

N20

1st Night

Mankind in Dimensions (2)

Achieving A State in the Heart: Stable Heart

Building This State (4)

Why is this relationship key? (2)

Are you Alive or Dead?

How do you give life to your heart? (4)

How to Strengthen it? (4)

Continuous Remembrance (4)

Calmness of the Heart

Opening the Heart to Reality.

History and its Impact

Looking at what past people did

وَذَلَّلَهُ بِذِكْرِ الْمَوْتِ

humiliate it by recalling death,

وَقَرَّرَهُ بِالْفَنَاءِ

make it believe in mortality,

وَبَصَّرَهُ بِجَائِعِ الدُّنْيَا

make it see the misfortune of this world,

وَحَذَّرَهُ صَوْلَةَ الدَّهْرِ

make it fear the authority of the time and the severity of some changes during the nights and the days,

وَاعْرِضْ عَلَيْهِ أَخْبَارَ الْمَاضِينَ

place before it the events of past people,

وَذَكِّرْهُ بِمَا أَصَابَ مَنْ كَانَ قَبْلَكَ مِنَ الْأَوَّلِينَ

recall to it what befell those who were before you

وَسِرْ فِي دِيَارِهِمْ وَأَثَارِهِمْ

and walk among their cities and ruins,

فَانظُرْ فِي مَا فَعَلُوا وَعَمَّا انْتَقَلُوا

recall to it what befell those who were before you

وَإِنْ حَلُّوا وَنَزَلُوا

recall to it what befell those who were before you

فَإِنَّكَ تُجِدُهُمْ انْتَقَلُوا عَنِ الْأَحْيَةِ

recall to it what befell those who were before you

وَحَلُّوا دَارَ الْغُرَبَاءِ

recall to it what befell those who were before you

وَكَأَنَّكَ عَنْ قَلِيلٍ قَدْ صِرْتَ كَأَحَدِهِمْ

recall to it what befell those who were before you

فَأَصْلِحْ مَثْوَاكَ

recall to it what befell those who were before you

وَلَا تَبِعْ آخِرَتَكَ بِدُنْيَاكَ

recall to it what befell those who were before you