

Welcome to ALI 383: Session One



Are Fear and
Sorrow negative
emotions or
positive ones?

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ فَاِنَّ
الْجَنَّةَ هِيَ الْمَأْوَىٰ

And as for him who is awed to
stand before his Lord
and forbids the soul from low
desires

his abode will be Paradise

Sura Naziat, 79:40-41

وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

There will be no fear on
them nor will they grieve

Sura Baqarah, 2:112

Fear

Types of Fear

- 1) Fear of ALLAH's presence
- 2) Fear of ALLAH's displeasure
- 3) Fear of the self
- 4) Fear of worldly harm
- 5) Fear of the future

وَلَا يُكَلِّمُهُمُ اللَّهُ
وَلَا يَنْظُرُ إِلَيْهِمْ يَوْمَ الْقِيَامَةِ

and Allah will not speak to them
nor will He look upon them on the
Day of Resurrection

Sura Baqarah, 2:174

Points about Fear

- 1) Fear Allah as if you see Him.
- 2) Fear of Allah is according to knowledge and Ma'arifah
- 3) Fear of Allah is actually fear of one's lowly self
- 4) Fear must be balanced with hope

Signs of Fear

Indeed Allah has servants whose hearts are broken out of fear [awe] of Allah.

So they;

- refrain from speaking [much] although they are eloquent, intelligent, wise, and noble.
- They race towards Him with pure actions
- do not think much of the much they do
- are not pleased with the little they do for Him
- they see themselves as evil while they are actually smart and virtuous.

Imam Ali (a). Bihar ul Anwar, Vol. 69, pg 286

Sorrow

Types of Sorrow

- 1) Due to separation from Allah
- 2) Regret over the past
- 3) Worldly sorrows
- 4) Difficulties and tragedies in life
- 5) Unexplained sorrows

Whoever's grief at himself is constant in this world Allah will delight his eyes on the Day of Judgment and make him abide in Heaven

Imam Ali (a)
Ghurarul Hikam