

Controlling **Anger**

From the teachings of
Shaykhul Hadeeth Muhammad Saleem Dhorat
hafizahullah

A valuable advice for life
Prophet Muhammad peace be upon him
said:

لا تغضب

LAA TAGHDAB

Do not become angry.

A Historical Incident

- A companion approached the noble Messenger peace be upon him and said. AWSINEE! – Please advice me.
- Prophet Muhammad peace be upon him replied: LAA TAGHDAB – Do not become angry
- The companion repeated his question: AWSINEE!
- He received the same reply: LAA TAGHDAB.
- The narrator of this tradition says, FA RADDADA MIRAAARAN – And the companion repeated the question various times and received the same answer.

Lessons from the Hadeeth

- This advice is very important because it was repeated various times.
- **ANGER** is the **root** of many **evils**.
- If we are able to control our Anger, we will rid ourselves of many evils.

What is **Anger**?

“The feeling that one experiences within himself when something happens against his wishes, his desire, his will. We find a feeling of frustration, dislike i.e. anger.”

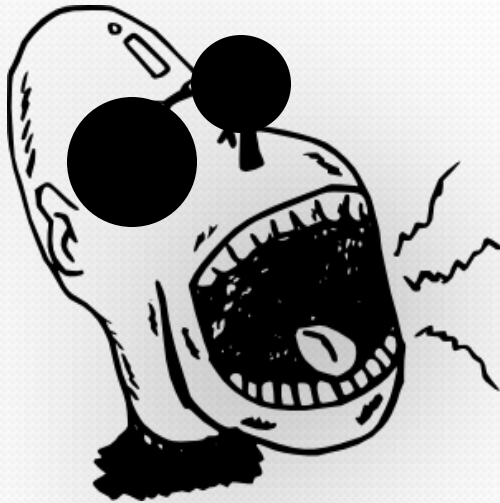
Various Levels of Anger

1- Mild – This feeling is a mere resentment, within seconds it fades away.



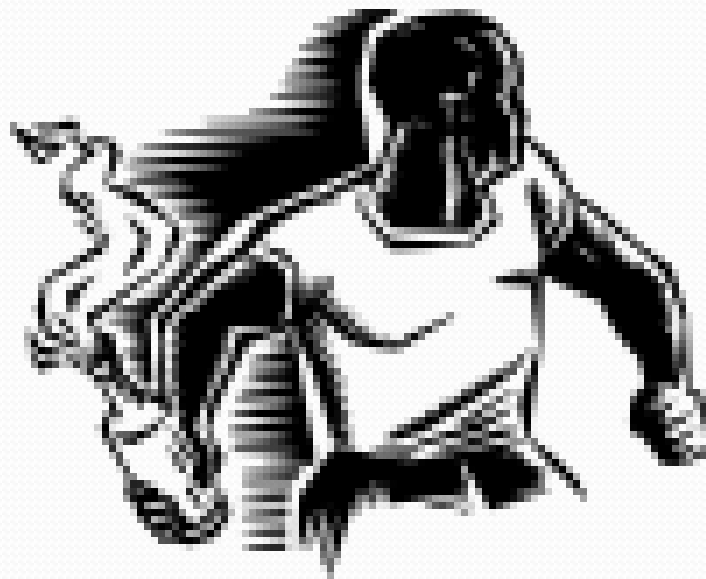
Various Levels of Anger

2- Strong – This feeling demands us to do something
e.g. Screaming, shouting, swearing, etc.



Various Levels of Anger

3- Very Intense – This feeling makes us do something physically.



At times....

- Some people are in a state of frustration, stress, something insignificant will trigger anger.
- This person is already angry. Something insignificant has triggered his anger already building within himself.
- He was angry, and then trips over something, it was other people fuelling him , but he will kick/destroy that item. In some cases kicking it will bring harm to the self.

Dangers of getting angry

- When anger increases and reaches its peak, the person is unable to control and explodes,



Anger's chain of events



Become
Upset

Shout

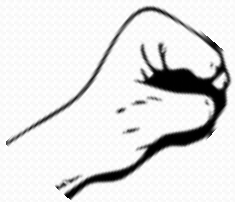
Scream

Swear

Physical
Abuse

Kill

An
angry a
person
can do
any
wrong



**Talaaq-
DIVORCE**



A saying of 'Ali (radhiyallaahu anhu)



In Anger,
always
restrain
your
tongue

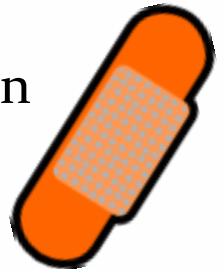
SPEAR

- Jarahaatu sinaan lahaa al-tiyaam
- The wounds of spears may heal



TONGUE

- Wa laa yaltaamu maa jaraha al-lisaan
- but the wounds of the tongue don't.



At the time of Punishment

- One may punish a person who has made him/her angry and go beyond the limit.
- Then remember the words of Allah Ta'aalaa

WA IN
'AAQABTUM

FA 'AAQIBU BI
MITHLI MAA
'OOQIBTUM
BIH

If you take revenge and punish somebody you can only do so according to the harm he has caused you; not more than that.

WA IN
SABARTUM

FA HUWA
KHAIRUN LI
SAABIREEN

And if you are able to practice patience, then that it's very good for those people who can practice patience and control their anger.

A person in Anger

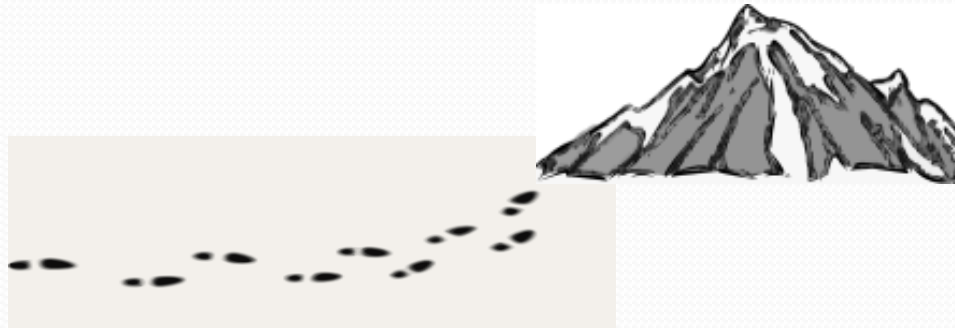
May cross the limits and Allah will become unhappy.

May behave in such a way that he himself will lose respect.

He will not be able to behave like a gentleman.

He cannot behave with akhlaaq (good character) and adaab (manners).

Controlling Anger is a very difficult thing to do.



- * This is the reason why those people who are concerned about self rectification, they may explode when their anger reaches its peak.; once in a while they may explode.
- * The awliyaa'a (friends of Allah) control their anger in every situation.
- * Those who are far away from deen, not concerned at all by their rectification, they will not be able to control even a mild anger, and will explode.

This does not mean we do not experience this feeling at all.

It is natural for humans to experience feeling of distress when something happens against his/her wish.

If we do not experience this feeling, then there would be no difference between us and a brick wall or a stone.

Who is the strongest and most brave?

Rasoolullah (peace be upon him) said:



LAISA
SHADEEDU BI
SUR'AA

He is not a very strong wrestler
who throws his opponent on the
ground - knock out

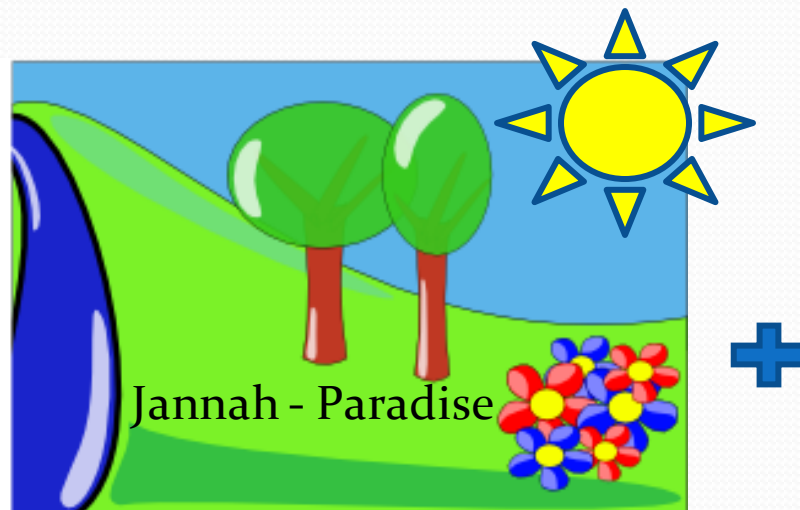
WA LAKINNA
SHADEED

But the champion
is

ALLADHI
YAMLIKU
NAFSAHU
'INDAL GHADAB .

he who is able to
control his nafs at
the time of anger.

When a person experiences this feeling of Anger,



A man will be rewarded by choosing 1 Hour of his choice, for EVERY TIME Anger is controlled.

then suppresses this feeling

and does not carry out the demands of it

then in such circumstances

Allah will grant great reward to this person for this immense sacrifice.

Feeling of Anger is like a Knife



- If we use a knife to murder somebody, then it is being used for a sin and a crime.

The knife in itself is not good or bad; it is how we use it.

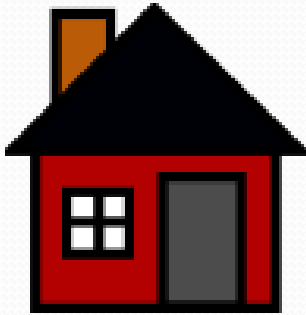


- If we slaughter an animal islamically and give it to the poor it is a good deed.
- If we make slices of fruit with the knife and distribute it to people it is a good deed.

Similarly ANGER is not good nor bad but it depends how we use it.

ANGER is natural & necessary

- If this feeling of anger did not exist, how would we be able to protect our property, our own honour, our wife and children,



- If one has no anger and someone abuses your spouse, walks away with your property and you are just standing there looking, then this is **COWARDNESS** (which is also impermissible).

Understanding the Hadeeth

We can now understand that when
Prophet Muhammad peace be upon him said:

LAA TAGHDAB

**Do not
become
Angry.**

The lesson being taught to us is not to misuse
our anger, not to use it in the wrong place.

Method to Control our Anger

We need to make DU'AA and pray to Allah, "SAVE ME from this evil trait of Anger. Oh Allah purify me from this evil, and till I breathe my last."

Make DHIKR – When we remember Allah, all evil habits from the heart will leave.

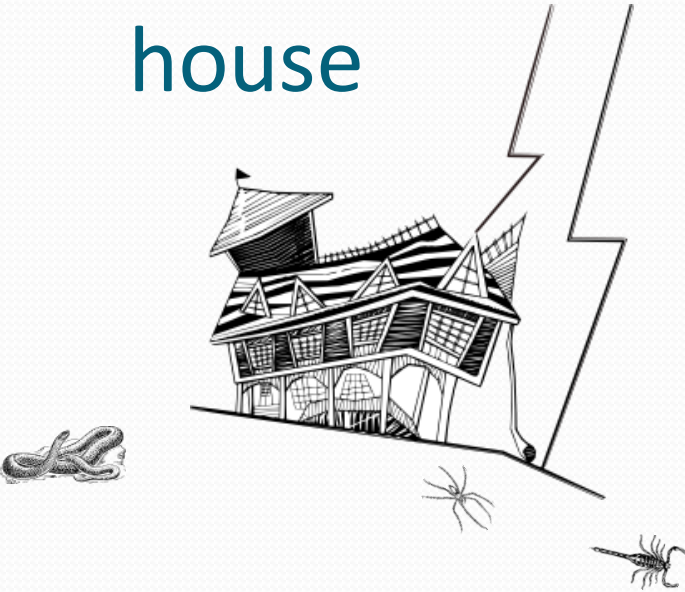
A house which is not inhabited, there will be spiders, scorpions a/o snakes, but as soon as it is inhabited and illuminated, all these harmful and poisonous creatures will have to find place elsewhere.

Similarly our hearts are dark. In the corners of our heart lie the scorpion of anger, the snake of jealousy, and other spiritual harms are hidden as well.

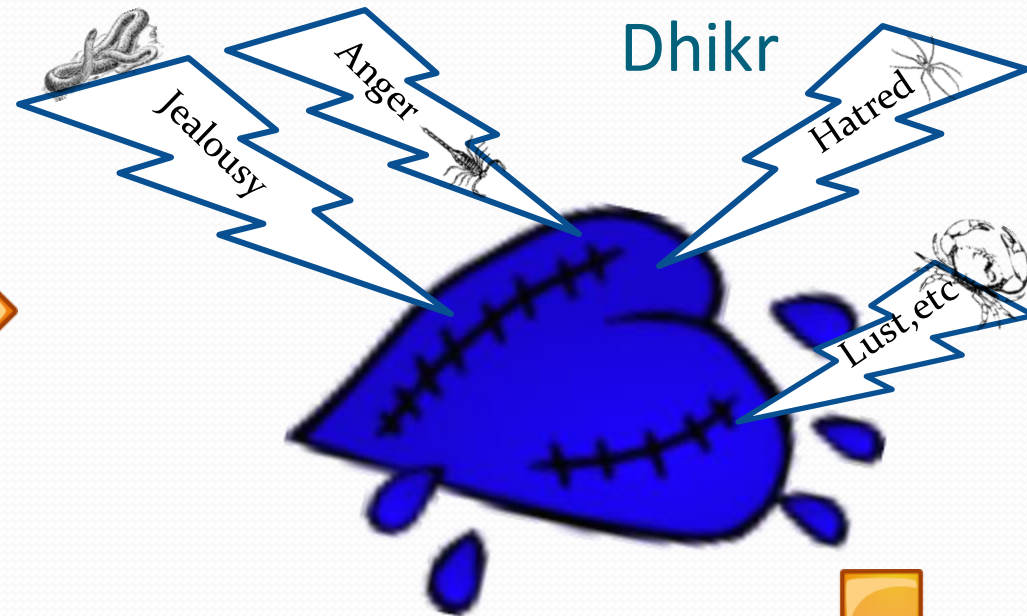
If we, in an organised and consistent manner, under the supervision of a Shaykh, clean and illuminate our heart doing dhikr, all these evil traits will have to leave and find home elsewhere.

If this evil trait persists seek guidance. Refer to a professional, an authentic and reliable Shaykh (spiritual guide).

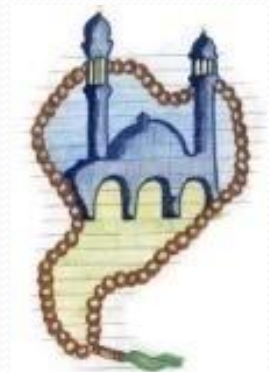
An
abandoned
house



A Heart
without
Dhikr



A Healthy
Dhaakir
Heart



SIMPLE STEPS TO CALM DOWN



Move away from the person/the object that has made you angry.

Have a glass of water

Make wudhoo (ablution) ASAP

If standing up then sit down, if sitting then lie down.

Say:
A'UDHOO
BILLAAHI
MINASH
SHAITAANIR
RAJEEEM

If you are the person of authority, e.g. the father or the teacher, then tell the son or the student to go away to separate from that which has made you angry.

Very soon the anger will calm down.



Most Effective Du'aa prescribed by Prophet Muhammad
peace be upon him.

Anger comes from Shaytaan (devil)



1) Shaytaan is a jinn; jinns have been created from fire.

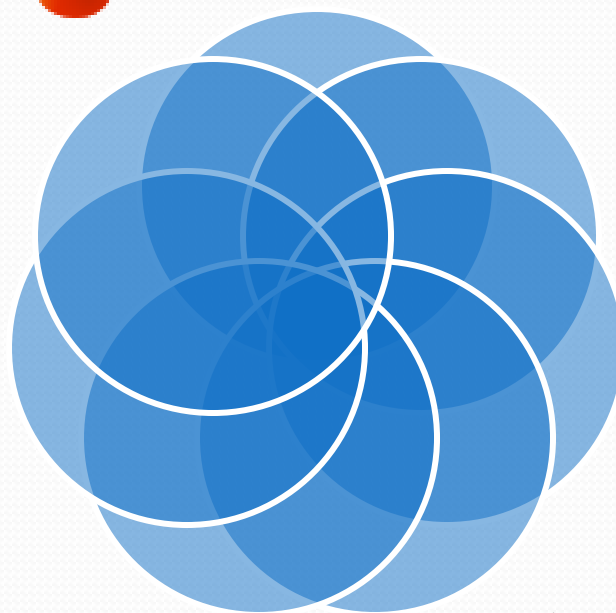
2) Whenever a fire is kindled, how do you see the flames of fire?



3) Going up and down, going towards right and left, moving all the time.



4) This is what we see in an angry person; he/she starts to jump up and down.



7) Shaytaan gets hold of him/her and starts to misuse that anger.



6) This is because anger is an effect from Shaytaan.

5) He/She becomes just like a flame.

This is why drinking water & wudhoo have been recommended.

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Shaytaan takes advantage of our Anger

When Prophet Muhammad s saw a person in Anger, he s said,

I know a sentence,
if this person was
to utter this
sentence this
condition would go
away.
He should say,

**A'OODHU
BILLAAHI
MINASH
SHAYTAANIR
RAJEEM**



This hadeeth
shows Shaytaan
plays a major
role in a person's
anger and gives
us a solution.

Remember this valuable advice for life

Prophet Muhammad peace be upon him
said: ***LAA TAGHDAB***

Do not become Angry i.e. Control your anger.



NOTE: These are temporary measures. If this condition persists you need to consult a Shaykh who is an expert in this field.

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