

FOUNDATIONS OF THE SPIRITUAL PATH

"Whoever directs you to this world
has cheated you"

"Whoever directs you to
deeds has exhausted you"

"but whoever
directs you to

ALL

has truly
counseled you"

Moderation achieved by lightening
the stomach's intake of food

Vigilantly avoiding places where
one fears misdeeds will occur

Continually asking forgiveness
of GOD

Devotional prayers upon
the Prophet ﷺ
in solitude and in gatherings of people

Keeping company with one who
guides to GOD. Unfortunately
such a one no longer exists!

Taking refuge in GOD from
harm when it occurs

by Sidi Ahmad Zarq

~translated by Hamza Yusuf

Make piety your abode and the delight of your selfish soul
will do you no harm so long as it is discontent with its faults
and does not persist in acts of disobedience nor abandons
the awareness of God in solitude ~ Abu Hasan Shadhili

"My beloved counseled me not
to put my feet anywhere except
where I hoped for God's reward
not to sit anywhere except where I was
safe from disobedience to God, not to
accompany anyone except someone in whom
I could find support in obedience to God and
not to select anyone for myself other than
those who increase my certainty."
And how rare they are to find!

~ Abu Hasan Shadhili

GENEROSITY



HUMILITY

Mindfulness of GOD
privately and publicly

Scrupulousness
and uprightness

Adherence to the Sunnah
in word and deed

Caution and
excellent character

+ Indifference to whether
others accept or reject oneself

Patience and
trust in GOD

Contentment with GOD
in times of hardship
and ease

Acceptance of the decree
of GOD and turning our
affairs over to GOD

Turning to GOD in
prosperity and adversity

Praise and Gratitude

Seeking sacred knowledge
in order to fulfill
GOD's command

Keeping company with spiritual guides
and the fraternity of aspirants
to gain insight into one's faults

+ Suspecting the selfish soul (*nafs*)
in everything in order to free oneself
from its whimsical desires and to be safe
from destructive circumstances

Organizing one's time with the
remembrance of GOD to
maintain presence of the heart

Foregoing dispensations and
interpretations concerning
injunctions, for one's own protection

allowing
any of his
members to fall
into sinful
disobedience

affectations
in his
devotional
practice

expectations
from the
creation

backbiting
against the
people of GOD

the company of those
who do not refer to sound
principles of guidance
in their actions

elitism, deception and
self-righteous meddling
in others affairs

inclining towards the upright
states of the *nafs* and its goodness
yet GOD says, "were he to offer
any kind of compensation, it
would not be accepted" (6:70)

ostentatious practice
and
ritualized perfunctory
devotion

Self-pity
due to hardships

lacking the
proper respect
for Muslims in
accordance with
the commands of
GOD - indeed such
people rarely die in a state of grace

THE DEEN IS NASIHAH

Unadulterated
spiritual experience

following the directions
of the guide even if it is
contrary to one's own
preference

Sound outward
knowledge

avoiding what the guide
forbids, even if it would
appear to be highly adverse
to the student

Celestial
aspirations

maintaining utmost reverence
for them in their presence and
absence, during their lives and
after their deaths

a pleasing
state

giving them their due
according to one's ability
without stint

penetrating
inner
perception

relinquishing one's own
understanding, knowledge
and leadership to that of the
teacher, unless these are already
in accordance with one's teacher

if you cannot find this person, or you find
one who lacks any of these conditions, you
should depend on him only in those conditions
the teacher fulfills. In areas the teacher is wanting, treat him like a brother

disregard for the
reverence of
other Muslims

ignorance of
the religion

following his caprice
in all his affairs

unashamed bad
manners without
remorse

engaging in matters
of no concern
to him

the false precipice that leads one astray

the precipice

Expending oneself in
Serving others

raised
in
rank

Reverencing
GOD's Name

secure
dignity

Exalted
aspirations

enoblement

Fulfilling one's
resolves

assured
guidance

Magnifying
one's
blessings

graciousness
that begets more

"I do not say the selfish soul (nafs) is free from blame. It commands to evil acts - except for those on whom my LORD has Mercy" Prophet Yusuf {as} (12:53)

the abyss

Being deluded by every spiritual imposter
then following the people of claims and conceit
then laxity in matters of habitual practice

The preference of ignorance over knowledge
then preferring innovations as opposed to the Sunnah
then obsessive-compulsive thoughts in acts of devotion

The inability to prioritize important matters
then acting on capricious desires in all affairs
then performing devotional gatherings of
invocation and chanting that lacks inspiration

Using the spiritual path as a means to inflate the nafs
then preferring fantasies to realities
then inclination towards people of rank and authority

Attempting to expedite a spiritual opening without
fulfilling its prerequisites
then manifestation of claims without sincerity
then companionship of those immersed in worldly matters
based on far-fetched rationalizations they extrapolated from the
like among people of the path, even invoking them as justification

For those lacking certainty. Anyone lax in these matters is distant from GOD

if they had enlightenment they would know that seeking one's provision is a dispensation