Al-Islam.org
Ahlul Bayt Digital Islamic Library Project
Published on *Al-Islam.org* (https://www.al-islam.org)

Suppressing Anger

Suppressing anger-الكَظم والكاظم

1. The suppressor of anger is one who extirpates his grudges.

.. اَلْكاظِمُ مَنْ أماتَ أضْغانَهُ1

2. Suppress [your] anger and you will increase in forbearance.

.. اِكْظِمِ الغَيْظَ تَزْدَدْ حِلْماً2

3. Suppression [of anger] is the fruit of forbearance.

.. اَلكَظْمُ ثَمَرَةُ الحِلْمِ3

4. The cornerstone of forbearance is suppression [of anger].

.. رَأْسُ الحِلْمِ الكَظْمُ4

5. Blessed is the one who suppresses his anger and does not let it loose, and [who] disobeys the command of his [carnal] soul and thus is not destroyed by it.

.. طُوْبى لِمَنْ كَظَمَ غَيْظَهُ ولَمْ يُطْلِقْهُ، وعَصى أمْرَ نَفْسِهِ فَلَمْ يُهْلِكْهُ5

6. How many a time is anger suppressed out of the fear of that which is more severe than it.

كَمْ مِنْ غَيظ تُجُرِّعَ مَخافَةَ ما هُوَ أشَدُّ مِنْهُ6 ..

7. Whoever suppresses his anger, his forbearance becomes complete.

مَنْ كَظَمَ غَيْظَهُ كَمُلَ حِلْمُهُ7 ..

8. Suppress [your] rage when you are angry and overlook [the fault of others] despite having authority, [in this way] the outcome will be in your favour.

اِكْظَمِ الغَيْظَ عِنْدَ الغَضَبِ وتَجاوَزْ مَعَ الدَّوْلَةِ تَكُنْ لَكَ العاقِبَةُ8 ..

Source URL:
https://www.al-islam.org/ghurar-al-hikam-wa-durar-al-kalim-exalted-aphorisms-and-pearls-speech/suppressing-anger#comment-0