Reduce the sleep (low sleeping) in prose texts Sofia

Karam-Ali Qadamyari
Assistant Professor of Persian Literature, Department of Persian Literature, Faculty of Humanities, Urmia University, Urmia, Iran

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ABSTRACT

Most mystics and Sufis to achieve higher goals of perfection, in all their words according to the Quran and hadith evidence, having your endeavors and yoga have inalienable right of way and inevitable every seeker and consequently reduction of the triple have assumed on own and disciples and have acted on them and all who have served praised the trilogy. They sleep a kind misbehave knew to God and believed that the seeker must always be awake and the dream is over hobsen. Therefore noteworthy and it is essential research on these and how the battle for and austerity and education and encourage the devotees above-mentioned points among the various sects of mystics and Sufis. The author technique in this paper is analytical and descriptive. This article aims to the express view of the mystics and Sufis about the Lack of sleep (low sleeping optional) with emphasis on prose texts Sofia (From the beginning to the end of the eighth century) and adjust their comments the Qur'an and prophetic traditions.

INTRODUCTION

Human because the recall is in the nature, it is worthy of realities is evident for him through treatment and trim and to rise the subtle worlds of heaven and the kingdom and the expression levels works and acts, and traits and innate their vision is to see aesthetic perfection and the glory of the Lord graciously and virtual existence. determination (the eyes seeing something and certainly join in) passere absolute fade away and be manifesting itself in the light of God after the destruction of the god has been described as joining God, to see right and to achieve knowledge-the purpose of creation - does God have a hand in lap and have turned away their god is in control.

Now to achieve goals of perfection, most mystics and Sufis throughout his speech citing Quranic evidence and narrative having to struggle and austerity every hunter has been right of way to the inevitable and consequently triple lack of suppose that on his disciples and they acted and do it all have admired three reduction. According to Imam Muhammad al-Ghazali the alchemy of happiness book Page 537 and the writings of Ziauddin Nakhshab in the second book, Selk Alslok Seyed Mohsen Mousavi and writings in the first chapter of Part XI book is an introduction to the practice of Islamic mysticism, austerity checked in four cases they include:
• Reduce food
• Reduce the Word
• Reduce the Sleep
• Solitude or seclusion

But other divisions of aspects also have been attributed to austerity including Khwaja. Abdullah Ansari in the ninth treatise Hundred Square himself discussion as austerity. Jihad in the field of waste austerity, Looks sublime: "It Ythvra fihi Yhbvn men” to soften the austerity and it has three pillars: austerity actions to preserve, and to record the words of penance and austerity Rfq ethics and acts of penance to three things: national science and halal food, and the last word. Austerity and sayings are three: Qra’t Qur'an and endurance excuses, and admonish the people. Ethics and austerity are three: humility, and generosity, and patience [3].

Defining the issue:

Austerity, industry and sorts them the key issues in the journey of the mystics, and seekers of knowledge in different contexts. Sofia beginning of the eighth century of course after has been a major role and the authors of this book consistently acknowledged values and their importance the journey and achieve a more complete and
it has been the terms of real disciple.

History Research:
As it is clear from various sources no history such as independent research none of the scholars and critics from this perspective have addressed the topic and only briefly been seen in some parts from Sofia prose books.

MATERIALS AND METHODS

The importance of austerity:
Austerity is self-diagnostic treatment and cure when the human soul is contaminated the great disadvantage such as anger and hatred and envy and other vices it should be treated with drug abstinence. Austerity and accustom themselves to difficulty opens the way to the heart of the seeker kingdom and makes clear the human mind. Once people got used to hardship and suffering he used his, they immediate and momentary delight and joy in the world in his opinion is worthless and at the time that aperture in his heart opens the upper world. Austerity Working climb heart is top of the world that Ghazali in the eleventh season the first title of his book on the heart and reach the kingdom said:

Imam Muhammad al-Ghazali in his prosperity alchemy in this regard says: "Deem not the heart Rosen [Third Eye] the kingdom and the dreamless dead would not open. However, in the wake of the seeker, it should heart the self-mortification, anger, lust and moral evil. It should be world worldly attachments forth, vacancies sit above the eyes, and senses to linger and will hearts fit into the kingdom of heaven. He know that God is not the God of the last states to Dell language so that they are aware themselves of all worlds, and know nothing except from God. Because it is such an open heart Rosen and see what others are sleeping, in the wake sees, and the angels spirits He appeared to be on good form and the prophets, and the benefits and Mddha he finds his kingdom of the heavens and the earth.

This is all austerity education and endeavor, until heart is smooth from people hate and the lust World and the busy aesthetics, and this is path Sufis” [7]. In addition, Ziauddin Nakshab in the book Selk Alsivk own for Austerity are assumed four divisions.

Austerity and its types:
Austerity the people who practice it are also the range split into Abdul Razzaq Kashi in the ninth chapter of the first section description Homes. Alsayryn the point examined and says: Allah the Almighty says: Those who fear their Lord Lord Lrzanand, those who believe, and those who do not worship the Lord, they should pay for all the things they say they still fear their hearts. Austerity breathing exercises is to accept the truth whether in word and deed and intention to exercise self and all God does notice sincerely and refrain from any deceit and hypocrisy until his heart is pure and clean and accept truth book news and tradition.

This is what the prophets have faith. Austerity has three degrees: Austerity normal human, it is their ethics to regenerate with science of law namely their actions adjust on Shari'a practices and their actions clean with sincerity and the rights of others to fully express in transaction. Austerity is the property of eradicate divide and spread God's heart and the other and off according to the position is left behind, and leaving science. Austerity is the property of witnesses net from Multiplicity of names, attributes, and comes to the officials gather with destruction of nature, and leave the opposition and swaps. Leave the opposition to it is God, in which mutual Names as beneficent and revenge donor and barrier, expander and astringent - opposition to, leave and up to god and while gathering essence, and It is Leave to swap the Essence of Intuition see it fanny, the beginning is mortal and the remaining always is the rest [12].

Asceticism in Islam:
Austerity has also been considered in Islam and the religious order was to where does not contradict the commands and precepts of Islam. Kashefi in response to question that what is Islam's view about austerity? What will the austerity goals and outcomes?

It says this: "Austerity" according to the mystics is the key to all happiness and chemicals, all governments the struggle and jihad is self to be rid the man the dark veil. Some have regarded it as a preparation to spiritual. to avoid extreme austerity moves erotic force, wrath and the orator and the power adjustment is for human perfection. Human soul has three powers that they have souls called triplet: erotic breath, self-wrath and self-talkies acceptable and unacceptable behavior and overall human comes from of these three forces. Austerity is enter breath, physical and mental pain and distress to and opposition velleity and adjusted according to the three branches of the seeker is able to achieve his spiritual authority and find the right way. [11]

Objectives and results of Austerity:
All mystics and Sufis of objectives pursued mortify his also their austerity specific results for the Mr. Mohammad Reza Kashefi in his book referred to the objectives and results of austerity.
Human need to sleep:

Indication of the strength of Lord of the universe is you are sleeping at day and night. Also some it has been observed verse ".The signs of God's power, you are dreaming night and day." No one is clear on the fact that all living organisms. They need to rest. For Renewable Energy and continue to get ready for work activities. They come naturally comes to rest and even arguably if not Sleep as soon faded and worn the human body and spirit. He come old and frail therefore, quiet sleep is the secret to youthful vitality, health, longevity and durability in the nine part of Quran to "Sleep" (Surah Baqarah the verse 255, Surah Forghan the verse 47, Surah Eraf the verse 97, Surah Enfal the verse 43, Surah Rom the verse 23, Surah Safat the verse 102, Surah Zomar the verse 42 and Surah Viae the verse 9).

Low Sleeping:

Reduce sleep or low sleeping or night waking is austerity and the Sufi seeker to Allah and one of the things that adhere to it have been Sufis see it necessary to achieve a state of spiritual authority and proximity to the right. Sleeping too little or waking at night regarded by scholars and religious practitioners it is considered effective in close to God's heart in terms of mysticism Ibn Arabic the about word night waking. Sahr in word means the awakenings and night waking in the Doctors is extreme vigilance that beyond from than normal. In Sufism one of the rules of conduct, is night waking.

Najmuddin Kubra ninth rules of conduct known wake up at night and says: It is among ninth important demandant god said: I Qlyla Kanva our lamps Yhjvn» a small amount of sleep at night and time litany friends of God and serve the deminers. Nasafi, waking at night to conduct the sixth condition is known. Ibn Arabic poem in Arabic about it is that its content is as follows:

Someone never sleeps his eyes and his heart does not sleep he is single unit and is located in position and maintain position and creatures worship him. Require awake night is awakening Heart and eyes not wake eyes only and its owner if you stay awake at night, and the same God, undoubtedly, the his memory is and the owner of this place in this position achieve to visiting despite much [6].

Virtue reducing sleep:

Sufis sleep knew somewhat rude to God and believed that seeker must always be awake and be his sleep from hobson. Sufi literature authors in his book reviewed continuous to thread reducing sleep and examples of great austerity Sufism in this context the and also somehow have been arguing for some historical event [9].

Sleep natural need:

Sleep is one of the needs of human and without human balance will not be in his routine. Although Sufis are committed to reduction sleep but they observe that to the extent that will not harm the body they waking up and not sleeping knew the major factor in the process of achieve to god. Hajvyry part of the Kashfo Alhjab Altas his book assigned to sleep [14].

Reducing sleep in the prophetic:

Talk of reducing sleep and waken the Prophet and the Imams have a special place in some verses is also considered such that Ghazali in his book of verses and hadiths in this case please see [8].

Reducing and quiet sleep:

Sufi Reducing sleep or sleeping too little to know the condition and require Retreats and that a human being and avoiding a privately managed public and to improve their behavior in the ranks should leave the sleep is continuous and pray with the Word. Kashani in his book, including the privacy provisions one knows reducing sleep and noted that:

"But the fourth condition is sleep must be able to not to sleep and although sleep is dominant, it is excreted into the cleanliness review or mention and if you do not pass and sleep with light sleep I come to him since coming back performing the and he is telling them and every dream that caused the necessity and urgency is while praying. Although sleeps breathe the lack soul and like the worship, obedience, it is possible. Spirit of obedience and worship tasteful and lovely inner conscience that have back to it. He is often submerged after praying and last night, waking the analysis of body moisture and reduce forgetfulness and sin, ignorance and neglect it is an extremely effective useful in restoring good heart [10].

RESULTS AND DISCUSSION

Sleep and its reduction rules:

Sufis to sleep and how to reduce it was considered rules and conditions including rights of self-knowing and sleep. That is why these calls were gradually in small amounts rather than all at once to be compromised
body. Kashani in chapter tenth of sixth section book Mishab Alldhayh about sleep habits and contrive to reduce the sleep says:

However, sleep is no doubt that among the rights of breath. Although entirely self-sleep deny and distracting habits of moderation and stronger sense of composition and porosity is unable to work. After the necessary confidence to sleep due to the moisture in the body, it appear to be mild and tempered the amount of sleep a day. It said that one third of the high hours was not the end of the summer is over lunch two hours of the day and six hours of sleep at night and lunch is the ultimate winter Eight hours of sleep a night to be spent. According to these two extremely long days and short of it is more or less. In the two hours after the seizure and the right amount of breath and if someone wants something less than the amount that is right as the movement of the Bickei could not hurt. Been given one business and another but earned is habit.

If someone does eventually get a little sleep, be affected by reduce the sleep. What is the nature of vice habits but forgiving spirit is tat and talkounces. Every ounce of her talent speaks of obedience and dignity was followed to reduce the sleep, however, contrary to his habit, and gradual movement did not hurt. What have been some of companions’ hearts years did not sleep the other night and day to pray or have without damage found in his habits however, since it appears that do not sleep long time (Ibid: 281). Nakhshab in seventy-ninth Selk referring to hadith of the Prophet (SAW) has virtues reducing sleep. Nights of Love Bidde said:

Exalted "My eyes sleep but my heart does not sleep" have you been awake all night and worship, yes, all of his waking state you sleep all night, it is hoped if the blessing of his waking the rest is going nights of the nation, of his intercession be easily passed day of resurrection.

Dhul-Nun al-Misri says: I was bondwoman infinity Black, when I was awake half the night prayer, he god, you love me the truth. Such do for me, so do for me, i asked a black face how do you know that God loves you, said because they know that night is blessing me that I got up and worship him and you placed in the context of negligence in the dream, and sleep in ignorance. Sufis when night waking usually night to have a few parts and in all parts of both worship and pay the rest and usually have the right to say anything in its place no one had the right to not spoil. Ibn Bazzaz Ardabili in the eighteenth chapter of the eighth chapter of his book about night rise Sheikh Safi al-Din says: Sheikh Sadr said that Sheikh said split time at night. Such that in the first part of the

Conclusions:

Austerity and hard to habit to your heart seeker of truth opens the way to heaven and makes clear the human mind. When the man accustomed to hardship and suffering and his was habit to the immediate and momentary delight and joy in the world is negligible in his view and at the time that aperture his heart opens to upper world. Endeavors and yoga obvious and inevitable not every hunter seeker on the right way and the right way in no way it could have to reach utmost perfection. Seeker of the way the austerity debate and in all his actions and conditions should helm of affairs there may delegate to old and full Morshed and need aging seeker and follow him notice is everywhere Sufi texts. Asceticism in Islam the Meaning of Jihad and against the Soul also traditions and sayings of religion is indicates that it is acceptable.Talk of reducing sleep and also night waking there is a special place the life of the prophet (PBUH) infallible Imams (AS) and also to it attention has been in some verses. Sufis knew sleep a kind of misbehaving the Holy God and believed that seeker should always be awake and be from Hobson his sleep. Sufis the retreats knew useful and effective to purify the soul and halo heart they believed that cannot reach where no seeker of retreats and isolation.

REFERENCES

[1] The Holy Quran