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Well-Being

Well-being-العافية

1. Good health is such that when it lasts, it is disregarded and when it is lost, its value is known.

   1اَلعَوافي إذا دامَتْ جُهِلَتْ، وإذا فُقِدَتْ عُرِفَتْ ..

2. Verily well-being in religion and [in] this world is a great (or beautiful) blessing and a bountiful gift.

   2إنَّ العافِيَةَ فِي الدّينِ والدُّنيا، لَنِعْمَةٌ جَليلَةٌ(جَميلَةٌ)، ومَوْهِبَةٌ جَزيلَةٌ ..

3. Well-being is the most pleasant of blessings.

   3اَلعافِيَةُ أهْنَى النِّعَمِ ..

4. There is no life more pleasant than [life] with good health.

   4لاعَيْشَ أهْنَأُ مِنَ العافِيَةِ ..

5. There is no attire better than well-being.

   5لالِباسَ أفْضَلُ مِنَ العافِيَةِ ..

6. Every well-being is [headed] towards affliction.

   6كُلُّ عافِيَة إلى بَلاء ..

7. Well-being is the better of the two attires.

7ـ اَلعافِيَةُ أفْضَلُ اللِّباسَيْنِ ..

8. Through well-being, life becomes pleasurable.

8ـ بِالعافِيَةِ تُوجَدُ لَذَّةُ الحَياةِ ..

9. The garment of well-being is the most pleasant of attires.

9ـ ثَوْبُ العافِيَةِ أهْنَأُ المَلابِسِ ..

10. Lasting good health is the most pleasant gift and the best portion.

10ـ دَوامُ العافِيَةِ أهْنَأُ عَطِيَّة، وأفْضَلُ قِسْم ..

11. Ask Allah for welfare [and safety] from the lustful temptations and the trials of this world.

11ـ سَلُوا اللّهَ سُبْحانَهُ العافِيَةَ مِنْ تَسْويلِ الهَوى وفِتَنِ الدُّنيا ..

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