

FEW TIPS FOR SAFEGUARDING ONESELF FROM THE SIN OF THE EYE - "UNLAWFUL GAZES"

(By Shaykh Zulfiqar Ahmad Naqshbandi Mujaddidi d.b)

Tell the believing men to lower their gaze and be modest

قُلْ لِلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ

And tell the believing women to lower their gaze and be modest

وَقُلْ لِلْمُؤْمِنَاتِ يَغْضُضْنَ مِنْ أَبْصَارِهِنَّ وَيَحْفَظْنَ فُرُوجَهُنَّ

(Qur'an, Surah An-Nur, Aayat 30, 31. Only the relevant portion of the Aayaat is documented)

Unfortunately, today, we live in a society where advertisements, billboards, magazines, internet, television, newspapers, etc, attract us with obscene images. The west also attempts to destroy our faith by propagating the message "SHYNESS is a SICKNESS". It is difficult to save ourselves from this evil, as watching obscene images repeatedly destroys our modesty and makes us immune to obscenity.

'Remember, if we do not cast a veil over our eyes, then a veil will be cast over our hearts for sure.'

Below are a few steps of advice for people who intend to save themselves from this sin:

1. **While walking on the road**, keep your gaze lowered in such a manner that just by the feet of passers by, one can get an idea if they are men or women
2. In **Supermarkets/Ticket counters**, etc., try looking for a counter with a representative of your own gender. **Avoid** counters with representative of your opposite gender
3. **While driving a Car/riding a Bike**, keep your concentration on the road and vehicles around you rather than people on the road in vehicles. It's always possible that you might end up looking at a **Non-Mehram** seated in a car, bike or walking.
4. **NEVER** look at **Billboards/Hoardings** while driving, riding or walking
5. It's better to avoid passing through a street which has a **girls School or College**
6. Always carry on Islamic book with you **while travelling in a Bus/Plane/Train**. This will keep your mind busy and help you against evil thoughts from Shaitan
7. **When entering your own house**, make an audible sound from your mouth, so that if there is a Non-Mehram woman present, she may cover herself
8. **When you knock on someone's door**, stand away from the front of the door, so as to avoid coming across unveiled woman.
9. **NEVER** stay alone in the house & **NEVER** keep yourself free. Keep yourself occupied with some work all the time
10. Connect to the **Internet** only when it is required. **NEVER** connect un-necessarily as idle mind is the devils workshop.
11. When you happen to be at an **Airport** or an **Office**, where a television is playing or pictures of women are displayed, then intentionally sit with your back towards it.
12. **During any Official work or essential shopping**, if one needs to interact with a Non-Mehram, then do not look at their face. Just as two people who are displeased with each other would avoid looking at each other's faces or eyes when required to interact under compulsion.
13. If married, keep your **spouse** happy.
14. **During Tawaaf of Kaabatullah**, keep your gaze fixed at your feet. Never raise your gaze during Tawaaf except for Istalam of Hajr-e-Aswad.
15. **Avoid gatherings/functions** if there is opportunity of sin (e.g. No arrangement of purdah for visiting women, music, dancing etc). If there is a fear that the relationship between you and the organizer of the function may be affected, then be the last to enter and first to leave the gathering.
16. First of all, it is best not to visit **Picnic-Spots**. However, if required to go, then choose such a time and day when there would be minimum crowd.
17. **Fast** on the 13th, 14th and 15th of every month as per Lunar Calendar. Also fast on every Mondays and Thursdays. If you are still unable to control your gaze, then fast on every alternative day.
18. **Visualize the punishment** you might get for this sin of unlawful gazes. Imagine that your eyes are being **pierced** with hot iron rods for years and years together.
19. **Fix a punishment for yourself** every time you end up sinning e.g. Offer 20 Rakaat Nafil Namaz for every sin occurred or give **Sadaqah** of a certain amount. (Fix amounts that possibly prevent you from sinning again).
20. If you happen to cast a sinful gaze, lower your gaze immediately & recite Istigfaar.
21. **Read the following Tasbeeh (HEART CLEANER):** (100 times in the morning & 100 times at night)

لَا مَرْغُوبِي إِلَّا اللَّهُ *I don't have any object of attraction, but ALLAH*
 لَا مَطْلُوبِي إِلَّا اللَّهُ *I don't have any object of passion, but ALLAH*
 لَا مَحْبُوبِي إِلَّا اللَّهُ *I don't have any beloved, but ALLAH*
 لَا إِلَهَ إِلَّا اللَّهُ *There is no God, but ALLAH*
22. **Wake up for Tahajjud Salah** every day and **pray** to Allah that "Oh Allah! It is extremely difficult for me prevent myself from sinning, but it's extremely easy for you to save me from sinning. Oh Allah! Cleanse my heart and my eyes from the evil effects of my sins"

REWARD FOR SAFEGUARDING ONESELF FROM UNLAWFUL GAZES :-

A) FOR EVERY GAZE THAT WAS SAFE-GUARDED, ONE WILL BE BESTOWED WITH THE "VISION" OF ALLAHﷻ.

B) SUCH EYES WILL BE SAFE FROM CRYING ON THE DAY OF JUDGEMENT.