



The ways are various, but the way to Truth is only one. Those who travel on the way of Truth must keep themselves isolated.

-Abd al-Wahid bin Zaid, in "Rabi'a the Mystic"



Muhammad now felt compelled to speak openly about the divine revelations he had received. At first people were friendly, listening attentively to what he said; and some were quickly convinced by him. But when he disparaged their ancient gods, most took grave offence; they resolved to regard Muhammad as an enemy, and to treat his followers with contempt. Muhammad was distressed at their reaction, but refused to be deterred from obeying God's command. And Abu Talib, Muhammad's uncle, tried to protect him.

-Ibn Ishaq, "The Life of Muhammad"



Since man is made of clay, he can never be completely pure. Since clay is basically foul, how can humans escape their basic nature? Purity does not lie in rituals, nor can human nature be changed by effort. Those who love God and remain conscious only of their Beloved attain purity.

-Al-Hujwiri, "The Kashf al Mahjub"



He reveals His portents to you and sends down sustenance for you from the sky. Yet none pay heed save those who turn to Him repentant. Therefore worship your Lord and none other but Him, however much the non-believers be averse.

-Qur'an, Ghafir, Surah 40:13-14



When the ocean of Mercy begins to foam,  
even stones drink the water of life.  
The face of earth becomes lush green,  
the dead wood springs to life,  
the lamb and the wolf together play,  
the despairing becomes valiant and strong.

-Rumi, "Mathnawi"



Jubilant are they [the martyrs] because of the grace Allah bestowed upon them, rejoicing in the glad tidings given to those who were left behind and have not yet joined them, that they need have no fear, neither shall they grieve.

-The Family of `Imran 3:170



Every good deed is charity whether you come to your brother's assistance or just greet him with a smile.



Men and women, serve your Lord. He created you and all your ancestors, and he guards you against evil. He made the earth as a home for you, and the sky as a roof. He sends water from the sky, to bring forth fruits for your sustenance. Do not deliberately set up other gods besides God. "If you doubt what we have revealed through our servant Muhammad, produce a single chapter comparable to the chapters of this book."

-Qur'an, Al-Baqara, Surah 2:21-23



Strengthen me, my lord,  
for I am overcome with feebleness.  
Ennoble me once more,  
for I have been cast down.  
Sustain me, Lord,  
for I am impoverished.

-From the prayer book, "Al-Hizbul-A'zam"



Give your life for that cup of divine wisdom. How can you succeed without endurance and patience?  
To wait for the sake of that cup is no hardship. Show patience, for patience is the key to joy.

-Rumi, "Mathnawi"



Praise be to Allah, the Creator of the heavens and the earth, who appointed the angels with two, three, and four wings as His messengers. He may multiply what He wills, for He has power over all things. Once the gates of His mercy have opened, none can withhold it, but should He decide to withhold it, none has the power to release it thereafter. Allah is the Most Powerful and Wise.

-Qur'an, Fatir, Surah 35:1-2



Seek self-discipline with all your soul. Devote yourself to worship and save your soul. Be grateful that God gave you the gift of self-discipline, for you had no power over it. He inspired it within you with the command, "Be!"

-Rumi, "Mathnawi"



Do not treat people with contempt, nor walk insolently on the earth. Allah does not love the arrogant or the self-conceited boaster. Be modest in your bearing and subdue your voice, for the most unpleasant of voices is the braying of the ass.

-Luqman 31:18-19



Recite then as much of the Qur'an as you can with ease, because He knows that some among you are sick, others must travel in search of His bounty, and others still have to struggle in His cause. Recite then only that which is easy for you, establish worship and give in alms, thus offering Allah a generous loan. Whatever good you send before yourselves, you shall find a richer reward with Allah.

-Qur'an, Al-Muzzammil, Surah 73:20



The Prophet once drew a line and said, "This is the path of faith." Then he drew several lines on either side and said, "On these lines you may encounter the devil. But this path of mine is the straight path. So follow it."

-Reported by Abd'Allah bin Mas'ud



Fools exult in life while the pious prepare for the journey ahead. A major portion of their wealth is spent in God's way, and they themselves suffice with the bare minimum, striving toward the hereafter. They even sacrifice fine victuals confident in the faith that they shall be blessed with better in the hereafter. Even God cherishes them because of their conviction and devotion.

-Sheikh Abdul Qadir Jilani

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At midnight say, "I am near you: be not afraid of the night, for I am your protecting friend." Last night in your dream you saw One with a prayer-rug. That was I, and what I told you in that dream about the meaning of the prophesy: make those words of Mine your mind's guide.

-Rumi, "Mathnawi"



Make the pilgrimage, visiting the sacred house, for God's sake. But if you are prevented from making the pilgrimage, send such an offering as you can afford.

-Qur'an, Al-Baqara, Surah 2:196



'We shall guide you onto the smoothest path. Then invite the people of Mecca to follow that path-if they will listen.' Those who honour God, will accept the invitations; but wicked sinners will refuse it. Wicked sinners will be cast into the raging fire, where they will neither live nor die. Happy are those who purify themselves of sin, who remember the name of the Lord, and who pray to him.

-Qur'an, Al-A'la, Surah 87:8-15



If you are dependable, honest, virtuous, and content in Allah's will, no harm shall come your way.

-The Prophet Muhammad (SAW), as reported by Abd'Allah bin Amr



It is God who raised an apostle from the inhabitants of Mecca, to recite to them his revelations, to purify them, to make them wise, and to explain the Scriptures to them—and thereby save them from the gross errors into which they have fallen. Such is the grace of God; he bestows his grace on whom he leases, and his grace is infinite.

-Qur'an, Al-Jumu'ah, Surah 62:2,4



When Muhammad reached the Grand Mosque, most of the population was at the entrance, eager to look at him. As he went in, he threw the end of his cloak over his left shoulder, leaving his right arm free. He declared, "May God have mercy on the man who today shows the people he is strong." Then he walked round the Kaba, kissing each side, and finally kissing the black stone. After a short pause he trotted round the Kaba three times, and walked around it a further three times.

-Ibn Ishaq, "The Life of Muhammad"



Abdullah, Muhammad's father, died while Amina was pregnant.

Muhammad was born in the year of the elephant. Amina sent a message to Muhammad's paternal grandfather to inform him of the birth, inviting him to come and look at the baby. When the grandfather arrived, Amina told him of the voice she had heard while she was pregnant. The grandfather took the baby to the Kaba, the shrine in the centre of Mecca, and gave thanks to God for this gift.

-Ibn Ishaq, "The Life of Muhammad"



Wisdom is the table, not bread or meat. Wisdom is the light, food for the soul. No nutriment can compare to the nourishment of light. Nothing can nourish the soul but light. Rid yourself of material needs and be set free. Taste the original victual, the dainty morsel of light.

-Rumi, "Mathnawi"



Enjoin worship upon your people and persevere therein. Remember, We do not ask you for any provision. Instead it is We who sustain you. Blessed is the end of the righteous.

-Qur'an, Ta Ha, Surah 20:132



Prayer is an instrument through which novices find their path to God. Thus ablution symbolizes repentance; the Qibla\*, a spiritual guide; standing in prayer becomes self-mortification; the recitation of the Qur'an, inner meditation; bowing the head, humility; prostration, self-knowledge; profession of faith, intimacy; and salutation becomes detachment from the world and bondage of stations.

*\*Qibla: The point toward which Muslims turn to pray, which is the Ka'ba, or house of God, in the Grand Mosque in Mecca.*

-Al-Hujwiri, "The Kashf al-Mahjub"



If a disciple abandons observance of courtesy, he will backslide to where he first came from.

-Dhu'l-Hun Al-Misri in "Qushayri: al-Risalat"



Once Abu Umamah asked the Prophet about the rights of parents over their children. The Prophet replied, "They are your Paradise and they are your Hell."

-The Prophet Muhammad (SAW), reported by Abu Umamah, "Al-Hadis"



Even before accomplishing enlightenment a person knows that everything attests to the existence of God. But these virtuous feelings of innocence disappear as he begins to mingle with corrupt society, because worldly affairs hinder him from swimming in the vast ocean of insight.

-Al-Ghazzali, "Ihya Ulum Id-Din"



As God has made the Qibla manifest, abandon your search. Hark, turn away from all futile search, now that the House has come to view. If you forget this Qibla for one moment, you will be overcome by the qibla of desires.

-Rumi, "Mathnawi"



He prayed: "O my Lord! I have indeed wronged my soul! Do Thou then forgive me!" So (Allah) forgave him: for He is the Oft-Forgiving, Most Merciful.

-Qur'an, Al-Qasas, Surah 28:16



Most people act on their own account; they pursue personal ambitions without seeking God's guidance and grace. By asserting the self they will achieve nothing.

-Junayd: Tawhid



If they charge thee with falsehood, say: "My work to me, and yours to you! Ye are free from responsibility for what I do, and I for what ye do!"

-Qur'an, Jonah, Surah 10:41



The best charity is to satisfy a hungry person.

-The Prophet Muhammad (SAW), as reported by Anas bin Malik



I speak to those who honor the Lord, and pray to him constantly, but cannot see him. Those who cleanse themselves of sin, will be richly rewarded. To God all creatures will return.

-Qu'ran, Fatir, Surah 35:18b



The master continued, "If you put oil, pepper, garlic and onion in a cauldron, and merely add water, you have not made a stew. The basis for a stew is meat; the other ingredients are optional. Similarly, spiritual progress depends on detaching yourself from material possessions; other virtuous practices are optional."

-Nizam al-Din, "Fawa'id al-Fu'ad"



Those loved by God are held in contempt by the vulgar, and those who deem themselves virtuous may not be so in the eyes of God....Public ridicule is the very sustenance of the chosen of God. They rejoice in it, just as others rejoice in popularity, for they know that it is a sign that they are close to Him. As God said, "My chosen are hidden under My cloak. Besides Me, only the elect know who they are."

-Al-Hujwiri, "The Kashf al-Mahjub"



God made the illusion look real and the real an illusion. He concealed the sea and made the foam visible, the wind invisible, and the dust manifest. You see the dust whirling, but how can the dust rise by itself? You see the foam, but not the ocean. Invoke Him with deeds, not words, for deeds are real and will save you in the afterlife.

-Rumi, "Mathnawi"



It is God who kindles the light of dawn. He has made the night for rest, and the sun and moon for reckoning the time. This is what God has ordained; he is supremely powerful, and knows all.

-Qur'an, Al-An'am, Surah 6:96



Those admitted to Paradise shall experience true bliss. Never shall they know want, nor will they suffer old age.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



Knowledge is of three kinds: from God, with God, of God. Knowledge of God is disclosed to all prophets and saints; it is a divine guidance and cannot be acquired. Knowledge from God is the sacred law made obligatory upon us. Knowledge with God is the knowledge of the paths and stations and the development of saints.

-Al-Hujwiri, "The Kashf al-Mahjub"



It is God who makes you sleep at night as if you were dead. God knows what you have done during the day. God sustains you, so that you may live your allotted span. To him you will eventually return, and he will declare to you all that you have done.

-Qur'an, Al-An'am, Surah 6:6



I surrender myself to no other god but God.  
If He desires my bloodshed,  
then so be it! I have no fear.  
I may be disgraced in your world;  
before God honor will be mine.  
A laughing stock in the eyes of the world,  
in God's eyes cherished and acclaimed.

-Rumi, "Mathnawi"



People sometimes justify their obsession with cleanliness on religious grounds; but true religion is not concerned with outward purity.

-Razi: Kitab al-Muluki



It was God who created you from a single being. From that being God created a mate, so that each might find comfort in the other. And when they had lain together, she conceived. At first the burden was light, and she carried the child easily. When the burden grew heavy, they cried out to God, their Lord, "Grant us a fine child, and we shall be truly grateful!" Yet when God granted them a fine child, they set up other gods besides God, giving thanks to them for what God had done. May God be exalted above all gods.

-Qur'an, Al-A'raf, Surah 7:189-90



Unless a benefit exists for someone else within,  
buried in such a heart,  
rough-hewn granite  
and precious stones are one.

-Sa'di: "Kulliyat-I Sa'di"



Those who maintain kinship with the detached, who continue to provide for those who let them down and willingly forgive their oppressors, shall indeed excel both in this world and the next.

-The Prophet Muhammad (SAW), as reported by 'Uqbah bin Amir



Since you are in love with yourself, you are inclined to overestimate your own strengths, and underestimate your own weaknesses; equally you are inclined to underestimate the strengths of others, and overestimate their weaknesses. If you allow this attitude to grow freely, without any restraint, it becomes conceit.

-Razi, "Kitab al-Muluki"



Men and women, the promise of God is true. Do not be deceived by the life of this world; and do not let Satan trick you about God. Satan is your enemy, so treat him as such. He lures his followers to become heirs of hell. Those who do evil, generally believe that their actions are right. God leaves some people in error, and guides others towards the truth, as he pleases. "Muhammad, do not waste away worrying about unbelievers; God knows all their actions."

-Qur'an, Fatir, Surah 35:5-8



Our body is our veil in the world:  
we are like a sear hidden beneath a straw.

-Mathnawi [IV, 823]



Your worst enemy lies between your two ribs.

-Saying of the Prophet Muhammad in Khanaqahi: *Guzida*



I am you, O God. You are my being; you are the fulfillment of all my desires. I embrace you in my innermost thoughts. Your soul and my soul are like two lamps, shedding a single light.

-Hallaj, "Diwan"



Let us proclaim good news to the humble, whose hearts fill with awe at the mention of their Lord; to those who endure their misfortunes with courage; to those who are devout in their prayers; and to those who give generously from what the Lord has given them. Let us proclaim good news to the righteous; God will protect all true believers from evil—but he does not love those who are unfaithful and grateful.

-Qur'an, Al-Hajj, Surah 22:37b-38



When Allah desires the redemption of His People, He causes them to suffer in this world. But when He is averse, He leaves them to transgress until death overtakes.

-The Prophet Muhammad (SAW), as reported by Anas bin Malik



The Friend is your refuge and support on the Way.  
If you look, you'll see the Friend is the Way.

-"Rumi," Mathnawi [VI, 1592]



Show forgiveness, uphold justice, and shun the ignorant. If Satan tempts you, seek refuge in God; he hears all and knows all. Those who walk with the Lord are never too proud to serve him; they proclaim his glory, and prostrate themselves in humility before him.

-Qur'an, Al-A'raf, Surah 7:199-200, 206



Both infidelity and faith  
upon his path run apace,  
united in their praise confess  
that "He is One without likeness."

-Sana'i: "Hadiqat al-haqiqa"



People differ greatly in the amount of anxiety and worry they can stand: some can endure a great

deal without being adversely affected, while others soon show signs of strain. You should observe yourself closely, so that you understand your own powers of endurance. By this means you will learn to divest yourself before any harm is done.

-Razi: Kitab al-Muluki



The hypocrites exchange guidance for error. But they gain nothing in the exchange; instead they stray from the right path. They are like people who kindle fires; but as soon as their fires are burning brightly, God puts out the fires and leaves them in darkness, unable to see. They are deaf, dumb and blind; they will never return to the right path.

-Qur'an, Al-Baqara, Surah 2:17-18



A true believer loves for his brother what he loves for himself.

-The Prophet Muhammad (SAW), as reported by Anas bin Malik



O You who seek God, know this:  
We are the mirrors of God, the absolute Truth.  
Come into this tavern of ruin, O clever one;  
drink of this cup and see our purity.

-Nur Ali Shah, "Masters of the Path"



Allah shall certainly reward those who believe in their Lord and all His messengers and do not make any distinction between them. Allah is the Most Compassionate, the Merciful.

-Qur'an, An-Nisa, Surah 4:152



The wisdom of this world brings doubt. The wisdom of religion soars above the skies. Reflection on Truth opens the way to the kingdom. Treasures and armies do not make a king. A true king is a king within himself.

-Rumi, "Mathnawi"



Reviling a Muslim is disobedience to God, and fighting with him is infidelity.

-The Prophet Muhammad (pbuh)



Patience comes in three stages: first, one learns not to follow the baser self; second, one learns to content oneself with one's fate; finally, one surrenders oneself to the Master's will and discovers within love and compassion, the greatest of all achievements.

-Al-Ghazzali, "Ibya Ulum Id-Din"



Allah accepts the repentance of those who do evil in ignorance and repent soon afterwards; to them will Allah turn in mercy: For Allah is full of knowledge and wisdom.

-Qur'an, An-Nisa, Surah 4:17



Once the Prophet was asked, "Who are the chosen people of God?"

He replied, "The truthful and the pure-hearted."

"O Prophet of Allah," they said, "truthful we understand, but who are the pure-hearted?"

"Those who neither fall into sin, nor transgress, who neither deceive nor bear malice. Such are the pure of heart."

-Hadith reported by Abd'Allah bin Amr



I never saw anyone as just as the world. As long as you pursue the world it will pursue you, but when you turn away from it and seek God, it will leave you alone and its glamour shall no longer fascinate you.

-Al-Hujwiri, "The Kashf al-Mahjub"



"I put my trust in Allah, My Lord and your Lord! There is not a moving creature, but He hath grasp of its forelock. Verily, it is my Lord that is on a straight Path."

-Qur'an, Hud, Surah 11:56



Indeed hunger is the king of medicines:  
listen, take hunger to heart, don't regard it with such contempt.  
Everything unsweet is made sweet by hunger:  
without hunger even delicacies have no savor.

-Rumi, "Mathnawi" [V, 2832-2833]



Unless you strip away your pedigree  
of family, of kith and kin,  
how will you ever reach the Friend?  
When, when did anyone attain  
the Friend, my friend, through bonds  
of family, through kith and kin?

-Maghribi: *Diwan-I Maghribi*, 86:8



In order to worship God, you must know God. In order to know God, you must recognize his unity.  
In order to recognize his unity, you must deny any possibility of describing how God is present,  
where he is present, and when he is present.

-Junayd: Tawhid



Allah has full knowledge of your enemies. Sufficient is He as your Protector, and sufficient is He to  
comfort you.

-Qur'an, An-Nisa, Surah 4:45



The Almighty Allah says,  
"When a servant thinks of Me, I am near.  
When he invokes Me, I am with him.  
If he reflects on Me in secret, I reply in secret,  
And if he acknowledges Me in an assembly,  
I acknowledge him in a far superior assembly."

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



He who remembers his Lord and he who does not are like the living and dead.

-The Prophet Muhammad (pbuh)



Behold! verily on the friends of Allah there is no fear, nor shall they grieve; Those who believe and (constantly) guard against evil; For them are glad tidings, in the life of the present and in the Hereafter; no change can there be in the words of Allah. This is indeed the supreme felicity.

-Qur'an, Yunus, Surah 10:62-64



The most secure place to hide a treasure of gold  
is in some desolate, unnoticed place.  
Why would anyone hide treasure  
in plain sight?  
And so it is said,  
"Joy is hidden beneath sorrow."

-Rumi, "Mathnawi" [III, 1133-1134]



Indeed the whole world is imagination.  
Only He is the real in Reality.  
Whoever understands this  
knows the secrets of the spiritual path.

-Ibn 'Arabi, "Masters of the Path"



By means of what He created Allah gave you shelter from the sun and carved out caverns in the mountains for your refuge. He gave you the ability to make garments that protect you from heat, as well as coats of mail that protect you in warfare. Thus He perfected His favors to you that you may surrender yourselves before His will.

-Qur'an, An-Nahl, Surah 16:81



The heart's recollection is the summons of the spirit-bird to divine attraction, just as the huntsman whistles to the ravenous prey he pursues with sounds which promise it food. Any remembrance of God that lacks such a summons has no value, and is deprived of any trace of divine recognition.

-Najm Al-Din Kubra: "Al-'usul al-'asharat"



The Almighty Allah judges you neither by your countenance nor your wealth, but by the purity of your hearts and your deeds.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



Some people asked a Sufi master, "Which is better, courage or generosity?" The Sufi master replied, "Those who are generous have no need for courage."

-Sadi, "Gulistan"



Have you not heard of people in the past who refused to believe? They have already suffered through their unbelief; and a terrible punishment awaits them. When their apostles brought them clear arguments, they said: 'Will mortals be our guides?' They denied the truth, and turned their backs. But God has no need of them; he has all he needs, and he alone should be praised.

-Qur'an, At-Taghabun, Surah 64:5-6



His burdens have made him double over, his moans before you are loud and clear. "Show me a prayer, a benediction," he cries, "that I may be delivered from these hidden chains."

-Rumi, "Mathnawi"



Trust in God is realization of one's desperate needfulness.

-Jurayri in 'Attar: *Tadhkirat*



When you proclaim imminence alone you limit God. When you assert devotion alone you confine Him. But when you maintain both side by side, you follow the right path, and gain both inner merit and command of gnosis.

-Ibn 'Arabi, "Islamic Sufism"



Have we not given each person two eyes, a tongue, and two lips? Have we not shown them the two paths, the path of righteousness and the path of wickedness? Yet they refuse to scale the great height.

-Qur'an, Al-Balad, Surah 90:8-12



Renunciation of the world does not constitute wearing coarse clothes and eating stale bread. Real renunciation lies in curbing desires.

-Hadith reported by Sufyan Thawri



If anyone asks why Rabi'a is ranked equal with men, we reply that Muhammad, the chief of prophets, said, "God does not judge you by your outward forms. It is not outward form that matters, but inner intention." Moreover, since we derive much of our religion from Muhammad's wife Aisha, then it is right to take spiritual inspiration from a woman. When a woman is on the path of God, it is not appropriate to define her by her womanhood.

-Attar, "Rabi'a"



All the beasts that roam on the earth and all the birds that soar through the air are but communities like your own. We have omitted nothing from the Book. Before their Lord they shall all be gathered in the end.

-Qur'an, Al-An'am, Surah 6:38



During sleep the spirit is set free. Behold how it rejoices in the place [of freedom]. The wicked is delivered from his wickedness; the prisoner escapes the sorrow of his confinement. The world appears wide, but in truth is very narrow. Its laughter lamentation, its glory shame.

-Rumi, "Mathnawi"



God does not require his servants to be perfectly clean; indeed, he never requires his servants to do anything that is impossible.

-Razi: Kitab al-Muluki



To show compassion to the wicked is to oppress the righteous; to pardon oppressors is to tyrannize the oppressed.

-Sadi, "Gulistan"



Do they not look at the earth, how many noble things of all kinds We have produced therein?

-Qur'an, Ash-Shu'ara, Surah 26:7



Sovereigns and slaves, oppressors and mediators, hypocrites and the truthful, this world is passing, but the hereafter infinite. Strive therefore for the Lord alone. Attain to piety and purify your hearts.

Save yourselves; do not be held back from divine mercy. The path of adoration may render the body weak and fill the heart with sorrow, but all sorrow departs the instant He touches the heart, awakening it to an abounding freedom.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



Those who look after widows and the destitute are equal to the ones striving in the way of Allah and, in my eyes, the same as those who worship all night and fast all day.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



God created the heavens and the earth to manifest the truth; let him be exalted above all gods. He created human beings from a single seed; yet human beings openly dispute with him.

-Qur'an, An-Nahl, Surah 16:3-4



To learn the secret of the Unseen  
is only fitting for that one  
who can seal her lips and keep silent.

-Mathnawi [III, 3387]



Whenever you are tempted by this world, picture a derelict covered with filth whose noxious odor is intolerable. Reviled you will shut your senses to the offensive sight. In the like manner, stay away from abomination of sin that may deface your purity. The Lord shall bless you with much bounty; therefore let not the cares of this world drive your peace away.

-Sheikh Abdul Qadir Jillani, "Fathul Ghaib"



Grief clouds thought and reason, and harms both the soul and the body; so you should repel it, or reduce it as much as possible. This can be done in two ways: you can strive to prevent grief from occurring; and you can banish grief when it does occur.

-Razi: Kitab al-Muluki



If you spend your wealth in the service of God, you are like a grain of corn which sprouts seven ears, each of which bears a hundred grains. God is abundantly generous to those who are generous; he knows all.

-Qur'an, Al-Baqara, Surah 2:261



When people gather and remember Allah, the angels surround them and blessings encompass them. Peace descends on them and Allah mentions them to those near Him.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



True repentance entails constant regret of your sins. Without remorse, good deeds, be they abounding, could be eclipsed by pride that follows piety. Remorse for a sin is superior to good works. Never forget your transgressions to save yourself from conceit.

-Al-Hujwiri, "The Kashf al-Mahjub"



The pleasures of this world are delightful  
from a distance before the actual test.  
From a distance they appear to be refreshing water,  
but when you approach them, you find they are a mirage.  
The world's bait is visible, but the trap is hidden:  
at first sight, the world's favors seem sweet.

-Mathnawi [VI, 316-317; 321]



Allah alone guides to the straight path, for many paths swerve away from it. Had Allah willed, He would have guided all of you.

-Qur'an, An-Nahl, Surah 16:9



This world is an abode of troubles; the world hereafter of terrors. Humans are in the midst of troubles or terrors until they reach the final abode of Paradise or Hell. Happy is the soul that has detached itself from troubles and terrors and has attached itself to God alone.

-Al-Hujwirir, "The Kashf al-Mahjub"



The basic purpose of human existence is acquisition of knowledge of God; there is no relationship more true than this spiritual affiliation. All other types of relationships are but derivative and dependent upon that spiritual connection, and in themselves nothing to boast of.

-Lahiji: "Mafatih"



Every good deed will be repaid tenfold; but evil deeds will be repaid with evil. No one will be treated unjustly.

-Qur'an, Al-An'am, Surah 6:160



The wealth of this world consists of treasures to which there are keys. But blessed is the one whom

the Almighty makes a key to the world of good, but a lock to contain evil.

-The Prophet Muhammad (SAW), as reported by Sahl bin Sa'ad



God, the supreme being, is neither circumscribed by space, nor touched by time; he cannot be found in a particular direction, and his essence cannot change. The secret conversation is thus entirely spiritual; it is a direct encounter between God and the soul, abstracted from all material constraints.

-Ibn Sina, "Kitab al-Najat"



I say that the guidance of God is the only guidance. We are commanded to submit to the Lord of creation, to pray, and to avoid evil. You will all be assembled before him. It is God who created both the heavens and the earth; that is the truth. On the day when he says "Be," it is. His word is the truth. On the day when the trumpet is sounded, he will reign. He knows all that is seen and hidden. He alone is wise and knows all.

-Qur'an, Al-An'am, Surah 6:71-73



Never, O wolf, play at being a fox,  
performing service in order to gain power;  
rush into the fire like a moth:  
don't hoard service, play for love!

-Mathnawi [V, 472-473]



The highest person is he who is of most use to humankind.

-'Ali bin Abi Talib, "Masters of the Path"



Seek what you wish from God, not from men.  
Be satisfied in joy; there is honor therein.  
On friends and relatives be not a burden.  
Rich is he who hopes from God, not from men.

-Al-Ghazzali, "Ihya Ulum Id-Din"



Believers, keep away from excessive suspicion, for suspicion in some cases is a grave crime. Do not spy, nor backbite one another. Would any one of you like to eat the flesh of a dead brother? You certainly abhor that so abhor the other! Remain conscious of Allah, for Allah verily is the Most Relenting and Merciful.

-Qur'an, Al-Hujurat, Surah 49:12-13



Do not talk ill of the dead, for they have reached the final destination to receive what they sent before them.

-The Prophet Muhammad, as reported by A'ishah bint Abi Bakr



I commence with the name of Allah. When His name is invoked, all evil in the heavens and on the earth is rendered powerless. He hears all and knows all.

-"Munajat E Maqbool"



Call on your Lord with humility and in private: for Allah loveth not those who trespass beyond bounds. Do no mischief on the earth, after it hath been set in order, but call on Him with fear and longing (in your hearts): for the Mercy of Allah is (always) near to those who do good.

-Qur'an, Al-A'raf, Surah 7:55-56



Sever the chains of the ego. Set yourself free and witness the bright essence of your inner being. Discover within your heart the wisdom of a prophet without books, without teachers, and without prudence.

-Rumi, "The Life and Thought of Rumi"



God now said to Muhammad: 'I gave my past messengers many wise words to convey to the people; and these words were written down to guide future generations. Each of these messengers knew that I would send a further messenger to confirm the message I had given them. Do you accept this? Will you take up this burden?'

Muhammad answered: 'I accept.'

-Ibn Ishaq, "The Life of Muhammad"



Knowledge is the spirit that saves the heart from the death of ignorance; it is the light that saves it from the darkness of iniquity. The hearts of the iniquitous are dead because they are oblivious to God, and the hearts of the heedless are sick because they ignore His commandments.

-Abu Ali Thaqafi, "The Kashf al-Mahjub"



Every person's deeds have been fastened to his own neck, and on the Day of Resurrection We shall bring them before him in the form of a book which he will find wide open. And he will be told, "Read your book. Your own soul is sufficient this day to call you to account."

-Qur'an, Al-Isra, Surah 17:13-14



Two groups of people seek proximity of God, those who revere Him publicly and are held in high regard by the sacred law, and those who do not display their devotion. Secure in the knowledge that God alone bestows all that is good or bad in this world, they choose Him as their companion and are delivered of want. The former because of their own need remain veiled from divine guidance, while the latter transcend through selflessness.

-Abu'l-Sari Mansur bin Ammar

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Lord! I seek refuge in You  
from adversities, weaknesses, indolence,  
cowardice, avarice, indebtedness,  
and being victimized by the populace.

-The Prophet Muhammad, as reported by Anas bin Malik



God is the light of the heavens and the earth. His light is like a niche that holds a lamp; it is like a lamp which contains a crystal as bright as a star. It is kindled from a blessed tree, an olive tree that belongs neither to the east nor to the west. Its oil would almost shine, even with no fire touching it. It is light upon light. God guides towards his light all whom he chooses.

-Qur'an, Al-Nour, Surah 24:35a



All that is in the heavens and on the earth glorifies Allah. He alone is the Almighty, the Cognizant, the Sovereign of the heavens and the earth, who bestows life and ordains death, and has complete power over all things. He is the First and the Last, the Manifest and the Unseen, the One and the Only with the knowledge of all things.

-Qur'an, Al-Hadid, Surah 57:1-5



If God punished people for their sins, not a single person would be left alive. But he holds back until the appointed time. When that time comes, no one will be able to delay it; and no one can bring it forward.

-Qur'an, An-Nahl, Surah 16:61



Remembrance is not remembered. I do not remember whether or not God remembered me in the past; he remembers me now. God does not remember whether I remembered him in the past; I remember him now. His remembrance is my remembrance, and mine is his. Can two beings who remember one another not be in union?

-Hallaj: Tawasin



Humankind, an admonition has been sent from your Lord. It is a balm for all that ails the heart, a source of guidance to grace the true believers. So let them rejoice in the bounty of Allah. It transcends what they heard.

-Qur'an, Yunus, Surah 10:57-58



We have ordained humankind to show kindness toward their parents, for in pain their mothers carry them and in pain do they give birth. In thirty months they bear and wean; thus when they attain maturity they may pray, "Lord, inspire us that we may be thankful for the blessings You bestowed upon us and our parents. Kindle within us the desire to do what is upright and pleasing to You. Grant us righteous offspring, Lord. Verily, we turn to You in repentance, surrendering ourselves in earnest."

-Qur'an, Al-Ahqaf, Surah 46:15



Blessed was the hour that you saw me. I was dead and you gave me a new life. You sought me like a mother; I shunned you like a fool. Happy is he who espies Your face, O you whom pure spirits praise. How I reproached you with many silly words.

-Rumi, "Mathnawi"



The strong man is not the good wrestler; the strong man is only the one who controls himself when he is angry.

-Prophet Muhammad, from *Sayings of Muhammad* by Prof. Ghazi Ahmad



Behold the wicked who used to mock the believers, and gestured at one another in contempt as they passed them by, and ridiculed them as they returned home, and claimed when they saw them, "Look at those who have gone astray." Yet they were never sent as their guardians. So on that day the righteous will slight the unbelievers as they recline on the couches looking around (in wonder).

-Qur'an, Al-Mutaffifin, Surah 83:29-35



If your dream brings you joy, take it as a blessing from your Lord. Express gratitude and share it with others. However, if it incites fear, then remember it is but an assault from Satan. Seek refuge in Allah from its evil and do not mention it to anyone, for that shall annul any harm intended to you.

-The Prophet Muhammad (SAW), as reported by Abu Sayeed al-Khodri



God is in the water of the lake; he is also in the cracked bed of the lake, when the lake has dried up. God is in the abundant harvest; he is also in the famine that occurs when the harvest fails. God is in the lightning; he is also in the darkness, when the lightning has faded....

Brothers and sisters, you pile up stones to make shrines, imagining that God will make himself present there. Then you are surprised when these shrines do not ease your cares and worries.

-Hallaj, "Tawasin"



The lower soul dissuades from conforming to faith. The more the self is subdued, the easier it becomes to glorify God. When the ego is annihilated, worship becomes sustenance, just as it sustains the angels.

-Al-Hujwiri, "The Kashf al-Mahjub"



When a believer gives in to temptation, a black stain appears on his heart. If he repents and asks for forgiveness, that stain disappears. But if he continues to transgress, the stain continues to grow until it blackens the entire heart. That stain is the rust the Lord Almighty refers to: "Nay, rust has fallen upon their hearts for what they have earned."

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



O ye who believe! When the call is proclaimed to prayer on Friday (the Day of Assembly), hasten earnestly to the Remembrance of Allah, and leave off business (and traffic): That is best for you if ye but knew!

And when the Prayer is finished, then may ye disperse through the land, and seek of the Bounty of Allah. and celebrate the Praises of Allah often (and without stint): that ye may prosper.

-Qur'an, Al-Jumu'ah, Surah 62:9-10



Observe how the life of this world deceives those around you. It lures them into the traps of vanity, wealth, and fame, and exalts them above others. This splendor blinds them, and they are lost forever in illusion. But then in one instant, life deals the blow of death, and all is gone, and with the Beguiler it stands laughing at their sad end. So overcome your egos that you may be saved from the snares that devoured kings and paupers alike.

-Sheikh Abdul Qadir Jilani, "Fayuz E Yazdani"



There have always been, and there will always be, men of God.

-Kharraqani in *Attar: Tadhkirat*



So eat of the sustenance which Allah has provided for you, lawful and good; and be grateful for the favors of Allah, if it is He Whom ye serve.

-Qur'an, The Bee, Surah 16:114



Bitter is made sweet through love;  
copper becomes gold through love.  
Through love dregs become clear;  
love heals all pain.  
Through love the king becomes slave;  
love brings the dead to life.

-Rumi, "Mathnawi"



Speech is a great blessing conferred on man by God, thereby distinguishing him from all other creatures. But speech like wine intoxicates the mind. Thus the Prophet said: "He who keeps silent shall be saved." For in silence are concealed many spiritual blessings and in speech many evils.

-Al-Hujwiri, "The Kashf al-Mahjub"



When trust in God sits next to slothful inactivity  
how far away, indeed, is that from chivalry.  
Beware you never make another man  
the porter of a burden that's not your own.

-Sa'ib Tabrizi: *Kulliyat-i Sa'ib Tabrizi*



All living beings that dwell on the earth are doomed to die. Only your Lord's countenance will abide forever, powerful and glorious. Then which of your Lord's blessings will you deny? All those who dwell in the heavens and on the earth entreat Him for sustenance, and every day He executes universal power. Which then of your Lord's blessings will you deny?

-Qur'an, Ar-Rahman, Surah 55:26-30



Read the Qur'an as long as you are attentive, but when you feel your attention slip, put the Book away.

-The Prophet Muhammad (SAW), as reported by Jundub bin Adb'Allah



God is knowledge; he is knowing; and he is being known. Since God has knowledge of his own essence, and since God is one, it follows that the essence of God is knowledge. And knowledge means that he knows himself, and is known by himself.

-Ibn Sina, "al-Risalat al-Arshiya"



Allah shall reward the truthful for standing by their word and may punish the hypocrites if that be His will or may relent toward them should they repent, for Allah is the Most Forgiving, Merciful.

-Qur'an, Al-Ahzab, Surah 33:24



I belong to God, as has often been shown; yet I also belong to myself. He becomes himself through me. I live in him, and I live in myself. I have two aspects, he and I, divine and human. But he is not I, and I am not he. My actions are the theatre in which he expresses himself; to him I am a vessel.

-Ibn Arabi, "Fusus al-hikam"



You will not be able to give anyone happiness by means of your wealth, so do it by means of a cheerful countenance and good humor.

-The Prophet Muhammad in Qushayri: al-Risalat al-Qushayriyya



Behold, We bestowed abundance upon you. Therefore worship your Lord and sacrifice for Him. It is your enemy who will be severed from all good.

-Qur'an, Al-Kauthar, Surah 108:1-3



The effect of awe is the disappearance of self; the self which is in a state of awe, disappears. Levels of awe may be measured by the degree to which the self has disappeared; some people are at a higher level of awe than others.

The effect of intimacy, by contrast, is alertness; those who are intimate, are alert. A person who is fully intimate, could be thrown into a fire, and the intimacy would not be disturbed.

-Qushayri, "Risalah"



If you adhere to the things that I am leaving behind, you shall never be misguided.

-The Prophet Muhammad (SAW), as reported by Ja'bir bin Abd'Allah



God created you out of dust, which he formed into a tiny seed. He divided you into two sexes. No woman conceives or gives birth without his knowledge. No one grows old, or dies young, except in accordance with his decree. Every action is easy for God.

-Qur'an, Fatir, 35:11



The one who is ruled by mind,  
without sleeping, puts her senses to sleep,  
so that unseen things may emerge from the world of the soul.  
Even in her waking state, she dreams dreams,  
and opens thereby the gates of Heaven.

-Mathnawi [III, 1833-1834]



The miraculous quality of the Qur'an is that one never grows weary of reading or listening to it. The Quresh used to come secretly by night and listen in awe to the Prophet recite. One night Utba bin Rabi'a, an eloquent poet of the time, swooned upon hearing a chapter from the Qur'an. He later swore, "I am positive those are not the words of a mortal."

-Al-Hujwiri, "The Kashf al-Mahjub"



When Moses conversed with God, he asked, "Lord, where shall I seek You?"

God answered, "Among the brokenhearted."

Moses continued, "But, Lord, no heart could be more despairing than mine."

And God replied, "Then I am where you are."

-Abu'l-Fayd al-Misri, "The Kashf al-Mahjub"



Do not barter away the covenant of God for a trifling price. His reward is better than any financial gain-if only you knew it. Worldly wealth is fleeting, but God's reward lasts for ever.

-Qur'an, An-Nahl, Surah 16:95



He who is given his share of kindness is given his share of good in this world and the hereafter.

-The Prophet Muhammad (SAW), as reported by A'ishah bint Abi Bakr.



He does not refuse sustenance to the one who speaks ill of Him. How then could He refuse sustenance to the one whose soul is overflowing with love for Him?

-Rabi'a, "Rabi'a the Mystic"



God curses usury, and blesses acts of charity. God has no love for ungrateful sinners. The Lord will reward those who have faith and do good works, who say their prayers and pay the poor-rate. They have nothing to fear or regret.

-Qur'an, Al-Baqara, Surah 2:276



That which God said to the rose,  
and caused it to laugh in full-blown beauty,  
He said to my heart,  
and made it a hundred times more beautiful.

-Mathnawi [III, 4129]



When people address God in words – in the form of intimate conversation, petition and pleading, gratitude, remorse and repentance, and so on – they are in a position of separateness from God. When they address God directly through the heart, and when they listen to him in the heart, they are in a position of union with God.

-Qushayri, "Risalah"



Gabriel and Muhammad entered the heavens, and met a man who was watching human spirits go past. At some he said, 'A good spirit from a good body.' At others he said: 'An evil spirit from an evil body.' Muhammad asked who this man was. Gabriel answered: 'It is Adam, reviewing the spirits of his descendants.'

-Ibn Ishaq, "The Life of Muhammad"



Allah sees all that is in the hearts of His servants, those who say, "Our Lord! We believe in You, forgive us our sins and save us from the doom of the Fire," those who are steadfast, truthful, and devout, who give in charity and pray for forgiveness in the depths of the night.

-Qur'an, Al-Imran, Surah 3:15-17



Like the corn fields that yield before the ferocious winds, the believers endure trials with fortitude. The hypocrites like cypress trees stand arrogantly until they are knocked down.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



All Muslims, pious or not, are bidden to listen to the recitation of the Qur'an. As God says, "When the Qur'an is recited, listen to it and be silent so that you might attain mercy."

-Al-Hujwiri, "The Kashf al-Mahjub"



Believers, remain conscious of Allah and seek the path that leads to Him. Strive in His way that you may prosper.

-Qur'an, Al-Ma'idah, 5:35



God calls himself "Baseer" [Observant], so that the knowledge that He is watching you may keep you from sinning.

-Rumi, "The Life and Thought of Rumi"



Imagine yourself entering the presence of a mighty emperor. You are overwhelmed with awe at his power, and with a sense of your own insignificance. Your entire attention is absorbed by the emperor's greatness, so you are utterly unaware of his physical presence and of the other people around him. When you leave his presence, people ask you about the other people, about his physical appearance, and about your own experience of being in his presence. But you are unable to answer.

This is a parable for losing the sense of self.

-Qushayri, "Risalah"



O Beloved of hearts, I beseech only You.  
Have pity this day on those who turn to You.  
My Hope, my Rest, my Delight,  
this heart can love none other but You.

-Rabi'a, "Rabi'a the Mystic"



Humankind! Worship your Lord who created you and those before you that you may remain conscious of him.

-Qur'an, Al-Baqara, Surah 2:21



When one of you plants a tree, the fruits of which all creatures enjoy, let it be written as charity.

-The Prophet Muhammad (SAW), as reported by Anas bin Malik



Sufficient is our Lord for us. He is the greatest of all helpers; we depend upon Him alone.

-From the collection "Munajat E Maqbool"



It is God who causes the grain and the fruit stone to germinate. He brings forth life from that which is dead, and death from that which is living. Such is God! How then can you turn away from him?

-Qur'an, Al-An'am, Surah 6:95



I am a burning candle;  
You are the morning light,  
If I do not see You, I burn;  
if I see You, I vanish.  
This is my condition  
in separation and closeness.  
I can bear neither separation nor proximity.

-Sufi poem



Shed tears when you are aggrieved.  
Your grief will heal those in grief.  
Be steadfast and awaken, fast regularly, starve!  
Starvation is one of the labors of surrender.

-Sha'wana in "Rabi'a the Mystic"



True ecstasy is passive: it overwhelms the heart without any intention or deliberate effort. It is the fruit of spiritual devotion and worship. The deeper is your devotion to God, and the more intense is your worship, the more likely you are to receive ecstasy from God. In a state of ecstasy the heart is lost to God.

-Qushayri, "Risalah"



Do not let their speech grieve you. For all glory is Allah's. He hears all and knows all.

-Qur'an, Yunus, Surah 10:65



Give up what appears to be doubtful for what is certain. Truth brings peace of mind, and deception doubt.

-The Prophet Muhammad (SAW), as reported by Hasan bin 'Ali



Junayd received many gifts; and he decided that he would pass the next gift to the barber. Soon afterwards he was sent a bag of gold from Basra; and he took it to the barber. 'What is this?' the barber asked. Junayd replied: 'I decided to pass my next gift to you; and this is it.'

The barber exclaimed: 'Have you no shame? You asked me to cut your hair for the sake of God; and now you offer me money! No one can do something for the sake of God, and then take payment for it.'

-Attar, "Junayd"



It is God who sends rain from the sky, bringing forth buds and green leaves on every plant. The rain causes the grain to swell, the palm trees to yield clusters of dates, the vines to yield grapes, and the olive trees to bear olives; it brings forth all manner of pomegranates. Look at the fruit as it ripens! Surely this is a sign for true believers.

-Qur'an, Al-An'am, Surah 6:99



Sometimes in order to help He makes us cry.  
Happy the eye that sheds tears for His sake.  
Fortunate the heart that burns for His sake.  
Laughter always follows tears.  
Blessed are those who understand.  
Life blossoms wherever water flows.  
Where tears are shed divine mercy is shown.

-Rumi, "Mathnawi"



God kindles the fire of love in the hearts of the chosen, so that their carnal selves are consumed. Once ignited the fire of longing never dies. That is the flame about which the Prophet said, "When God wills the good of his servant, He kindles a light of faith in his heart."

When they asked him what were the signs of that fire, he replied, "Deviation from the abode of vanity; progression toward the Eternal."

-Abu Sa'id, "Rabi'a the Mystic"



Rabi'a came to Hasan with three things: a candle, a needle, and a hair. She said, "Be like the candle: give light to the world, as you yourself burn. Be like the needle: work hard, and have nothing to protect you. Then, like the hair, you will last forever."

-Attar, "Rabi'a"



Allah is your Protector; sufficient is He, the greatest of helpers.

-Qur'an, Al-Imran, Surah 3:150



Once a harlot came upon a dog dying of thirst. Without a second thought she took off her leather sock, tied it to her veil, got water from a well nearby, and saved the animal's life. For that one act of kindness she was absolved of all her ill deeds. Indeed every deed of kindness toward living beings shall be rewarded.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



God created the hearts of men to be the homes of His praise, but they have become the homes of lust; nothing but fear and a desire for goodness can purify them. When faith establishes itself within the heart, praise and contentment follow.

-Abu Muhammad bin Khubayq, "The Kashf al-Mahjub"



O you who believe! Endure, outdo all others in endurance, encourage each other, and observe your obligation to Allah that you may succeed.

-Qur'an, Al-Imran, Surah 3:200



His burdens have made him double over, his moans before you are loud and clear. "Show me a prayer, a benediction," he cries, "that I may be delivered from these hidden chains."

-Rumi, "Mathnawi"



Do not reveal to friends all the secrets you possess; they may one day become enemies. Do not inflict on enemies every injury in your power; they may one day become friends.

-Sadi, "Gulistan"



Bereft of life, bereft of knowledge,  
bereft of power and will,  
how shall I describe my state?  
For I do not exist, only He exists.  
I am deaf; the bearer is He.  
I am blind; the seer is He.  
I am mute; the orator is He.  
I do not exist; only He exists.

-Shah Kamal, "Islamic Sufism"



Did We not comfort your heart and relieve you of the burden weighing down your back? Did We not exalt your renown? Every hardship is followed by comfort. Indeed every hardship is followed by comfort.

-Qur'an, Ash-Sharh, Surah 94:1-6



Abu Bakr al-Saddiq once said, "This world is transitory and our life therein but a moment borrowed, our breaths numbered, yet our indifference reckless."

-Al-Hujwiri, "The Kashf al-Mahjub"



Rejoice in sorrow; it will unite you with God.  
Bow down and reach the highest peak.  
Turn inward, toward the heart,  
and delight in the green shade of trees  
and many gushing springs.

-Rumi, "Mathnawi"



Follow thou the inspiration sent unto thee, and be patient and constant, till Allah do decide: for He is the best to decide.

-Qur'an, Yunus, Surah 10:109



A man was lying sick. His friends asked him: "What would you most desire?" The sick man answered, "My greatest desire is to desire something."

-Sadi: Gulistan 3



Wisdom and power follow endurance and patience.

-The Prophet Muhammad (SAW), as reported by Abu Sayeed al-Khodri



All knowledge is but a branch of worship and all worship is but a branch of abstinence, and all abstinence is but a branch of trust in God and trust in God has neither limit nor finite end.

-Makki, "Qut al-qulub"



God does not like those who spend their wealth ostentatiously, believing neither in God nor in the last day. Such people are making friends with Satan - and what an evil friend he is!

-Qu'ran, An-Nisa, Surah 4:38



Eat what you want and dress up as you desire, as long as extravagance and pride do not mislead you.

-The Prophet Muhammad (SAW), as reported by Abd'Allah ibn Abbas



"Trust in God is negation of trust in God," said Baba Tahir. That is to say that the one who truly trusts in God denies himself any attachment to it, in the sense that he has neither confidence in, nor attention to, his own trust.

-Baba Tahir, "Kalamat-i qisar"



He created animals to provide you with warm clothing, food, and many other benefits. How beautiful they look when you lead them from their pasture and bring them home! They carry your loads to far-off lands; without them you could not reach those lands, except with great effort. Your

Lord is compassionate and merciful. He has created horses, mules and donkeys, which you may ride, or you may keep for pleasure. He has created many things beyond your knowledge.

-Qur'an, An-Nahl, Surah 16:5-8



They asked her: 'When sinners repent, does God accept their repentance, or not?' She replied: 'Sinners can only repent if God gives them a spirit of repentance; and when God gives people this spirit, he accepts their repentance. But if people try to repent without receiving this spirit, he will not accept their repentance.'

-Attar, "Rabi'a"



There is no dervish in the world;  
and if there be a dervish, that dervish is really non-existent.  
In essence he exists,  
but his attributes are non-existent within God's.

-Mathnawi [III, 3669-3670]



Those who truly know God worship Him with all their resolve; they concede to His ubiquitous bounty and obey all His commandments with the utmost fervor. As their adoration grows so does their obedience, since they are aware that this world is a madhouse and its inhabitants madmen wearing shackles of lust and chains of sin.

-Al-Hujwiri, "The Kashf al-Mahjub"



I declare that my Lord reveals the truth; he knows all that is hidden. I declare that the truth has come; falsehood has departed, and will never return. I declare that, if I am in error, the fault is surely mine; but if I am right, it is because the Lord has revealed to me the truth. The Lord hears all, and is close at hand.

-Qur'an, Saba', Surah 34:48-50



A man asked the Prophet, "What sort of deeds or (what qualities of) Islam are good?" The Prophet replied, "To feed (the poor) and greet those whom you know and those whom you do not know."

-Hadith narrated 'Abdullah bin 'Amr, as related by Al-Bukhari



Fear is like a candle whose flame helps a person distinguish goodness from evil; and fear of God allows a person to turn away from evil. Those who fear mere creatures flee from them; but those who fear God flee to Him.

-Rabi'a, in "Rabi'a the Mystic"



He [Muhammad] frowned and turned away because a blind man came to him. How could you tell, he may have grown in piety, or taken heed and profited from Our counsel? But you paid attention to the arrogant wealthy who deem themselves self-sufficient.

-Qur'an, 'Abasa, Surah 80:1-5



Keep your promises; you are accountable for all you promise. Do not follow advice which you do not understand. Make detailed inquiries with your eyes, ears and mind.

Do not strut about proudly. You cannot possess the earth, and you cannot rival the mountains in stature.

Avoid all evil; avoid all that is odious in the sight of the Lord.

-Qur'an, Al-Isra, Surah 17:34b-38



He who is deprived of gentleness is deprived of good.

-The Prophet Muhammad (SAW)



Gluttony feeds on itself. The more that the appetite is indulged, the stronger it becomes - and the harder it is to control. But if the appetite is restrained, then it soon grows weak and feeble, and finally disappears altogether.

-Razi, "Kitab al-Muluki"



Gluttony feeds on itself. The more that the appetite is indulged, the stronger it becomes - and the harder it is to control. But if the appetite is restrained, then it soon grows weak and feeble, and finally disappears altogether.

-Razi, "Kitab al-Muluki"



A kind word with forgiveness is preferred over charity followed by injury. Allah is Absolute, Clement.

-Qur'an, Al-Baqara, Surah 2:263



Muhammad (peace be upon him) said: "Fasting is a shield and a powerful fortress."

-Hadith narrated by Ahmad.



The sign of the friend of God is that he has three qualities: a generosity like that of the ocean, a compassion like that of the sun, and a humility like that of the earth.

-Bayazid in 'Attar, "Tadhkirat"



Seek a true friend,  
for a friend seeks the benefit of a friend,  
Do good to the people for the sake of God  
or for the peace of your own soul  
that you may always see what is pure  
and save your heart from the darkness of hate.

-Rumi, "Mathnawi"



For Muslim men and women, for believing men and women, for devout men and women, for true men and women, for men and women who are patient and constant, for men and women who humble themselves, for men and women who give in Charity, for men and women who fast (and deny themselves), for men and women who guard their chastity, and for men and women who engage much in Allah's praise, for them has Allah prepared forgiveness and great reward.

-Qur'an, Al-Ahzab, Surah 33:35



God praises me, and I praise God. God worships me, and I worship God. In my existence, I confirm his existence; but insofar as I do not exist, I deny his existence. He knows me, and I know nothing of him; yet I also know and perceive him.

-Ibn Arabi, "Fusus al-hikam"



Humankind, you have received manifest proof from your Lord. A radiant light to dispel your darkness was sent down to you. Those who believe in their Lord and hold fast to Him shall be admitted to His grace and bounty. He will guide them to Himself by the straight path.

-Qur'an, An-Nisa, Surah 4:175-176



Finally Gabriel gave Muhammad these instructions: 'Do not become proud of your position. Do not become harsh towards those weaker than yourself. And always speak of God's kindness to you.' And Muhammad obeyed these instructions diligently throughout his life.

-Ibn Isaq, "The Life of Muhammad"



During prostration a servant draws nearest to the Lord, so augment your devotions.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



A man lost his way in the desert, and wandered aimlessly for several days. He ran out of food, and thought he would die. Then he saw a bag lying in the sand. He opened it, and at first he thought it was filled with grains of barley. He was overjoyed. But when he tried to eat them, he discovered they were pearls—and he plunged into despair.

-Sadi, "Gulistan"



Let evil be rewarded with evil. But those who forgive and seek reconciliation, will be rewarded by God. Those who do evil, are not loved by God.

-Qur'an, Ash-Shura, Surah 42:4



The face of David shone with His glory,  
and the mountains sang His praise.  
The mountains sang along with David;  
both elated in praising the King.

He hears the melody of the pure-spirited,  
every moment, every place.

-Rumi, "Mathnawi"



A person once asked the Prophet Muhammad to pray for him. So the Prophet implored, "O Allah, kindle within his heart the light of faith, and afford him with the courage to avert earthly wiles and submit himself before Your will." When a person turns away from the world, he adheres to God, and God lavishes incredible bounty on him.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



A time will come when the sky bursts apart, obeying its Lord as it must. A time will come when the earth expands, casting out all the creatures that live upon it and within it, and becoming empty; it will do this in obedience to its Lord, as it must. Then all men and women who strive to meet their Lord, will do so.

-Qur'an, Al-Inshiqaq, Surah 84:1-6



One springtime Rabi'a entered a house, and did not come out. A follower said to her: 'Come outside, and see the beauties of the creation.' Rabi'a said: 'Come inside, and see the creator. If you see the creator, you become too preoccupied to look at the creation.'

-Attar: Rabi'a



Every night during a certain hour the blessings of both this world and the next are bestowed upon those who seek.

-The Prophet Muhammad (SAW), as reported by Ja'bir bin Abd'Allah



A man went back to transgressing after he had sincerely asked forgiveness of God and swore never to sin again. "How will God forgive me this time?" he asked in despair.

A heavenly voice responded, "You obeyed Me and I made amends for you, then you abandoned Me and I indulged you, and now that you returned to Me I shall receive you."

-Al-Hujwiri, "The Kashf al-Mahjub"



Did my critics create themselves out of nothing? Did they create the heavens and the earth? Their ideas are foolish. Do they possess and control the treasures of you Lord? Do they have a ladder by which they climb up to God, and overhear him? Let their eavesdroppers bring proof that they have heard him. Do they know the mysteries of existence, and can they write them down? ...Do they have another god besides God? Let God be exalted above their idols. If they saw part of the heavens fall from the sky, they would still say: "It is only a mass of clouds."

-Qur'an, At-Tur, Surah 52:35-44



Melancholy may enter your soul, and ambush your happiness; but it will prepare you for true joy. Melancholy drives out all other emotions and feelings, so the source of all goodness may occupy the whole house. It shakes the yellow leaves from the tree, allowing fresh leaves to grow. It pulls up old bodily pleasures by the roots, allowing divine spiritual pleasures to be planted. Melancholy takes many things from the soul, in order to bring better things in return.

-Rumi, "Mathnawi"



Once a person said to a dervish, "All I ask for is a small dwelling in Paradise."

The dervish replied, "If you displayed the same contentment with what you already have in this world, you would have found ultimate bliss."

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



The search of knowledge is an obligation laid on every Muslim.

-The Prophet Muhammad (SAW)



Give to your close relatives what they need, and also give generously to the destitute and to wayfarers. Do not squander your wealth; those who are wasteful are the brothers and sisters of Satan—and Satan is always ungrateful to his Lord. But if, while waiting for the Lord's bounty, you are unable to help your relatives, the destitute and wayfarers, then at least speak kindly to them.

-Qur'an, Al-Isra, Surah 17:26-28



Allah accepts repentance, as long as it is not at the time of death.

-The Prophet Muhammad (SAW), as reported by Ibn Umar



Once the ego is overcome peace follows. "Only God and no living creature has the power to control destinies." With that conviction entrust all your cares to the Lord and follow the path of the Truth, conforming to the divine edicts, until you attain union with Him and become as pure as Adam before whom all creatures prostrated.

-Sheikh Abdul Qadir Jilani, "Fayuz E Yazdani"



God knows all that the heavens and the earth contain. Are you not aware of this? If three people talk in secret together, he is the fourth; if four people talk, he is the fifth; if five people talk, he is the sixth. Whatever the size of the group, and wherever they meet, he is present among them.

-Qur'an, Al-Mujadilah, Surah 58:7



I struggled hard but did not reap the fruits of my labors. Then I gazed into myself and found that my ego and my heart were unified. When the ego and the heart are united, a portion of all that shines upon the heart is seized by the self. Thus I came to know the cause of my dilemma, that the light illuminating my heart was being seized by my ego.

-Al-Nuri, in "Islamic Sufism"



Everyone can see the effects of God's mercy. But who, except God himself, understands the essence of his mercy? Most people cannot understand the essence of any of God's attributes; they only know his attributes through their effects--and also through analogy. Only mystics have eyes to see the essence of God's attributes.

-Rumi, "Mathnawi"



Lord, forgive us our transgressions.  
Help us remain steadfast.  
We seek Your support against the transgressors.

-From the prayer book "Al-Hizbul-A'zam"



Do they not observe the birds above them, spreading their wings and folding them in? None can uphold them except (Allah) Most Gracious: Truly (Allah) Most Gracious: Truly it is He that watches over all things.

Nay, who is there that can help you, (even as) an army, besides (Allah) Most Merciful? In nothing but delusion are the Unbelievers. Or who is there that can provide you with Sustenance if He were to withhold His provision? Nay, they obstinately persist in insolent impiety and flight (from the Truth).

-Qur'an, Al-Mulk, Surah 67:19-21



When a person wakes up in the early hours of dawn, an angel proclaims, "Glorify the Lord, Most Holy!"

-The Prophet Muhammad (SAW), as reported by Al-Zubayr bin al-Awwam



Knowledge is of three kinds: from God, with God, of God. Knowledge of God is disclosed to all prophets and saints; it is a divine guidance and cannot be acquired. Knowledge from God is the sacred law made obligatory upon us. Knowledge with God is the knowledge of the paths and stations and the development of saints.

-Al-Hujwiri, "The Kashf al-Mahjub"



He is the One that sends down rain (even) after (men) have given up all hope, and scatters His Mercy (far and wide). And He is the Protector, Worthy of all Praise.

And among His Signs is the creation of the heavens and the earth, and the living creatures that He has scattered through them: and He has power to gather them together when He wills.

Whatever misfortune happens to you, is because of the things your hands have wrought, and for many (of them) He grants forgiveness.

-Qur'an, Ash-Shura, Surah 42:28-30



Human beings are created from the dust of the earth; but do they resemble dust? Grapes come from vines; but do grapes look like vines? Does theft have the same shape as gallows? Does piety resemble eternal life? Nothing resembles its consequences. So the root of pain and torment is not

evil.

-Rumi, "Mathnawi"



True charity remembers not only those in need who ask, but also those who are prevented by some reason from asking.

-Sura 51:19



Since I understood four things, I have discarded all other knowledge. First, that my daily sustenance has already been apportioned to me and will neither increase nor decrease by my futile efforts, so I strive to increase it no more. Second, I alone and no one else can atone from my sins, so I devote myself to the Lord. Third, I know that I will never be able to escape death, which is in our pursuit, so I have prepared myself to meet him. Fourth, I know that God is observing me; therefore I refrain from doing what I must not do.

-Hatim al-Asamm, "The Kashf al-Mahjub"



The month of Ramadan is the one in which the Quran was sent down, a guidance for mankind, clear proofs for the guidance, the Criterion; so whoever amongst you witnesses this month, let him fast it.

-Surah al-Baqarah 2:185



Charity for God's sake has a hundred signs within the heart--  
the good deed, a hundred tokens.  
Though in charity riches are consumed,  
a hundred lives come to the heart in return.  
A sowing of pure seeds in God's earth, and then no income! Impossible.

-Mathnawi [IV, 1757-1759]



What is Faith? When your good deed pleases you and your evil deed grieves you, you are a believer. What is Sin? When a thing disturbs (the peace of) your heart, give it up.

-The Prophet Muhammad (SAW), from "Sayings of Muhammad" by Prof. Ghazi Ahmad



Renunciation of the world is followed by peace; its desire brings sorrow. Restrain your desires, discipline your self, and do not allow anyone to oppress your soul.

-Rabi'a, "Rabi'a the Mystic"



Ramadan is the (month) in which was sent down the Qur'an, as a guide to mankind, also clear (Signs) for guidance and judgment (Between right and wrong). So every one of you who is present (at his home) during that month should spend it in fasting, but if any one is ill, or on a journey, the prescribed period (Should be made up) by days later. Allah intends every facility for you; He does not want to put to difficulties. (He wants you) to complete the prescribed period, and to glorify Him in that He has guided you; and perchance ye shall be grateful.

-Qur'an, Al-Baqara, 2:185



A Bedouin came to the Prophet and said, "Tell me of such a deed as will make me enter Paradise, if I do it." The Prophet (pbuh) said, "Worship Allah, and worship none along with Him, offer the (five) prescribed compulsory prayers perfectly, pay the compulsory Zakat, and fast the month of Ramadan." The Bedouin said, "By Him, in Whose Hands my life is, I will not do more than this." When he (the Bedouin) left, the Prophet said, "Whoever likes to see a man of Paradise, then he may look at this man."

-Hadith narrated by Abu Huraira



The truest and highest stage of worship is to see God face to face, and to receive his guidance from his own mouth. Those who attain this highest stage, choose for themselves whatever God chooses for them. Their entire characters are transformed by God. They are God's friends; so they no longer discriminate between people, but regard all people as friends. Wherever they go, they go from God; wherever they arrive, they arrive at God. Whatever they do, they do for God; whatever service they perform, they perform it in God. The self has been truly annihilated.

-Junayd, "Tawhid"



(Fasting) for a fixed number of days; but if any of you is ill, or on a journey, the prescribed number (Should be made up) from days later. For those who can do it (With hardship), is a ransom, the feeding of one that is indigent. But he that will give more, of his own free will, it is better for him. And it is better for you that ye fast, if ye only knew.

-Qur'an, Al-Baqara, Surah 2:184



God scatters His light over all spirits. The fortunate hold up their skirts to receive it. Those who receive His light turn from all except God. Without the skirt of love, we cannot receive our share.

-Rumi, "Mathnawi"



Worship is like a work of art mastered only by the sincere, the learned scholars who practice what they know, who live and walk among people like everyone else, but in their hearts they seek freedom in the serenity of the wilderness. Because of this yearning they continue to grow until their spirits soar and become united with the numinous. About such God says, "Indeed they are the finest of human beings, cherished by us."

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



When God fills an adept with the desire to comprehend His essence, knowledge becomes vision, vision revelation, revelation contemplation, and contemplation existence in God. Words are hushed to silence, life becomes death, explanations come to an end, signs are effaced, and disputes are cleared up.

-Junayd, in "Rabi'a the Mystic"



O you who believe! Strengthen yourselves with resolution and prayer. Indeed Allah is with those who persevere in adversity.

-Qur'an, Al-Baqara, Surah 2:153



A believer through his good deeds reaches the position of one who worships all night and fasts during the day.

-The Prophet Muhammad (SAW), as reported by A'ishah bint Abi Bakr



Fear is a state of darkness in which the soul wanders, bewildered, seeking help, and then comes hope as a ray of light, and grace prevails.

-Al-Sarraj, "Rabi'a the Mystic"



Believers, you are required to pray together each Friday. When you hear the call to prayer, stop your worship, and hurry to the place of meeting. This will do you much good--if you only knew. When the prayers are finished, disperse, and seek God's grace. Keep God always in your mind, so that you may enjoy success in your work.

-Qur'an, Al-Jumu'ah, Surah 62:9-10



Lord, bless us with amiable companions and children that may be a source of delight to our eyes. Allow us to be of the devout.

-From the prayer book "Al-Hizbul-A'zam"



Piety does not consist in whether you face east or west during worship. True piety consists in this: believing in God and in his final judgement; believing in his angels, in the Book, and in the prophets; giving your wealth, for the sake of God, to your relatives, to orphans, to the needy, to wayfarers and to strangers; ransoming slaves; attending prayers and paying the poor-rate; being true to your promises; and being steadfast in times of distress, adversity and war. Those who show true piety, are genuine in their faith; they honour God.

-Qur'an, Al-Baqara, Surah 2:177



The rank of a man of silence is better than divine service for sixty years.

-The Prophet Muhammad (SAW), as reported by 'Imran bin Hussain



I praise you for your success in being you; you praise me for my success in being me. In your purity you make me pure. In your wholeness you make me whole. In my service you serve me. I bow to all, because I bow to you.

-Hallaj: Tawasin



Vain, boastful talk repels acts of kindness

and tears the branch of mercy from the trunk of the tree.  
Speak honestly or else be silent,  
and then behold grace and delight in it.

-Rumi, "Mathnawi" [III, 751-752]



..Seek urgently the forgiveness of God, that you may enter paradise; it is vast as the sky and the earth, and has been prepared for those who believe in God and his apostle. God's grace is infinite; and he bestows it as he likes.

-Qur'an, Al-Hadid, Surah 57:21



Prayer is that which enables the soul to realize its divinity. Through prayer human beings worship absolute truth, and seek an eternal reward. Prayer is the foundation-stone of religion; and religion is the means by which the soul is purified of all that pollutes it. Prayer is the worship of the first cause of all things, the supreme ruler of all the world, the source of all strength. Prayer is the adoration of the one whose being is necessary.

-Ibn Sina, "Kitab al-Najat"



Liberate yourself from the fetters of the ego and surrender yourself before God. Let the Lord be your shepherd, allow Him to attend to all your cares, and do not allow temptations to entice you. Aspirations of this world are the cause of all concern. Aspire to God and obtain freedom.

-Sheikh Abdul Qadier Jilani, "Futhul Ghaib"



If you only understood the great height! It consists in purchasing the freedom of a slave. It consists in feeding, during famines, an orphaned relative, or anyone who is starving. It consists in having faith, in encouraging others, and in exercising mercy.

-Qur'an, Al-Balad, Surah 90:12-17



Happy the man who freed himself from his "self" and united himself with the Infinite. When you sought refuge in the Qur'an of God, you mingled yourself with the essence of the prophets. The Qur'an is a narrative of the states of the prophets who glory in the blessed ocean of His majesty.

-Rumi, "Mathnawi"



When you worship, you are aware of your separateness from God; you are the subject and he is the object. The more you worship, the more you acquire this sense of separateness from God. Union with God comes when this sense of your separateness from God is stripped away.

-Qushayri, "Risalah"



There are many people who are shocked by mysticism, and they mock it, calling it nonsense. These people are blinded by ignorance. By following the mystical way I came to understand the true nature of God's revelations to Muhammad.

-Ghazali, "al-Munqidh min ad-Dalal"



Behold, We revealed the Qur'an on the Night of Power. If only you knew what the Night of Power is. That one night surpasses a thousand months, for the angels and the Spirit [Gabriel] descend to the earth, bearing divine inspiration by the permission of their Lord. That night is the night of peace until the crack of dawn.

-Qur'an, Al-Qadr, Surah 97:1-5



This religion is easy. Do not make it a rigor, or you shall be overcome. Be steadfast, seek the closeness of Allah, grow in virtue, and implore His appeasement day and night.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



The outward form of things passes away, but the essence remains forever. How long will you be besotted with the shape of the jug? Cast aside the jug, and seek the water. If you look too closely at the form, you miss the essence. If you are wise, you will always pick out the pearl from the shell.

-Rumi, "Mathnawi"



Be faithful to the covenant you have made with God. Do not break an oath after you have sworn it—for by swearing in God's name you make God your surety. God knows all your actions.

-Qur'an, An-Nahl, 16:91



The saints are My children in exile,  
torn away from My dominion and glory.  
Despised and alone they endure their trials;  
in secret I am their intimate friend.

-Rumi, "Mathnawi"



Fools exult in life while the pious prepare for the journey ahead. A major portion of their wealth is spent in God's way, and they themselves suffice with the bare minimum, striving toward the hereafter. They even sacrifice fine victuals confident in the faith that they shall be blessed with better in the hereafter. Even God cherishes them because of their conviction and devotion.

-Sheikh Abdul Qadir Jilani



Practice what you have learned, for theory without practice is like a spirit without a body. One who is content with learning alone is not learned, for the truly learned seeks more than mere words. Divine guidance entails self-mortification, without which contemplation is unattainable.

-Al-Hujwiri, "The Kashf al-Mahjub"



By the declining day, humankind is at a great disadvantage, save those who do good works, admonish one another to be forthright, and inspire each other to endure hardship.

-Qur'an, Al-'Asr, Surah 103:1-3



When you see the misfortune of your brother, do not rejoice, for Allah may save him and afflict you with the same misfortune.

-The Prophet Muhammad (SAW), as reported by Wa'silah bin al-Asqa'a



Your will be done, my Lord, my Messiah!  
Your will be done, my desire, my aspiration!  
O essence of my being, my goal, my religion!

O all of my all, my hearing, my sight!

-Al-Hallaj, Mansur, "The Kashf al-Mahjub"



For, Believers are those who, when Allah is mentioned, feel a tremor in their hearts, and when they hear His signs rehearsed, find their faith strengthened, and put (all) their trust in their Lord.

-Qur'an, The Spoils of War, Surah 8:2



Do not lose hope in Allah, for He is the Creator. He will create another way for you. Do not flee from your trials; patience in adversity is the foundation of all virtue, of compassion and sainthood. Patience is the foundation, and without a sound foundation you cannot build a monument.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



A rough, uneducated boy in the village began to sing a hymn in a loud, raucous voice. The pious young men looked at the boy with contempt. Their camels ran off into the desert. The wise old Sufi asked the young men: "Why does this boy's praises move your camels, yet leave you unmoved?"

-Sadi, "The Gulistan (The Rose Garden)"



He created the heavens and the earth and all that exists between them in six days. Then He mounted the glorious Throne. Allah is the Most Gracious. Ask those who have knowledge concerning Him!

-Qur'an, Al-Furqan, Surah 25:59



I saw a man in Paradise for a deed as simple as cutting down a tree that stood in the middle of a road, causing wayfarers much distress.

-The Prophet Muhammad (SAW), as reported by Ibn Umar



Muhammad trusted God completely, and accepted without question, the truth of what he heard. He

knew that in conveying God's revelations to others, he would encounter varying reactions. Some would listen eagerly and treat him well, while others would be angry and hostile. Thus he was aware that God was laying a heavy and troublesome burden upon him. Yet he accepted it willingly, believing that God would give him the courage and determination to face every kind of opposition.

-Ibn Isaq, "The Life of Muhammad"



It was Allah who raised the heavens without visible supports, and then established His glory on the Throne. He compelled the sun and the moon to be of service, each running an appointed term; He ordains the course of all things. He made those revelations manifest, that you may be certain of meeting your Lord.

-Qur'an, Ar-Ra'd, Surah 13:2



I am neither Christian, nor Jewish, nor Muslim. Doing away with duality, I saw the two worlds as one. I seek One, I know One, I see One, and I call One.

-Rumi, "The Life and Thought"



God has the power to touch the heart of the sinner, to turn him away from his wicked ways.

-Rabi'a, "Rabi'a the Mystic"



Forgive us, our Lord. Overlook our transgressions and remit from us our evil deeds. Condemn us not for our corruption; save us from public scorn. O Merciful, You Yourself is decreed, "I alone and no other accept repentance of My servants and remit from them their evil deeds." So absolve us of our sins, O Benevolent Lord.

-Sheikh Abdul Qadir Jilani, "Fayuz E Yazdani"



No kind of calamity can occur, except by the leave of Allah: and if any one believes in Allah, (Allah) guides his heart (aright): for Allah knows all things.

So obey Allah, and obey His Messenger, but if ye turn back, the duty of Our Messenger is but to proclaim (the Message) clearly and openly.

-Qur'an, At-Taghabun, "Surah" 64:11-12



There is a key for everything, and the key to Paradise is to love the poor.

-The Prophet Muhammad (SAW), as reported by Ibn Umar



Peace be with you, for you persevered steadfastly. How blessed is the final abode.

-Qur'an, Ar-Ra'd, Surah 13:24



Consider the way for ordinary people. They should believe in the unity of God. They should expel from their minds all ideas of other gods, or other beings which are similar to God; they should know that God has no equals. Yet equally they should realize there are spiritual forces which are opposed to God. They should trust God, and fear all that are opposed to him.

-Junayd, "Tawhid"



Our body is our veil in the world:  
we are like a sear hidden beneath a straw.

-Mathnawi [IV, 823]



How transcendent and immaculate is God! He has neither place, nor time, nor beginning, nor temporal continuity, nor posterior eternity, nor temporal priority, nor terminal end, and yet all the while, He is neither occupied wit, nor seeks succor from, that which He has brought into being. Nonetheless, He is just in all affairs wherein His commandments are issued to people.

-Shibli in Sarraj Tusi: "Kitab al-luma"



All creatures on earth will pass away. But the face of your Lord will endure forever, in all majesty and glory. Which of the Lord's blessings would you deny? All who dwell in the heavens and on the earth, look to God for help. Each day God engages himself on some new task. Which of the Lord's blessings would you deny?

-Qur'an, Ar-Rahman, Surah 55:26-30



In the valley, on the mountain, I beheld only God.  
In hardship I saw Him by my side.  
In ease and well-being I beheld only God.  
Like a candle I melted in His flame.  
Amid the sparks of the flames,  
I beheld only God.

-Baba Kuhi of Shiraz, "Rabi'a the Mystic"



Allah wishes to lighten your burdens, for man was created weak.

-Qu'ran, An-Nisa, Surah 4:28



Have faith in God the Omnipotent,  
the Eternal, the First and the Last,  
who grants life and determines death.  
He bestows bounty,  
and only He can restore crushed hopes.  
Have faith, do not lose hope, wait patiently.  
He indeed will create a way  
to deliver you from your hardships.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



Those who steadily seek absolution shall find that the Lord eases their way out of every difficulty,  
providing for them from unimaginable bounty.

-The Prophet Muhammad (SAW), as reported by Abd'Allah ibn Abbas



Every prophet to the world came alone,  
within him carrying a hundred unseen worlds.  
The cosmos was charmed by his depth  
and folded itself into his modest frame.  
The foolish thought he was lonely and weak.  
With the King as his companion,  
how is he weak?

-Rumi, "Mathnawi"



If you devote yourself to God in this world, He will admit you among His chosen servants in the hereafter. Such devotion, however, demands sacrifice and self-denial, the two instruments that make union with God possible.

-Al-Hujwiri, "The Kashf al-Mahjub"



Lord, the night is gone. The dawn has lighted the sky. How I long to know if You accepted or rejected my prayers. Comfort me, Lord, for only you can comfort this state of mine. You gave me life and nurtured me; Yours is all the praise. If You would ever drive me away from Your door, I would never abandon it for the sake of Your love, which I carry in my heart.

-Rabi'a, "Rabi'a the Mystic"



Blessed is He Who made constellations in the skies, and placed therein a Lamp and a Moon giving light; and it is He Who made the Night and the Day to follow each other: for such as have the will to celebrate His praises or to show their gratitude.

-Qur'an, The Criterion, Surah 25:61-62



The best charity is followed by contentment, so begin with those related to you.

-The Prophet Muhammed (SAW), as reported by Abu Hurairah



In the name of God,  
Most gracious most merciful;  
Praise be to God,  
The cherisher and sustainer of the worlds;  
Most gracious, most merciful;  
Master of the day of judgment.  
Thee do we worship, and Thine aid we seek.

-Sura Fateha (1:1-5)



Establish worship at sunset until the darkness of the night and recite the Qur'an at dawn, for the recitation of the Qur'an at dawn is witnessed by all that is holy.

-Qur'an, Al-Isra, Surah 17:78



We honored man by the gift of free will.  
Half of him is honeybee, the other half snake.  
True believers are stores of honey.  
Stores of poison are those who do not believe.

-Rumi, "Mathnawi"



Lord, have mercy on our souls and allow us to follow Your commandments. O Most Compassionate One, do not allow our hearts to err after being guided aright.

-From the prayer book "Al-Hizbul-A'zam"



Rabi'a asked someone to buy a blanket for her, giving the person four coins. The person asked: 'Do you want a black blanket, or a white one?' Rabi'a took back the coins, threw them in the Tigris river, and exclaimed: 'Must we divide even blankets into distinct groups?'

-Attar, "Rabi'a"



When God brought you out of your mother's womb, you were empty of knowledge. But he gave you eyes and ears and hearts, in order that you may give thanks to him.

-Qur'an, An-Nahl, Surah 16:78



Blessed are the ones who rely on Allah and have surrendered themselves before His will, who are grateful in prosperity and patient in adversity.

-The Prophet Muhammad (SAW), as reported by Shu'aib bin Se'nam



Gratitude for the abundance you have received is the best insurance that the abundance will

continue.

-Prophet Muhammad



O you who believe! Partake of the good things that We have provided for you, and render thanks to Allah if it is He whom you worship.

-Qur'an, Al-Baqara, Surah 2:172



I never hear the call of prayer without remembering the trumpet blare on the Day of Resurrection. I never see the snow without remembering the fluttering scrolls of deeds being handed out. I never see a swarm of locusts without remembering the assembly on the Day of Judgment.

-Rabia, "Rabi'a the Mystic"



Good humor and character is manifested in a cheerful face, generous giving, and not imposing one's problems on others.

-Hasan Al-Basri in *Nurbakhsh: Hasan Basri*, 174



Beware! Do not let avarice waylay you!  
Do not let greed tear you up by the roots!  
For as you sleep,  
the stench of your spurious deeds  
is thundering on the azure sky.

-Rumi, "Mathnawi"



No disaster, unless it has been preordained and recorded in the book of records, can ever befall the earth nor your own selves. Behold, all this is easy enough for Allah. Know this so that you may not despair for the good fortune you lost, nor exult unduly because of the blessings bestowed upon you. Allah does not love the arrogant and the boastful.

-Qur'an, Al-Hadid, 57:22-23



The best among you are those who learn the Qur'an and teach it to others.

-The Prophet Muhammad (SAW), as reported by Uthman bin Affan



My Lord, my desire in this world is to remember You above all other things of this world and the next and, out of all who are in that world, to be the one to meet with You alone. However, this is what I say: "Your will be done."

-Rabi'a, "Rabi'a the Mystic"



Right up until the moment of death your hearts are absorbed by material gain. But you will soon understand; yes, before long you will understand. Indeed, if you knew the truth with certainty, you would perceive the fire of hell; you would see it with your own eyes. On the day of judgment you will be questioned about all your pleasures.

-Qur'an, At-Takathur, Surah 102:1-8



There are two kinds of speeches and two kinds of silences. Speech is either truth or a falsification, and silence is either fruition or heedlessness. If one speaks the truth, his words are better than his silence, but he who invents falsifications, his silence is better than his speech.

-Al-Hujwiri, "The Kashf al-Mahjub"



Do not regard yourself as infamous or weak.  
Reflect upon your aspirations, O noble one.  
No matter what your station be,  
keep searching.  
For this pursuit is a blessed course.  
This quest removes all impediments to God.

-Rumi, "The Life and Thought of Rumi"



When you purify your hearts just as you purify your raiment, union with God will follow. You cannot become a Sufi by merely wearing coarse woolen shirts and following strict ritual, pretending to be pious while inside your hearts you bear malice and avarice. A real Sufi has attained a state of perfection on the inside. If you sincerely seek union with God, then seek Him inside your hearts and

leave the world alone.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



How many are the creatures that carry not their own sustenance? It is Allah who feeds (both) them and you: for He hears and knows (all things).

-Qur'an, Al-'Ankabut, Surah 29:60



Winds are the heralds of Allah's mercy, though they bear both compassion and chastisement. So implore Allah for their aid, and seek refuge in Him from their destructive power.

-The Prophet Muhammad, as reported by Abu Hurairah



Have We not made the earth as a wide expanse,  
And the mountains as pegs?  
And (have We not) created you in pairs,  
And made your sleep for rest,  
And made the night as a covering,  
And made the day as a means of subsistence?  
And (have We not) built over you the seven firmaments,  
And placed (therein) a Light of Splendour?

-Qur'an, An-Nab, Surah 78:6-13



Do not treat people with contempt, nor walk insolently on the earth. Allah does not love the arrogant or the self-conceited boaster. Be modest in your bearing and subdue your voice, for the most unpleasant of voices is the braying of the ass.

-Luqman 31:18-19



I am the Word of God living through His Essence. I am the Food of the soul, the Spirit of purity. I am the Fountain of the Water of Life. I deliver the lovers of God from death. If your greed had not raised such a stench, God would have poured a remedy of water on your graves. I accept the warning of the Sage; I will not allow my heart to be sickened by ridicule.

-Rumi, "Mathnawi"



If you have no eyes, do not walk blindly;  
take a staff in your hand.  
If you have no staff of insight,  
do not walk without a guide.

-Rumi, "Mathnawi"



Do not be ruled by lust; seek freedom by following the righteous. Mere claims of piety will not earn you inner freedom. Remain patient in adversity to attain peace, for adversity is the threshold to freedom. Those who cannot persevere are held back from the doors of Mercy.

-Sheikh Abdul Qadir Jilani



Abraham said, "Peace be with you! I shall implore forgiveness of my Lord for you, for He has been gracious to me."

-Qur'an, Maryam, Surah 19:47



A true Muslim is the one who does not defame or abuse others; but the truly righteous becomes a refuge for humankind, their lives and their properties.

-The Prophet Muhammad (SAW), as narrated by Abd'Allah bin Amr



Do not seek sustenance from people. God is the real Provider. If He wills a certain person to be the means of your livelihood, do not consider that person to be in control of your destiny. Have faith and be certain in the knowledge that your daily bread does not depend upon any mortal, but upon God who created all.

-Al-Hajwiri, "The Kashf al-Mahjub"



'We have sent you an apostle who belongs to your own nation. He will recite our revelations and purify you of sin. He will explain to you the book which we have dictated to him; he will make you wise, teaching you things of which at present you know nothing. Remember me, and I shall remember you. Give thanks to me, and I shall never reject you.'

-Qur'an, Al-Baqara, Surah 2:151-152



If you have no eyes, do not walk blindly;  
take a staff in your hand.  
If you have no staff of insight,  
do not walk without a guide.

-Rumi, "Mathnawi"



I made peace with all the people in the world, resolving never to wage war on anyone, and I waged war against my self and have never since made peace with it.

-Kharraqani in Attar: *Tadhkirat*



Abdullah, Muhammad's father, died while Amina was pregnant.

Muhammad was born in the year of the elephant. Amina sent a message to Muhammad's paternal grandfather to inform him of the birth, inviting him to come and look at the baby. When the grandfather arrived, Amina told him of the voice she had heard while she was pregnant. The grandfather took the baby to the Kaba, the shrine in the centre of Mecca, and gave thanks to God for this gift.

-Ibn Ishaq, "The Life of Muhammad"



It is God who raised an apostle from the inhabitants of Mecca, to recite to them his revelations, to purify them, to make them wise, and to explain the Scriptures to them—and thereby save them from the gross errors into which they have fallen. Such is the grace of God; he bestows his grace on whom he leases, and his grace is infinite.

-Qur'an, Al-Jumu'ah, Surah 62:2,4



Spend in the name of Allah and do not hold back lest Allah withhold His blessings from you.

-The Prophet Muhammad (SAW), as reported by Asma bint Abu Bakr al-Saddiq



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-Ibn Ishaq, "The Life of Muhammad"



Make the pilgrimage, visiting the sacred house, for God's sake. But if you are prevented from making the pilgrimage, send such an offering as you can afford.

-Qur'an, Al-Baqara, Surah 2:196



Doubt is a precipice on the way to God. Blessed is he who is freed from its bonds. He who fares without any doubt, adhere to his footprints if you do not know the way. Cleave to the footprints of the deer and advance with care that you may reach the musk-gland. By means of such trekking, even if you walk on fire, you will reach the luminous peak.

-Rumi, "Mathnawi"



Prayer is an instrument through which novices find their path to God. Thus ablution symbolizes repentance; the Qibla\*, a spiritual guide; standing in prayer becomes self-mortification; the recitation of the Qur'an, inner meditation; bowing the head, humility; prostration, self-knowledge; profession of faith, intimacy; and salutation becomes detachment from the world and bondage of stations.

*\*Qibla: The point toward which Muslims turn to pray, which is the Ka'ba, or house of God, in the Grand Mosque in Mecca.*

-Al-Hujwiri, "The Kashf al-Mahjub"



When Muhammad reached the Grand Mosque, most of the population was at the entrance, eager to look at him. As he went in, he threw the end of his cloak over his left shoulder, leaving his right arm free. He declared, "May God have mercy on the man who today shows the people he is

strong." Then he walked round the Kaba, kissing each side, and finally kissing the black stone. After a short pause he trotted round the Kaba three times, and walked around it a further three times.

-Ibn Ishaq, "The Life of Muhammad"



'We shall guide you onto the smoothest path. Then invite the people of Mecca to follow that path-if they will listen.' Those who honour God, will accept the invitations; but wicked sinners will refuse it. Wicked sinners will be cast into the raging fire, where they will neither live nor die. Happy are those who purify themselves of sin, who remember the name of the Lord, and who pray to him.

-Qur'an, Al-A'la, Surah 87:8-15



Allah tries his chosen people through many hardships, but those who persevere through adversity, surrendering themselves before the will of Allah, shall be blessed with a superb reward.

-The Prophet Muhammad (SAW), as reported by Anas bin Malik



A Sufi was once engaged in prayer, when his cell caught fire. He did not stop praying for one moment. Afterwards, people asked him about this. He replied: 'The divine fire held my attention, so I could not attend to the fire in my cell.'

-Qushayri, "Risalah"



Recite then as much of the Qur'an as you can with ease, because He knows that some among you are sick, others must travel in search of His bounty, and others still have to struggle in His cause. Recite then only that which is easy for you, establish worship and give in alms, thus offering Allah a generous loan. Whatever good you send before yourselves, you shall find a richer reward with Allah.

-Qur'an, Al-Muzzammil, Surah 73:20



At midnight I say, "I am near you; be not afraid of the night, for I am your protecting friend." Last night in your dream you saw One with a prayer-rug. That was I, and what I told you in that dream about the meaning of prophecy: make those words of Mine your mind's guide.

-Rumi, "Mathnawi"



The ways are various, but the way to Truth is only one. Those who travel on the way of Truth must keep themselves isolated.

-Abd al-Wahid bin Zaid, in "Rabi'a the Mystic"



A certain man was renowned for his virtue. The king asked him, 'How do you spend your time?' The man replied, 'I spend the nights praying, and I spend the days laboring. I try to regulate my family's expenses, so I can spend as little time as possible laboring, and as much time as possible praying.' The king gave the man enough money to support himself and his family, so that he could pray during the day as well as the night.

-Sadi, "Gulistan"



Practice patience; it is the essence of praise.  
Have patience, for that is true worship.  
No other worship is worth as much.  
Have patience; patience is the key to all relief.

-Rumi, "Mathnawi"



A man served God for seventy years and then committed a sin which canceled the merit of his service. Afterwards he gave a loaf of bread to a poor man, so God pardoned his sin and gave him back the merit of his seventy years' service. His alms are vain who does not know that his need of the reward for giving is greater than the poor man's need of the gift.

-Muslim Saying



Once a person asked the Prophet, "What is true faith?"

The Prophet replied, "When your good endeavors bring you pleasure and your transgressions cause you anguish, you know that you are a person of faith."

-Reported by Abu Umamah



All animals that roam the earth, and all birds that fly through the air, form communities like your own. 'We have left out nothing from our book.' All animals and all birds will be gathered before their Lord. 'Those men and women who deny our revelations, are deaf and dumb; they wander about in utter darkness.'

-Qur'an, Al-An'am, Surah 6:38-39



A Sufi was wounded by a leopard. He tried every kind of medicine to heal his wounds, but none was effective. Yet the Sufi never ceased to give thanks to God. Some people said to him: 'You are suffering greatly, and yet you constantly thank God. How is this?' The Sufi replied: 'I give thanks to God that I am suffering a physical wound caused by an animal, and not a spiritual wound caused by sin.'

-Sadi, "Gulistan"



Blessed are the believers who are worthy of trust, who keep their promises, and who never neglect their prayers. They are the heirs of paradise; they will live there forever.

-Qur'an, Al-Mu'minun, Surah 23:8-11



As he beheld the light of God he felt protected, and was delivered from the throes of doubt.

-Rumi, "Mathnawi"



I am you, O God. You are my being; you are the fulfillment of all my desires. I embrace you in my innermost thoughts. Your soul and my soul are like two lamps, shedding a single light.

-Hallaj, "Diwan"



I seek refuge in Allah from knowledge that brings no wisdom, from a heart that lacks kindness, from desires that bring discontent, and from supplications that go unanswered.

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



'Whenever God has sent an apostle to a city or nation, the wealthy people of that place, living in comfort, have rejected the apostle's message. They have said to themselves: 'We have more wealth and more children than those who believe the apostle's message. That shows that we shall not be punished.' But I say that God gives abundantly to some, and sparingly to others, as he pleases; but most people do not understand this.

-Qur'an, Saba', Surah 34:34-36



O God, it would be impossible for me to distance myself from you; it would be impossible for you to distance yourself from me. In the certainty of our relationship, proximity and distance are the same.

-Hallaj, "Tawasin"



A veil will divide the blessed from the damned. The damned will cry out to the blessed, "Give us some water. Pour upon us some of the water that God has given you." But the blessed will reply, "God has forbidden water to unbelievers—to those who regard their religion as a hobby, as an idle pastime, and are seduced by the life of this world."

"On that day we shall ignore them, as they ignored that day; they rejected our revelations."

-Qur'an, Al-A'raf, Surah 7:50-51



Many prayers are declined because of the rank odor of a corrupt heart rising through the beautiful words. Let the words be wrong, but the meaning right. That flawed utterance is dearer to God.

-Rumi, "The Life and Thought of Rumi"



Poverty is not complete until one likes giving more than receiving.

-Abu Hafs Haddad in "Attar: Tadhkirat"



Take to compassion and abstain from oppression and obscenity. Compassion is grace and the lack of it a disgrace.

-The Prophet Muhammad (SAW), as reported by Aisha bint Abu Bakr



Believers remember Allah steadfastly and glorify Him morning and evening. For it is He who sends blessings on you as do His angels, that He may lead you from darkness to light. Allah is most beneficent to the devoted.

-Qur'an, Al-Ahzab, Surah 33:41-43



Listen to your heart and not your ego. Your ego prompts you to boast of vain assertions to obtain the glory of this world. Turn away from vanity and seek Him in the recesses of your heart and soul.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



Since reason is our most precious gift from God, we should do nothing to reduce its status or degrade it. Since reason should govern our conduct, we should allow nothing to govern it. Since reason is the sovereign over all human faculties, it should not be made subject to any other faculty.

-Razi, "Kitab al-Muluki"



Allah and His angels send blessings on the Prophet: O ye that believe! Send ye blessings on him, and salute him with all respect.

-Qur'an, Al-Ahzab, Surah 33:56



The spiritual path ruins the body, but subsequently restores it to health. It ruins the house to reveal the treasure, and with that treasure it builds better than before.

-Rumi, "Mathnawi"



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Those who content themselves with limited provender, submitting themselves before Allah's will, shall find even a few good deeds of theirs sufficient for divine approval.

-The Prophet Muhammad (SAW), as reported by 'Ali bin Abi Talib



Do not dismiss those that call upon their Lord morning and evening, seeking His countenance. You are not accountable for them, just as they are not accountable for you. Then if you drive them away, you yourself may become one of the wrongdoers.

-Qur'an, Al-An'am, Surah 6:52



Strengthen me, my lord,  
for I am overcome with feebleness.  
Ennoble me once more,  
for I have been cast down.  
Sustain me, Lord,  
for I am impoverished.

-From the prayer book, "Al-Hizbul-A'zam"



Sometimes servants of God try to behave like the Lord, without a doubt. Sometimes servants of God behave like servants. When they behave like servants, they are truly like the Lord. When they behave like the Lord, they are in a sorry condition.

-Ibn Arabi, "Fusus al-hikam"



By His ordinance He sends down the angels with the Spirit of His divine inspiration to those among His servants that He chooses, enjoining them: "Warn humankind that there is no other God save Me. Therefore remain devoted to Me."

-Qur'an, An-Nahl, Surah 16:2



Very high, very grand, and very wise is the ocean of God, the Water of Life. You went after the form and were lead astray. How can you see it? You abandoned the truth. Sometimes it is named

"tree," sometimes "sun," sometimes "ocean," sometimes "cloud," one thing from which scores of discoveries arise, its slightest definition an everlasting life.

-Rumi, "Mathnawi"



Behold the words of the Qur'an:  
"We are closer to you than you are yourself."  
Comprehend your relationship with God!  
He is closer to us than our own selves.  
Yet through ignorance we search for Him  
Wandering from door to door.

-Sufi poem



Children of Adam! Distribute your surplus wealth in the name of Allah; it will earn you more merit.  
Do not hold it back. You must not be remembered for miserliness, so begin with those closest to you.

-The Prophet Muhammad (SAW), as reported by Abu Umamah



I ask whether I should seek any god besides God--when he is the Lord of all things. All people will reap the harvest of their own deeds; no one will bear another's burden. Ultimately, all of you will return to your Lord, and he will resolve your disputes.

-Qur'an, Al-An'am, Surah 6:163-164



Do not strut proudly on account of your good deeds. Do not let pride waylay you. When you deem yourself holier than others, know that you have fallen into grave error because in your pride you believed yourself equal to God.

-Sheikh Abdul Qadir Jilani, "Futhul Ghaib"



I was given the choice between wisdom and prophecy. I chose wisdom because I could not stand the burden.

-Luqman, "Islamic Sufism"



As for those who have faith and do good works, God will welcome them to a garden watered by running streams. God's will is always done.

-Qur'an, Al-Hajj, Surah 22:14



Little by little God takes beauty away. Little by little life's luster decays. Listen to the passage, "To whom We grant a long life, those We cause to decline." Seek the essence and not the structure. The beauty of heart shall forever abide, for it is enriched with the water of life.

-Rumi, "Mathnawi"



Believers, remain mindful of Allah and always tell the truth. He will bless you with forthrightness and absolve you of your sins. Those who adhere to Allah and His messenger shall indeed have achieved a signal victory.

-Qur'an, Al-Ahzab, Surah 33:70-71



Live in this world like a stranger, a wayfarer, and deem yourselves as dwellers of the graves.

-The Prophet Muhammad (SAW), as reported by Ibn Umar



Blessed are those who honour God in all they do, who believe in the revelations of their Lord, and who worship only their Lord. Blessed are those who, when they give to the poor, do so with hearts filled with awe, knowing that they will soon return to their Lord. Blessed are those who vie with one another for God's blessings; they will be foremost in receiving them.

-Qur'an, Al-Mu'minun, Surah 23:57-61



Real faith is having complete trust in God. "It is the belief in the wisdom which comes from the Unseen." Such certainty can only be attained through the knowledge that emerges with divine help.

-Al-Hujwiri, "The Kashf al-Mahjub"



Do not strut on the earth filled with pride, for you cannot rend the earth asunder, nor can you reach the mountains in height.

-Qur'an, Al-Isra, Surah 17:37



When reason reaches its peak and the souls of His lovers feel helpless and disabled, they grow restless and stretch their hands in supplication, seeking comfort for their burning souls. When every manner of search within their power has been consumed, the doorway to Him is opened.

-Al-Hujwiri, "The Kashf al-Mahjub"



Allah is compassionate and loves compassion in all things.

-The Prophet Muhammad (SAW), as reported by A'ishah bint Abu Bakr



Gabriel ordered Muhammad to mount the animal, which was called Buruq. But as Muhammad approached the animal, it shied. Gabriel put his hand on its mane, and exclaimed, "No one more honorable in the sight of God than Muhammad has ever ridden you before." The animal was so ashamed that it broke into a sweat; and it stood quite still, so Muhammad could mount.

-Ibn Ishaq, "The Life of Muhammad"



I say that you may call on God by whatever name you please. You may call him God, or you may call him the Merciful. He has the best of names.

-Qu'ran, Al-Isra, Surah 17:110



O Love, O pure deep love,  
be here, be now.  
Be all; worlds dissolve  
into your stainless endless radiance,  
Frail living leaves burn with you  
brighter than cold stars:  
Make me your servant,

your breath, your core.

-Rumi



I realized what was hidden within me  
and conversed with You in secret.  
Though we were united, we still were apart.  
Though awe hid You from my searching eyes,  
ecstasy brought You close  
to my innermost being.

-Al-Hujwiri, "The Kashf al-Mahjub"



During prayer I give myself over to the Lord  
and delight myself in zealous worship.  
The window of my soul opens wide  
and the Book of God comes to view  
To fill my house with grace and light.

-Rumi, "Mathnawi"



'You sometimes see the earth dry and barren. But as soon as we send down rain, the earth begins to swell and stir, putting forth radiant flowers of every kind.' This demonstrates that God is truth; he gives life to the dead, and has power over all things.

-Qur'an, Al-Hajj, Surah 22:5-6



Some people asked Allah's Apostle, "Whose Islam is the best? i.e. (Who is a very good Muslim)?"  
He replied, "One who avoids harming the Muslims with his tongue and hands."

-Hadith narrated by Abu Musa, as related by Al-Bukhari



Lord, if I worship You from the fear of Hell, then let me burn in Hell. If I worship You for the hope of Paradise, then deny me admittance to it. But if I worship You out of reverence for You alone, then do not deny me the joy of Your Eternal Beauty.

-Rabi'a, "Rabi'a the Mystic"



On the spiritual path no one has higher or lower status than anyone else.

-Nizam al-Din, "Fawa'id al-Fu'ad"



Since I understood four things, I have discarded all other knowledge. First, that my daily sustenance has already been apportioned to me and will neither increase nor decrease by my futile efforts, so I strive to increase it no more. Second, I alone and no one else can atone from my sins, so I devote myself to the Lord. Third, I know that I will never be able to escape death, which is in our pursuit, so I have prepared myself to meet him. Fourth, I know that God is observing me; therefore I refrain from doing what I must not do.

-Hatim al-Asamm, "The Kashf al-Mahjub"



Stop talking!  
What a shame you have no familiarity  
with inner silence!  
Polish your heart for a day or two:  
make that mirror your book of contemplation.

-Mathnawi [VI, 1286-1287]



Do not be upset at the good things you miss, and do not be overjoyed at the good things you receive. God does not love those who are arrogant and boastful; he does not love those who are stingy, and encourage others to be stingy also. Those who ignore these words, should remember that God alone is self-reliant, and God alone is worthy of praise.

-Qur'an, Al-Hadid, Surah 57:23-24



Fear oppression, because oppression will be intense darkness on the Day of the Resurrection.

-The Prophet Muhammad (SAW), as reported by Ibn Umar



When we abandon acts that are contrary to God's law, we shed our carnal desires. When we shed our carnal desires, we become sincere in our intentions towards others, and in our worship of God.

-Qushayri: Risalah 3



Those who do not love the Beloved shall not be able to see Him, for one cannot know and see the sun with a lamp.

-Al-Ghazzali, "Masters of the Path"



In truth have We revealed the Qur'an, and with truth has it come down to you. We chose you only to be the herald of glad tidings and also to give warning. Therefore We revealed the Qur'an gradually that you may recite it to humankind in stages. Thus We disclosed it in sequential revelation.

-Qur'an, Al-Isra, Surah 17:105-6



Silence is the sea, and speech is like the river.  
The sea is seeking you: don't seek the river.  
Don't turn your head away from the signs offered by the sea.

-Mathnawi [IV, 2062-2063]



Humbly do I implore You, keep me in Your divine grace, and deprive me not of peace. Save me from sudden misfortunes; deliver me and sustain me. May I never displease You, my Lord.

-From the prayer book "Al-Hizbul-A'zam"



Allah enjoins justice and kindness, and in giving alms to kinsfolk, He forbids indecency and abomination and oppression. He exhorts you that you may take heed.

-Qur'an, An-Nahl, Surah 16:90



If a man exhibited the best possible humor and more character in every way, except that he mistreated one of his chickens, he should be counted among those who have good humour and moral character.

-Fudayl Ibn 'Iyad, in "Qushayri: *al-Risalat al-Qushayriyya*"



I heard the Prophet narrate the story of another Prophet [Jesus] before him, whose people beat him and caused him to bleed. Even as he wiped the blood off his face he said, "Lord, forgive them for they know not what they do!"

-Reported by Nayeem bin Mas'ud, Sahih al-Bukhari



Believers! You are accountable only for your own souls. Those who go astray can never harm you if you are on the right path. All shall return to Allah in the end, where He will make known to you all that you earned.

-Qur'an, Al-Ma'idah, Surah 5:105



Jubilant are they [the martyrs] because of the grace Allah bestowed upon them, rejoicing in the glad tidings given to those who were left behind and have not yet joined them, that they need have no fear, neither shall they grieve.

-The Family of Imran 3:170



If you wish for light, be ready to receive light.  
Nourish your ego and be deprived of light.  
If you wish to find a way out of this prison,  
do not turn away;  
bow down in worship and draw near.

-Rumi, "Mathnawi"



Do not become the candle that gives light to others but itself remains in darkness. Do not follow the desires of your lower self. Should the Lord wish, He himself will pick you out and prompt you to be a source of guidance. He Himself shall endow you with the inner strength to endure the changes of fortune and will instill within you infinite wisdom.

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



Renewing peace between two aggrieved parties surpasses ritual praying, fasting, and almsgiving.

-The Prophet Muhammad (SAW), as reported by Abu Darda'a



Being observant of God is an act of devotion towards God. Sleep is an act of God drawing us near. That which is conferred upon us by God without our choice is positively superior to that which we send to Him. Sleep therefore is a wonderful gift of God bestowed upon His creatures.

-Junyayd, "The Kashf al-Mahjub"



Establish worship, give in charity, and obey the messenger that you may find mercy.

-Qur'an, Al-Nour, Surah 24:56



God is the guardian of all who believe. He leads them from darkness to light. As for those who do not believe, their guardians are their false gods, who lead them from light to darkness. They are the heirs of hell, and will live there for ever.

-Qur'an, Al-Baqara, Surah 2:257



Friendship takes many years to establish; so do not fall out with a friend over a single disagreement.

-Sadi, "Gulistan"



Love is the flame which, when it blazes,  
consumes everything other than the Beloved.  
The lover wields the sword of *Nothingness*  
in order to dispatch all but God:  
consider what remains after *Nothing*.  
There remains *but God*: all the rest is gone.  
Praise to you, O mighty Love, destroyer of all other "gods."

-Mathnawi [V, 588-590]



Some only ride on paths, while others rise across trackless deserts. Those who ride on paths, are like those who can see the way to God. Those who ride across trackless deserts, are like those who have lost the way to God. Yet God reveals himself within the souls of both; he is the inner reality of all people.

-Ibn Arabi, "Fusus al-hikam"



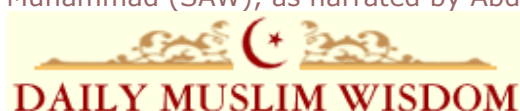
I say that I am mortal, as you are. It has been revealed to me that your Lord is one God. Let all those who hope to meet their Lord, do what is right, and worship only him.

-Qu'ran, Al-Kahf, Surah 18:110



The Merciful is kind to those who are merciful. If you show compassion to your fellow creatures in this world, then those in heaven shall be compassionate toward you.

-The Prophet Muhammad (SAW), as narrated by Abd'Allah bin Amr



Once a rich merchant, seeing Rabi'a's house falling into disrepair, gave her a thousand pieces of gold and a new house. ...Immediately she returned the money to the merchant and said, "I fear I will become attached to this house and will no longer be able to occupy myself with the other world. My only desire is to be of service to God."

-Rabi'a, "Rabi'a the Mystic"



Those loved by God are held in contempt by the vulgar, and those who deem themselves virtuous may not be so in the eyes of God....Public ridicule is the very sustenance of the chosen of God.

They rejoice in it, just as others rejoice in popularity, for they know that it is a sign that they are close to Him. As God said, "My chosen are hidden under My cloak. Besides Me, only the elect know who they are."

-Al-Hujwiri, "The Kashf al-Mahjub"



Since you are not a prophet, follow the way taught by prophets. Since you are not a king, be a loyal subject to the king. Since you are not a captain, do not take the helm of the ship. Since you do not possess every skill, have partners in your business. Be as pliant as dough in the hands of others, that you may rise well.

-Rumi, "Mathnawi"



If Allah is your protector, none can overcome you, and if He forsakes you, then who can help you?  
Trust Allah and have faith in His sovereign power.

-Qur'an, Al-Imran, Surah 3:160



We cannot do away with our daily nourishment, but let us not wallow in gluttony. Abu Yazid was once asked why he regarded fasting so supreme. He replied, "Had the Pharaoh known hunger he would not have declared himself God. And Korah would never have been so rebellious had he endured the pain of starvation."

-Al-Hujwiri, "The Kashf al-Mahjub"



What I fear most for my people are the hypocrites, who talk wisely, yet act unjustly.

-The Prophet Muhammad (SAW), as reported by Umar bin al-Khattab



People sometimes justify their obsession with cleanliness on religious grounds; but true religion is not concerned with outward purity.

-Razi: Kitab al-Muluki



In the name of Allah,  
The Most Gracious and Merciful.  
Praise be to You, O Lord of the worlds,  
The Beneficent, the Merciful.  
Master of the day of Justice,  
You alone we worship,  
to You alone we appeal for help.  
Show us the straight path,  
the path of those You blessed,  
not the path of those You condemned,  
nor of those who go astray.

-Qur'an, Al-Fatiha, Surah 1:1-7



O Merciful, transform my fears into hope. In the name of Your glorious Qur'an relent toward me. Allow its light to illumine my way; endow me with the resolve to follow its dictates. Help me recite it night and day that its wisdom might blossom within my soul.

-Prayer upon finishing the Qu'ran



Give your life for that cup of divine wisdom. How can you succeed without endurance and patience? To wait for the sake of that cup is no hardship. Show patience, for patience is the key to joy.

-Rumi, "Mathnawi"



It was He who created you from clay and decreed a term for you in this world and the next. Yet still you doubt. He is the only Lord of the heavens and the earth, completely aware of all that you conceal and all that you reveal. He knows what you deserve.

-Qur'an, Al-An'am, Surah 6:2-3



Lord, bestow upon us that which is good in this world and that which is good in the life to come, and save us from the doom of the Fire.

-The Prophet Muhammad (SAW), as reported by Sahih al-Bukhari



God gives this parable, "On the one hand there is a helpless slave, the property of his master. On the other hand there is a man whom we have greatly blessed; this man is generous both in secret and openly." Are the two alike? All praise is due to God! Yet most people do not understand.

-Qur'an, An-Nahl, Surah 16:75



Everything has its own food, and music is the food of the spirit.

-Nasrabadi in 'Attar, "Tadhkirat"



Sufficient is our Lord for us. He is the greatest of all helpers; we depend upon Him alone.

- "Munajat E Maqbool"



Dear soul, Love alone cuts argument short,  
for it alone comes to the rescue when you cry for help against disputes.  
Eloquence is dumbfounded by Love: it dares not wrangle;  
for the love fears that, if he answers back,  
the pearl of inner experience might fall out of his mouth.

-Rumi, "Mathnawi"



I speak to those who honor the Lord, and pray to him constantly, but cannot see him. Those who cleanse themselves of sin, will be richly rewarded. To God all creatures will return.

-Qu'ran, Fatir, Surah 35:18b



Those who maintain kinship with the detached, who continue to provide for those who let them down and willingly forgive their oppressors, shall indeed excel both in this world and the next.

-The Prophet Muhammad (SAW), as reported by 'Uqbah bin Amir



Those who believe everything to be created by God see Him in everything. They find comfort in regarding the Creator and not His creation. All problems stem from the illusion that created things hold the ultimate power. Turn to Him, therefore, if you seek deliverance.

-Al-Nuri, "The Kashf al-Mahjub"



People sometimes justify their obsession with cleanliness on religious grounds; but true religion is not concerned with outward purity.

-Razi: Kitab al-Muluki



God has given you the polishing instrument, Reason,  
so that by means of it the surface of the heart may be made resplendent.

-Rumi, "Mathnawi" [IV, 2475]



Allah replied, "Your prayer has been heard. Follow the straight path, and do not follow the path of the ignorant."

-Qur'an, Yunus, Surah 10:89



When the two hosts saw each other, the people of Moses said, "We are indeed overtaken." Moses said, "By no means! My Lord is with me, and He will guide me."

-The Poets 26:61-62



I say to you that you must either believe the Quran or deny it. Some people were given spiritual knowledge before the Quran was revealed. When the Quran is recited to them, they exclaim: 'Glory be to our Lord; his promise has been fulfilled.' They fall down on their faces, and weep; and as they listen to the Quran, their humility increases.

-Qur'an, Al-Isra, Surah 17:107-109



Good conjecture is a gift from divine grace.

-The Prophet Muhammad, as reported by Abu Hurairah



The strong man is not the good wrestler; the strong man is only the one who controls himself when he is angry.

-Prophet Muhammad, from *Sayings of Muhammad* by Prof. Ghazi Ahmad



If you follow the greater majority on earth they would lead you astray. They follow nothing but the conjectures of others and mislead those who follow them. Your Lord knows best who stray from the path of Truth; He knows best who are rightly guided.

-Qur'an, Al-An'am, Surah 6:117-18



If in the darkness of ignorance,  
you don't recognize a person's true nature,  
look to see whom he has chosen for his leader.

-Rumi, "Mathnawi" [IV, 1640]



Since the dawn of human consciousness, religion has been the mightiest force driving humankind toward an unknown goal. It has allowed the teeming millions to experience a greater joy and a creative fervor; it has furnished them with the strength and the courage to achieve imperishable cultural feats and enabled them to reach unimaginable spiritual heights.

-Muhammad Asad Loepold Weiss, "Islamic Sufism"



Believers, uphold justice. Always bear true witness, even if it be against yourself, your parents, or your relatives—and regardless of whether the person against whom you are speaking is rich or poor. God is close to people regardless of their material circumstances. Do not be led by emotion, as this may cause you to swerve from the truth. If you distort your testimony, or refuse to testify, remember that God is aware of all your actions.

-Qur'an, An-Nisa, Surah 4:135



Hasten with your charity, because disaster does not trample it.

-The Prophet Muhammad (SAW), as reported by 'Ali bin Abi Talib



She heard a voice in her ears: 'Be careful, lest you want me to fulfill your material desires, and take away your desire for me. Material desires and the desire for me cannot exist within the same heart.'

-Attar, "Rabi'a"



We have ordained humankind to show kindness toward their parents, for in pain their mothers carry them and in pain do they give birth. In thirty months they bear and wean; thus when they attain maturity they may pray, "Lord, inspire us that we may be thankful for the blessings You bestowed upon us and our parents. Kindle within us the desire to do what is upright and pleasing to You. Grant us righteous offspring, Lord. Verily, we turn to You in repentance, surrendering ourselves in earnest."

-Qur'an, Al-Ahqaf, Surah 46:15



The Almighty Allah says: "For the righteous I have prepared that which no eyes have envisioned and no hearts conceived. Search all you want, no living soul shall ever perceive what ultimate bliss is concealed from them."

-The Prophet Muhammad (SAW), as reported by Abu Hurairah



Do not follow advice which you do not understand. Make detailed inquiries with your eyes, ears and mind.

Do not strut about proudly. You cannot possess the earth, and you cannot rival the mountains in stature.

-Qu'ran, Al-Isra, Surah 17:37



You are the sole companion of my heart, though my body is available for those who wish its company. This body is hospitable to its guests; the love of my heart is the guest of my soul.

-Rabi'a, "Rabi'a the Mystic"



Liberate yourself from the fetters of the ego and surrender yourself before God. Let the Lord be your shepherd, allow Him to attend to all your cares, and do not allow temptations to entice you. Aspirations of this world are the cause of all concern. Aspire to God and obtain freedom.

-Sheikh Abdul Qadier Jillani, "Futhul Ghaib"



This world is full of remedies. But you have no remedy until God opens a window for you. You may not be aware of that remedy just now. In the hour of need it will be made clear to you. The Prophet said God made a remedy for every pain.

-Rumi, "Mathnawi"



He who remembers his Lord and he who does not are like the living and dead.

-The Prophet Muhammad (pbuh)



A religious leader came to visit Rabi'a, and was shocked to see that her clothes were in tatters. He said: 'There are many people who would provide you with decent clothes, if you would only allow them.' Rabi'a replied: 'Everything in this world is on loan to us from God. I am ashamed to accept the loan of a loan.' The man went away, and said to others: 'It is astonishing that a mere woman has reached such spiritual heights. She refuses to spend any time on material matters.'

-Attar, "Rabi'a"



Speech is a great blessing conferred on man by God, thereby distinguishing him from all other creatures. But speech like wine intoxicates the mind. Thus the Prophet said: "He who keeps silent shall be saved." For in silence are concealed many spiritual blessings and in speech many evils.

-Al-Hujwiri, "The Kashf al-Mahjub"



Once a person said to a dervish, "All I ask for is a small dwelling in Paradise."

The dervish replied, "If you displayed the same contentment with what you already have in this world, you would have found ultimate bliss."

-Sheikh Abdul Qadir Jillani, "Fayuz E Yazdani"



It was God who created you; yet some of you refuse to believe, while others have faith. He is aware of all your actions. He created the heavens and the earth to manifest the truth. He fashioned each one of you--and each one of you is beautiful. To God you will all return. He knows all that the

heavens and the earth contain. He knows all that you hide and all that you reveal. He knows your deepest thoughts.

-Qur'an, At-Taghabun, Surah 64:2-4



Men and women, the promise of God is true. Do not be deceived by the life of this world; and do not let Satan trick you about God. Satan is your enemy, so treat him as such. He lures his followers to become heirs of hell. Those who do evil, generally believe that their actions are right. God leaves some people in error, and guides others towards the truth, as he pleases. "Muhammad, do not waste away worrying about unbelievers; God knows all their actions."

-Qur'an, Fatir, Surah 35:5-8



This world is an abode of troubles; the world hereafter of terrors. Humans are in the midst of troubles or terrors until they reach the final abode of Paradise or Hell. Happy is the soul that has detached itself from troubles and terrors and has attached itself to God alone.

-Al-Hujwirir, "The Kashf al-Mahjub"