

Thought and reflection

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In the name of Allah the
beneficent the merciful

**From the statement of his Excellency,
the Commander of the Faithful** *(peace be upon
him)*:

*Be mindful of thinking and pondering
because it is a guide from misguidance and
correction of deeds.*

The value of thought and reflection

Every human being is having valuable and costly treasure in his brain which is possible to be achieved through thought and reflection in order to benefit from this valuable treasure.

But very unfortunate that some people instead of them to benefit from this valuable treasure that is in their existence, they are busy searching for the buried and concealed property in the soil.

If they knew that the best level of buried treasure they were searching for is free of charge in their existence, they will not spend their life in that path. They dig the land searching for gold and silver, likewise the pearl divers dives into deep part of the sea in order to get precious stones, but the people will never dive into their thought and reflection in order to possess the real treasure that is there.

The commander of the faithful (*Peace be upon him*) in Nahjul Balagah says:

The believer dive into their thought and reflection¹

¹ - Nahjul Balagah : short statement 335.

The believer from the deep sea of his unlimited thought will find costly jewels which the treasure of gold is not equivalent to it.

There is pearl that is obtained from deep inside his thought and reflection that its value is eternal and ever lasting, likewise the real cost and final value is perceived in the other world.

Deeping inside the thought and reflection (not imagination) strengthened the soul and make the preparedness of obtaining the mystery of treasure; definitely with thought and reflection your soul and psychology is trained. Just as the practice of the body is its exercise and training of the body, the positive thought and reflection also give training and strengthen the soul and the psychology. Therefore pondering and thinking is one type of unaware education of the heart. Meanwhile through means of pondering and thinking, the internal conditions are strengthened and make the power of the soul to be obvious. Consequently the thought and reflection gives education and perfection to the soul.

Flying of the thought and reflection

Human being must far and distance from world of imagination and illusion and goes towards realization of reality. Therefore realization of thought and reflection is a real existence and to acclimate with it will distance human being from imagination and illusion and turn him into intellectual and searcher for truth and reality. In this respect, Prophet Isa (*peace be upon him*) in his admonition said:

***You should make your heart familiar with thinking and reflection.*¹**

In a situation whereby one is familiar with thinking and reflection, his power of thinking and concentration will be much and at that time the thought will be very strong while the imagination and illusion will be weak. By the weakening of the imagination and illusion and strengthening of the thought, the effect of the propagation and the indoctrination of the misguided Satan and the enemies of religion will be weak; therefore as at the time whereby person is familiar with thinking and reflecting,

¹ - Bihar al-Anwar volume : 14 page : 329; and also from Tanbihul Khawatir volume : 2 page : 229.

the foundation and the discovery of his doctrine will be according to that basic. Base on this, the commander of the faithful (*Peace be upon him*) in his admonition and statement said:

***There is no knowledge like thinking.*¹**

Pondering and thinking and benefitting from the valuable things in human brain are part of the attributes of great men and those who have edified and build himself. This type of people by flying of their thought and reflection and knowing things that exist, they will increase their faith and certainty. In this respect the thinking of those who has trained themselves is not quench and never inactive.

In this respect the holy Prophet (*Peace be upon him and his progeny*) said to the commander of the faithful (*Peace be upon him*):

***“Among the attributes of the believer is flaunting of their thinking”.*²**

By flying of their thinking, they elevate their soul and choose the most exalted goal for it and base

¹ - Bihar al-Anwar volume : 69 page : 409; and also from Nahjul Balagah: short statement 109.

² - Bihar al-Anwar volume : 67 page : 310.

on that they will obtain the strongest determination and ambition; meanwhile as a result of backup with strong thinking, they will inquire success and holy goals from Almighty Allah.

Important of Thought and some of its Mysteries

Thought and reflection is a straight path towards the realities of this existing world, and in a situation whereby there is long time and consistence of thought concerning immaterial issues it will unconsciously pushed human being towards spiritual affairs.

There is power of gravity that exists in the thinking of an intellectual over the issues he makes research upon which at the end establishes connection between them.

The existence of this power is one of the important mysteries in the significance of thought and reflection and base on the existence of this power a person learn about goods and bad things, meanwhile there will persistence in his thinking and little by little he will be attracted

towards good things or any other thing he may be thinking of, and likewise those things will turn their face towards him.

This is a reality which have been emphasized in the narrations and the admonitions of the holy household of the holy Prophet (*Peace be upon them*). In this respect an exemplary thought purifies and design the heart and likewise it lightening the internal aspect of human being. Just as bad thought and negligence create gloomy and darkness in the heart of human being.

Definitely person that thinks and reflects is having purity and luminosity whereas person that is having negligence and did not enjoy the bounty of thinking and pondering is consequently having rust and gloomy heart.

The commander of the faithful (*Peace be upon him*) in one of his sermons known as "*Wasilah*" said:

Thought and reflection create light while negligence is gloomy and darkness.¹

Therefore if thinking is base on searching for truth and perfection, it is a sign of reality and it is

¹ - Tuhfal Uqul : 93.

expounding the reality of this existing world under the realm of the personality of the person of an intellectual and this can also create purity and luminosity but negligence of this reality increases the existing gloom and darkness.

The changes that occurred to the heart of human being as a result of the impact of much thought and reflection has prepared him for a duty in the sense that thought and reflection is the factor of instrumental power. Base on this, thought does not only prepare person to do the issues he is thinking of, rather due to the effect of persistence thinking, it will create instrumental power and power of doing things in human being and it will attract him towards doing things so that his thought and reflection become active.

Imam Sadiq (*Peace be upon him*) said:

“Thinking calls human beings towards good things and its implementation”.¹

Thought and reflection call human beings towards the mystery of creation including the

¹ - Bihar al-Anwar volume : 71 page 322; and also from Usul al-Kafi volume : 2 page : 55.

aims and the objectives of bringing him into existence and likewise his aftermath and at the same time it calls human being towards doing good deeds and reaching the rank of servitude to Almighty Allah.

Consequently, as a result of your thought and reflection you will be able to reach the rank of servitude and to put the hidden tremendous powers that exist in you into action.

The effect of having thought of transgression

There is preparedness of creation of any type of good and bad attributes in human being; likewise the possibility of having any type of habit is there. With thought and reflection in good or bad act this preparedness will change to actuality by going out of the stage of possibility to the stage of reality and actuality.

This is a general reality that is not specialized for acceptable and good work. That is just as human being is being attracted towards doing good and splendid act when he thinks of it, the same applies to thinking of doing any aggression and animalistic behavior as it will attract him towards it and made him to commit it.

In this respect the Commander of the faithful
(*Peace be upon him*) said:

“Whoever thinks too much about committing sin is called towards it”¹

In another statement of the commander of the faithful (*peace be upon him*), he said:

“Whoever thinks too much on pleasure is predominated by it”²

Base on this, person’s thought and reflection is able to change and bring tremendous reformation into the state of his life and with this reason in the pleasant statement of the holy infallible household of the Prophet (*peace be upon them*), they have regarded the value of thinking and reflection and have also advised their enamored and friends concerning its important; therefore the value of thinking and reflection are very precious in matters, in evaluation of work and behavior, likewise in the value of soul and psychology versus the body.

¹ - Sharh Gurar al-Hukum volume : 5 page : 321.

² - Sharh Gurar al-Hukum volume : 5 page : 322.

Thinking and Reflection Increases Your Faith and Certainty

Thinking over the creatures in the world and the system of creation strengthen the faith and certainty likewise it makes the doctrine of the existence Almighty Allah and other doctrines of the creed to be very strong and firm. The creation of billions of stars in the galaxy apart from the stars that exist in the nebulae which are uncountable including the wonderful arrangement they enjoyed is an evidence of the existence the Almighty Creator, the most powerful and the director of every thing.

Definitely human beings' thought is weak to perceive the greatness of this world of existence and how deep the intellectuals has been thinking about this world of creation but they were encountered with the world due to its greatness and mysteries and they deem themselves to be weak in understanding the reality of this world; but they witnesses signs and manifestations which shows that it is the intellects that gives life and light to the heart. Yes! As a result of thinking over the greatness of this world of creation, the certainty and faith concerning the existence of powerful and compassionate Creator increases.

To gaze on the heavenly world is among the attributes and the characteristics of the (friends) good servants of Allah because with their thought and reflection, they discover the mysteries of this world of creation. They did not only gaze the sight of their mind on the heavenly world; rather they also advice their allies and the closer ones to them to do that.

It came in the testament of Hadrat Lukman
(*peace be upon him*) to his children as follows:

Prolong your thinking about the kingdom of the heaven, the earth, the mountains and all things that has been created by Almighty Allah, as this is enough as an admonition for your heart.¹

For one to prolong his thinking about the kingdom which Lukman has advised his children to do is having many impact of which if it is done by human being, they will attain success and in future there will be tremendous transformation in them. Therefore due to the impact of thinking about the kingdom of the heavens, the earth and other creatures of Almighty Allah, there will be creation of ideology and foresight that is illustrative culmination of work.

¹ - Bihar al-Anwar volume : 13 page : 431.

The holy Qur'an said:

*Indeed in the creation of the heaven and the earth and the alteration of night and day, there are signs for those who possess intellects. Those who remember Allah standing, sitting, and lying on their sides, and reflect on the creation of the heavens and the earth [and say], 'Our Lord, You have not created this in vain! Immaculate are You! Save us from the punishment of the Fire.'*¹

The thought and the reflection of those people concerning the creation of the heaven and the earth is not exclusively for the aspect of possessiveness rather it also comprised the aspect of the kingdom. Definitely they increase their faith and certainty through thinking over the material and heavenly creation of the world.

Reflection and Thinking is a Means of Insight and Farsightedness

If human being thinks over the outcome of a work while doing it, they will reach at splendid conclusion and at the end they will not be forced to regret and penitence.

The commander of the faithful *(peace be upon him)* among his pleasant statement said:

¹ - Surah A'li Imaran verse 190 - 191.

If you precede your entire act with thinking and reflection, the outcome of your entire affairs shall be good and splendid.¹

Therefore, thinking over any act shall caused foresight and insight concerning how to do that act.

The (friends) good servants of Allah, the great men and those who has enjoyed the favor of going closer and nearer to the threshold of Almighty Allah and have benefited from the blessings of the holy household of the Prophet (*peace be upon them*), likewise those who are part of the companion of those great men have enjoyed from the blessing of thinking and reflection about the outcome of their entire acts.

Those who has drunk from life-giving water, the pond of guardianship (*Wilayat*), and those who has enjoyed the luminous light of the holy household of the Prophet (*peace be upon them*), including those who has lighten their heart and soul with the knowledge and sciences of the holy household of the Prophet have enjoyed from the power of tremendous thought which is one of the great favor of Almighty Allah to human being

¹ - Sharh Guara al-Hukum volume : 3 page : 162.

and they have also possessed insight and farsightedness.

Definitely cognizance, guidance, foresight and awareness of reality of things are created by thinking and reflection. Meanwhile the following statement is from the sayings of the commander of the faithful (*peace be upon him*) in this respect:

***There is no insight for he who has no thinking.*¹**

He is not having insight, his heart is gloomy and it did not enjoy luminosity.

Base on this, with thought and reflection you will be able to clean rustiness of the heart and it can also change its darkness to insight and luminosity.

Just as a result of the respect “Hur” (*may Allah’s mercy be upon him*) had for Hadrat Fatimah Zahra (*peace be upon her*), he is opportune to find an avenue of thought and reflection concerning the outcome of waging war against Imam Husain (*peace be upon him*) and at the end due to that respect for Hadrat Sidiqah Kubra (*peace be upon her*) it manifested in him

¹ - Sharh Guara al-Hukum volume : 6 page : 401.

and rescued him from destruction and was fortunate to be one of the martyrs of Karbala.

Even though that “Hur” is among the soldiers of Ibn Ziyad and the most prohibited money has effect in his flesh and blood, but an hour of thinking and reflection has rescued him from destruction and eternal bad luck and was fortunate to be in the row of the martyrs of Karbala.

As a result of pondering and thinking of “Hur” concerning the answer to Imam Husain *(peace be upon him)* he was able to protect himself from surliness and harshness; likewise it has made him to deem his leadership to be minor and was forced to respect Imam Husain.

In this respect we will quote the statement of the commander of the faithful *(peace be upon him)* which gives prosperity to human’s life. The statement of that great man is as follows:

Leave surliness and think about proof and evidence, protect yourself from absurd statement so that you are secured from immorality.¹

¹ - Sharh Gurar al-Hukum volume : 4 page : 19.

This is how “Hur” behave which made his insight and farsightedness to create transformation into his future.

If the materialist who has gathered themselves in Saqifah think of their outcome just as “Hurr” has done, hence he think and ponder over his act, they wouldn’t have cover the face of the moon with azure and the face of the Sun with dust of sorrow.

But regret..... and regret....

The commander of the faithful *(peace be upon him)* has deem insight and farsightedness as one of the impacts of thought and reflection and in this respect he said:

Whoever think have the insight and foresight of the outcome of his affairs.¹

Possessing foresight and insight is the best way of advice, counsel and admonition for oneself. Therefore insight and foresight is part of the best attributes of the (friends) good servant of Allah; meanwhile the best way of obtaining insight and foresight is through thinking and reflection.

¹ - Sharh Gurar al-Hukum volume : 5 page : 324.

Great men due to the impact of their thinking concerning the community and individual of the society and likewise the present and future situation of the community; the individual and the general situation of the community will become apparent to them.

It is reported from the commander of the faithful *(peace be upon him)* that he said:

Whoever thinks longer, his insight and foresight becomes good and splendid.¹

Therefore in a situation whereby ones thought and reflection is not polluted with selfishness, the reality shall be clear before him like the mirror.

The commander of the faithful *(peace be upon him)* said:

Thought and reflection is like a clear mirror.²

In a nutshell, in a situation whereby thought and reflection is like clear luminous mirror, it will

¹ - Sharh Gurar al-Hukum volume : 5 page : 272.

² - Amali by Tusi volume : 1 page 114; and also from Bihar al-Anwar volume : 77 page : 403.

show the reality to you in order to benefit from thought and reflecting fasting.

Thought and reflecting Fasting

In Islam, fasting has no silence just as it does not have any meaning of abstaining from drinking and eating in the night time. But those who wanted to obtain spiritual elevated rank observe thought and reflecting fasting instead of silence fasting and they did not pollute their brain with repulsive and indecent thoughts. In fact this is the order that came to us through the holy household of the Prophet (*peace be upon them*), that the commander of the faithful (*peace be upon him*) said:

The fasting of the thought from sins (i.e. abstain your thought from pondering over sin) is better than the fasting of the stomach from food.¹

If you did not built yourself with polluted and repulsive thoughts, you will be insured against sin and other indecent acts, at this time your thought and reflection will be clear and luminous

¹ - Sharh Gurar al-Hukum volume : 4 page : 214.

like the mirror that will make the reality very clear to you. Thought and reflecting fasting is able to grant you the best and the most effected way of rescue and likewise it make human being to be successful in spiritual satisfaction.

Thought and reflection fasting is able to make the soul of human being to fly and to reach spiritual world; likewise it will make it to reach the peak of development.

If you are successful to observe the thought and reflecting fasting, you will defeat the Satan; even though the Satan before the believer is counted to be weak enemy and his power to deviate person from the right path is little and minor; but the Satan make use of the same person which is a very powerful enemy that are always within the men.

Satan by creating temptation in the soul of the individuals, it is able to create its doctrine with the assistance of the soul, and then it will push human being towards devastation and seize the felicity of the two worlds from him.

The way of confronting the Satanic temptation and selfishness is to negate worldly thinking; because person who has distance

himself from worldly thinking is not liable to commit sin and other repulsive act, and in this situation he will obtain eternal and everlasting felicity; therefore healthy thought and authentic thinking rescue human being from gloomy and sorrowful worldly thoughts which destroy ones good luck and it will bring an elevated gift to him.

Ways of Making our Thought to be Healthy

1- Accuracy and deliberation makes our thought to be healthy

Accuracy, deliberation and scrutinizing thought are having an important role in correcting and cleaning the corrupted thinking and thought. We read in the incantation and supplication which Jbril (the closest angel to Almighty Allah) brought to the holy Prophet *(peace be upon him and his progeny)* so that the nation may benefit from it:

And with Your favor, You should make my guidance through inspiration, and with hope in You, You should shine my heart, and remove the deception of my enemy from my senses, and make my thinking to be sound through deliberation...¹

If you induced struggle and deliberation into your thinking, your thought and reflection shall be sound and it will be at peak and then without your awareness the best thinking shall be coming towards you. Therefore, with deliberation the unsound thinking will be taken from you while it will be represented with sound

¹ - Bihar al-Anwar volume : 95 page : 163.

ones. The demon is ousted while the angel comes in.

2- Abstinence from voracity (too much eating)

In order to make your thinking to be very sound and to have the power of deliberation, it is incumbent upon you to abstain from voracity (too much eating); therefore if eating and drinking has become abnormal, it has a very important factor of corrupting ones thought, thinking and reflection. Calmness and tranquility of thinking has connection with the tranquility of the body and that will be in a situation whereby person's thinking is at rest and did not feel voracity and heaviness. At this time the mind is at rest and it is shall also be secured from repulsive thinking and the attack of the Satanic thought.

In this respect the Commander of the faithful
(peace be upon him) said:

Whoever reduces his consumptions will be much healthier and his thinking shall be sound.¹

¹ - Sharh Gurar al-Hukum volume : 5 page : 372.

Base on the effect of voracity, the vapor of the body is much and it will go towards the brain which will increase the power of penetration of Satan; and in this respect there will be increase and room for corruption in thinking and satanic temptation. But as for the impact of abstinence from voracity, there will be lesser vapor of the body and the chance for the penetration of Satan will be little and likewise the sensuality will reduce. From this respect selfishness and temptation will reduce while the thinking will be reform and sound.

3- Abstinence from those that are having false and incorrect thought

In order to have well and sound thinking, staying away from those that are having false and incorrect thinking is necessary. By staying away from credulous people, you will protect yourself from their false and incorrect thinking, because ordinary people including the credulous people and those who are easy to be deceive are weak in terms of thinking.

The commander of the faithful (*peace be upon him*) said:

Whoever is weak in thinking; to be quickly deceived is strong and obvious.¹

Weakness in thinking make the possibility and preparedness of being deceived; therefore in the sense that the power of thinking of these types of people is little, imagination and illusion is very strong in them and base on this; they quickly accept the manifestation of other people.

So being defeated by imagination and illusion normally create state of acceptance in person; but thinking and reflecting are always after evidence and proof; meanwhile state of acceptance is in a situation whereby the conditions exist. In this respect, the holy household of the Prophet (*peace be upon them*) has prevented us from accompanying those that are weak in thinking so that their false and incorrect thinking should not transfer to us as a result of our staying together with them.

¹ - Sharh Gurar al-Hukum volume : 5 page : 280.

Centralization in thinking increases the power of thought and reflection

Person that is involved in thinking and reflection must have peace of mind and tranquil brain; because disturbance of the mind prevents centralization and at the time whereby the thought is not centralized, its power will reduce.

In order to create centralization of the thinking, one must be in calm atmosphere with peace of mind before engaging in centralization of thinking. The atmosphere that takes person's thinking from one thing to the other and likewise the excitement and agitating situation would not be able to completely control and centralized the thinking.

If one has obtained the power of centralization in thinking, he will enjoy strong and powerful thought; therefore there is no doubt that your power of thinking will double and in this aspect you will enjoy tremendous nobility. So we must search and learn means of centralization of our thinking and to also put an end to all that will prevent it.

Now that centralization in thinking is one of the origins of spiritual statuses of human being; in

order to quickly obtain this power of centralization, we must practice it so that with time this power will be created in us.

In a situation whereby we have obtain this power of centralization in thinking and to make use of it, way to exceptional talent will be open before you. Definitely a lot of scholars and students that has reach the stage of genius are being envied even though he did not see himself to be genius, whereas some writers have the believe that:

“The only difference between the thought of a genius and that of ordinary person is that the genius makes use of major part of his brain in an exclusive way and everyone can also make use of the major part of his brain in an exclusive way”.¹

Some people think that the genius are intelligent right from their childhood and they enjoyed extra ordinary memory, but this notion is incorrect, because a lot of genius are not genius up till their maturity, even some of them according to their teachers or their parents testified that they are silly in their childhood.

¹ - Niruha'l Shagraf Magz : 119.

“Einstein” who was known to be one the genius in his society is one of those people.

Intrinsically, some genius did not obtain the attribute until the last stage of their life.¹ Nevertheless some children are having the sign of genius right from their childhood but this doesn't mean that the sign of genius is seen in every child in their childhood; therefore as we have said, possibly for a person after putting the power of his brain into action to enjoy extra ordinary specialties and to become an exclusive person.

Centralizing upon thinking is an effective way for making the power of brain to be active and to benefit from our thought and reflection. Thinking and to centralize upon it, is so important that up till now we have not obtain one out of thousand of its mysteries. Like to embodied thought and creation of intellectual creature is one of the unknown issues to our thought.

Just as the reality of spirit is not known to us likewise the reality of thinking and reflection is

¹ - Taqwiyyat wa Tamarkuz Fikr : 132.

also not known to us. Therefore, it is clear that thought takes its fountain from the soul of human being, because human being who has relinquish his spirit is not able to think and reflect; then it is this spirit that leak the thought from him and the brain is the means whereby through it the soul manifest the thinking and reflection of human being. Just as the eye serve as means whereby through it the soul is able to see things.

The conclusion of the discussion

Through means of thinking and reflection a person can extract the exalted and valuable treasure that is in his brain.

Likewise through means of deliberation and accuracy human being is able to achieve valuable and priceless treasure which is in deep part of his brain. In this respect, one should centralize on his thinking and by benefitting from the power of centralization of thinking and reflection; the power of the brain can be increased.

Through thinking and reflection, not only there will be reformation in the brain and the heart, rather you can change the inactive heart. Thought is the magnet of your soul and the intellect; therefore it will attract you towards any topic you think and reflect over.

By thinking over the virtues and rank of the holy household of the Prophet *(peace be upon them)* your soul will be flying until it attract and become the lover of this holy household.

By pondering and deliberating over the greatness of this world of existence and the kingdom of the heavens and the earth, the sign

of Almighty Allah will be obvious and there will be tremendous transformation in you.

You should therefore abstain from being in the company of those having false and impulsive thinking and be in the company of those having elevated and great thought.

With one splendid reflection you can do;

What the immense army are not able to do.

Break a view of a military;

With a sword which can kill one to ten.

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