

# Moral Counsel in Nahjul Balagha

## Session Four

### Questions

- 1) How are human beings enslaved in today's societies?
- 2) How do we break bonds of habit and addictions?

# Agenda

- Zuhd and Freedom
- Zuhd and Spirituality
- Attaining Zuhd
- Readings from Nahjul Balagha
  - Khutba no.133
  - Khutba no.191

# Needs/Wants of the Human Being

Needs that are necessary

Human beings cannot do without them. Examples are air, water, food, shelter, heat, light, . . . .

Wants that are not necessary

Imposed by self, society, culture. These become restrictive and are harmful if transformed into needs. They create weakness and vulnerability.

# Zuhd and Freedom

Rebellion against the needs that enslave the human being is Zuhd.

Zuhd is thus Freedom;

**Freedom** from attachment

**Freedom** from bonds

**Freedom** from slavery

**Freedom** from everything other than God

An ascetic life releases the soul from bondages to the body and permits union with the Divine.

# Zuhd and Spirituality

True worship of God includes:

- Emotional attachment; love, awe, yearning . .
- Sense of delight in His adoration
- Zeal of devotion and service to God
- Constant presence of God in thoughts

To achieve this one must purge the heart of all materialistic attachments and be indifferent to everything but God.

# Attaining Zuhd

- 1) Understanding the transience and true nature of the world.
- 2) Knowing the greatness of God and His immortality.
- 3) Realizing the true worth of the human being.
- 4) Looking forward to the Hereafter
- 5) Loving the Righteous

# Zuhd in Jami al-Sa'adat

*Zuhd* has different degrees, which are:

1. Abstinence from sins.
2. Abstinence from things which are "*mushtabah*," that is things which are not known with certainty to be forbidden, but which are suspect.
3. Abstinence from what is more than required.
4. Abstinence from the pursuit of selfish desires.
5. Abstinence from everything except God; i.e. confining one's attention to the Creator, being content with the minimum needed to meet one's physical needs, and giving away the rest in the way of God.

<http://www.al-islam.org/al-tawhid/felicities/>

## Hadith from Imam Ali (a)

الزُّهْدُ ثَمَرَةُ الْيَقِينِ

Zuhd is the fruit of certainty

زُهْدُ الْمَرْءِ فِيمَا يَفْنَى عَلَى قَدَرِ يَقِينِهِ بِمَا يَبْقَى

Zuhd of a person in what is transient is according to his certainty in what will remain.



# Readings from Nahjul Balagha

■ Khutba no. 133

■ Khutba no. 191