

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

بد نظری

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Publisher's Foreword

This era is not an easy one. It is an era of great distress full of tests and trials which a person is facing constantly in his life. At present most of our population is in grievance due to immodesty and lack of moral values which is seen very commonly in our societies. To gaze at a substance which is not permitted in Islam is called "badh nazri" in urdu and it is considered as an "unlawful gaze". This is an overwhelming difficulty and has become a problem of not just a one or two instances but a problem in every moment of our lives.

A person engages himself in the mosque for an hour or so, worshipping Allah (SWT) by reciting the Holy Quran, Zikr and in muzakirah of deen etc. He gets not out of the masjid before that his eyes are already out wandering in the streets and the spiritual light which he acquired in the last one hour of worship is lost completely with just a single glance.

Now the world is functioning with such a setup that a man has several chances where he encounters women and has a need to deal with them. In such circumstances what a man is supposed to do arises a big question here!

So this humble servant asked our mentor hazrat jee (DB) that what is a man

supposed to do when he encounters a woman, example say in a counter or at a desk in the airport?

Hazrat jee (DB) replied that if you have to submit your tickets in the counter, showing the tickets and documents is the job of the hands and not the job of the eyes. Likewise when there is a need of an enquiry or a talk, it is the job of the tongue and not of the eyes. So it means that in both the above mentioned scenarios the necessity of using the eyes is not essential. If one has to give or talk something, he shall do it using the hands or tongue respectively and keep the eyes aside (Eg: gaze on the desk or any adjacent place which is safe). Mashallah what a lovely

way of teaching and see how wonderful solution it is.

Now the need of the time is to give due importance and ponder from instance to instance on how to save ourselves from this evil.

There is a famous saying: "Where there is a will, there is a way"

May Allah ta'ala on behalf of the whole nation give hazrat ji (DB) the best and the finest reward in this world as well as in the hereafter who has helped us with such wonderful teachings. May Allah give us the toufeeq to act upon it. Ameen

Shakeel Ahmed Naqshbandi
Muharram 1432

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

قُلْ لِلْمُؤْمِنِينَ كَفَّضُوا مِنْ أَبْصَارِهِمْ وَحَفِظُوا فُرُوجَهُمْ

"Tell the believing men to lower their gaze and be modest"

وَقُلْ لِلْمُؤْمِنَاتِ كَفَّضْنَ مِنْ أَبْصَارِهِنَّ وَحَفِظْنَ فُرُوجَهُنَّ

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

(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 representatives 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 and in vehicles. Its**

always possible that you might end up looking at a Na-Mehram seated in a car, bike or walking.

4. NEVER look at Billboards/ Hoardings while driving, riding or walking.
5. Its better to avoid passing through a street which has a girls School or College.
6. Always carry an Islamic book with you while traveling 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 an 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 its required. NEVER connect unnecessarily as an 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 others 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 Istilam 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, its 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 the 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 Nafl Namaz for every sin occurred or give Sadaqah of a certain amount. (Fix an amount that would

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.)

لا مَرغُوبِي إِلا اللهُ

I don't have any attraction, but ALLAH

لا مَطْلُوبِي إِلا اللهُ

I don't have any passion, but ALLAH

لا مَحْبُوبِي إِلا اللهُ

I don't have any beloved but ALLAH

لا إِلَهَ إِلا اللهُ

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 to prevent myself from sinning, but, it's extremely easy for you to save me from sinning. Oh Allah! Cleans 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 WOULD BE BESTOWED WITH THE "DEEDAR" OF ALLAH
- B) SUCH EYES WILL BE SAFE FROM CRYING ON THE DAY OF JUDGEMENT.