
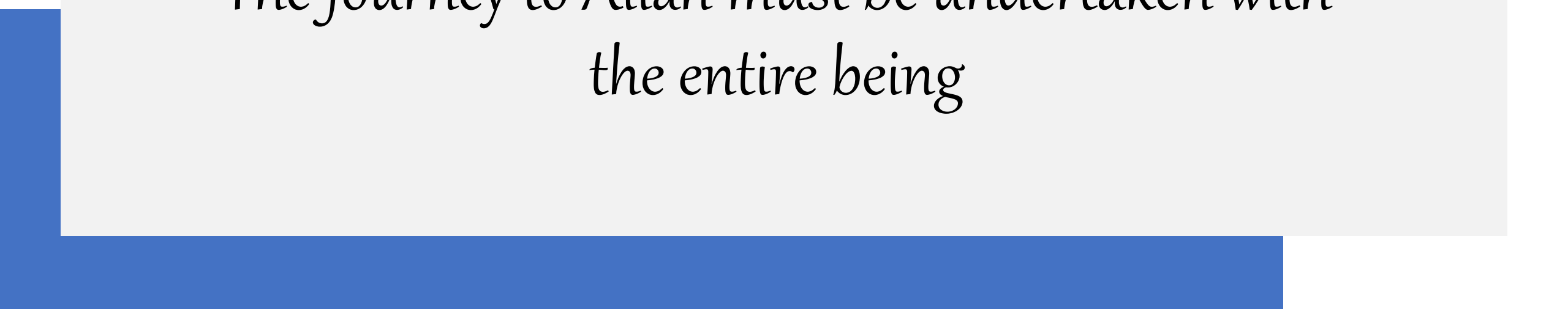




# ALI 608: Traveling the Spiritual Journey



*The Journey to Allah must be undertaken with  
the entire being*



The physical world and corporeal faculties, which constitute his physical nature, the imaginal and archetypal world that constitute his intermediate world (barzakh), and the realm of intellect and spirit that constitute his reality, all must participate in this journey and collaborate with each other.

**Kernel of the Kernel**

The body should turn toward the Ka'bah, and set itself to stand [before God], bowing and prostrating, and performing the daily prayer, the mind must keep itself immune from distracting memories and turn to [and concentrate on] the Lote Tree (sidrat al-muntaha). The soul must be immersed in the light of the abode of Divine Sanctuary, and become intoxicated and annihilated in the Sacred Precinct of the One.

**Kernel of the Kernel**



# Stages of the Journey

**Yaqzah**  
Waking up

**Muraqabah**  
Paying  
attention

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# Yaqzah

- Waking up from the sleep of heedlessness
- Comes after receiving awareness of Allah
- The first appearance of the light of real life in the heart
- Feeling a loss in the capital of time

قُلْ إِنَّمَا أَعْطُكُمْ بِوَاحِدَةٍ ۖ  
أَنْ تَقُومُوا لِلَّهِ مِثْلَ شُحْرِ وَفِرَادَىٰ تُهَمُّ تَتَفَكَّرُوا

Say, 'I give you just a single advice: that you rise up for Allah's sake, in pairs or singly, and then reflect

**Sura Saba, no.34, verse 46**

إِنَّ اللَّهَ أَرْسَلَ إِلَيْكُمْ رَسُولًا لِيُزِيحَ بِهِ عِلَّتَكُمْ وَيُوقِظَ بِهِ غَفْلَتَكُمْ

Allah has sent to you a Messenger to cure you of your diseases and awaken you from your heedlessness.

**Imam Ali (a)**

**Bihar al-Anwar, v.74, p.296**

How long do you wish to remain in the sleep of negligence, plunged in corruption? Fear God! Beware of the aftermath of your deeds! Wake up from the sleep of negligence! You have not yet awakened. You have not yet taken the first step.

The first step of wayfaring is *yaqzah* (awakening), but you are still asleep. Your eyes may be open, but your hearts are asleep. If your hearts were not so sleepy and rusted and blackened with the effects of sin, you would not continue your wrongful deeds and words so carelessly and indifferently.

**Imam Khumayni, Combat with the Self**





# Muraqabah

- Watching over and observing the inner self
- Paying attention to your thoughts, words and deeds
- Protecting and guarding the soul
- Being alert to your reactions

أَلَمْ يَعْلَمِ بِأَنَّ اللَّهَ يَرَىٰ

Does he not know that Allah sees [him]?

**Sura Alaq, no.96, verse 14**



# Signs of being awake

- Connecting with Allah
- Impact of Quran on the heart
- Being sensitive to the pain of Allah's creatures
- Reaction to difficulties in life



# Quotes from Ayatullah Behjat

God knows best the effects that Muraqabah (attentive observation) and attention have on man's soul and in the acquisition of knowledge and ma'rifah (Divine Knowledge). ...

The defects of our acts become apparent as a result of muraqabah (attentive observation) and muhasabah (reckoning). . . .

There were people who, if they committed a sin or mistake, ate impure food, they would realize and say, "We became dark, a veil has overcome us."

<https://bahjat.ir/en/category/2395/muraqabah-attentive-observation>

# Poetry of Imam Khumayni

*I am a supplicant for a goblet of wine  
From the hand of a sweetheart.*

*In whom can I confess this secret of mine,  
Where can I take this sorrow?*

*I have lost my soul in despair  
of seeing the face of the Friend.*

*I am the rue, whose burnt scent fills the air,  
I am the moth 'round the candle.*

<https://www.al-islam.org/wine-love-mystical-poetry-imam-khomeini/preface>