



## The Result of Following ones desires

By: Ibn Al-Qayyim Al-Jawziyyah (691-751H)

The Imaam Shams Uddin Abee 'Abdillaah Muhammad bin Qayyim Al-Jawziyyah rahimahullaah said:

“Having patience (in) restraining oneself from desires is easier than having patience upon what the desire (itself) entails, because it:

- Either necessitates pain and punishment, or it cuts off a delight that would have been greater than it.
- Or it will waste much of ones time, whose wastage is only a means of sorrow and regret, or it causes a breach in ones honour, such honour whose rise and continuation would have been more beneficial than its defilement.
- Or its causes the loss of wealth, which if it remained would have been better than its loss or it causes the loss of ones value and authority, such that its having been upheld would have been better than its absence.
- Or it causes one to become deprived of a blessing, a blessing whose having been accomplished and reached would have been more joyful and pleasant than the fulfilment of the desire.
- Or it opens upon you an approach, such that was not found before<sup>1</sup>, or that it brings about distress, and sorrow, and grief, and fear, such that it outweighs the pleasure of the desire itself.
- Or it causes the loss of knowledge, whose remembrance would have been more delightful than to earn the desire.
- Or that you cause an enemy of yours to rejoice at your misfortune - and cause a close friend sorrow,
- Or that you sever from yourself the opening of an imminent blessing, or that you bring about a deficiency - such that you become marked with it - a mark irremovable.

For indeed actions leave behind attributes and characteristics.”

Taken from the book: Fawaa'id Al-Fawaa'id of Ibn Al-Qayyim (Daar Ibn Hazm). Page 387

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<sup>1</sup> Meaning: that undertaking the desire became a cause for the tongues of people to unleash themselves upon you.