Sayyid Al-Hakeem: Chivalry is exemplified in observing ethical, social, and traditional norms, as well as preserving religious, social, and customary boundaries

Sayyid Ammar Al-Hakeem, Head of Al-Hikma National Movement, continued his explanation of Imam Zain Al-Abidin's (peace be upon him) message on Rights, stating, "In continuation of the research on Imam Zain Al-Abidin's message on Rights, we focused on the eighth right, which is the right of one's stomach and elaborated on various aspects of this right, culminating in the seventh illumination, which is the prohibition of overeating and gluttony, as Imam Zain Al-Abidin (peace be upon him) said:

"Do not take it from the limit of sufficiency to the limit of excess, diminishing dignity, controlling it when they are hungry and thirsty, for satiation that leads one to overeating is sluggish, inhibiting, and depriving one of all goodness and nobility."

We mentioned some verses and narrations indicating the dislike of overeating:

"Surely Allah will admit those who believe and do good into Gardens under which rivers flow. As for the disbelievers, they enjoy themselves and feed like cattle. But the Fire will be their home." (47:12 Holy Quran)

The Prophet Mohammed (peace be upon him and his family) said, "There will be fatness after me, where a believer eats in one intestine and a disbeliever eats in seven intestines."

Imam Ja'far Al-Sadiq (peace be upon him) said, "Excessive eating is disliked," and also, "Indeed, Allah Almighty dislikes excessive eating."

H.E. also mentioned numerous other narrations conveying the same meaning."

H.E. further elucidated, "The meaning of chivalry is to observe ethical, social, and traditional norms, and to maintain religious, social, and customary boundaries. Chivalry has criteria and characteristics, six of which are elucidated by Imam Al-Hussein (peace be upon him) in his statement:

"Preservation of religion, self-respect, lightness in bearing (i.e., easygoing nature), mastery of craftsmanship, fulfilling obligations, and fostering closeness to people."