

# **Fasting**

*The Fourth of High Grades of At-Taqwa  
(Seeing by Allah's Light)*

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*In the name of God, the All-Compassionate, the All-Merciful*

**The reality and Wisdom of Fasting**

Oh Human, the Almighty has granted you a qualification to be elevated and to ascend to the highest degree of perfection; and all what you need to achieve this great rank for which you are nominated is only to think.

This is true, the Almighty has supplied you with a perfect machine and a precious jewel; if you take advantage of it you will have your heart's eye open.

Your spirit will observe realities and, therefore, will no more incline to this mean world and the corruptive attractions it contains which are to be followed by shame and humiliation.

If human ponders on their origin, they will realize that they are nothingness; then if they contemplate their growth and how they, along with all that is around them in this universe, are provided with all their needs they will sense the greatness of their Provider.

This contemplation will ultimately lead them to perceive their fate and certain departure from this world. They will come to know for certain that this world is not a place of abiding residence.

There and then, they will seriously seek to recognize the truth. Once a human becomes true in their search for the truth, the Almighty will surely reveal it to them.

To gain access to sublimity and eminence is not a difficult thing; all what you need is only to faithfully join to the school of purity and follow this guidance with a firm and true will.

Once you do this, you will come to see realities. You will find this path so easy, and so, you will mount up the tops of supreme knowledge and ascend the orbits of the highest standing. You will attain the blessings of perfection and wear garments of companionability.

But if your spirit gets lost in its childish whim so that you set to crave after this and that of the fleeting pleasures of this world and its vanities, neglecting to attain sublimity by following these rules, you will be fond of nothing other than vice.

Oh people, know that the deeds you perform in this world will justly be returned upon you tomorrow. Those who have neglected their thought and have refused to follow what is right and true are practising low deeds, but their distance from the Creator of the heavens will cause them to fall in valleys of misery, which are lower than their deeds. They are proceeding towards this fate in a hurry, persisting on such horrible situation until the advent

of the hour of death. At that moment, their eyes will be fixed in terror forever.

The reason for the dreadful degradation of humanity which we touch in all human communities and the secret behind these calamities, troubles, famines, earthquakes, diseases, and other afflictions which we see nowadays is that humankind have become proud of what they have attained of worldly science and high prestige.

This can be noticed clearer in the fields of worldly inventions and achievements. They spend their times in amusement and play and depravity, turning their back to the truth.

They did not see what this lofty and supreme revelation and guidelines, adorned with truth and perfection, speaks of sound logic. Rather, they found it strange to hear it!

But what is the point of oddity in this? Did the Almighty Allah not send Envoys to every nation?

So, why do they not compare their achievements with his (cpth)[1] achievements?

Did they not realize his (cpth) perfection?

Do they not know that on Doomsday everybody will seek to save only himself?

With regard to fasting, a human cannot attain the fruit of fasting unless all their deed, with no exception, are good.

In reality, the human spirit is free in its choice and will. The Almighty granted it unrestricted freedom. Therefore, a human cannot drive their spirit by force; they can lead it by proof and logic argument. Once you convince your spirit, it will follow you and agree with you. So, if you render good deeds and mend your ways, it will draw close to Almighty Allah, the Source of all blessings and the Origin of all excellent qualities from Whom it absorbs perfect attributes. This is sure to happen on condition that you commit no wrong, for one infringement will break your fast and make your spirit unable to approach His Majesty. This is because it will lose its confidence and become diffident from its Provider.

Today, many people fast formally, that is to say, they abstain from eating and drinking, meanwhile, they do not perform the daily prayers. Others may make the pilgrimage, however, they practice usury, thus such people believe only in what is consistent with their whim and reject all that is inconsistent with their desire.

Andalusia, for example, was a great Islamic state, yet it vanished because the Muslim rulers used to seek the help of the non-Muslims against each other. This is the same act of the Jews, the people of the book (Al-Torah), who resorted to the pagan Arabs to aid them against each other.

Not so is the believer, for they believe in all God's Words. They do not follow what appeals to them

and neglect what does not satisfy their pleasures. Rather they strive against the inclinations of spirit and its whim.

Whoever adopts this conduct, that is to say, whoever believes in a part of the Book and rejects other parts will face the same miserable end as they have recognized the truth yet they do not follow it. Then a horrible destination awaits them in the life to come when they find themselves bare of any good deed, fitting for meeting the Almighty Allah, a deed that is completely void of any worldly benefit related to people's honor or wealth. At this, and since they will have regained their perfect disposition and there will be no more pleasures and lusts, they will flame with contrition. They will find no treatment nor sedative for their spiritual suffering to cling to other than the Fire. What a miserable treatment and a bad association!

Conversely, when the spirit turns towards the Almighty Allah, driven by its confidence of its good deeds, which are free from any mean purposes, it will derive perfection and become graced with it.

This produces in it a love for the people of perfection and a feeling of reverence for them, and as a result, it will keep in company with them. This companionship with the people of perfection leads the loving spirit to enter with them into the Godly Presence where it gets immersed in the oceans of the Godly Majesty and beauty.

In this way, a spirit grows in capacity and abilities, provided with pure and noble Godly love and thus it rids itself of all base pleasures and spiritual purposes. Such a spirit will aspire to be repaid for its charity from its Originator, the Creator of all blessings, and not from His creatures.

There and then, it will become illuminated by His Light (Glory to Him) and become able to distinguish between what is good and what is evil. God says: **“Enter into My servants, and enter My Paradise”**

*The Holy Qur’an,  
Fortress 89 [2], al-Fajr (The Coming Appearance),  
verses 29-30*

This is the fruit of fasting as referred to in the holy saying when God says, **“All deeds of sons of Adam are done for himself, except fasting, it is done for me, and therefore, it is Me who gives the reward of it”**[3]

By fasting, the believer gains the **“Night of Valuation”** after which the spirit of the faster abstains from all forbidden things, furthermore, it loathes them by virtue of the Godly Light it has derived in this blessed night and which shows it what they contain of evils.

Thus, the faster will acquire the noblest traits of character, and this acquirement is accessible for every believer.

After the believer gains this degree, they should be careful not to turn away from the Almighty in order to perform a perfect and correct communication with Him.

This is because true faith and fast protect the believer from falling in sin and instill confidence in themselves that makes them approach the Almighty and perform a right communication with Him through which the Almighty obliges them with a heart purification. In this way, the spirit will be cleaned of all its imperfections and the faster will become pure and rarefied as when he was a newborn child.

Having become so, the believer then will spare no effort in achieving reformation, doing favor and rendering good deeds. This is because they have become a true human being in the full sublime sense of humanity. They have enjoyed the company of God, the Source of all-good, and so they have attained good and flooded it over people, seeking no reward from them nor any worldly purpose. Therefore, the creation will like their company.

This is the purpose for which we were created; it is to be a human being that can enjoy happiness and help others enjoy it. Thus, we can live in Paradise on this land, and thus peace, Humane and honest love, and life of plenty and pleasure will spread.

This is the goal of the Most Merciful God, the Provider of all the worlds. He is not a Provider for

some nations without others, and He is not only our Provider, Rather He is the Provider of all the worlds, Who want all His creation to enjoy happiness. He wishes them to attain worldly happiness and then eternal afterworldly happiness, a great felicity that is obtained and then prevailed only by the fasting believer.

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**(Fasting) The Fourth of High Grades of At-Taqwa  
(Seeing by Allah's Light)**

Fasting is a high grade that the Almighty God (Glory to Him) has enjoined to graduate believers illuminated by His Light. He has bid His Obedient followers to fast so that they may attain this elevated degree and acquire a Godly Light, which serves as a distinction showing them the good as good and the evil as evil. God says: **“You who believe, fasting is decreed for you as it was decreed for those before you, so that you may see by My Light”**

*The Holy Qur'an,  
Fortress 2, al-Baqara (The Cow), verse 183*

By fasting, the spirit forgets all its muddiness and renounce this worldly life with all its ornament, and what is more, fasting causes the relation between the spirit and the devil to be broken, this is because when the devil approaches the faster to whisper evil to their spirit or to allure it with this carnal world and its pleasures, the spirit will give no ear to him and pay no attention to his whispers as hunger and thirst have attracted it from anything else and made it forget its pleasures. Thus, it will be concerned in one direction, the matter which allows the fasting human to easily control it and direct it towards its Maker and Originator.

Then, if the spirit turns to itself it will know that it has pleased God by its fasting and its obedience,

and thus it will draw close to Him by its such deed and its opposition to its desires. Once the spirit perceives this, it will mend its pace to Allah and enter into His Presence through the Nightly prayers which are performed during Ramadan month. This is because a spirit cannot approach anyone unless it is sure that it is well-doer not bad-doer, faithful and sincere to the one it wants to approach.

This is a firm rule: no change may you find for Allah's rules.

If the spirit persists in its link with its Provider and its communication with God; if it keeps stuck to the Presence of its Maker, wholly directed towards its Creator, it will gain spiritual life, animation, repose, and closeness to the All-Merciful, the All-Compassionate, the Source of generosity and charity. Consequently, it will promote and ascend high until ultimately it gets its heart's eye open and witness realities, something which may not be attained in a month other than Ramadan as fasting is the best helpful means for spirits to attain this.

The noble Prophet informed us of the legitimacy of fasting and clarified the purpose behind this Godly Order when he (cpth) revealed the holy saying of God in which He (Glory to Him) says: **“All deeds of sons of Adam are done for themselves, except fasting, it is done for Me, and therefore, it is Me who gives the reward of it”**[4]

The statement **“except fasting, it is done for Me”** refers to the fruit of fasting and the sublime purpose behind it.

Performing the ritual ablution before prayer makes human vital and active so that they become ready to stand between God’s hands to be in communication with Him through their prayers. The aim of the Five daily prayers is to drive one’s spirit to the Source of perfection where human stands between God’s Hands in order to recognize the law descended by our Provider and which we should follow to enjoy happiness. As for fasting it helps humanity achieve the supreme purpose behind our creation.

By fasting, the faithful spirit attains the highest rank of humanity through the Nightly prayers during which it accompanies the leader (cpth) of all envoys and the master of all creation and then enters with his company into Allah’s Presence where it witnesses wide realms of His Majesty and Perfection.

By fasting, the spirit gains access to the most beloved One to it, it comes to meet the Origin of this existence and the Source of this universe. There and then, it will watch the Supreme Godly Names and witness a part of the greatest marvels of its Provider.

In a holy saying God says: **“Oh sons of Adam, seek Me and you shall find Me, once you find Me, you will find everything, but if once you miss**

**Me, you will have missed everything. To you. I am the most beloved one than everything else”[5]**

This is the fruit of fasting as we understand it from the statement **“except fasting, it is done for Me”**

When the Almighty enjoined fasting on humanity, He but wanted to lead us to His supreme and high Honor so that we may taste His Mercy and witness scenes of His Magnificence and Beauty, the matter which enlightens our hearts with a brand of His Light to be a beacon helping us proceed straightly in this life and never stray from the right way.

Thus we can profit ourselves from this precious life as we will not commit any wrong action nor will we be remiss any good deed. Then, when our age runs out and our lifetime comes to an end, we shall be admitted to the eternal bliss and live under the Wing of our Merciful Provider, God says: **“Those who strive in Our Cause We shall surely guide them to Our Own Paths. Allah is with the do-gooders”**

*The Holy Qur’an,  
Fortress 29, al-‘Ankabut (The Spider), verse 69*

Now we shall talk in some detail about the fruit of fasting Ramadan and the great benefits it entails upon the fasters who gain access to witnessing the Night of Valuation.

So, what is meant by **‘the Night of Valuation’?**

In the Quranic Fortress ‘Valuation’, the Almighty says:

*(In the name of God, the All-Compassionate, the All-Merciful)*

- 1. “We have revealed It on the Night of Valuation.”**
- 2. “Would that you knew what the Night of Valuation is!”**
- 3. “Better is the Night of Valuation than a thousand months.”**
- 4. “On It the angels and the Soul are brought down by their Provider’s permission on every errand,”**
- 5. “Peace is it, till the rise of morn.”**

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### **Interpretation of Al-Qadr Fortress (Valuation)**

When we say, “a man Valuation his Creator”, it means that he knew His high Rank and His great Majesty and Perfection.

But how can one recognize God and know His Mightiness and Majesty? How can the creature value his Creator as He worthes?

I say, man can not get such sublime degree unless he witnesses God’s Mightiness and views His Perfection.

For example I can not know your position unless I see you at work or when managing your affairs, or when I notice your qualities which prove your high

position and bespeak your elevated rank and great degree.

Similarly, the spirit will not be sure of its Creator's Grandeur until it witnesses the Might of that Mighty Possessor in His kingdom when He provides His creatures and supplies them all with a flood of His favor and benevolence, and overwhelms the universe with His clemency and wide mercy.

If man, by thought, believed in his Provider and confessed the might and the compassion of his Creator, then he abided by His commands and kept obeying Him without committing any breach and approaching Him by being charitable to all creatures, undoubtedly he would witness God's perfection by the eye of his heart and his spirit will assuredly sink in that Godly light where it sees the Greatness of its Creator and Originator and views His Tenderness, Sympathy and Mercy upon it and upon all creatures. Thus it will know the rank of its Provider and becomes certain in His Compassion and Kindness upon it.

So, the night when man gets and enjoys such spiritual witnessing by which he acquires that real knowledge: that great night is called the night of Valuation, that is, the night when man watches the Mightiness of the Creator and appreciates the perfection of God.

I say on that night, even you can say, at the moment of getting these spiritual sights, the truth will be

printed on the heart of this believer, and all the realities of faith and of the Holy Qur'an will descend on it and thus he shall perceive the purpose and the wisdom behind the Qur'anic verses.

Therefore, God addressed His noble Messenger saying:

### **Verse no. 1**

**“We have revealed It on the Night of Valuation.”**

That is, revealing the facts folded under the Holy Qur'an was but on the Night of Valuation, i.e. the night when you witnessed the Might of your Provider and esteemed your Creator.

The Almighty addressed His Envoy by such words so as to inform us of that: man can not become aware of the Qur'an's facts or get right knowledge about the verses contained in it and which lead to happiness and welfare and call to right and charity except on the “Night of Valuation”.

So, this noble verse shows us that the real science should be only about Al'lah and it can not be acquired except by Him (glory to Him).

All humankind, individually and in nations, throughout the ages and generations are unable to bring the guidance brought by the Envoy (cpth) and such indication and science which he elucidated to people, even if they help each other.

How then could the noble Envoy (cpth) who never studied a book before or took lessons by any of people, bring such guidance, alone?! Indeed he (cpth) challenged all generations in all ages and showed their failure to bring an indication equal to it.

So, this verse refutes what Quraish claimed and what the owners of narrow minds claim of that the Qur'an was composed by the Envoy (cpth). It acquaints us with that supreme source from which the Messenger (cpth) got this guidance and indication which lead to the right path, humanity and perfect bliss, as it declares that the perfect guidance brought by the Envoy (cpth) is a revelation descended from Al'lah on His noble Envoy's heart on the "Night of Valuation", when he (cpth) esteemed his Provider's perfection and glorified his Creator.

Also, this noble verse disproves what was fabricated by some people who said that if you want to understand the Qur'an, you need to learn sixteen kinds of several sciences and engage in studying those lengthy books!

In fact, the detailed studies do not help in knowing the truth for man does not get the true knowledge unless he be honored with gifts of God (glory to Him) and gains that blessed night.

But, is this witnessing available for any person?

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