

## **Condition:**

Two years ago, my condition was such that I used to cry the entire day. The reason for this was (Allah forbid) I suffered from whisperings with regard to Allah Ta'ala. This condition would remain for up to three months. I then consulted some ulama and psychologists, and some of my teachers consoled me. Consequently, these whisperings disappeared. These whisperings have now returned since two months. My house-folk used to get distressed by this. I therefore do not cry. However, these thoughts are not leaving me. How can I get rid of these thoughts? Kindly provide me with a treatment. Make special dua for me so that these whisperings do not come to me as long as I am alive.

## **Answer:**

The reason for your illness is that you are considering these whisperings to be against imaan and against deen whereas such whisperings is a sign of imaan. The Sahabah (radiyallahu anhum) said: "We experience such whisperings that we would prefer getting burnt and turned to ash rather than to utter these whisperings." Rasulullah (sallallahu alaihi wasallam) said: "That is absolute imaan." This certificate of imaan is not from an Aalim or Sufi, but from Rasulullah (sallallahu alaihi wasallam). We learn from this that whisperings are experienced by believers alone and not by unbelievers. A thief does not go where there is no wealth. Shaitaan goes to the place where the wealth of imaan is present. He goes to distress the believer because he can only distress a believer with these whisperings. But he cannot divest a believer of his imaan. You should therefore not bother at all about these whisperings. Rather, you should be happy for Allah has placed imaan in your heart. Hadhrat Hakimul Ummah Thanwi (rahimahullah) took an oath and said: "By Allah! The only treatment for whisperings is not to bother about them." Give no importance whatsoever to these thoughts, do not become engrossed by them, and do not try to chase them away. Occupy yourself in some other lawful task. The similitude of whisperings is like that of an electric wire: if you touch it, the current will strike you; if you leave it, it will still strike you. You should therefore give no importance whatsoever to these whisperings. Like a barking dog: if you try to silence it, it will bark even more. You should therefore give no importance to these whisperings. The dog continues barking and you continue walking on your way. This is also the treatment for whisperings. (Solutions to Spiritual Maladies for the Lovers of Allah Ta'ala, pg 304)