

Maintaining Spiritual and Emotional wellbeing

Session One

Dealing with overwhelming Emotions

How it feels

- Being overcome by an emotion you cannot control
- It is on your mind all the time
- Consumes you, no energy or motivation for anything else
- Difficult to think or act rationally

Countering it

- 1) Recognize the feelings
- 2) Stop
- 3) Recite a dhikr of Allah
- 4) Replace the thought
- 5) Do something – perhaps a physical distraction
- 6) Reach out (people, resources . . .)

Hadith from Imam al-Sadiq (a)

عَجِبْتُ لِمَنْ فَرِعَ مِنْ أَرْبَعٍ كَيْفَ لَا يَفْزَعُ إِلَى أَرْبَعٍ

I am surprised at a person who is terrified from four things why he does not seek refuge in four things

عَجِبْتُ لِمَنْ خَافَ كَيْفَ لَا يَفْزَعُ إِلَى قَوْلِهِ عَزَّ وَجَلَّ حَسْبُنَا
اللَّهُ وَنِعْمَ الْوَكِيلُ فَإِنِّي سَمِعْتُ اللَّهَ عَزَّ وَجَلَّ يَقُولُ
بِعَقِبِهَا فَانْقَلَبُوا بِنِعْمَةٍ مِنَ اللَّهِ وَفَضْلٍ لَمْ يَمَسَّهُمْ سَوْءٌ

I am surprised at a person who fears, why he does not seek refuge in Allah's words Allah is sufficient for us, and He is an excellent Guardian. I have heard Allah say after it, So they returned with Allah's blessing and grace, untouched by any harm.

(Sura Aale Imran, no.3, verse 173)

وَعَجِبْتُ لِمَنْ اغْتَمَّ كَيْفَ لَا يَفْزَعُ إِلَى قَوْلِهِ تَعَالَى لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ فَإِنِّي سَمِعْتُ اللَّهَ عَزَّ وَجَلَّ يَقُولُ بِعَقِبِهَا فَاسْتَجِبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

And I am surprised at a person who is distressed why he does not seek refuge in the words of Allah 'There is no god except You! Glory be to You! I have indeed been among the wrongdoers!' For I have heard Allah say after it, 'So We answered his prayer and delivered him from the distress; and thus do We deliver the faithful.'

(Sura Anbiya, no.21, verse 87)

وَعَجِبْتُ لِمَنْ مَكَّرَ بِهِ كَيْفَ لَا يَفْزَعُ إِلَى قَوْلِهِ تَعَالَى **أَفْوَضُ**
أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ فإني سَمِعْتُ اللَّهَ عَزَّ وَجَلَّ
يَقُولُ **بِعَقِبِهَا فَوْقَاهُ اللَّهُ سَيِّئَاتٍ مَا مَكَّرُوا**

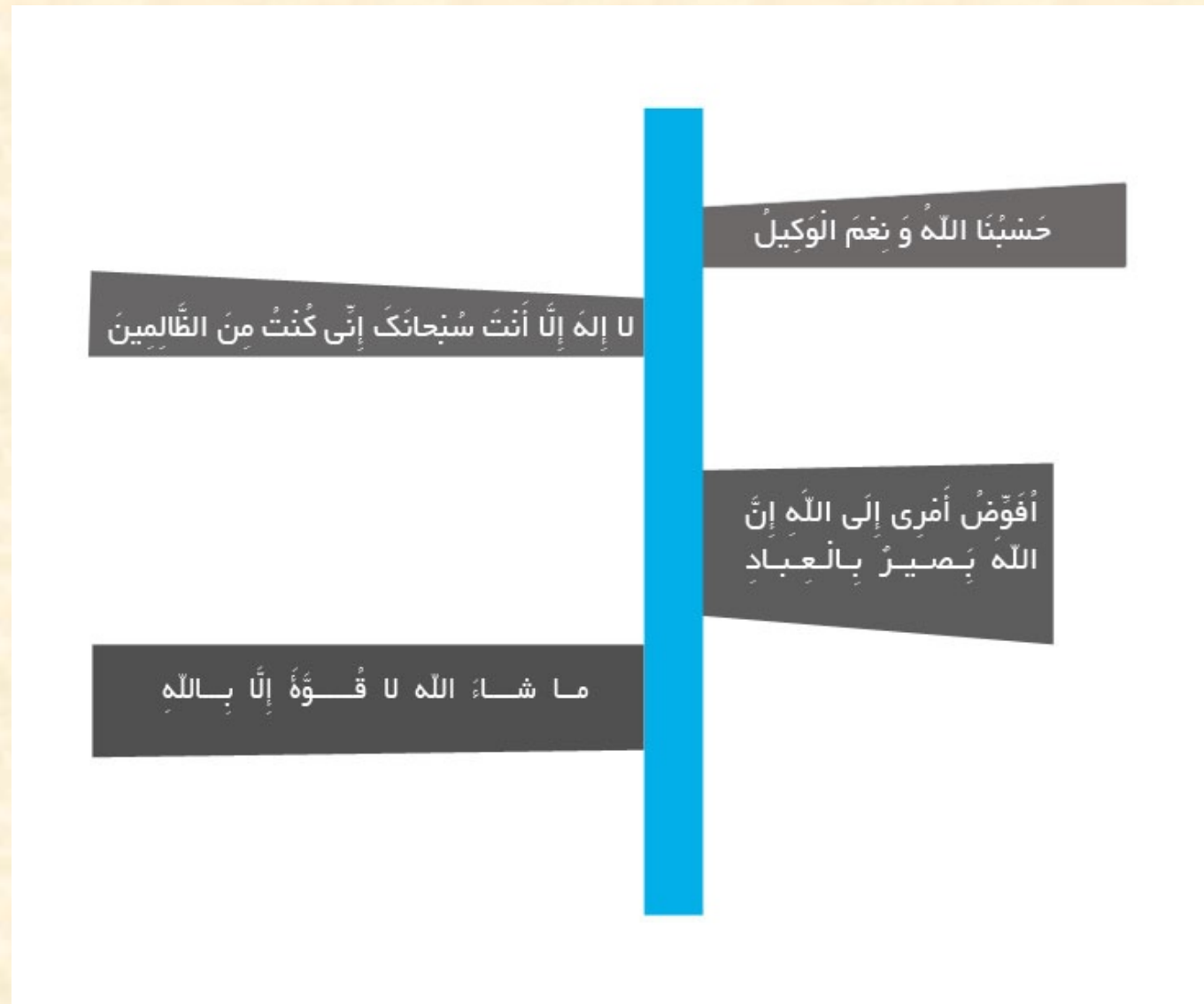
And I am surprised at a person who is deceived, why he does not seek refuge in the words of Allah, and I entrust my affair to Allah. Indeed Allah watches His servants, for I have heard Allah say after it, Then Allah saved him from their evil schemes.

(Sura Ghafir, no.40, verse 44)

وَعَجِبْتُ لِمَنْ أَرَادَ الدُّنْيَا وَزِينَتَهَا كَيْفَ لَا يَفْزَعُ إِلَى قَوْلِهِ تَعَالَى مَا
شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ فَإِنِّي سَمِعْتُ اللَّهَ عَزَّ وَجَلَّ يَقُولُ بِعَقِبِهَا إِن
تَرَنَّا أَنَا أَقْلٌ مِنْكَ مَا لَّا وَوَلَدًا فَعَسَى رَبِّي أَن يُوْتِيَنِي خَيْرًا مِنْ
جَنَّتِكَ وَعَسَى مُوجِبُهُ

And I am surprised at a person who wants the world and its adornments why he does not seek refuge in the words of Allah, as Allah has willed! There is no power except by Allah!. For I have heard Allah say after it, If you see that I have lesser wealth than you and children, maybe my Lord will give me [something] better than your garden and perhaps it will be answered.

(Sura Kahf, no.18, verses 39-40)



Source of Hadith: Bihar al-Anwar, v.90, pp.184-185,

Khisaal of Shaykh Saduq, v.1, pp218-219, Man la Yahduruhu al-Faqih, v.4, pp392-393