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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ تَسْلِيمًا

### Chapter Sixteen

#### On What the *Shehu* Mentioned to the People Concerning the Science of Spiritual Purification

**R**ealize that the *Shehu* used to say: “Know that the traits of the heart are in two perspectives: [1] **destructive** (*muhlikaat*); and [2] **redemptive** (*munjiyaat*). As for the destructive qualities of the heart, they are [1] pride (*kibr*); [2] conceit (*`ujub*); [3] envy (*hasad*); [4] hatred (*hiqd*); [5] stinginess (*bukhul*); [6] showing-off (*riyaa*); [7] love for rank and love for wealth (*hubb'l-jaah wa hubb'l-maal*); [8] boasting (*iftikhaar*); [9] false hope (*amal*); and [10] having an evil opinion of the Muslims (*isaa'at 'd-dhann bi'l-muslimen*). These ten qualities are the destructive traits of the heart that are the foundation of blameworthy character. It is obligatory for every Muslim to remove these from his heart.

It is also obligatory for every Muslim to take upon his heart the redemptive traits, which are: [1] repentance (*tawba*); [2] sincerity (*ikhlaas*); [3] patience (*sabr*); [4] doing-without (*zuhd*); [5] reliance (*tawakkul*); [6] leaving matters over to Allah (*tafweed'l-amr ila Allah ta`ala*); [7] contentment with the decree of Allah (*irḍaa bi qadaa*); [8] fearful awareness (*taqwa*); [9] fear (*khawf*); and [10] hope (*rajaa*). These ten qualities are the redemptive traits of the heart that are the foundation of praiseworthy character. Whoever establishes these in his heart will see the growth of their derivatives from excellent character Allah ta`ala willing.”



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