Sayyid Al-Hakeem continues his explanation of the Message of Rights to Imam Zain al-Abidin in a series of Ramadan lectures

Continuing his series of Ramadan lectures, Sayyid Ammar Al-Hakeem, Head of Al-Hikma National Movement, spoke about the message of Rights to our master and lord Imam Zain al-Abidin, Ali ibn al-Hussein, peace be upon him, and said, "We are discussing the right of the stomach, which is the eighth right of this profound message. We talked about various Quranic insights related to this right, and our discussion concluded with the sixth illumination, which is moderation in eating and drinking and its importance. We mentioned the criterion and guideline in eating and drinking, which is the saying of the Prophet Mohammed, 'Eat and drink while desiring but refrain when you are full.' We mentioned four benefits of moderation in eating and drinking, and here we continue with the rest of the benefits."

H.E. added, "The fifth benefit: Achieving righteousness and moral excellence. The Prophet (peace be upon him and his family) said to Lady Aisha, 'Persevere knocking on the door of Paradise.' She asked, 'With what?' He said, 'With hunger.'

And from the Commander of the Faithful Ali (peace be upon him): When Allah intends goodness for His servant, He inspires him with: few words, little food, and little sleep.

H.E. further explained, "The sixth benefit: Establishing piety, righteousness, and fear of Allah. The Prophet Mohammed (peace be upon him and his family) said in a lengthy narration to Osama, 'Eat well, drink well, and dress well but do not be extravagant in any of these, for extravagance leads to failure and laziness in worship.'"

"The seventh benefit: Reducing food leads to purity of the soul and vigor of the spirit. The Prophet Mohammed (peace be upon him and his family) said, 'Whoever eats little, his body becomes healthy, and his heart becomes pure. But whoever eats a lot, his body becomes sick, and his heart becomes hard.'"

"The eighth benefit: Avoiding sins and controlling desires. Imam Ja'far al-Sadiq (peace be upon him) said, 'Nothing is more harmful to the heart of a believer than excessive eating, as it leads to two things: hardness of the heart and arousal of desires.'"

"The ninth benefit: Hunger and moderation in eating nurture knowledge and wisdom. The Prophet Mohammed (peace be upon him and his family) said, 'Do not satiate yourselves, as the light of knowledge departs from your hearts.'"

"The tenth benefit: Protection from Satan and immunity from him. The Prophet Mohammed (peace be upon him and his family) said, 'Satan flows through the son of Adam's veins. Narrow his paths with hunger.'"

"The eleventh benefit: Softening the heart and being affected by admonition. Whoever is accustomed to overeating and overdrinking will harden his heart."

"The twelfth benefit: Soundness and safety of thought. Imam Ali (peace be upon him) said, 'Whoever limits his food will increase his health and improve his thinking.'"

"The thirteenth benefit: Longing of the angels for the person. The Prophet Mohammed (peace be

upon him and his family) said, 'Whoever increases his glorification and praise, reduces his food and drink, and sleeps less, the angels will long for him.'"

"The fourteenth benefit: Drawing down divine mercy. Imam al-Baqir (peace be upon him) said, 'Nothing is more hated by Allah than a stomach filled with food.'"

"The fifteenth benefit: Remembering the poor and needy. It was said to Joseph (peace be upon him), 'Why are you hungry while you have the treasures of the earth?' He said, 'I fear that I may become full and forget the hungry.'"

"The sixteenth benefit: Satiety on the Day of Resurrection. The Prophet Mohammed (peace be upon him and his family) said, 'Glad tidings to those who are hungry in this world, for they will be satiated on the Day of Resurrection. Blessed are the patient, for they will see the kingdom of heaven.'"

"The seventeenth benefit: Facilitating accountability on the Day of Resurrection. The Prophet Mohammed (peace be upon him and his family) said, 'Whoever eats little will have less to account for.'"

"The eighteenth benefit: The vitality of the heart. The Prophet Mohammed (peace be upon him and his family) said, 'Do not kill the hearts with excess food and drink, for hearts die like crops when watered excessively.'"