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*400 Golden Rules*
Imam Ali\textsuperscript{asws} Teaches 400 Golden Rules for the World and the Hereafter

Introduction:

عن القاسم بن يحيى عن جده الحسن بن راشد عن أبي بصير و محمد بن مسلم عن أبي عبد الله ع قال حدثي أبي عن
ابنه ع أن أمير المؤمنين ع علم أصحابه في مجلس واحد أربعمائة باب مما يصلح للمسلم في دينه ودنياه

Imam Ali\textsuperscript{asws} taught the following 400 golden rules to his\textsuperscript{asws} companions in one afternoon, which quite comprehensively cover all those issues that we all need to know for leading a successful life in this World as well as in the Hereafter. These Ahadith of Amir ul Momaneen\textsuperscript{asws} are referred to in our basic Ahadith books as ‘Kutab of Arabamiyaan’ (400 books), Masomeen\textsuperscript{asws} have also given references to these sayings as ‘Kitab-e-Ali’, (the Book of Ali\textsuperscript{asws}).

**Cupping**

الحجامة تصح البدن وتشد العقل

Cupping\textsuperscript{3} recovers the body and strengthens the mind.

توقوا الحجامة يوم الأربعاء و يوم الجمعة فإن الأربعاء نحس مستمر و فيه خلقته جهنم و في يوم

Avoid cupping on Wednesdays and Fridays. One of the hours of Wednesdays is continuous ill omen. Besides, Hell was created on a Wednesday. Likewise, he whoever applies cupping in a definite hour on Fridays will surely die.

**Trimming and applying perfume to moustaches**

أخذ الشارب من النظافة وهو من السنة

To trim moustaches is a part of cleanliness and is in accordance with the ‘Sunna’\textsuperscript{4} of Prophet\textsuperscript{saww}.

\textsuperscript{1} الخصال ج : 2 ص : 611
\textsuperscript{2} See for example, Al-Kasail by Sheikh Sadduq,
\textsuperscript{3} Removing infected blood
To perfume the moustaches is honourable for the ‘Recording Angels’ and it is also a part of the ‘Sunna’.

Do not tear out the gray hair because it is an illumination. Every single hair that grows gray in Islam will be a source of illumination on the Day of Resurrection.

Cleaning Teeth

Brushing the teeth pleases the Lord, freshens the mouth and is a part of the Sunna (tradition of Holy Prophet).  

Benefits of Applying Oil to Head & Body

Oiling softens the skin, strengthens the mind and the brain, eases the organs of ablution, removes dryness, and revitalises body complexion.

Using the sneezewort oil heals the head and cures the body as well as all types of headache.

Washing of Head

Washing head with the mud of rivers removes the dirt and purifies one from uncleanness.

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4 Tradition of Prophet and Masomeen .
5 Angels who record deeds
Removing unwanted hairs (every 15 days)

ललजूड़ टपेल र ललजूड़ यो टपेल

Removing unwanted hair strengthens and purifies the body.

लनफ इब्न इन्फ रोयड के स्मरक और हो टपेल और सना

Removing armpit hair eliminates malodour; it is a purifier and a part of Sunna.

अह्प ललमेउन अन यूटली फी लक ह्योमा यूआयमा मरा बनलघुरा

I like for the believers to remove unwanted hair once every fifteen days.

Nail Clipping

औ ट्विल्म ऐउफ़ार यमन निता और ईजल बरज और इदरे

Nail-clipping protects from harmful diseases and increases sustenance.

Drinking & Eating Manners

गश्ल ललदीन क्ले देमाक और बुद्वा जीडाउड़ फी दरजाक

Washing hands before and after eating increases sustenance.

ला यनफ दरमरे क्वोज मिन ह्यो औ दी देमाक हिउ मो श्राब ह्ो र ला फी त्विल्मक्ण हिउ फी त्वतूज ही

One should not puff in prostration of the ritual prayers, nor in the food, drink or on amulet (Taweez).

स्थिया परमाल मज दी देमाकम औ अत्मवा बे फ्लो यूम नास माफ़ क्वोज लाइकटारौ फी दरियाक मन बनियाइंग फोएक्ट फो क्वोर्टी ही

Begin and end with salt in every meal. If people realise the benefits of salt, they will prefer it to the antidote. Allahazwj will save him who begins and ends with salt in every meal from seventy maladies, which are unknown to others except Allahazwj.

इज़ा जीलस अह्मदकम फ़े देमाक प्ले देमाक जल्सा पद्म औ बाँकल फे अल्प औ ला युस्न एह्ड़

When you sit down to have a meal, you should sit like slaves and eat on the floor.
The Prophets\textsuperscript{as} used to have dinner even late at night. Hence, you should not skip dinner lest your bodies will become unhealthy.

Eat the food crumbs, which fall on dining table/food mat, as these are remedy of every malady, by Allah\textsuperscript{azwj}'s permission, for those who seek cure.

Whenever one licks his fingers after finishing food, Allah\textsuperscript{azwj} Says: Blessings be on you.

Do not start eating hot food until it is cooled, as hot food was served to the Prophet\textsuperscript{saww} but Prophet\textsuperscript{saww} said: "Do not eat it until it is cooled and becomes eatable. Allah\textsuperscript{azwj} will not Approve of eating hot food when He\textsuperscript{azwj} Placed the blessings and advantages in the cold food."

Mention Allah\textsuperscript{azwj} very much during eating food. Do not talk while eating, as it is one of Allah\textsuperscript{azwj}'s Graces and Sustenance for which you should thank and praise Him\textsuperscript{azwj}.

You should not drink water in standing posture, it may result in incurable malady, unless Allah\textsuperscript{azwj} Gives health.

**Benefits of Eating Fruits & Vegetables**

Eating apples refreshes digestive system.

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Eating quince strengthens the weak hearts, cures the digestive system, kindles the hearts, gives courage to the cowards, and gives parents adorable children.

وكلوا التمر فإن فيه شفاء من الأدواء

Eating 21 red raisings every day on empty stomach keeps diseases away except from the illness causing death.

Eat dates because it is the remedy of the maladies.

كلوا الأطعج قبل الطعام و بعده فإن آل محمد ص يأكلونه

Eat calabash, because it broadens the brain. Besides, the Prophet
daww liked calabash.

كلوا الأطعج قبل الطعام و بعده فإن آل محمد ص يأكلونه

Eat citron before and after meals. The Prophet’s family
daws used to eat citron.

الكندري يحلو القلب و يسكن أوجاعه بإذن الله

Pear purifies the heart and alleviates its troubles by Allah
dwj’s permission.

كلوا الخندبة فإنه ما من صباح إلا و عليه قطرة من قطرة الجنة

Eat endive. Every morning, a drop of Paradise covers each grain of endive.

الحمية السوداء ما من داء إلا و فيها منه شفاء إلا السام

Black cumin has a share in the remedy of every malady, except death.

ما تأكل الحمل شيئا و لا تبدأ به أفضل من الرطب قال الله و هزّي إليك بجذع النخلة تساطط عليك

The best food for an expecting (lady) is ripe dates. Allah says: “If you shake the trunk of the palm tree, it will provide you with fresh ripe dates.”

حنكوا أولادكم بالتمر فهكذا فعل رسول الله ص بالحسن و الحسين

Using dates gives strength to your babies, because the Prophet
daww fed this to Al-Hassan
daws and Al-Hussain
daws.
Eat pomegranate with its inner tissues. This will strengthen the stomach, refresh the heart, and save from the Iblis’s devious inspirations.

**Etiquettes of Married Life**

Before you try to copulate with your wife, you should wait until she attains the same desire that you have.

If your eyes fall on a charming woman, you should come to your lady and copulate with her, because all women have the same. You should also avoid allowing the Shaitan to control you in any way. Finally, turn your sight away from charming women. If you are bachelor, you should offer a recommendable two-rak’a prayer and thank Allah azwj a lot.

In copulation with your lady, you should speak as little as possible, because speaking during copulation may cause deafness (to child).

Do not look inside your lady’s private part, as it may cause leprosy.

Before you touch your lady, you should say: “O Allah azwj! She has been made legal to me due to Your commandment and I have accepted her by Your security. If You azwj decide to give us a son, make him a sound male baby and do not let the Eblis have a share in its composition.”

In the first and middle nights of the ‘Hijri- months’, do not copulate with your ladies, because the Iblis searches for sons in such times.

It is recommended for Muslims to copulate with their wives on the first night of Ramadan, as Allah azwj Says: **It is made lawful for you, during**
the nights of fasting, to have carnal relations with your wives.
(2:187).

Etiquettes of looking into Mirror

لا تاختموا بغير القصة فإن رسول الله ص قال ما طهر الله يدا فيها خاتم حديد من نقش على خاتمه

Whenever you look into mirror, you should say: “All praise be to Allah Who Created me perfectly, Formed me perfectly, Gave me perfect limbs as some others have had imperfect, and Has Honoured me with Islam”.

برأيها كفوا ألسنتكم و سلموا تسليما تغنموا أدوا
Protect your tongues, and say ‘Salam’ as it should be offered so that you benefit from it.

Etiquettes of Meeting with Believers

تزاروا و تعاطفوا و تبادلوا و لا تكونوا بمنزلة المنافق الذي يصف ما لا يفعل
Exchange visits, treat each other mercifully, give each other, and do not behave like a hypocrite who does not do what he says.

ليتزين أحدهكم لأخيه المسلم إذا أتاه كما يتزين للغريب الذي يحب أن يراه في أحسن هيئة
You should be in your best outfits when you meet your friends, in a similar way when you meet the strangers you would like to be in the best style in front of them.

صلوا أرحامكم و لو بالسلام لقول الله و القوا الله الذي تسائلون به و الأرحام
One should give due regard to his relatives, even by saying ‘Salam’. Allahazwj Says: *Have fear of Allah by whose Name you swear to settle your differences and have respect for your relatives*- (4:1).

إذا عتق إذا تعري الرجل نظر إليه الشيطان فطعم
When someone is not covered up, Iblisla looks at him with lust, it is better for you to keep yourself covered.

فيه فاستتروا ليس للرجل أن يكشف ثيابه عن فخذه و يجلس بين قوم
A man should not sit among other people with his dress raised to his thigh level.

**Fasting**

صوَّمُوا ثلَاثَةَ أَيَامٍ مِّنْ كُلِّ شَهْرٍ فَيَّ تَعْدِلُ صُوَّمُ الْزَّهْرِ وَ نَحْنُ نَصُومٌ خَمْسِينَ وَ أَرْبَعِاءَ بَيْنَهُمَا لَنَّ أَللَّهِ

Fast for three-days every month, it is like fasting every day in your life. We fast two Thursdays the first and the last Thursday of the month and one Wednesday between them (Thursdays), because Allah azwj created Hell on Wednesday. Seek Allah azwj’s protection against Hell.

**Respect of Kabah**

لا يَنْقُلَ النَّاسِفُ فَإِنَّ فِعَالَ نَاسَيْا فَلْيُسْتَغْفِرَ اَللَّهُ

A Muslim should not spit in the direction of Kabah, if he does that inattentively, he should ask for Allah azwj’s forgiveness.

**Ablution**

لِلَّوْضُوَوْ الْعَشْرَ حَسَنَاتٍ فَتَطَهَّرواُ

There are ten advantages in performing ablution after cleaning the body; (including) it purifies your body.

لا يَتَوَضَّأُ الرَّجُلُ حَتَّى يَسْمَعَ قَبْلَ أَنْ يُمْسَى المَاءَ بِقَبْلِ اِنْسَأْلِ اللَّهِ الْلَّهُمَّ اِعْجَلُني مِنَ الْتَّرَابِينَ وَ اِعْجَلُني مِنَ الْمَتَطَهِّرِينَ فَإِذَا فَرَغَ مِنْ طُهُورِهِ قَالَ أَشْهَدُ أَنَّهَا إِلَّا أَللَّهُ وَ لَا شَرِيكُ لَهُ وَ أَنْ مُحَمَّدًا عِبَادُهُ وَ رَسُولُ رَحْمَةِ النَّاسِ عَلَيْهِ وَ نَزْلَةُ رَحْمَةِ الْمَغْفِرَةِ

For the ritual of ablution, you should say before you touch the water: “In the Name of Allah azwj. O Allah azwj, adhere me with the repentant and the pure ones.” When you finish the ablution, you should say: “I declare there is no god but Allah azwj exclusively and without any associate and declare that Mohammed saww is His azwj servant and apostle.” Only then you will deserve Allah’s forgiveness. (As per a tradition of Imam Jafar-e-Sadiq asws, one should immediately recite ‘Ali Amir ul Momaneen whenever reciting the first two testimonies). 6

If sleep overcomes the heart, then (to renew) ablution will become obligatory.

Rinsing the mouth and the nose with water during the ablutions purifies the mouth and the nose.

**Etiquette of Bathing**

If you want to wash yourselves, begin with the arms.

Remove malodours with water and keep your bodies clean, Allah\textsuperscript{azwj} dislikes dirty servants and those who have malodours that disturb their associates.

When you come out of bath and someone says to you, “Nice bathing,”, then answer him with: “Allah\textsuperscript{azwj} may comfort your mind.” But if your brother says to you, “Allah\textsuperscript{azwj} Greets you with peace,” you should answer him: “May Allah\textsuperscript{azwj} Give you long life’. You may then say: May Allah\textsuperscript{azwj} Give you long life and lodge you in the Paradise.”

**Obligatory Bath**

It is obligatory upon those who touch a cold dead body to perform the obligatory ‘Ghusal’ (bathing).

For those who wash corpses ceremoniously, they should perform the ritual bath after enshrouding the corpse. They should not touch the corpse lest; it will be obligatory upon them to perform the ritual bathing.
Non-Obligatory Bath (sunnah)

Washing body ‘Ghusal’ on Eid purifies one for supplications to Allah^{azwj} and is in accordance with the Sunnah.

Toilet Manners

One should not excrete on the public ways or urinate on a roof or in flowing water. If one does that, he then should not blame anyone else but himself if something bad happens to him. Water and air has living species in them.

When you go to toilet, you should first say: ‘In the Name of Allah^{azwj}, O Allah^{azwj}, take harm away from me and protect me from the cursed Eblis^{la}.’ When you sit in the toilet, you should say: ‘O Allah^{azwj}, as you fed me and caused me to digest, save me from its harm.’ When you finish and look at your excretion, you should say: ‘O Allah^{azwj}, provide me with the legally gotten and save me from the ill-gotten.’ The Prophet^{saww} said: For every servant there is an angel whose duty is to turn the servant’s neck down until his eyes fall on his excretion. The angel then says to him, ‘O son of Adam, this is what you have exerted your efforts for. See how you have got it and what it has become.’ Therefore, you should ask Allah^{azwj} for the legally gotten provisions.’
Salat (Namaz)

If the performers of Salat were aware of Allah’s Mercy that covers them, they would never come to the end of the prayers and would never raise their heads after going into prostration.

One should not puff in prostration of the ritual prayers, nor in the food, drink or on amulet (Taweez).

One should not offer Salat in a state of laziness and tiredness.

Do not turn away your attention in Salat. Allah will Say to the servant who turns his attention away in Salat: ‘Be with Me, My servant, I am certainly better for you than that which your are turning to’.

Blessed is the Prophet and his pure progeny, Allah will accept your prayers when you mention Prophet and his family with due respect.

Depend upon Allah after performing the two rak'as of the Fajr salat. The demands are settled during that Salat.

Do not go to the Holy ‘Al-Harm’ with your swords. Do not offer Salat while a sword/weapon is put before you, for the Kiblah is sanctuary/security.

Prostrate for extended duration in Allah’s obedience in order to achieve salvation.
Salat is the most favourable deed to Allah\textsuperscript{azwj}. The worldly pleasures should never distract you from offering the Salat on their proper times. Allah\textsuperscript{azwj} has rebuked those who disregarded the times of their prayers. Allah\textsuperscript{azwj} Says: \textit{Woe to the prayers ones, who are ignorant of their prayers} (107:4-5).

The believers should not put one hand on the other while standing straight in prayers like the disbelievers (do).

If you notice a stinging worm after establishing Salat, you should bury, spit, or hold it in the dress until you finish the Salat.

Notable turning invalidates the Salat. If you turn your face notably in prayers, you should restart with the Azan, Iqama and Takbir.

To tuck up the clothes is purity for offering the prayers. Allah\textsuperscript{azwj} Says: \textit{Cleanse your clothes} (74:4). This means tuck up your clothes.

You should not stand before your Lord the Majestic in Salat while you are wearing see-through clothes.

Teach your children how to pray. When they are eight years old, you should discipline them if they are negligent of their Salat.

’Saho’ doubts is forbidden at five places, in the Witr of Salat, the first two Rakas of every obligatory Salat, in Fajr and Maghrib Salats, and every obligatory two-raka prayer as offered in travel.

It is acceptable for men to offer the Salat wearing one dress by knotting the two martins on the neck. It is also acceptable to offer the Salat wearing a thick shirt by buttoning it up.
It is unacceptable for men to prostrate themselves on pictures or pictured rug. It is, however, allowed when the picture is under his feet and covered up by something.

It is not permitted for men to put pictured 'Dirhams' (coins) in their pocket while offering Salat. It is, however, allowed to put the dirham in a bag or a thick cloth, i.e., money belt.

Avoid offering a recommendable Salat in the time of an obligatory one. You should not leave offering the ‘Nafilas’ unless there is an accepted excuse. You may settle the missed ‘nafilas’ afterwards. Allahazwj Says:  

**The persistent in their Salat are those who settle their Salat that they missed at night in day and settle the Salat that they missed in the day at night.** (70:23)

When someone among you finishes his Salat then he should raise his hands toward skies and ask for prayers, at this point abd Allah bin Sabah asked: Ya Amir-ul-Momaneenasws: Is it true that Allahazwj is everywhere? Then why one is required to raise his hands toward skies? Amir-ul-Momaneenasws replied: Did you read in the Holy Quran (51:22) when Allahazwj has promised to give sustenance from its

> ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ ﷽ُوَمَّا ﻓِي ﻣَآذَنِ 

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prescribed place and Allah\textsuperscript{azwj} has Promised sustenance to descend from the skies.

Do not settle the ‘nafilas’ in the time of the obligatory prayers. You should offer the obligatory prayers first and then offer any other prayer.

A single prayer in the two places ‘Al-Harameen’ is equal to one thousand prayers in other places.

You should show reverence/respect during offering the Salat. To show reverence in one rak’a means to have the whole prayer flawless.

Qunut should be practiced before the kneeling of the second rak’a of every two-rak’a prayer except the Friday Prayer, which has two qunuts-one in the first rak’a and the other in the second. In the first rak’a of the Friday Prayer, you should recite Verses of Fatiyah and Jumu’a. In the second, you should recite Verses of Fatiyah and Munafiqun.

After the two sajdas of the Salat, you should sit until your organs repose, then you may stand up. This is our\textsuperscript{asws} practice.

With the commencement of the prayers, raise your hands to the chest (level for falyada fah yadeen).

When you want to stand before your Lord\textsuperscript{azwj} in the Salat, you should face the kiblah and stand straight without bending.

When you finish your prayers, you should raise your hands upward for supplication and sit straight.

\textsuperscript{400 Golden Rules} 17 out 54
Ibn Saba asked, “O Amir-ul-Momaneen^asws, it is true that Allah^azwj is everywhere, is it not?” “Yes, it is true,” answered Imam Ali^asws. “Why do we then raise our hands to the heavens?” Wondered Ibn Saba. The Imam^asws answered him by reciting Allah^azwj’s saying: In the heavens there is your sustenance and (it is) that which you were promised. We should seek the sustenance from its source. It is that of which Allah^azwj promises in the heavens.

A person should not stand after finishing Salat until asking from Allah^azwj to place him in Paradise, protect him against Hell, and give him the women of Paradise in marriage.

You should regard every Salat as the last one.

Smiling does not invalidate the Salat, while guffaw/laughter would terminate it.

If sleep overcomes you during the Salat, you should terminate it and go to sleep, because you may, inattentively, supplicate to Allah^azwj against yourself.

When you recited Allah’s Saying: “(Muslims), say: We believe in Allah ....then say “We believe in Allah^azwj as when you come to the ‘Muslamoon’.

And Said, in the last tashahhud of the obligatory prayer, one can still continue his Salat even if one’s ablutions terminates, if he had already recited the followings. “I declare there is no god but Allah^azwj exclusively without any associate, Mohammed^saww is His^azwj servant and apostle, the Hour of the Resurrection is undoubtedly to come, and Allah^azwj will resurrect them who are in the graves.”
Walking to the Salat is the best form of the worship of Allahazwj.

In prostration of the prayers, keep your backs raised.

If you offer a prayer alone, you should raise your voices with the Qira’a, Takbir, and Tasbih, so that you can hear it (what you recite).

In supplication, raise the voice in four matters; blessing the Prophet saww and his family asws, asking Allahazwj for Paradise, seeking Hisazwj protection against Hell, and asking for marrying you with ‘Al-hoor’ (the women of Paradise).

Paradise will hear the servant who asks it from Allahazwj, and will plead Allahazwj to respond to him. Hell will also hear the servant who supplicates to Allahazwj to save him from it, and will plead Allahazwj to protect that servant from it. Likewise, women of Paradise will hear the servant who asks Allahazwj to give them to him in marriage, and will plead Allahazwj to give him what he asks.

The prayers of those who consume intoxicants will not be accepted for forty nights.

When you prepare yourselves to offer a prayer, the Eblis comes to look at you enviously for he notices how Allahazwj’s mercy is covering you.

The computer-generated text is not consistent with the actual content of the image. The content appears to be a translation of a passage from Arabic to English, discussing the importance of walking to prayer and the requirements of prostration. It also mentions the supplications that should be recited and the consequences for those who consume intoxicants.
Anyone who waits for the prayer time after the Asr Prayer, it is like visiting Allah^{azwj}. It is appropriate for Allah^{azwj} to honour His visitors and respond to their needs.

One should not engage his mind elsewhere while standing in front of his Lord^{azwj} (in salat), since the accepted parts of one’s Salat are only those which are offered attentively.

Sitting in mosques from start of Fajr until sunrise is better for the acquisition of sustenance rather than running around in the world (to earn wages).

One should not play with his beard or anything else during Salat so that his attention is not preoccupied (offer undivided attention).

In Salat, justify the sanctity of every Sura as well as kneeling and prostration.

Men should not offer the Salat wearing a sash (brief), because this was one of the people of Sodom’s habits.

It is acceptable for men to offer the Salat wearing one dress by knotting the two martins on the neck. It is also acceptable to offer the Salat wearing a thick shirt by buttoning it up.

**Benefits of Night Prayers (Namaz-E-Shab)**

Standing at night (for Prayer) is healthy for the body and pleases the Lord^{azwj} and brings about the Mercy and is adherence to the ethics of the Prophets^{saww}.
Anyone who has a need to ask from Allah⁴, should choose one of three hours; an hour on Fridays, an instance on midday when the wind blows, the portals of the heavens are open, the Mercy is descended, and the birds are singing, and an instance in the later part of night when Fajr time emerges. At this time, two angels are calling (on Allah⁴’s Command): Is there a repentant to be accepted? Are there needy to be awarded? Is there a seeker of forgiveness to be pardoned? Is there a deprived making a wish?

Charity and its Manners

Charity and its Manners

Seek sustenance through alms-giving.

Give alms at night, the night alms extinguish the Lord⁴’s Wrath.

Do charitable acts as much as possible and you will find their rewards in the days to come.

Extend favours as much as possible; it saves one from violent death.

Treat your illness by giving-away alms and protect your wealth by paying-off Zakat.

He who is certain of the reward will give away generously.
Seeking frequently Allah\textsuperscript{azwj}'s Forgiveness increases sustenance.

When you hand over alms to a beggar, you should ask him to supplicate to Allah\textsuperscript{azwj} on your behalf. His supplication for himself may not be accepted as they often lie but will surely be accepted for you.

When you want to give alms, you should first kiss the alms, it reaches Allah\textsuperscript{azwj}'s hand before it is handed over to the beggar's. Allah\textsuperscript{azwj} the Exalted Says: \textit{It is Allah who Receives the welfare funds (9:104)}.

To spend one dirham as alms in (the season of) hajj is equal to one thousand dirhams (that are given as alms in other situations).

Spend for the cause of Allah\textsuperscript{azwj} out of what He\textsuperscript{azwj} has provided you. The spender enjoys the same rank to that of a Mujahid supporting the cause of Allah\textsuperscript{azwj}. He who is certain of the reward will surely spend generously. Almsgiving is a great shelter. It sets a screen between the believers and the Hell. For the disbelievers, almsgiving saves their fortune from loss, advances the remuneration, and saves the body from diseases, however, the disbelievers will have nothing on the Day of Resurrection (their rewards will be given to them in the world).

**Travelling in the Month of Ramadan**

A servant (of Allah\textsuperscript{azwj}) should not travel when the month of Ramadan is approaching. This is for Allah\textsuperscript{azwj}'s saying: \textit{Anyone of you who knows that the month of Ramadan has begun, he must start to fast. (2:185)}
When you go for Hajj then finish it by performing Ziyarah of Prophet \( \text{saww} \) because abandoning his \( \text{saww} \) Ziyara would offend him \( \text{saww} \) and you are expected to finish Hajj (rituals) by visiting the graves those who have (Divine) right on you and visiting those grave has been made mandatory by Allah \( \text{azwj} \). Go and ask for your Rizk (sustenance) near those graves.

One should acquire the means to perform Hajj by himself. Allah \( \text{azwj} \) the most Blessed Says: \textit{Had they wanted to join you, they would have prepared themselves} (9:46).

During the Hajj, gaze at the Holy Kaaba of Allah \( \text{azwj} \) very frequently, since Allah \( \text{azwj} \) has Dedicated one hundred and twenty states of Mercy to the Holy Kaaba, sixty of which are for the circumambulators (who circle around the Kaaba), forty for those who offer Salat there, and twenty for the gazers.

Confess your sins that you can remember at the Holy Kaaba of Allah \( \text{azwj} \). Regarding those sins that you do not recall, you should say: O Lord! Forgive us for the sins that you have recorded but we have forgotten. It will be incumbent upon Allah \( \text{azwj} \) to Forgive those who confess their sins, mention them in detail and seek His \( \text{azwj} \) forgiveness at that place.

Complete your Hajj after visiting the Prophet \( \text{saww} \) (grave) as without paying homage to Prophet \( \text{saww} \) is being disrespectful to him.
The offering sacrifice is for the pious and the Hajj is the Jihad of the weak.

**Greeting a Hajji**

Hajjis and performers of Umrah are the delegations to Allah\(^{azwj}\). It is appropriate for Allah\(^{azwj}\) to honour His\(^{azwj}\) delegation and favour them with forgiveness.

To congratulate the fresh hajji, you should say: “Allah\(^{azwj}\) may accept your rites, appreciate your efforts, recompense your expenditures, and give you another opportunity to visit the Holy House of Allah\(^{azwj}\).”

When you welcome somebody who has just arrived from Mecca, a hajji, you should kiss his eyes and face with which he kissed the Black Stone, which the Prophet\(^{saww}\) had kissed. You should also kiss his limbs of prostration and his forehead.

**Rights of Prophet\(^{saww}\)’s Family\(^{asws}\)**

The prophet\(^{saww}\)'s family\(^{asws}\) is like ark of Noah, those who fail to embark in it will certainly be lost.

The remembrance of the holy family of Prophet\(^{saww}\), is the cure of hesitations/doubts/hallucinations, diseases, and inspirations of suspect.

He who loves us\(^{asws}\) has indeed won Allah\(^{azwj}\)’s assent. The one who follows our commands, follows our traditions, and adopts our religion will be with us\(^{asws}\) in the garden of Paradise.
The ones who stayed away from supporting us\textsuperscript{asws} after they had heard our\textsuperscript{asws} call for help in war; Allah\textsuperscript{azwj} will turn them on the nasals in Hell.


We\textsuperscript{asws} are the door of Paradise. When you will be resurrected and the situation will be too hard to find an exit, we\textsuperscript{asws} will be the door of forgiveness and peace. He who enters from that door will be saved, and he who avoids it will be perished. Allah\textsuperscript{azwj} began the creation with us\textsuperscript{asws}, and will seal it with us\textsuperscript{asws} too. For us\textsuperscript{asws}, He\textsuperscript{azwj} cancels whatever He\textsuperscript{azwj} Wills and by us, He\textsuperscript{azwj} saves against crisis. Rain falls down because of us\textsuperscript{asws}. Do not let the Eblis urge you against Allah\textsuperscript{azwj}.

Never leave the truth and the people associated with it. He, whoever prefers anything over us\textsuperscript{asws} will surely suffer perdition, will miss the worldly pleasures, and will leave this world overburdened with sins.

You should stop discussing our sayings which you do not understand. When the truth is proved, you should submit to it. Do not rush in broadcasting the news (regarding our secrets). The exaggerator will have to return to us as well as the reducer will be sent to us.

He whoever adheres to us\textsuperscript{asws} will find Justice (and truth), and whoever lags behind will be ruined.

He whoever follows our\textsuperscript{asws} course will find the Justice (and truth), and whoever takes any other course will be killed.

For our followers, there will be waves of Allah\textsuperscript{azwj}'s mercy, while for our enemies there will be the waves of Allah\textsuperscript{azwj}'s wrath.

Our\textsuperscript{asws} course is with firm belief, and true guidance is our\textsuperscript{asws} affair.
For those who loved us\textsuperscript{asws} and supported us\textsuperscript{asws} by words, and fought alongside us\textsuperscript{asws} with their hands, they will be with us\textsuperscript{asws} in the Paradise and will be honoured by joining us\textsuperscript{asws}.

و من أحبنا بقليبه و لم يعبنا بلسانه و لم يقاتل معنا فهو أسفل من ذلك بدرجة

For those who loved us\textsuperscript{asws} but neither supported us by words nor supported us in wars, they will be one rank lower than the previous ones (who will be with us\textsuperscript{asws}).

و من أغضنا بقليبه و أعان علينا بلسانه و لا يعبننا بحفر معنا في الجنة

For those who loved us\textsuperscript{asws} but neither supported us\textsuperscript{asws} by words nor by deeds, they will be two stages below those (who will be with us) in Paradise.

و من أغضنا بقليبه و أعان علينا بلسانه و لا يعبننا بحفر في أسفل درك من النار

For those who hated us\textsuperscript{asws} but did not hurt us\textsuperscript{asws} either by words or by their deeds, they will be in Hell.

و من أغضنا بقليبه و أعان علينا بلسانه و لا يعبننا بحفر فوق ذلك بدرجة

For those who hated us\textsuperscript{asws} and disappointed us\textsuperscript{asws} by words, but not by deeds, they will be one level of Hell below than the previous.

و من أغضنا بقليبه و أعان علينا بلسانه و لا يعبننا بحفر في النار

For those who hated us\textsuperscript{asws} but did not disappoint us by words or deeds, the will be in Hell.

إن أهل الجنة لينظرون إلى منازل شيعتنا كما ينظر الإنسان إلى الكواكب التي في السماء
The people of Paradise will look at the positions of our adherents – Shia, in the same way you look to the stars in the sky.

نحن الخزائن لدين الله و نحن مصابيح العلم إذا مضى منا علم بدأ علم لا يضل من أتبعنا و لا يهتدى من أنكرنا ولا نندم من أعان علينا عدونا ولا يعبننا سلمنا و لا يخول عنا يطمئن في حظام الدنيا الزائنة عنده فإنه من أثر الدنيا علمنا ظلمت حسرته غداً و ذلك قول الله أن تقول نفس يا حشرتي على ما فرطنا في جنب الله إن كنت لمن الساخطين

We, the Prophet\textsuperscript{asws}'s family- are the keepers of Allah\textsuperscript{azwj}'s religion and the lanterns of knowledge. Whenever a great figure of us\textsuperscript{asws} passes away, another rises up (on the horizon). He whoever follows us\textsuperscript{asws} will never deviate, and whoever denies us\textsuperscript{asws} will never be guided, and whoever supports our enemies against us\textsuperscript{asws} will never be saved, and whoever disappoints us\textsuperscript{asws} will never be aided, and whoever prefers the pleasures of this deserted world to us\textsuperscript{asws} will not find tranquillity. As for them who prefer the worldly pleasures to us\textsuperscript{asws}, their regret will be very great on the Day of Resurrection. This is proved through Allah\textsuperscript{azwj}'s saying: ‘\textit{Turn to Allah in repentance before a soul says,'}
"Woe to me because of my failure to fulfil my duties to Allah. Woe to me for mocking Allah’s guidance!"

As Allah\textsuperscript{azwj} examined the creatures, He\textsuperscript{azwj} selected us\textsuperscript{asws} and selected our adherent ‘Shia’ who support us, become happy when we are happy, show remorse when we are unhappy, and offer their fortunes and souls for our\textsuperscript{asws} cause. They are from us\textsuperscript{asws} and are attached to us\textsuperscript{asws}.

The dead Shiite is veracious and martyr, because he believed in our\textsuperscript{asws} affairs, loved, and hated for our sake, seeking Allah\textsuperscript{azwj}’s favours only and believing in Allah\textsuperscript{azwj} and His Apostle\textsuperscript{saww}.

Do not stay in those gatherings where we are disrespected and similarly, do not praise us\textsuperscript{asws} in front of our enemies by showing your love for us so that you are not humiliated in front of those who rule over you.

When people are under distress and are subjected to hardship then we\textsuperscript{asws} are the gates of relieve for them and we\textsuperscript{asws} are the gates of ‘Hitta’ (Quran), those who enter into it will find salvation, but those who avoid it will, surely, go astray. Allah\textsuperscript{azwj} Starts from us\textsuperscript{asws} and Destroys through us\textsuperscript{asws} which He\textsuperscript{azwj} likes to annihilate, He\textsuperscript{azwj} Makes something stable through us, Allah\textsuperscript{azwj} Removes hardships through our\textsuperscript{asws} intercession, and Sends down rain because of us\textsuperscript{asws}. Be careful, do not be deceived by the deceivers in the matters of Divinity.

If you listen to one of our traditions, which you cannot understand, then return it back to us\textsuperscript{asws} and refrain from taking any actions while remaining submissive to us\textsuperscript{asws} until (the ambiguous) matters are made clear for you.
We are the keys to the treasures of Allahazwj, when one of usasws leaves then his successor rises and fills his place. The one who follows usasws never gets lost and the one who desertusasws never finds salvation. Similarly, that who supports ourasws enemies against usasws will never find refuge nor that who leaves us is going to be helped. Therefore do not desert usasws for the sake of greed of the world, as these will be taken away from you and you will be removed from it (by meeting your death). Thus the one who prefers this world hereafter and takes it instead of us will experience terrible humiliation, as Allahazwj Says: (39:56): *Lest the soul should (then) say: 'Ah! Woe is me! In that I neglected (my duty) towards Allah, and was but among those who mocked!*"-

**Reappearance Of Imam-E-Zamanajfj**

When the advent of our Qaimajfj ‘the Deliverer’ will occur, the Heavens will cause its drops to descend, the lands will grow its plants, the malice will disappear from the hearts of the servants, and animals and beasts will be harmless in such a way that a woman will be able to walk from Iraq to Syria, putting the basket on her head and treading only on green lands, without fearing or being troubled by a beast.

**Waiting For ‘Al-Faraj’**

The best deed of a believer is expecting the ‘al-Faraj’ (zahoor of Imam-e-Zamanajfj).

He who waits for ourasws deliverer ‘Al-Qaimajfj is equivalent to the one who scarifies himself for the sake of Allahazwj.
Emulate (Taqleed) Mohammed\textsuperscript{saww} Wa Al-e-Mohammed\textsuperscript{asws}

He who loves us\textsuperscript{asws} should imitate our acts and seek the help of piety. Surely, this is the best way to be successful, in this world as well as in the Hereafter.

Innovation

Evil stems from innovations.

Extremism (Ghuloo) about Mohammed\textsuperscript{saww} Wa Al-e-Mohammed\textsuperscript{asws}

Beware of ascribing extremism to us\textsuperscript{asws}, first confess that we are the Divine Imams\textsuperscript{asws} and are servants of Allah\textsuperscript{azwj} and then pronounce our merits.

Conceal the Secrets of Mohammed\textsuperscript{saww} Wa Al-e-Mohammed\textsuperscript{asws}

For those, who publicise our secrets, Allah\textsuperscript{azwj} will expose them to the sharpness of swords.

Taqqiya’ (pious dissimulation) & Its Rewards

There is no ‘Taqqiya’ (pious dissimulation) in taking intoxicants and performing ‘Massah’ over socks (as Sunni Muslims wipe palms on shoes/socks in ritual of ablution).

Do not sit with anyone who reviles at us\textsuperscript{asws}, and do not praise us\textsuperscript{asws} in public otherwise rulers will humiliate you because you adore us\textsuperscript{asws}. 

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You would be very delighted if you knew your rewards for your residence among your enemies and steadfastness against the harm that you encounter.

Adhere to patience, Salat, and Taqqiya. You should realise that Allahazwj hates those acts of His servants which are conducted in doubts/Qias/Ijtihad.

After jws am gone (shaheed), you will suffer harsh injustice, oppression, discrimination, decline in Allahazwj’s rights, and insecurity to the degree that you will hope you were dead. When that will fall, you should cling to the bond of Allahazwj and avoid discrepancy.

**Conditions of Jihad**

Muslims should not participate in battles under the leadership of the one that does not have full acquaintance of the Islamic laws and does not follow Allahazwj’s Commandments regarding the spoils of war. Muslims who are killed in such battles are regarded as supporters of our enemies in the question of refraining from giving usasws our rights (of leadership) and shedding our blood. In addition, they will be considered among those who died before Islam.

**Manners Of Reading Quran**

A person with ‘Maurifat’ (recognition of religion) should not recite the Quran prior to cleaning himself, ceremonially from impurity.

**Supplication and Its Importance**

Supplication obstructs calamities; hence use supplications as a shield.
The supplications of those who ignore the blessing the Prophet \( \text{saww} \) will be rejected.

Read the Holy Quran at the time of the sunset as well as at the time of al-Fajr.

If you lose the way or fear something in journeys, you should recite: “O virtuous, aid me”. Some of your Jinni brothers, if they hear you, will respond, lead the astray, and keep your riding animals for you”.

If you want to know your standings with Allah \( \text{azwj} \), you should first assess Allah \( \text{azwj} \)’s virtues with you by looking at the sins you commit.

If you anticipate that beasts will attack you, your riding animals, or your sheep, you should draw a line around your animals and say: “O Allah \( \text{azwj} \), You are the Lord of Daniel, the Well, and every beast: Guard my sheep and me.”

If you anticipate drowning, you should recite Allah \( \text{azwj} \)’s Verses: *In Allah\(^{azwj}\)’s Name, it will sail and in His Name it will cast anchor* (11:41) and they have paid due respect to Allah \( \text{azwj} \). The whole earth will be gripped in His hands on the Day of Judgment and the heavens will be just like a scroll in His right hand. *Allah\(^{azwj}\) is too Glorious and High to be considered equal to their Idols* (39:67).

If you fear sting of a scorpion, you should recite Allah \( \text{azwj} \)’s Verse: *Peace be with Noah among all men in the worlds. Thus do We reward the righteous ones. He was one of Our believing servants* (37:79-81).
Stop various sorts of misfortunes by supplicating to Allah azwj. Persist on supplicating to Allah azwj before the falling of misfortunes. I swear by Him azwj: Who split the seed and created the soul, misfortunes are quicker to the believers than the falling of floods downward a hill and speedier than work horses.

Supplicate to Allah azwj to Protect you from hardships. It surely causes the religion to vanish.

Encircle those graves, the rights of whose inhabitants are obligatory upon you, and visit them and seek sustenance there, as the dead will be delighted if you visit them. You should ask your needs near the graves of your parents after supplicating to Allah azwj for them.

When you put your feet in a vehicle, you should recite -Allah azwj’s Saying:-
Glory belongs to Him azwj who has Made it subservient to us when we would not have been able to do so ourselves. To our Lord azwj we shall all return.

Before you begin a journey, you should recite: “O Allah azwj, You are the companion in journeys, the helper in transport, and the guard of the wife, property, and sons.”

When you reside in a place, you should recite: “O Allah azwj, grant me a blessed landing. You azwj are the One who provides the safest landing.”

When you are in marts for shopping, you should say: “I declare there is no god but Allah azwj uniquely without any associate, and declare that Mohammed sAWW is His servant and His messenger. O Allah azwj, I seek
Your safety from losing deals and perjury, and seek Your safety from stagnancy."
As soon as you wake up, you should say, before you leave the bed, ‘Sufficient unto me is the Lord against his servants. Sufficient unto me is He\textsuperscript{azwj}. Allah\textsuperscript{azwj} is the Sufficient as the best Guardian.’

If you wake up at night, you should gaze at the terminal points of the sky and recite (190:4-5):

Whenever you enter your houses, you should greet your people. If there is nobody there, you should say: ‘peace of our Lord\textsuperscript{azwj} be upon us’ you should also recite sura Tawhid. This will save you from poverty.

If you recite any part of the suras that begin with tasbih, you should say: “Praise is due to my Lord the Highest.”

If you recite Allah\textsuperscript{azwj}’s saying: “Allah showers His blessings upon the Prophet and the angels seek forgiveness for him. Believers, pray for the Prophet and greet him with, ‘Peace be with you,’” you should say, “Peace be upon him and his family,” very frequently in prayers and other situations.

The less thankful organ of the body is the eye; therefore, do not respond to it so that you will not be diverted from mentioning Allah\textsuperscript{azwj} the Majestic.

When you finish reciting sura of al-Teen, then say: “We also testify so.”

You should thank those who solve your problems (by saying): “Allah\textsuperscript{azwj} may move away from you whatever you detest.”
Remembrance of Allahazwj (Al-Zikr) In Every Respect

لا تدعوا ذكر الله في كل مكان ولا على كل حال

Never stop ‘Allahazwj’s Zikr’ regardless of a place and situation.

و انذروا الله عز و جل بكل مكان

Keep remembering Allahazwj ‘Zikr Allah’ everywhere.

بادروا بعمل الخير قبل أن تشغلو عنه بغيره

Engage into ‘Al-Khair’9 (Mola Aliasws Name) prior to getting involved in any other matters.

أكثروا ذكر الله إذا دخلتم الأسواق و عند اشتنال الناس بالتجارات فإنه كفارة للذنوب و زيادة في

Mention Allahazwj frequently (especially) when you are in markets and when people are engaged in their trades. Remembering Allahazwj repeals sins and increases good rewards. Do not be among the heedless ones.

إذا لقيتم عدوكم في الحرب فاقلوا الكلام وأكثروا ذكر الله جل و عز و لا تولوا الأدب فتستخطوا الله و

When you meet your enemies, you should speak little, mention Allahazwj very much, and avoid fleeing lest, you will enrage Allahazwj and expose yourself to Hisazwj Chastisement.

ليكن جل كلامكم ذكر الله

Your wordings should mainly be in the ‘Zikr10 (remembrance of Allahazwj).

لا صمت إلى الليل إلا في ذكر الله

To keep silent for a whole day up to night is void, except for the mention of Allah.

باللسان يكب أهل النار في النار و باللسان يستوجب أهل القبور النار فاحفظوا ألسنتكم و أشغلوها بذكر

اﷲ

8 Imam Ali asws says in several sermons, we are the ‘Zikr Allah’, see for example Nahjul Israr, vol. 1.
9 Good work
10 Mola Aliasws says, we are the Zikar of Allahazwj.
Because of their tongues, people of Hell will be in Hell and people of the graves will have the ‘Noor’ (comfort). Keep your tongues and engage them in remembrance to Allah^{azwj}.

**Being Thankful to Allah^{azwj} (shukar)**

أحسنوا صحبة النعم قبل فواتها فإنها تزول وتشهد على صاحبها بما عمل فيها

Thankfully acknowledge bounties (of Allah^{azwj}) before they vanish and testify against you (for your lack of consideration in the Hereafter).

من رضي من الله باليسير من الرزق رضي الله باليسير من العمل

Those who are content with the little sustenance given to them by Allah^{azwj}, Allah^{azwj} will surely accept their few deeds.

**Remembering Death**

أكثروا ذكر الموت و يوم خروجكم من القبور و يوم قيامكم بين يدي الله تهن عليكم المصائب

Mention death often, the day on which you will be taken out of your graves, and the day on which you will be made to stand before Allah^{azwj}, so that your misfortunes will be alleviated.

**Fear of Allah^{azwj}**

تزودوا من الدنيا التقوى فإنها خير ما تزودتموها منها

Equip yourselves with Allah-fearing piety, because it is the best possession for this world.

**Virtues of a Momin**

المؤمن نفسه منه في تعب و الناس منه في راحة

A Momin (staunch believer) should burden himself in order to provide comfort to public.

المؤمن لا يعبر أخاه ولا يخونه ولا يتهمه ولا يخذله ولا يثيرا منه
The believers should not dishonour, betray, accuse, disappoint, or disavow each other.

Accept your friend’s excuse. You should justify him even if he has no excuse.

Treat the weak mercifully and seek mercy from Allahazwj.

Beware of backbiting. True Muslims should never backbite each other, because Allahazwj forbids this in Hisazwj saying: ‘Would any of you like to eat the disgusting dead flesh of your brother?’ (49:12).

If a believer grumbles in the face of his brother, their ties will be cut. If a believer ascribes atheism to his brother, one of them will surely be atheist. The believers should avoid accusing each other lest; their faith will dissolve like salt dissolves in water.

Socialise with people as per their recognition of usasws, leave all those alone who reject usasws and do not compel them to admit your views and ourasws commands. As our recognition is extremely difficult and equally unbearable and it cannot be taken-up by anyone except for the angelsas of proximity, the elevated Prophetsas (who brought the Divine books), and that ‘Momin’ whose heart has been tested with Eman by Allahazwj.

Try to find a virgin wife for your brother, if you are unable to find one then offer your apologies.
A momin should perform ablution and offer two-rakat Salat upon wearing new clothes. In Salat he should recite Sura of al-hamand, Aiat tu-Kursi, Kulhowallah ho Ahhad and Inna Anzanallna and praise his Lord who has enabled him to cover up his body and has given him grace among people. In addition, he should recite extensively ‘Lahol willa Quwata illa billah alAli ul Azeem. Upon doing so, there will not be any sin being committed in that dress and for every fabric of it an angel will supplicate, on his behalf, and ask for his forgiveness and request, on his behalf, the Divine blessings.

Halal & Haram Drinks & Food

Oppose the consumers of intoxicants.

من شرب مسكرًا لم تقيل صلاته أربعين ليلة
The prayers of those who consume intoxicants will not be accepted for forty nights.

لا تجلسوا على مائدة يشرب عليها الخمر فإن العبد لا يدري متى يؤخذ
Do not sit to a table on which there is wine, no one can guess the very hour in which one’s soul is carried away.

من شرب الخمر و هو يعلم أنها خمر سقاه الله من طينة الخبائل و إن كان مغفورا له
Allah will cause anyone who consumes wine intentionally to drink from the mixture of blood and mud, even if he shows repentance.

من سقي صبيا مسكرًا و هو لا يعقل حبسه الله في طينة خبائل حتى يأتي مما فعل بمخرج
Allah will treat the alcoholics same as the idolaters. “O Amir-ul-Mominin,” asked Hujr bin Edi, “Who are the alcoholics?” The Imam answered: The alcoholics are those who consume intoxicants whenever they find some.
For those who serve undiscerning boys wine, Allah^{azwj} will detain them in the mixture of clay and blood, unless they provide a justifiable excuse.

نعم الإدام الخل يكسر المرة و يحي القلب

The best gravy is the vinegar, which keeps the stomach stable and strengthens heart.

Avoid Going to Mosques After Consuming Smelly Food

من أكل شيئا من المؤذيات فلا يقرب المسجد

If you have eaten any of the bad smelling food, i.e., onion and garlic, you should not attend in mosques.

Benefits of eating Honey

لعق العسل شفاء قال الله يخرج من بطونها شرابا مختلفا ألوانه في شفاء الناس

Licking honey is healing. Allah^{azwj} Says: *From out of their bellies comes a drink of different colour in which there is a cure for the human being* (16:69).

Eating Etiquettes

فقدت من بني إسرائيل أمتان واحدة في البحر و أخرى في البر فلا تأكلوا إلا ما عرفتم

From the Children of Israel, two nations were lost, one went into the sea whereas the other went missing into the land, so one should not eat (meat) unless after becoming absolutely sure about its origin (Hallal species).

تنزهو عن أكل الطير الذي ليس له قانصة ولا صيصانة ولا حوصلة ولا نافرة

Save yourselves from having the meat of those birds that have no gizzard, back nail, or craw.

اتقوا أكل كل ذي ناب من السباع و كل ذي مخلب من الطير

Avoid eating the meat of every beast that has a canine and every bird that has a claw.

و لا تأكلوا الطحال فإنه ينبت من الدم الفاسد
Do not eat the spleen because it originates from the rotten blood.

Beware of the glands in the meat, as they activate infection of leprosy.

Eat dates because it is the remedy of the maladies.

An unhealthy Muslim should eat meat with milk, Allah has placed energy in meat and milk.

Zamzam & other Water

To look in Well Zamzam is a cure from maladies. Drink from its water from the corner of the Black Stone.

The four rivers are within the rivers of Paradise, the Euphrates, the Nile, Sayhan, and Jayhan.

As an amount of raisin was presented to him from Ta'if, the Prophet ordered to soak it in Well Zamzam so that its bitterness would disappear. Thus, it was called 'siqaya'. Do not drink it when it is mellowed.

Health and Body

Turn your back to Sun while sitting (facing Sun) in order to safeguard yourself from critical diseases.

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11 Some have translated it as yogurt.
Reduce intake of fish, because it dissolves the body, causes much phlegm, and blocks normal breathing.

احترادية الحذاء ووقاية للبدن وعون على الطهور والصلاة

Keeping clean shoes protects the body and helps in maintaining cleanliness in salat and worship.

**Fever & It Cause**

الحمي رائد الموت وسجن الله في الأرض يحبس بها من يشاء من عباده وهاني تحت الذنوب كما

Fever is the pioneer of death and the jail of Allahazwj on the earth. Allahazwj Puts whomever Heazwj Wills to His Jail. Besides, it scraps off the sins like the hair of a camel’s hump when scraped off.

ليس من داء إلا وهو داخل الجوف إلا الجراحة والحمي فإنهم يردن على الجسد ورودا

The source of every malady is the interior of the body, except injuries and fever. These appear onto the body.

اكسروا حر الحمي بالبئسج وماء البارد فإن حرها من فح جهنم لا يدأوى المسلم حتى يغلب مرضه

Diminish the heat of fever with viola and cold water. The source of the heat of fever is from the Hell; therefore, Muslims may not take medicine only after when illness overcomes (good) health.

أصابه ثلاثة أيام من الناس وشكا إلى الله كان حقا على الله أن يعافيه منه أبعد ما كان العبد من الله

A person, who keeps his discomfort from a disease, to himself for three days and complains to Allahazwj about it, then it’s the right of that person on Allahazwj to be cured.

**Concealing Sickness**

من كتم وجعا أصابه ثلاثة أيام من الناس وشكا إلى الله كان حقا على الله أن يعافيه منه

It is incumbent upon Allahazwj to cure him who conceals his ailment for three days and only complains about it to Allahazwj.
Medicine

Chewing gums strengthens the teeth, removes the phlegm, and eliminates the bad breath.

To clean the organs of defecation with cold water (afterwards) cuts the haemorrhoids.

For those who suffer an ache in the eye, they should recite the Verse of Kursi (2:255) and believe that they will be cured. Allahazwj Willing, they will be cured.

To drink milk sip by sip, is the cure of every malady except death.

Drink from rainfall, because it purifies the body and saves from diseases. Allahazwj the Majestic says: “He showered water from the sky over you to clean you and remove satanic wickedness from you.”

Eating Beef is harmful but cure is in the milk and fats of cows.

Use viola for the nasal troubles. The Prophetswt said: “If people are aware of what is there in viola, they will take it in doses.

Taking enema (i.e., under constipation) is one of the four medicines that the Prophetswt mentioned. It is the best medicine one can use. It extends the belly, cures from internal illnesses, and strengthens the body.

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12 A medicine which is injected via anal path.
Wearing Clothes

البسوا ثياب القطن فإنه ليس رسول الله ص و لم يكن يلبس الصوف ولا الشعر إلا من علة

Wear cotton clothes, for it is the Prophet’s dress. Prophet \(^{\text{sa}}\) never used any other fabric, i.e., wool or hairy (i.e., camel hair) unless these were prescribed as medicine.

إن الله ليحب الجمال و أن يرى آثر نعمته على عبده

Allah \(^{\text{azwj}}\) Loves beauty and Loves to see the traces of His Grace on the servants.

و لا تلبسو السواد فإنه لباس فرعون

Do not dress in black, as it was the preferred outfit of Pharaoh.

عليكم بالصفيق من الثياب فإنه من رق ثوبه رق دينه

Wear thick clothes, because the religion of those who wear soft clothes will be weak.

تشمير الثياب طهور للصلاة قال الله تعالى و ثيابك طهرأ أي فشمر

To tuck up the clothes is purity for offering the prayers. Allah \(^{\text{azwj}}\) Says: *Cleanse your clothes* (74:4). This means tuck up your clothes.

إذا تعرى الرجل نظر إليه الشيطان فطمع فيه فاستنزوا ليس للرجل أن يكشف ثيابه عن فخذه و يجلس بين يدي قوم

If one of you takes all the clothes off, the Shaitan will look at him greedily. Hence, you should always screen your bodies. It is inappropriate for men to tuck the clothes up the knees when they sit with others.

Washing Dresses (Clothes)

غسل الثياب يذهب بالهم و طهور للصلاة

Washing dresses (for cleanliness) eliminates worries and purifies (one’s soul) prior to the offering of prayers.

Sleeping Manners

لا ينامن مستلقياً على ظهره

One should not lie on his stomach.
If you want to sleep, you should put the right hand under the right cheek and say: “In the Name of Allah. I put my side for Allah, on the belief of Abraham, the religion of Mohammed, and the leadership of those whose leadership is imposed on me by Allahazwj. Only Allahazwj’s will shall occur, and what He does not Will, shall never occur.” He who says this before sleep will be guarded against thieves and ruination, and the angels will ask Allahazwj to forgive him until he wakes up.

As for those who recite Sura of Tawhid before they go to sleep, Allahazwj will assign fifty thousand angels for guarding them on that night.

You should not lie-down for sleeping before you say: “I seek the guard of Allahazwj’s Majesty, Greatness, Omnipotence, Power, Mercy, Compassion, Forgiveness, Might, Influence, Uniqueness, Pillars, Made, Gathering, Apostle (peace be upon him and his family), and all-powerfulness on myself, my family, religion, wealth, sons, results of my deeds, and my Lord’s authority and provisions against the evils of poisonous pests, vermin, jinn, mankind, whatsoever is walking on the surface of this earth, whatsoever is going out of it, whatsoever is descending from the heavens, whatsoever is ascending there, and every creature the destiny of which is under my Lord’s control. Surely my Lord knows the right path. He is All-Powerful over everything. All might and power belongs to Allahazwj.” The Prophet saww used to recite these words as amulets for Al-Hasan and Al-Hussein. The Prophet saww ordered us to do so.

Men should not sleep together under one cover. Women also should not sleep together under one cover either. Doctrinal lashing is the chastisement of committing such an act.
A Muslim should never sleep in the state of impurity (Janub). He/she should not go to sleep until after purifying himself, he should make use of dust (Taiyyum) if water is unavailable. In sleeping, a believer’s soul ascends to Allahazwj and Allahazwj Approves and Blesses it. If the time of his death has come then Allahazwj would transform that soul in its best form. However, if his death is away, Allahazwj will Ask His Angels to return it to believer’s body.

Returning Deposits (Amaanath)

Aduh a’mamat way lubi eli qa’ta al’aniya (Aduh a’friyya wa’l’amana eli min an tami’nu wa’lubu eli qa’ta ‘ulad al’aniya)

Be dependable; return deposits of every one, even to the assassins of Prophetsas. Also in another tradition, it is cite; Fulfil your obligation and return deposits even to the assassins of the children of Prophetsas.13

Honesty

الزموا الصدق فإنه منجاة

Salvation is in adherence to honesty.

Vanity & Self Importance

ولا تقطعوا نهاركم بكيت و كيت و فعلنا كذا و كذا فإن معكم حفظكم يحفظون عليكم

One should not spend his day by boasting about his deeds and with gossiping. There are surely angels who keep recordings of your deeds.

أبيا الناس كفوا ألسنتكم و سلموا تسليما

O people! Control your tongues and submit to Allahazwj completely.

احسبوا كلامكم من أعمالكم يقل كلامكم إلا في الخير

13 وسائل الشيعة ج : 19 ص : 76

400 Golden Rules 45 out 54
If you compare your words to your deeds, you will not speak but good wordings.

**Beware of committing sins**

اذاً حذروا الذنوب فإن العبد يذنب الذنب فيحبس عليه الرزق

Beware of committing sins, as a sin may obstruct sinner's earnings.

The reason of the removal of any grace or luxury of the people was surely due to the commitment of a sin. Allah[^azwj] is not unfair to the servants. Had they supplicated to Allah[^azwj], their graces would not have been removed. Had they proceeded to Allah[^azwj] sincerely and intentionally without showing slowdown or excess, Allah[^azwj] would have certainly saved them from misfortunes and given them back what they had lost.

أبعد ما يكون العبد من الله: إذا كانت همته بطنه وفرجه

The remotest servants from Allah[^azwj] are those whose main concern is to satisfy the belly and the sexual appetite.

ما من شيعتنا أحد يفقر أمرا نهيناه عنه فيموت حتى يبلئي ببلية تمحص بها ذنوبه إما في مال أو ولد إما في نفسه حتى يلقى الله محينا وما له ذنب و إن له ليبقى عليه شيء من ذنوبه فيشد عليه عند الموت فيمحص ذنوبه

Any Shiite who commits a sin against which we had warned will not die before he is inflicted by a misfortune in his fortune, sons, or himself, so that he will meet Allah[^azwj] guiltless. If such misfortune does not meet all his sins, death will be very violent for him until all his sins are erased.

**Avoid Asking People for Needs**

اتهمو قول رسول الله ص فأنه قال من فتح على نفسه باب مسألة ففتح الله عليه باب فقر

Submit to the saying of the Prophet[^saww], who said: “For those who open to themselves a door of begging, Allah[^azwj] will open to them a door of poverty.”
Daily Life Etiquettes

Avoid disagreement as it causes deviation.

Cling to moderation and treat each other kindly and mercifully.

If you compare your words to your deeds, you will not speak but good wording.

You should keep on (acting on) your conviction/certainty if suspicion occurs to you. Suspicions neither refutes nor repeals the certainty.

Do not perjure yourselves.

Beware of laziness, a lazy person evades performing his obligatory duties towards Allahazwj.

Muslims should be the reflection of each other. When you notice a flaw of your friend, you should guide, give advice, and treat him leniently. You should not oppose him.

When one of you sits for food, he must sit like slaves and must not place one leg over the other or sit in a crossed-legged manner; it is the
kind of sitting for which Allah^{azwj} hates and abhors one who sit in such manner'.

Care is half of senility.

Moderation protects from needs.

Consultation protects from perdition.

If you notice that one of your parties is wounded, engaged in a trouble, or targeted by the enemy, you should strengthen them by offering your resources.

Beware of laziness, a lazy person evades performing his obligatory duties towards Allah^{azwj}.

Fewness of dependants is one of the two facilities.

Favours are worthless unless extended to the highborn and devout follower.

Everything has a fruit; the fruit of doing favour is to present it as soon as possible.

To depress parents is impiety towards them.

The true happy is the one who learns from others lessons.
Subdue yourselves to the good manners. The faithful servant may attain the rank of the fasting worshipper through his good manners.

The overpowered are neither praised nor rewarded.

The oath of sons and wives regarding their fathers and husbands is void.

There is no reward of migration after victory as there is no claim after migration.

Seek what is with Allah, because it will suffice you from what is in people’s hands.

Allah Loves the honest craft-men.

You should know that the best of your enemies are showing off before each other. This is because Allah will never prosper them. He Accepts only what is intended to Him exclusively.

To move a mountain from its place is easier than trying to oust someone from power in other than its prescribed time of fall.

Fulfil your pledges.

Seek welfare from the necks and feet of camels when they come and go.

A person should not set out (travel/migrate) if he fears loosing his
Keeping Pets at Home

The best domestic animal is the ewe. As for those who have one ewe in the house, the angels will sanctify them once a day, for those who have two ewes, the angles will sanctify them twice a day, and so on. Besides, Allah will bless them.

Before you ride the riding animal for a journey, you should feed and water it. Do not whip the animal on their faces because they praise their Lord (from that face).

Reward for Observing patience

Those who beat the hand on the thigh in misfortunes, their rewards will be cancelled.

Seek help from Allah and exercise patience. ‘The earth belongs to Him and He has made it the heritage of whichever of His servants He chooses. The final victory is for the pious ones’ (7:128).
Avoid Indulging into Worldly Pleasures

He who adores the worldly pleasures and prefers them to the world to come will suffer disastrous in the end.

Manners of Shrouding

Except for camphor, you should not use any perfume for the corpse. The corpse is same as a garbing of the Hajj uniform.

Instruct your people to speak only good words near the corpse, as the harem of Bani Hashim asked Syeda \(^{asws}\) to poetize near her \(^{asws}\) father's corpse. Fatima \(^{asws}\), the daughter of the Prophet \(^{saww}\) said: Leave mourning and supplicate to Allah \(^{azwj}\).

Avoid Poverty

Poverty is the grandest death.

Protecting Belongings

Those who are killed while defending their wealth are martyrs.
You should not have a high hope in your lives otherwise you will become hard-hearted.

Debts

Seek Allah’s refuge against the overcoming of the debts.

Fulfilling Needs

If you have a need to settle, you should opt for early Thursday, because the Prophet said: ‘O Allah, bless my people in the first hours of Thursday’.

Repentance

Repent to Allah and find yourselves a place in the adoration to Him. Allah surely loves the repentant and the pure. The believers should always refer to Allah and repent to Him.

Earning and Sustenance

The sustenance that is decided for you will reach you even if you are weak, and you will never stop the misfortune that is decided for you even if you exert all efforts.

Looking at Strange Woman

The portals of repentance are open for everybody. Hence, repent to Allah purely so that your Lord may forgive your sins.
Your first look at strange women is forgivable. You should not add another stare. Beware of charm.

**Virtues of Good Wife**

Befriending husbands is the jihad of women.

Wives should beautify themselves for their husbands.

**Congratulating Parents of Newborn**

To congratulate for having a male baby, you should say: “Allah may bless His gift, cause him to attain maturity, and bestow upon you with his goodness.”

**Aqiqah**

Offer a sacrifice to Allahazwj on behalf of your babies on the seventh day of their age. When you have their hair shaved, you should give silver alms equivalent to their removed hair. This is obligatory upon every Muslim. The Prophetsaww did this to Al-Hassanasws and Al-Hussainasws.

**Circumcision**

Circumcise your male babies on their seventh day of age. Do not make excuse for hot or cold weather, because circumcision purifies the body. In addition, the land on which an uncircumcised individual urinates cries out for help to Allahazwj
Cleaning Babies

Clean your babies’ mouth from food crumps. The Shaitan smells the food and causes your babies to cry in sleep. In addition, the two recording angels disgust the babies’ food (smell).

Teaching Children (Knowledge of Ahadith)

Teach your children the knowledge which enables them to benefit from Allahazwj (blessings) so that the people of innovation ‘Al-Marjia’ will not be able to overcome them in debates.

Kind of Drunkenness

Drunkenness is of four kinds: they are drunkenness of youth, drunkenness of fortune, drunkenness of sleep, and drunkenness of power.

Making Pictures

The makers of pictures will be quizzed about them on the Day of Resurrection.

Touching Dogs

Refrain from approaching dogs. You should clean your dress whenever a dry dog touches you. In case the dog was wet, you should wash your dress.