**LESSON 16.**

**46) INTEGRITY (İSTİKAMET) 47) WILLPOWER (İRADE) 48) (ASCETISM) RİYAZET**

**46) INTEGRITY: 🡪** Righteousness, that also means integrity was interpreted as follows: according to the people of the truth, avoiding all kinds of excess or deficiency in faith, in deeds, in all relationships, even all kinds of behavior like eating and drinking habits, and trying to follow the path of the Prophets, the loyal and trustworthy ones, martyrs and the righteous.

**🡪** The Slave, the servant should always demand the integrity, not the miracles or discoveries; because in reality it is Allah who demands integrity, and the servant is the one whose heart longs for wondrous things. What is the choice, things that our hearts long for or things that Allah wants..?

**🡪** Bayezid Bistami was told one day: “ Teacher, Some people walk on water, some people can fly in the air”, to which he answered: “ *Fish and turtles swim in the water; insects and birds can fly in the air. If you see someone who spread his prayer mat on the surface of the water and is swimming away, or if you see a person who sits with his legs crossed hanging in the air, do not dare to praise or compliment him ever! Search for some integrity in his state and actions, and pay attention to their compliance with the Sunnah!*”.. and to us he wispers his healing advise of finding integrity on the land of servanthood with our faces lowered, instead of soaring in the atmosphere of miracles…

**🡪** “*If the heart of a servant is not straightforward his faith can never be steadfast,until his tongue is truthful and trustworthy, his heart can not be straightforward.” (Hadis)*

 **(KZT 1 - İstikamet)**

 **(KT 9 / Kalb İbresi - Üslûpta İstikamet)**

**47) WILLPOWER: 🡪** The power to make decisions on doing or not doing anything, or “will autonomy” that we can describe as “predisposition” is in fact the slogan of being a human and is the only basis for morality. Without it one cannot possibly discuss either humanity or any virtues.

**🡪** Humans have some will. We may call it a will power given by God, or the strength gifted by destiny, or human ability to choose. We also call the creation power of Allah as a Divine will, deciding power or providence.

**🡪** For example; let us imagine a machine that is prepared and brought up to the condition where it can work and function; and the responsibility of only pressing the start buttong of the machine is given to you. And the power to make the machine move belongs to the One who invented, made and constructed it. Consequently, this small ability that belongs to the perishable is called choice or mere willpower, whereas the one that belongs to Allah is called Divine Creation.

**🡪** In that case, a man should not shrink under the weight of his own stomach, he should be a disciplined human being who is able to control what he eats and drinks. One should not be the slave of his stomach. Otherwise, a person that uncontrollably release himself to junk-food would not be able to sleep less, get rid of lazyness and achieve the intimacy with the Creator.

**(ÇN 2 / Buhranlar Anaforunda İnsan - İrade)**

**(Prizma 1 - İrade ve İmtihan)**

**48) ASCETISM: 🡪** It means disciplining one’s life; balancing eating habits and sleeping routine, limiting it to the necessity and focusing on praising and thankfulness

**🡪** *A* special termin was included in Sofia terminology that means preferring the decency of soul and morality, was used to express fighting against anything that the carnal soul desires, including eating, drinking, and sleeping; and ability and the way to preserve and avoid any physical desires.

**🡪** it is standing against, avoiding the wordly desires that satisfy only physical essense of a human, and refusing “sky-soaring” wishes and forsing temptations of the carnal soul or ego by finding refuge in lively atmosphere of the spiritual heart, enacting the angels of conscience and will power being able to remain on the true path of Allah forever, these are other definitions of the word ascetism.

**🡪** According to the people of Truth; it is not enough to live a lonely life away from people, standing against the carnal soul or physical bodily desires and leading the spirit directly to the perfection of the human being and coronating him; along with loneliness one should be able to build a building of ascetism, that must be constructed on in the “school of a speach” , “school of meal” and “school of the meaning”.

**(KZT 2 - Riyazet)**

**Match the following words to the definitions:**

Ascetism refraining from excess and temptation, prefering to walk on the path of the Prophets, the loyal ones, the martyrs and the righteous ones

Integrity Ability to make a decision, or”predisposition”

Willpower Bringing up and developing the carnal soul along with taming the behavior

**Fill in the following gaps:**

A human being is constantly in need for Allah. Our need for Allah’s protection (help, blessings) and constant looking over us (seeing us and protectign us) is much deeper that our need for His sustenance and gifts. The person who is in need for the air, water, and food is more dependant on beeing sustained by the ............................., tht is food for heart and soul. An intimate servant of Allah will constantly demand from his creator the ........................... of his heart.

İndeed, the most important part os the solitude consists of solitude at the presence of only Creator, and the other dimention already consists of ........................ According to the people of Truth; it is not enough to live a lonely life away from people, standing against the carnal soul or physical bodily desires and leading the spirit directly to the perfection of the human being and coronating him along with loneliness one should be able to build a building of ascetism, that must be constructed on in the “school of a speach” , “school of meal” and “school of the meaning”.

Animals do not have any intellect, conscience or.................................. They act and move according to the inspiration that is sent by Allah, and that remains divine. For example the bee moves according to the order of Allah, the spiritual disaster. ( we also call it their inherited feelings or instincts ) IT always makes its hive in the shape of hexagons; because it has no ..................... neither it has an ability to invent any other interesting ways to do it.