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Fasting

الصيام-Fasting

1. Fasting is one of the two means to good health.

2. Fasting on the 'luminous days' (i.e. on the 13th, 14th and 15th) of every [lunar] month raises the stations and magnifies the rewards.

3. Fasting of the heart from thinking about sins is better than fasting of the stomach from food.

4. Fasting of the soul from the pleasures of this world is the most beneficial fasting.

5. Fasting of the body means restraining oneself from food willfully and by choice, out of fear of punishment and out of desire for reward and recompense.

6. Fasting of the soul means restraining the five senses from all the sins and emptying the heart of all the motives of evil.

7. Fasting of the heart is better than fasting of the tongue, and fasting of the tongue is better than fasting of the stomach.

8. And fasting [has been prescribed] as a test of the sincerity of the people.

9. How many of those who are fasting gain nothing from their fast but thirst!

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