

أَوَّلُ فِي كُلِّ دِينٍ هُوَ الطَّهَارَةُ
ظَاهِرًا وَبَاطِنًا.

Al-aşlu fī kullī dīnin huwa aṭ-ṭahārah,
zāhīran wa-bāṭinan.

The main thing in every religion is to be
clean, outwardly and in our hearts.

غَسَلُ الْبَدَنِ كَامِلًا أَمْرٌ مِنْ
اللَّهِ لِكُلِّ النَّاسِ. وَهُوَ مِنْ
الْأَمَانَةِ الَّتِي لَمْ تَسْتَطِعِ الْجِبَالُ أَنْ
تَحْمِلَهَا، فَتَحَمَّلَهَا الْإِنْسَانُ.

Ghaslu al-badani kāmilan amrun mina
Allāhi likulli al-nās. Wa huwa mina al-
amānah allatī lam tastati 'i al-jibālu an
taḥmilahā, fataḥammalahā al-insān.

Washing the whole body is an order of
Allah for all people. It is from the trust
that the mountains could not carry, but
that man accepted.

وَمِنْ أَهَمِّ الْأَمَانَاتِ: الْأَغْتِسَالُ
مِنَ الْجَنَابَةِ. بَعْدَ الْجَمَاعِ أَوْ بَعْدَ
الْإِخْتِلَامِ يَجِبُ الْأَغْتِسَالُ، فِي جَمِيعِ
الْأَدْيَانِ. وَهَذَا لَمْ يُغَيَّرْ
وَلَا يُمْكِنُ أَنْ يُغَيَّرَ.

Wa min ahammi al-amānāti: al-ighṭisālu
mina al-janābah. Ba'da al-jimā' i aw ba'-
da al-iḥṭilām yajibu al-ighṭisāl, fī jamī' i
al-adyān. Wa hādhā lam yughayyar walā
yumkinu an yughayyar.

One of the most important trusts is
washing from impurity. After sleeping
with wife or after having a wet dream
you must wash, in all religions. It is not
changed and cannot be changed.

قَالَ شَيْخُنَا عَبْدُ اللَّهِ الْفَائِزُ
الدَّاعِسْتَانِي، سُلْطَانُ الْأَوْلِيَاءِ،
قَدَسَ اللَّهُ سِرَّهُ:

Qāla Shaykhunā 'Abd Allāh al-Fā'iz ad-
Dāghistānī, Sulṭān al-Awliyā', qaddasa
Allāhu sirrahu:

Shaykh-unā 'Abd Allāh al-Fā'iz ad-
Dāghistānī, Sulṭān al-Awliyā', qaddasa
Allāhu sirrahu: says:

إِذَا اغْتَسَلَ الْمَرْءُ مَرَّةً كُلَّ
يَوْمٍ، يُعْطَى قُوَّةٌ لِلْبَدَنِ وَ
الرُّوحِ. وَبِمَجَرَّدِ حِفْظِ هَذِهِ
السُّنَّةِ، يَبْلُغُ فِي عَشْرِ سِنِينَ
مَقَامًا لَا يَبْلُغُ إِلَّا فِي عَشْرِينَ سَنَةً.

Idhāighṭasala al-mar'u marrah kulla
yawmin, yu'ṭa quwwatan lil-badan wa-l-
rūḥ. Wa bi-mujarradi ḥifzi hādhīhi al-
sunnah, yablughu fī 'ashri sinīn maqā-
man lā yublaghu illā fī 'ishrīna sanah.

If a man is washing once every day it
gives strength to body and soul. By
keeping this Sunnah only, he would
reach in ten years a destination that
normally would require twenty years.

وَهِيَ تُعْطَى الرَّاحَةُ لِلْأَرْوَاحِ،
وَالسَّكِينَةُ لِلْقُلُوبِ. وَعَلَيْكَ أَنْ
تَتَوَضَّأَ لِكُلِّ صَلَاةٍ، فَإِنَّ
الْوُضُوءَ يُعْطَى قُوَّةً رُوحِيَّةً،
وَيَزِيدُنَا نُورًا.

Wahiya tu'ṭi al-rāḥah li-l-arwāḥ, wa-l-
sakīnah li-l-qulūb. Wa 'alayka an
tatawaḍḍa'a li-kulli ṣalāh, fa-inna
al-wuḍū'a yu'ṭi quwwatan rūḥiyyah
wa-yazīdunā nūran.

It gives rest to souls and
peace to hearts. For every prayer
you should make wudū'.
It gives spiritual power
and more light for us.

شَيْخُنَا الْكَبِيرُ أَمَرَ بِالْخُلُوةِ
خَمْسَ سِنِينَ، وَكَانَ يَغْتَسِلُ فِيهَا
سِتَّ مَرَّاتٍ فِي الْيَوْمِ، يَحْمِلُ سِطُولَ
الْمَاءِ مِنَ الْعَيْنِ فَوْقَ رَأْسِهِ،
وَلَا يُسَدِّلُهَا.

Shaykhunā umira bi-l-khalwah
khamsa sinīn, wa-kāna yaghtasilu fīhā
sitt marrāt fī l-yawm, yaḥmilu siṭūla
al-mā' i mina al-'ayn fawqa ra'sih,
wa-lā yusdiluhā.

Our Shaykh had been ordered five
years' retreat, and six times a day he
was washing whole body, carrying the
buckets of water from the fountain up
over his head, not hanging them down.

فَإِنَّ الْقُوَّةَ لَيْسَتْ فِي الْأَعْضَلَاتِ، بَلْ فِي
مِقْدَارِ مَا تَكُونُ الرُّوحُ فَعَّالَةً
وَسَعِيدَةً.

Fa-inna al-quwwata laysat fī al-'aḍalāt,
bal fī miqdāri mā takūnu al-rūḥ fa''ālah
wa-sa'īdah.

Power is not from the muscles
but, from as much as the soul is active
and happy.

ب

إِنَّ اللَّهَ يُحِبُّ
التَّوْبِينَ وَيُحِبُّ
الْمُنْتَظِرِينَ

„Inna Allāha yuḥibbu
at-tawwābīna wa yuḥibbu
al-mutaṭahhirīn.“

“Indeed, Allah loves those
who repent, and He loves those
who purify themselves.” (2:222)