

which is not fit to disclose, it is called discretion, the opposite of which is disclosing secrets, lying, slander or libel. If it consists of being content with what is sufficient for one's needs, it is abstemiousness, the opposite of which is covetousness. If it consists of controlling one's anger, then it is called forbearance, the opposite of which is impulsiveness and hasty reaction. If it consists of refraining from haste, then it called gracefulness and steadiness, the opposite of which is to be hotheaded. If it consists of refraining from running away, then it is called courage, the opposite of which is cowardice. If it consists of refraining from taking revenge, then it is called forgiveness, the opposite of which is revenge. If it consists of refraining from being stingy, then it is called generosity, the opposite of which is miserliness. If it consists of refraining from being lazy and helpless, then it is called dynamism and initiative. If it consists of refraining from blaming and accusing other people, then it is called chivalry.

Patience is difficult, but it is not impossible to attain. Patience consists of two elements: knowledge and action, and from these two elements are derived the remedies for all spiritual and physical troubles. Knowledge & action, combined, are always essential. Through these two the bitterness of patience will become sweet & the pain of patience will become joy.

Patience is a constant battle between the motives of reason and religion on the one hand, and the motive of whims and desires on the other. If a person wants reason & religion to overcome whims & desires, then he has to strengthen the former and weaken the latter, just like promoting good health and reducing the risk of illness.

Patience during difficult times may be achieved by: 1. thinking of the good reward that lies ahead. The more you believe in the rewards that are waiting for you, the easier it becomes to have patience. If it were not for the anticipation of the rewards, no goals or objectives pertaining to this life or the hereafter would have been achieved. Human nature loves instant gratification, but reason and maturity make us think of the long term outcome, which helps to strengthen our patience in enduring whatever faces us, whether there is no choice or otherwise; 2. Expecting and hoping for a time of ease. This hope in itself offers a measure of immediate relief. 3. Thinking of Allah's countless blessings. When we realize that we cannot enumerate the blessings of Allah, it becomes easier for us to exercise patience in facing the current adversity,

because the present troubles are like a raindrop compared to the vast ocean of Allah's blessings & favours.

Patience is the perfect strength in times of weakness: Weak from being as kind to your co-workers as you could be, with no apparent improvement in relations. Weak from giving your time to your family, without them realizing how hard it was to do. Weak from just surviving the day, week, or month, and still finding no meaningful purpose. Weak from simply giving, and seeing nothing given in return.

Crying out to Allah does not mean that a person has no patience. In the Quran, we find Yaqub (p) saying, "My course is comely patience." (sabrun jamîl) (Yusuf 12:83), but his love & longing for his lost son Yusuf made him say: "How great is my grief for Yusuf" (Yusuf 12:83). Sabrun jamîl refers to patience with no complaint to other people. Complaining to Allah does not cancel out patience, as Yaqub said, "I only complain of my distraction & anguish to Allah" (Yusuf 12:86). Allah also enjoined sabrun jamîl on the Prophet (p) & he obeyed, but he would pray, "O Allah, I complain to You of my weakness & helplessness." The stress of all that life offers do melt away via these duas. Insights & clarity are frequently gained only through strenuous inner battles.

This is the advice by Luqman to his son: "My son! Establish regular prayer, enjoy what is just & forbid what is wrong. Bear with **patient constancy** whatever happens to you; for this is firmness of purpose in the conduct of affairs." (Luqman 31:17) These prescriptive words helps to avoid the fever of impatience. They help you to become an architect of a completely new & peaceful world.

When we teach a child to be truthful we offer them the gift of an ethical life. When we teach a child to take responsibility for their actions we offer them the gift of an honourable life. **When we teach a child patience we offer them the gift of a dignified life.**

Parents are heard urging their children "Hurry up...we gotta go..." Their voices having an abrasive texture. Their impatience harshly condemned by God: "Verily, the most unpleasant of all voices is the braying of the donkey." (31:19) Such a cruel lesson is sure to backfire as the child matures to an impatient adult. "Just about every mistake I have ever made & every unkind word I have ever spoken might have been avoided if I had been more patient"...the regret of many people.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Practice the most overlooked of all spiritual qualities...It's half of faith!

Not a tranquilizing effect...

# Patience

but a blend of moral & physical courage

Patience **isn't** a weak & timid virtue, **but a courageous path to compassion & happiness.** Developing patience means improving one's character – creating calm, inner peace, control & foresight. As we remove what prevents our desires from ruling us by exercising self control through patience, we create a soul that is not rushed by here & now, but that feels the calm of **timelessness.** Apply discipline to your thoughts when they become anxious over the outcome of a goal. **Impatience breeds anxiety, fear, failure & discouragement. Lack of patience in small matters can create havoc in great ones.** Patience creates confidence, decisiveness & a rational outlook, which eventually leads to success. **Impatient people are typical of our impulsive, over-indulged, narcissistic society: they lack the maturity to simply wait.** Patience is a quality that we lack because we give in to our impulses to keep up with others. When you react to life in this way, you allow circumstances to control you. If pressures drive your decisions, then you do not act from your heart. You deny your true self & sabotage your success. There are other ways to feel alive, to feel good about life & satisfy the emptiness with true fulfillment. Self-sabotage is not the answer. **A single flash of anger can destroy all the good deeds, the generosity, the kindness we have practiced over many years. Stop living under the control of your impulses, and respond to life with strength & character...aka Patience.**

By TIME!

VERILY MAN IS IN LOSS,  
EXCEPT SUCH AS HAVE FAITH, & DO  
RIGHTEOUS DEEDS, & EXHORT IN THE  
MUTUAL TEACHING OF TRUTH, & OF  
PATIENCE & CONSTANCY.

**T**o survive the roller-coaster ride of life, with its ever-changing shifts from pleasure to pain, gain to loss, and praise to blame, requires a substantial depth of **patience**. Patience is the companion of wisdom. Impatience is a handmaid of impulse. Conquer impulse, and guide your actions by moral & spiritual Principles, as distinguished from your feelings. Obedience stems from patience: **never does one who is impatient obey** nor does **a patient person ever refuse obedience**. Patience is the support of weakness; impatience the ruin of strength.

**Instant gratification!** It's the current worldwide disease. Few people are prepared to wait, or work hard, or suffer temporary hardship, to get results. People see a world of wealth and power, depicted on TV, in the movies & on the Net, and they want it, now. Mental illness/psychological disorders are the results of this lack of patience. Anxiety, manic depression, lack of confidence, addictions are the "gifts" of the curse of instant gratification. Let's find the cure...but first...to thrash out a question about essential points of faith is not wearisome, since it is not without profit. Verboseness, though a fault at times, is no fault when it tends to edification. **"And keep reminding, because reminding benefits the believers."** (51:55)

What is the meaning of Patience (Sabr)? Patience, forbearance, fortitude enables a person to face hardship with dignity & to accept times of ease without becoming arrogant. Sabr is an Arabic word which comes from a root meaning to detain, refrain & stop. In the spiritual sense, patience means to stop ourselves from despairing & panicking, to stop our tongues from complaining, and to stop our hands from striking our faces & tearing our clothes at times of grief & stress. The Prophet (p) extracts this pearl of wisdom from the Divine ocean in giving us the spiritual meaning of patience: **It's half of faith!**

As a child we are taught to be patient so that we can arrive at something we want. We reinforce this

training by telling our own children when we don't want to buy something they want straight away "soon, soon, be patient & you will get it soon." Children are smart & after a few times of hearing this response they would reply: "Patience, patience, when is the end of patience!" And the parent in a pure voice, combined of the beauty of love, and the resolved sweetness of patience must tell the child words filled with wisdom. And the maturing child will come to know that **love gathers strength with patience**.

The essential quality of this much-sought-after state of mind is timelessness. Patience has no boundaries, no limits. It is the refinement of the human soul, because our souls are trapped in our very limited bodies. Patience is a connection with our eternal soul and a true realization of its place in the grand scheme of God. This timeless quality is connected in the Quran with the eternity of the gardens of paradise: "Peace be upon you for that you persevered in patience! Now how excellent is the final home!" (13:24) The practical meaning of this is that a person cannot expect the result they desire at a certain point. Patience does not have an end and therefore the end that we desire (and are patiently awaiting) must be put aside. In essence the person must trust in God and have faith that whatever is occurring (or is not) is better that way in a plan of God.

We cannot at some point declare that we have been patient enough & become frustrated with God. This is the ultimate failure. If God places a person in a position of need, He opens the door of opportunity for the person to obtain Paradise, something much greater than whatever that person must be hoping for...Paradise contains the vision of God.

If we are to go on being patient without expecting an end, then the question arises as to how to we control the anticipation while we are patiently waiting. So that a person does not break their fast of patience, they need to exercise self-control. Just like fasting, where a person prevents themselves from going to the fridge, no matter how thirsty they feel, the patient person holds his anger, desperation, fear, anticipation, eagerness or excitement with himself. This containment is linked intricately with self-control, something built up by fasting. The Prophet (p): **"Fasting is half of patience."** Proving this link & teaching us how to develop our patience, is emphasized in the Quran.

So in order to achieve the self-restraint required, the goal, whether it be our next meal or our next car, should be placed out of the part of us that desires the now and into

the part of us that is satisfied with the decree of God and knows that the thing desired will come, either in this life or the next, if we but trust in Him.

Developing patience means developing our character – creating calm, inner peace, control and foresight. As we remove what prevents our desire by ruling us by exercising self-control through patience, we create a soul that is not rushed by here and now, but that feels the calm of timelessness. Whereas it is hard to appreciate what you already have, patience can tell you to appreciate what you don't have, that we need not worry about things beyond our control and that we can achieve peace by leaving these decisions and concerns to God. This is why Islam (Submission to God) is linked so closely to Salam (peace). By trusting God and being Patient he brings Himself near to you: **"Those of faith! Seek help with patient perseverance and prayer: for God is definitely with those of patience."** (2:153)

Patience is something we can share with each other. Being patient leads to calmness and tranquility in our character and these are infectious qualities, just as anger and frustration are infectious. If you have ever seen someone with true light (nur) on their face, you will realize that it is difficult for your own soul not to feel this immediately as well. In fact, we should try and outdo each other in our patience: "O you who believe! Persevere in patience/constancy; compete in such perseverance; strengthen each other; and revere God; that you may truly succeed." (3:200)

No matter how patient you become, give thanks to God for this precious gift. God commands the Prophet (p): "And be patient, for your patience is from God." (16:126) The verse indicates that any other course (other than patience) is not from Him.

When facing an immense challenge and impossible odds, David & his soldiers prayed: **"Our Lord! Pour patience over us, make our steps firm with resolution & aid us in the struggle against those that reject faith."** (2:250) Patience is the ornament of the brave, it is also the mark of love

Patience has many other names, according to the situation. If patience consists of restraining sexual desire, it is called honour, the opposite of which is adultery and promiscuity. If it consists of controlling one's stomach, it is called self-control, the opposite of which is greed. If it consists of keeping quiet about that

**"I have rewarded them this day for their PATIENCE & constancy.  
They are indeed the ones that have achieved Bliss..."** (al-Mu'minun 23:111)

Zamals Software Co; 6 Dowding St. Kitty

[shamalz2007@yahoo.com](mailto:shamalz2007@yahoo.com); Brochures on zamals.com

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