



ALI 241: Akhlāq of the Ahlul Bayt عليهم السلام

Session 7: JCC; 9000 Bathurst St
Tuesday – 16 Dhul Hijjah 1434/
October 22, 2013

From the course outline

In the name of Allah, the Beneficent, the Merciful.

- Session 7: *Ghadhab* (anger) is one of the biggest liability in building self-esteem, family relations and social interaction. Limited occasions when invoking anger is permitted. How to rein and suppress anger and rage.

Ghadhab in a nutshell:

Messenger of Allah (s):

الْغَضَبُ يُفْسِدُ الْإِيمَانَ كَمَا يُفْسِدُ الْخَلُّ الْعَسَلَ

Anger corrupts faith the way vinegar spoils honey.

Quranic Āyāt on anger

• بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ * يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَتَوَلَّوْا قَوْمًا غَضِبَ اللَّهُ عَلَيْهِمْ ﴿60:13﴾

O believers, do not make allies of a people with whom Allah has become angry. (Mumtahinah, 60:13)

وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ أُعِدَّتْ
لِلْمُتَّقِينَ ﴿١٣٣﴾ الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ
وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ ﴿١٣٤﴾

And hasten to forgiveness from your Lord and a garden as wide as the heavens and earth, prepared for the righteous (3:133) Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good; (3:134)

Anger (*ghadhab*) meaning

- When controlled by intellect, anger empowers a person to defend self, family and Islam. It also helps us to protect property, reputation and dignity and resist injustice and oppression. Courage, valour and sacrifice in defense of Islam is highly recommended. This is praise worthy anger. There is proverb in Arabic: One who is oppressed and does not get angry, is a donkey.
- Anger is emanates from emotions and satanic temptations. It's a dangerous vice and cancer, and needs to be reined. Uncontrollable anger, excessive anger & short temperament bring destruction and long term bad consequences.
- Imam Ali (a): Anger is a great soldier of Satan - (إحذر الغضب، فإنه جُنْدٌ عَظِيمٌ مِنْ جُنُودِ إِبْلِيسَ)

Reining anger can raise to apostleship

Elisha on his deathbed, “I’ll give successor-ship to one who fasts during daytime, keeps awake at nights and abstains from anger.” A youth named Uwaydiya (later known as Dhul Kifl) took the challenge. He used to take a brief nap during day, without any sleep at night. As DK felt asleep, Satan came and shouted, “I have been oppressed! Grant me justice from my oppressor.” DK gave him his ring asking to bring the accused. Again, when DK was fast asleep, the Satan came & said, “I have been oppressed; he ignored your ring & refused to come to you.” DK wrote a letter to the so-called oppressor asking him for a meeting. Again on the 3rd day Satan disrupted DK’s sleep with a shrill complain. DK took Satan’s hand and agreed to go with him to the accused. Realising his failure to agitate the Prophet, the dejected Satan freed his hand and ran away (*Anecdotes for Reflection*, 4:32)

Psychologists on expressing anger

- The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. Little anger, therefore, is necessary to our survival.
- But, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on showing anger.
- The three main approaches are expressing, suppressing, and calming. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others.

Who is the strongest person?

The Messenger of Allah once passed by a large crowd gathered around a person lifting a huge stone. People were amazed at his ability and his physical powers to lift big stones. The Prophet inquired about this and was told the weight lifter was performing a feat of exceptional strength. The Messenger of Allah (s) said, “Shall I inform you as to who is a true champion of strength? He is the one who does not become enraged when abused, exhibits tolerance, and prevails over his ego and the shaytan within his self.” (*Anecdotes for Reflection*, 4: 33)

Story on CBC website. A judge fined \$500 in charity to a person who threw coins at the Tim Horton's worker because she told her that her payment for a cup of coffee was less by 11 cents

Du'a for reining anger

• اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَحَلِّني بِحِلْيَةِ الصَّالِحِينَ، وَأَلْبِسْني زِينَةَ الْمُتَّقِينَ، فِي بَسْطِ الْعَدْلِ، وَكَظْمِ الْغَيْظِ، وَإِطْفَاءِ النَّائِرَةِ ... وَلِيْنِ الْعَرِيكَةِ

O Allah, bless Muhammad and his Household, adorn me with the adornment of the righteous, and clothe me in the ornaments of the God-fearing, through:

spreading justice

restraining rage

quenching the flame of hate, . . .

mildness of temper (*Sahifa*, 20:10)

Hadiths on evils of anger

1. al-Sadiq (a): **الْغَضَبُ مِفْتَاحُ كُلِّ شَرٍّ** – Anger is key to all evil
2. Holy Prophet (s): One who suppresses an anger whilst he is abled to act on it and [instead] forbears over it, Allah grants him the reward of a martyr. (In another Hadith, he says;)
3. One who reins anger despite having ability to act upon it, Allah will give him a tasteful security and faith;
4. the most resolute person is the who reins the anger most (**أَحْزَمُ النَّاسِ أَكْظَمُ الْغَيْظِ**).
5. Imam Ali (a): anger is an enemy, so do not allow it to control/enter your nafs (soul);
6. Anger corrupts the intellect and takes away from truth;
7. Beware of anger, for it is a blazing fire (**إِخْذَرِ الْغَضَبَ، فَإِنَّهُ مُحْرِقَةٌ**).

Consequences of anger

- Amirul Mu'minin (a): One who is overcome by his anger and his lust, then his position is like animals.
- Imam al-Sadiq (a): One who has no control over his anger, has no control over his intellect.
- Excessive anger can increase blood pressure, impair brain function, impede the circulation of oxygen, and lower metabolism and immunity.
- Anger also deprives showing compassion and self-restraint, obstructs rational judgment, and induces violence, malice and ridicule.
- Anger hardens into rage, jealousy and vengefulness.

Anger management

Ignore the provocation. Amirul Mu'minin to Qambar

Maintain silence or say minimum – both of which are signs of wisdom. علي ع : إِذَا تَمَّ الْعَقْلُ، قَصُرَ الْكَلَامُ

Enhance your self-esteem, for you will not be bothered by what others say, do or try to harm you. Focus on something positive.

Change your position: sit, lie down, rise or walk away

Think of Allah's forbearance & pardoning. He has all the ability to punish us deservedly, but He does not

Expressing your angry feelings in an assertive manner. It doesn't mean being pushy or demanding; it means being respectful of yourself and others

Eid al-Ghadeer, 18th Dhul Hijjah

Recommended *a'maal* (act of devotion) for the day:

- To perform recommended *ghusl* for this day.
- To observe recommended fast (*sawm*).
- Do a lot of *istighfar* and say *salawat* many times.
- Recite ziyarat of Amirul Mu'mineen, esp. *ziyarat Ameenullah*
- Highly reward able to make the believers happy. to do favors to relatives, to give gifts, and invite friends and relatives to eat meals together, forgive mistakes etc.
- When meeting a believer say:

الْحَمْدُ لِلَّهِ الَّذِي جَعَلَنَا مِنَ الْمُتَمَسِّكِينَ بِوِلَايَةِ أَمِيرِ الْمُؤْمِنِينَ وَالْإِئِمَّةِ عَلَيْهِمُ السَّلَامُ

- Praise be to Allah, Who made us amongst those who cling to the *wilaayah* of Ameerul Mu'mineen and other imams
- salat: after al-Fatiha say al-Qadr in 1st rak'ah & al-Ikhlās in the 2nd rak'ah. Go to sajdah & say 100 x *shukran lillah*