Published on Al-Islam.org (https://www.al-islam.org)

Home > Ghurar Al-Hikam Wa Durar Al-Kalim, Exalted Aphorisms And Pearls Of Speech > Grief

## **Grief**

## الغم-Grief

1. Grief makes one dispirited and ends one's joy.

2. Sorrow destroys the body.

3. Sorrows are the ailment of the hearts.

4. Grief is the distinguishing mark of the believers.

5. Grief wears away the body.

6. Sorrow and anxiety do not bring back what has been lost.

7. To the extent of pleasure, there is distress.

8. One who bears his distress [patiently] realizes [his] opportunities.

9. Grief is one of the two senilities.

10. Cast away the sorrows that come upon you through resolute patience and virtuous certitude.

11. Grief emaciates the body.

12. Grief is an ailment of the soul.

13. To the extent of endeavours, there are anxieties.

14. How many a sorrowful person has been driven to perpetual bliss by his sorrow.

15. One whose grief increases, his sorrow becomes permanent.

16. To the extent of [one's material] acquisition, there are heartaches.

17. For every distress there is a relief.

18. One who continuously worries is overpowered by sorrow.

19. One whose grief increases, his body becomes sick.

20. One whose entire concern is for his Hereafter attains what he hopes for.

## Source URL:

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