

Helpful Means of Curing The Love Of The World

1. Contemplating on the disastrous end which results from this disease.

2. Being thankful to Allaah by pondering on the blessings which He has bestowed on you and how there are many others who might wish to have what you have.

3. Submitting to the belief in the decree of Allaah, remembering it is one of the six fundamentals of belief.

4. Reading about the biographies of the *Salaf* (the pious predecessors) especially how they made the here-after their main concern and only used what was necessary of the worldly pleasure.

5. Visiting the graves, constant remembrance of death and what comes after it.

Anas reported: The Messenger of Allaah ﷺ said:

« كنت نهيتكم عن زيارة القبور ألا فزوروها فإنها ترق القلب وتدمع العين وتذكر الآخرة »

“I used to forbid you from visiting the graves, but now visit them for that softens the heart, makes the eye shed tears [will draw your attention away from the world] and remind you of the Hereafter.”²³³

6. Remembering the reality of this world and our purpose here.

²³³ Sahih al-Jaami: 4584

Ali bin Abi Talib said: ‘What I fear the most for you is following desires and loving the world [and presuming death is far]. As for following desires then it prevents you from the truth, and as for loving the world it makes you forget the here-after. Verily this world is coming to an end, and the here-after is coming to a beginning and they both have children. So be children of the here-after and don't be children of the world. For verily today there is action with no account and tomorrow there's account with no action.’²³⁴

7. Knowing that contentment and righteous actions is the only source of attaining tranquility of the heart and peace of mind.

8. Accompanying people whose main concern is the hereafter.

9. Reading the Qur'an with understanding and contemplation.

10. Remembering Allaah's promise on how to get the good of this world. The Prophet ﷺ said: Allaah the Exalted said:

« يَا ابْنَ آدَمَ تَفَرَّغْ لِعِبَادَتِي أَمَلًا صَدْرَكَ غِنَى وَأَسَدَّ فَقْرَكَ وَإِلَّا تَفْعَلْ مَلَأْتُ يَدَيْكَ شُغْلًا
وَلَمْ أُسَدِّ فَقْرَكَ »

“O son of Adam, busy yourself with my worship and I will fill your heart with riches and alleviate your poverty. If you do not do so, I will fill your hands with problems and never alleviate your poverty.”²³⁵

²³⁴ Sahih Bukhari

²³⁵ Silsila Saheeha: 1359