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Vitality

Vitality العافِيَةُ

Vitality

قِيمَةُ العافِيَةِ

.. الإمامُ عليٌ (عَلَيهِ السّلامُ): العافِيَةُ أهنى النِّعَمِ1

1– Imam Ali (a.s.) said, 'Vitality is the most beneficial of bounties.' [Ghurar al-Hikam, no. 973]

.. الإمامُ عليٌ (عَلَيهِ السّلامُ): لا لِباسَ أجمَلُ مِنَ العافِيَةِ2

2– Imam Ali (a.s.) said, 'There is no garment more beautiful than vitality.' [al-Tawhid, v. 74, no. 27]

.. الإمامُ عليٌ (عَلَيهِ السّلامُ): بِالعافِيَةِ تُوجَدُ لَذَّةُ الحَياةِ3

3– Imam Ali (a.s.) said, 'Joie-de-vivre [i.e. the pleasure of living] is to be found through vitality.' [Ghurar al-Hikam, no. 4207]

.. الإمامُ الصّادقُ (عَلَيهِ السّلامُ): العافِيَةُ نِعمَةٌ خَفِيَّةٌ ، إذا وُجِدَت نُسِيَت ، وإذا فُقِدَت ذُكِرَت4

4– Imam al-Sadiq (a.s.) said, 'Vitality is a subtle bounty – when present it is forgotten, and when lost it is remembered.' [al-Faqih, v. 4, p. 406, no. 5878]

That Which Engenders Vitality

ما يورِثُ العافِيَةَ

5ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): مَن صَلّى عَلَيَّ مَرَّةً فَتَحَ اللّهُ عَلَيهِ باباً مِنَ العافِيَةِ.

5– The Prophet (S) said, ‘He who sends peace and blessings on me once, Allah opens for me a door of vitality.’ [Jami’a al–Akhbar, p. 152, no. 344]

6ـ الإمامُ عليٌّ (عَلَيهِ السَّلامُ): العافِيَةُ عَشرَةُ أجزاءٍ ، تِسعَةٌ مِنها في الصَّمتِ إلّا بِذِكرِ اللّهِ ، وواحِدٌ في تَركِ مُجالَسَةِ السُّفَهاءِ.

6– Imam Ali (a.s.) said, ‘Vitality has ten parts, nine of which lie in silence except for the remembrance of Allah, and one part of which lies in abandoning the company of fools.’ [Tuhaf al–’Uqul, no. 89]

7ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ): مَنسَرَّهُ طولُ العافِيَةِ فَلْيَتَّقِ اللّهَ.

7– Imam al–Sadiq (a.s.) said, ‘He who would like extensive vitality should rely on Allah.’ [Bihar al–Anwar, v. 72, p. 232, no. 2]

Enjoinment of Seeking Vitality From Allah

الحَثُّ عَلى طَلَبِ العافِيَةِ مِنَ اللّهِ

8ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) ـ لَمّا سَمِعَ رَجُلاً يَسأَلُ اللّهَ الصَّبرَ ـ: سَأَلتَ اللّهَ البَلاءَ ، فَاسأَلْهُ المُعافاةَ.

8– The Prophet (S), when he heard a man ask Allah for patience, said, ‘You have asked Allah to be tried, so now ask Him for vitality.’ [Kanz al–’Ummal, no. 4935, 3272]

9ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): ما سُئِلَ اللّهُ شَيئاً أحَبَّ إلَيهِ مِن أن يُسأَلَ العافِيَةَ.

9– The Prophet (S) said, ‘Allah is not asked anything more beloved to Him than to be asked for vitality.’ [Kanz al–’Ummal, nos. 3130–3153]

ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): سَلُوا اللّهَ المُعافاةَ؛ فإنَّهُ لَم يُؤتَ أحَدٌ بَعدَ اليَقينِ خَيراً مِنَ المُعافاةِ10

10– The Prophet (S) said, ‘Ask Allah for vitality, for verily after conviction no one is given anything better than vitality.’ [Sunan Ibn Maaja, no. 3849]

ـ الدعوات: رُويَ أنَّ النَّبيَّ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) دَخلَ عَلى مَريضٍ ، قالَ: ما شأنُكَ؟ قالَ: صَلَّيتَ بِنا صلاةَ11 المَغربِ فقرأتَ القارِعَةَ ، فقلتُ: اللّهمَّ إن كانَ لي عندَكَ ذَنبٌ تريدُ أن تُعذِّبني بهِ في الآخِرَةِ فَعَجِّلْ ذلكَ في الدُّنيا؛ فَصرتُ كَما ترى! فقال (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): بِئسَما قُلتَ ، ألا قُلتَ، رَبَّنا آتِنا في الدّنيا حَسَنَةً وفي الآخِرَةِ حَسَنَةً وقِنا عَذابَ النّارِ ؟! فَدَعا لَهُ حَتّى أفاقَ.

11– A man once heard the Prophet (S) reciting the chapter [of the Qur’ an] entitled al-Qari’aah (The Catastrophe) in his evening prayer, as a result of which he supplicated to be punished for his sins in this world and fell ill as a result. The Prophet (S) said to him, ‘You spoke badly indeed when you should have said, ‘Our Lord, grant us good in this world and good in the Hereafter and protect us from the punishment of the Fire!’ and he supplicated for him until he got up again.’ [al-Da’aawat, p. 114, no. 261]

ـ الإمامُ زينَ العابدينُ (عَلَيهِ السّلامُ) ـ لَمّا ضَرَبَ عَلى كَتِفِ رَجُلٍ يَطوفُ بِالكَعبَةِ ويَقولُ: اللّهُمَّ إنّي أسألُكَ الصَّبرَ ـ:12 سَألتَ البَلاءَ ! قُل: اللّهُمَّ إنّي أسألُكَ العافِيَةَ ، والشُّكرَ عَلَى العافِيَةِ .

12– Imam Zayn al-Abidin (a.s.) bumped into the shoulder of a man circumambulating the ka’aba saying, ‘O Allah verily I ask You for patience’, upon which the Imam said, ‘You have asked to be tried! Say instead O Allah verily I ask You for vitality, and for the ability to thank You for my vitality.’ [al-Da’aawat, p. 114, no. 262]

Supplications To Ask for Vitality

دُعاءٌ في طَلَبِ العافِيَةِ

ـ الإمامُ الكاظمُ (عَلَيهِ السّلامُ): اللّهُمَّ إنّي أسألُكَ العافِيَةَ ، وأسألُكَ جَميلَ العافِيَةِ ، وأسألُكَ شُكرَ العافِيَةِ ، وأسألُكَ13 شُكرَ شُكرِ العافِيَةِ .

13– Imam al-Kazim (a.s.) said, ‘O Allah verily I ask You for vitality, and I ask You for gracious vitality, and I ask You for the ability to thank You for vitality, and I ask You for thankfulness for having granted me the ability to thank You for vitality.’ [al-Da’aawat, p. 84, no. 211]

Allah’s Protégés

الضَّنائِنُ

ـ الإمامُ الباقرُ (عَلَيهِ السَّلامُ): إنَّ للّهِ عزَّوجلَّ ضَنائنَ يَضُنُّ بِهِم عَنِ البَلاءِ ، فيُحييهِم في عافِيَةٍ ، ويَرزُقُهُم في عافِيَةٍ14
ويُميتُهُم في عافِيَةٍ ، ويَبعَثُهُم في عافِيَةٍ ، ويُسكِنُهُمُ الجَنَّةَ في عافِيَةٍ.،

14– Imam al–Baqir (a.s.) said, ‘Verily Allah, Mighty and Exalted, has certain protégés whom He tenaciously guards against tribulation, such that He gives them life through vitality, sustains them with vitality, causes them to die in vitality, resurrects them again in vitality, and makes them dwell in Paradise in vitality.’ [al–Kafi, v. 2, p. 462, no. 1]

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