

Welcome to ALI 398  
Hadith of Abu Dhar - III  
Session Three

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Question for Reflection

Why is self examination so difficult?

قُلْ هَلْ نُنَبِّئُكُمْ بِالْأَخْسَرِينَ أَعْمَالًا الَّذِينَ ضَلَّ سَعِيَّهُمْ  
فِي الْحَيَاةِ الدُّنْيَا وَهُمْ يَحْسَبُونَ أَنَّهُمْ يُحْسِنُونَ صُنْعًا

Say, Shall we inform you who are the biggest losers in their works? Those whose efforts are misguided in the life of the world, while they suppose they are doing good

Sura Kahf, Verses 103-104

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا  
اللَّهَ ۚ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

O you who have faith! Be wary of Allah, and let every soul consider what it sends ahead for Tomorrow, and be wary of Allah. Allah is indeed well aware of what you do.

Sura Hashr, 59:18

# Hadith

Son of Adam, you will remain on good as long as you have an adviser from within you and as long as you are worried about your accounting.

Imam Zaynul Abidin (a)

Biharul Anwar, Vol.78, pg 137

It befits every Muslim who is aware of us that he place his actions before himself every day and night. Then if he sees good in it he should increase in it. And if he sees bad he should seek forgiveness for it. So that he may not be humiliated on the Day of Judgment

Imam Sadiq (a)

Biharul Anwar, Vol.71, pg 267

# Why self examination is difficult

1) Forgetfulness

2) Wants to be free of guilt

3) Self love

4) Defensiveness

## Three stages of self examination

- Musharitah - setting conditions with the soul
- Muraqibah - watching over the soul
- Muhasibah - examining the daily deeds

# Type of Muhasibah

- Strict on the self - more strict than a partner would for his partner, or a master for his servant.
- Consistent and regular. Should be done each day.



# What to self examine?

- ◉ Praise and worship of Allah
- ◉ Purity of intention
- ◉ Source of income
- ◉ Food that is eaten
- ◉ Earnings for the soul
- ◉ Transgressions against the soul
- ◉ Wasting of time
- ◉ Fulfilling rights of others

# After Muhasiba

If he finds that he has done good deeds and is improving he should thank God for the tawfiq. He should make an intention to continue the same.

If he finds he has done wrong or has done his deeds imperfectly he should carry out recommended deeds and repent and seek forgiveness.

# Fruits of Muhasibah

- Awareness of faults and deficiencies
- Self improvement
- Success - in both worlds
- Safety from excessive fear, disappointment, humiliation . . . in the Hereafter