night sorrowful, and nothing suits him but that.’[al–Da’awat, p. 287, no. 18]

ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ) : نَفَسُ المَهْمومِ لَنا المُغْتَمِّ لظُلْمِنا تَسْبيحٌ ، وهَمُّهُ لأمْرِنا عِبادَةٌ25

25- Imam al-Sadiq (a.s.) said, 'The breath of one who is saddened on our account and is grieved for the oppression done unto us is glorification, and his grief for our cause is worship.'[al-Kafi, v. 2, p. 226, no. 16]

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