

In the Name of God

Mystery and Secret of Hunger in God's Feast

Ramadan is called the Month of God's Feast, because, observing ceremonies of this month, human being achieves a degree that he will be God's companion as the God's Guest. Since the barrier between human and God is his conoupscence and through purifications offered in this month, this barrier shall be removed by God's will. Ramadan is called Allah Month. If human being does not face God in God's Month, he did not reach to the fasting inwardness, but he has had a fasting at the nature's surface.

Two qualities of Holly Ramadan:

Ramadan has two qualities: One is that God has dedicated this month to himself and another one that you enter this month while fasting, and the fasting of Ramadan that is obligatory fasting and not recommended fasting, since obligatory fasting is more concerned by God than the recommended fasting. In fact, recommended fasting will be an introduction to recommended fasting to take place perfectly.

Philosophy of forbidden things in particular places and time:

There are rites for Ramadan which makes some things forbidden in it that are not forbidden in other months, same as when being in divine harem [Mecca]. Philosophy of forbidden things in particular places and time is because these places and time have a particular heaven and the condition to join that heaven is to respect forbidden and in direction of connecting to the heaven of Ramadan, observing orders of this month become easier. When observing the glory of this month, any desire that prevents the manifestation of its light shall become small, as if you look at the sea correctly, you shall get connected with the glory of the sea and not with the shells on the beach.

Why hunger?

Imam Sadegh said: “Hunger is the steward of believers and the food of the soul and the food of the heart and the cause of the health of the body.” Therefore hunger is as food for heart to be saved from fake foods that are worldly wishes and figments and for this we can say: In the path of fasting, thanks to divine blessings, humans think shall reach where no more delusive thoughts will rule it. If you spent time on repelling fantasies and you are sensitive to their annoyances, you will see how annoying they are. In this case you will realize the importance of repelling ways. True champions are those who are dominant to their fantasies and figments.

When Ramadan arrives, that is God’s particular feast, this is the time to tell our ego that used to eating, it is enough, and this is time to eat spiritual foods.

We want to make love with our real beloved but these morsels shall deceive us from him and in this state, sense of unfamiliarity with our beloved shall die in us and our tears, that are signs of distance accompanied with enthusiasm, shall dry.

Therefore if human being is seeking for God’s glory jewels, he should empty the kitbag of stomach a little from bread. Lack of merriment in religiosity, is rooted in full stomach that will be the origin of the temptation of the devil.

As said by holy prophet: “Full stomach is the pasture of the devil.”

I wish that we dry the pasture of the devil’s grazing in this Holy Ramadan and get free from dark intrigues of the devil and step firmly and seriously in direction of exploring morsels of light and luminosity. I state some points about fasting.

It is important that we fast, not to suffer hunger. Fasting is a method of spiritual ascent for human being from God’s devotion shutter, but hunger is a bodily act such as exercise that is a bodily act. In fasting you consider spiritual ascent but through body hunger.

Breaking a fast or demolishing a fast

Sometimes we ruin our fasting at the sunset instead of breaking the fast. It is different to break a fast or demolishing it. Breaking a fast means stopping the fast. But demolishing and ruining the fast means to compensate the food that you did not eat

during the day, at the opportunity you have and in fact to lose the spiritual resistance and control that you have strengthened in yourself during the day.

We should not compensate whatever we did not eat all at the fast breaking, as in this case we did not taste religiosity. Then we say how we came to this world? God replies that you came to this world to become luminous and religious. When human being does not act in accordance with religious laws, he cannot taste religiosity and when he does not taste religiosity he will not understand worldly life philosophy.

As long as passion is in the scene, faith has no motion but if you control your mouth, faith gate is opened to your soul, because if the mouth is controlled, invisible shutters will gradually be opened to human's soul. It is said that: "the first heresy that occurred after the Holy Prophet was fullness." It is said: "when people's stomach was filled up, their ego started to revolt and inclined toward the world." You should know it that the first thing that is removed by hunger and you will get free from it is "carnality", both carnality of pudendum and carnality of speech. In that state we neither have extreme desire for the opposite sex, so that we spend all our preoccupation on this matter nor we tend to talk so much. Of course it is provided that you, yourself are aware of the matter sensitivity and seek for it, so that performing that become easy for you. Carnality in eating is in a way that your body does not need food and you do not feel hungry but you wish to eat food, this is no more a need, but carnality. One of the interdicted works is when a person is filled up and eat, since in this state he strengthen eating carnality instead of fulfilling his bodily need. For those who have practically known the position of hunger and mouth control, hunger is very tasty. If someone tastes hunger he shall hate fullness and overeating. It is not in vain that is told in narrations that: "God dislike filled up stomach. We know people that have not been filled up even for one day after they have started their mortification.

We may think that we are not so that fullness causes sin for us. Do we know our heart? Masters, who say so, know their hearts layer by layer. They understand where and how they are; they can interpret every single breath of their own.

It is a time that you induce yourself that since we are young we are inclined toward the opposite sex and you feel the natural and necessary need of these inclinations, this is a “figment”. This figment and illusion and this imaginary inductive and exposed need will fall from prosperity through fasting and its non-seriousness become clear for human. In this connection it is said: “carnality of pudendum and carnality of speech are eliminated by hunger”, there are thousands of rewards in this last subject, since extreme speaking shall destroy human’s soul and heart.

Extreme speech shall distress the heart and prevent relaxation and heart presence, then fasting causes silence and therefore heart shall return to its balance and awareness. It is narrated by the Holly Prophet that “If it was not because of your excessive speech and carelessness and turmoil of your hearts, you would see what I see and would hear what I hear for sure.” Pay attention that talkativeness shall take what a great blessing from us and how it destroys our relation with invisible and spirit world. In addition, “carnality” shall distress litany and causes the person to lose the destination of life- seek refuge in God from forgetting litany with God- it is again narrated that fasting shall decrease sleep and increase wakefulness, and it is obvious that excess sleep shall result in spoil of life and hardness of heart.

Masters say: “Hunger is the key for the God’s treasury door, it is not given to anybody unless the beloved one.” That is, the servants of God shall not succeed to fast unless there is kindness of Lord to his servants. A believer said: “Clever people in religion and world, has seen nothing more useful than hunger, and there is nothing for harmful than eating for the futurity.” It is said again by masters: “Science and wisdom is hidden in hunger and ignorance and sin in fullness.” In a narration of Holly Prophet it is said: “For Human being nothing is more evil than fullness of his stomach, due to his humanity he needs morsels that enable him to continue life, in this state, one third of his stomach shall be for food and one third for water and one third for breathing.”

So you see that according to sayings of the Holly Prophet, one third of the stomach should be filled with food and no more, therefore anyone who make place for food

more than this, he has decreased his merits and in fact has eaten from his merits. It is said: "Masters became masters due to hunger and silence and sleeplessness and loneliness." Secret of all good acts between heaven and earth is hunger and secret of all evils is fullness, temptations shall cease anybody who keeps his soul hungry. It is said: "Prosperity and God's attention to the servant is through hunger and illness and disaster." A sage was asked: "How can we control our soul?" He replied: "Through hunger and thirst. No one shall please God unless through hunger, and no one experienced teleportation unless through hunger, and no one was selected as God's friend unless through hunger." Abou Talib Macci says: "Stomach is like a drum, its music is good when light, fast and empty it is, therefore when inside is empty, reciting is better, rising is longer and sleep is less."

It is said by masters that three people love God: "one with little eating", "one with little sleep" and "one with little comfort".

Fasting, shutter of worship

It is said by the Holly prophet: "Everything has a door and the door of worship is fasting. Therefore until a person does not enter fasting, he does not enter the state of worship. Since world of worship is a particular world that cannot be obtained by think and study." This narration is going to say: You are not allowed to enter worship garden with full stomach. When the state of worship occurs in human, he feels to be in the center of existence, all greed and stresses are cleansed from his heart, and he will return to his origin that is God's service. Hence it should be understood that fasting is the medium to enter worship state and it is due to fasting that our other worships take the form of and soul of worship.

Have you seen that if you eat a lot at the last hour before starting the fast, you will get reverse result, your sleep will increase, your mind does not achieve the alertness that should be resulted from fasting and in brief you will be deprived from fasting results! We were told to fast to prove to you that you can be strong and stable by hunger; of course the condition is that you do not induce yourself that you got weak due to

fasting, but if you notice it is gluttony that causes weakness and feebleness more than hunger.

Some die due to fear of hunger, it is not the hunger that hurt them it is the fullness, but they do not realize. Ramadan is a good opportunity to prove human being how much he can raise his soul with hunger if he does not impoverish himself with mental inductions. Let's get used to the minimal food, exercise at Ramadan afternoons, climb, to prove to you that you are very strong at the pick of hunger.

Fasting is saying to us kill the "figment", this is the best result of fasting. Human says that he will die if he does not eat food. Is the ball and here is the field, start gradually, maybe at the beginning you do not believe, at the middle of Ramadan prove to yourself that it is not true that food and full stomach causes our health and strength.

More immaterial is the phenomenon, stronger it is. Human's ego is an immaterial and transcendental creature, therefore it has a boundless strength but since it is prisoned in body it is not visible for us. You can see the sample of this boundless strength in Imam Ali. All his contemporaries were surprised how did he was so strong with that little food? They did not realize that human's soul has declined from the position of "soul" that is the closer creature to the God and it reached to the level of "from my soul" but it is not cut off origin that is a fact over the angels and fasting can prove this to you that you can get connected to your powerful invisible.

It is narrated from Holly Prophet: "Devil is among you like blood, it flows in your soul, tighten its space with hunger." He adds: "Fasting disgrace the devil and he cannot affect human anymore."

Minimum food, maximum strength

It is in Holly Prophet biography that: He would suffer hunger so much that he would put stone on his stomach and would tie it by a scarf so that his stomach does not hurt. It is because if the stomach is empty it hurts a little, if gastric walls get close to each other and stick together, feeling of hunger will reduce. Imam Ali says: "When war was in its hard time we would refuge to the prophet. That is the power of the prophet who kept hungry most of the times. It is mentioned in Nahj Al-Balagheh that: When

the Holy Prophet would roar in battle field, nobody would dare to look at his eyes due to greatness, violence and dignity. In Honain battle, he remained by himself when everybody escaped. It is also said that when Imam Hassan and Imam Hossein were children, they felt sorry for their father that maybe he became sick due to his little food, so they opened their father's bag of flour and mixed some oil with the flour, so that when bread was cooked with that flours it contain some oil for their father, but Imam Ali protested: Why did you do that?

Through fasting and studying the life and lifestyle of the saints it will be proved to you that you can have the maximum strength with the minimum food, on the condition that you do not say this talks are worthless and I will die if I do not eat a lot of food, then you will really die for sure. You claim invisible facts from fasting and rejecting food to obtain those facts, actually fasting is for that. You are a immaterial being. If an immaterial being concerns about material it is because his home is material at the present time. I and you are immaterial beings. Where is the home of an immaterial being? The main home of human is invisible world for sure and if we reduce our concern about the material we will see ourselves in the invisible world. We belong to everywhere, but where is our concern now? To the body material. Now if we want to feel ourselves in invisible world, we should reduce our concern about the material. Our quality is from invisible world and therefore we feel ourselves at the invisible world. Now, fasting helps us to make a short visit of that at least.

The saint Imam says: "Fasting will bring purity of heart, enlightened mind, and sharp insight." Human's insight becomes sharp since the barrier for connection with invisible world became weak. Have you seen gluttonous people whose life is short and their mind is weak? It is a rule, a scientific fact, gluttonous people both die soon and lose the opportunity for elevation and also they are low intellect. A good point from masters says: "Fullness will bring slowness of mind and blindness of heart, and hunger will disgrace sensuality and carnality and will connect heart with celestial world."

The Holly Prophet says: “Keep your hearts alive with a little laughter and keep it clean with hunger, to make it clear and tender.

Hunger and tender heart

Tears of Qadr nights (night of power), are achieved through from the long hunger of Ramadan, the heart should be tender, when a heart is tender tears will come, when a heart tears doors of invisible world are being opened to it, if door of the invisible world was opened for you, you will never feel greed for world, your understanding shall change and your analysis of incidents shall change.

It is said: “Hunger is like thunder and contentment is like cloud and wisdom is like rain.” Thunder will give rain. Wisdom means careful thinking. It adds: If you keep hungry and continue contentment you will become sage. It is narrated from the Holly Prophet: “Anybody who keeps his stomach hungry, his thoughts shall elevate, his heart shall be awake and he shall be sharp.” Holly Prophet says “If someone keeps his stomach hungry, his thought shall grow and his heart shall become sharp” therefore he can understand the meaning of life. One can understand the value of life in this world that does not lose his opportunities for perfecting himself.

It is said again: “Anybody who sleeps a lot is truculent.” We should be really careful not to eat heavy food at the last ours before starting the fast. It is a bad thing to do, do not afraid; you will not get weak or sick. This is the devil that frightens you. We mentioned at the beginning of the discussion that we have narrations: Full stomach is the pasture of the devil. Let’s have light food and do not sleep after eating. When you eat lightly, sleeping shall not prevail you so that you are forced to sleep. Walk a little, your mind shall become sharp, pray, study. I am sure if you study some of your religious courses, such as Islamic Teachings, in Ramadan, you shall have the merits of reading Koran too. Of course, the sum of them is better.

If you take a look at Mafatih-al-jenan book, you will find in acts of 21st and 23rd night: “If you keep awake these two nights with scientific negotiations, its better, because in such nights thought and contemplation in Islamic teachings shall increase the ground for pouring spiritual facts into the heart and the heart shall find the ground

for accepting light of angels and soul. Of course it does not mean to neglect prayers of these two nights that are the connection way of heart with invisible world. It means that make a place for reinforcing teachings too.

Allameh Tabatabaei, in the last volume of *Al-mizan* says: “He wrote his interpretation and finished it on Qadr night. In this Ramadan, one of the things that shall be the origin of reward for you, by God willing, is that you read Islamic Teachings books deeply, read Koran too, but be aware that since you are in the position of seeking knowledge, studying itself is a worship for you, of course if it is for God.

Therefore one of the works that is useful for you in this month is doing intellectual work in religious teachings very well in order to be able to both reinforce yourself in cultural war with enemies of Islam and assist others not to be hurt.

Cite Koran for sure but try to understand Koran. It is narrated: “There is no reward in the reading in which is no thought.” Instead of reading a chapter and do not understand it, read a verse and understand it. Hence we should do two works, both read a chapter and understand it. What is wrong with spending time generously to understand a little of Koran? From the beginning of Ramazan to its end understand a chapter well and read it, the reward is for sure, but you should be careful about reading the whole Koran while you can understand but you do not understand. We should say to the ordinary people to read even the appearance of Koran, remember that reading Koran has reward anyway, looking at Koran lines has also reward. However an illiterate should look at Koran lines, what about you? You are at the position of educated person and students. You should carry another duty, you should understand Koran, you can understand so you should, although reading Koran in any way has reward and you will be paid.

Hunger and elevation of human’s requests

Another point that we should mention is that due to fasting human’s requests are so elevated that we find our request similar to elevated persons (Imams) requests in some extent. These prayers are whisper prayers of Imams with their God; we also feel inside that we want to read these prayers, since we realize that we cannot talk to God

in a better way. Prayers of this month shall become our state language and our soul cry with purification and continuity, and we will reach the position of connection to God (God willing) and God's names and qualities become the sweetness of our heart.

Hunger and increase of resistance spirit

Fasting shall reinforce the spirit of resistance and continence in human and so-called human can manage himself.

The Holly Prophet says: "As resistance in religious works is a sign of presence of faith in heart and such a heart has achieved half of the faith and he should complete his faith with more knowledge and good behavior, a person who starts fasting has achieved half of the patience and is brightened with some of the faith and his heart has come to scene in his religious acts. It may happen that we have surrendered to the orders and news of religion but our heart did not start understanding and feeling religious facts. In order that heart enters such a field, from the beginning we should have the assumption that we should resist in religiosity and we have passed half of the way in this way. Now if we enter fasting, we shall pass half of this patience field and our heart shall enter understanding and feeling religious facts very rapidly.

Hunger, the sign of the believer

It is narrated from the Holly Prophet that one of the signs of the believer and hypocrite is that the hypocrite dares to eat a lot but the believer does not. He says: "believer eats with one stomach and hypocrite with seven stomachs. When light of faith does not glow in heart, greed and carnality shall blaze and eating shall become an excuse to set off this greed and carnality, while eating will not set off greed and carnality. It is as if we want to set off fire by adding firewood to it. But when the light of faith appears in the heart, it does not pay attention to greed and carnality and there is no need to eat to stop them.

Holly Prophet says: "Knock the door of heaven continuously until it is opened for you." I asked: "How can I knock the door of heaven?" He replied: "With hunger and thirst. Because when you do not eat and drink to fulfill your desire, the soul is freed from earth and being earthly and it finds its divine route."

It is narrated: “The most hated people for God are those with full stomach to the extent that they have acid reflux.”

It is added: “Whenever a servant ceased eating a morsel that he appetite to eat, there is a grade for him in the heaven for sure.”

A gnostic says: “Worship is a trade whose shop is loneliness and whose price is hunger.” It means in an isolated place with a state of hunger human can reach the worship world.”

It is said that Luqman advised his son: “My son, when your stomach is full, you think of sleeping and your wisdom comes dumb and your organs lose the ability to worship.”

Nobody achieves anything unless his food is hunger. In lecture 160 of Nahj Al-balagheh, Imam Ali says in description of prophets: “Look at Moses, he eats grass of the earth, so that due to tininess, green color of that grass can be seen behind the his stomach thin skin; and look at Jesus, that makes stone as his pillow and put on coarse clothing and his food was hunger, his ride was his feet and his servant was his hands. So imitate your prophet who did not eat in the world so that to fill his mouth and did not look at the world as he glance it, his stomach was more empty than others ... there are signs for you in the life of the Holly Prophet that guides you for inelegance and wickedness of this world, since he would be hungry with his family ... he exited the world and he did not fully eat from the blessings and entered the eternity healthy and did not bring any sin with him, and did not put any stone on another until leaving the world.”

Hunger and the beauty of life

Paying attention to the behavior of religious leaders it can be concluded that if someone does not see beauty of life in hunger, he is not a seeker yet and he cannot start moving in the route that is toward his soul elevated destination. Those who make achievements have been familiar with hunger all over their life, they do not eat to be full up, they eat food to take power to continue their servant life. Imam Ali recognizes one of the specifications of Shiite people as their bellies is stuck to their

backs. Imam Ali was asked: “What is the sign of Shiite? He replied: Yellow faces due to sleeplessness, wet eyes due to cry, dry lips due to thirst, thin bellies due to fasting, and curved backs due to prayer. In a divine narration God says to his prophet: O Mohammad! I have never had any container such as full stomach of the enemy. Hunger is just not appreciated for human at the level that wears down human and is stated as “The sum that is inevitable to eat, because hunger is favorable for worldly life and after life.” Imam Ali says: “littleness of food is more favorable for soul and is more stable for health. Anyone whose food is little, his thought becomes clear. What a good food is hunger. What a good friend is hunger in being strict with soul and breaking its habit.”

It is narrated by the Holly Prophet: “Fight your souls by hunger and thirst, indeed the reward of this work is the same as the reward of fighting for God and no act is lovelier than hunger and thirst for God. He also added: “Your Greatest for God in the doomsday is the one who taken more hunger and thought more and the most hated one for God is the one with excess sleep and excess food eating. Imam told Osama: “If you can, visit Angel of Death at the state of hunger and thirst, do it, because you shall reach the highest positions and you shall live in a same house with prophets and angels get happy to see your soul and God shall greet you.” He added: “Remain Hungry and be strict to your bodies, maybe your hearts can see the lofty God.

Hunger under the Holly Prophet’s order

When in human’s life referring to hunger started, it is obvious that human being is seeking for the most beautiful and the best shape of it, that is he wants to do it under supervision of a complete human, to reduce his worldliness in the best shape and travel toward sky and spirituality. Suddenly, he realizes that an order comes from God through the prophet: “O believers! Fasting is written for you, as written for those before you, you may fear.” This is the hunger that guide human to virtue under order of God through the Holly Prophet and make him to rule over his conoupscence. You should first reach to the reality of hunger to understand the meaning of the verse and does not engage with under indulge or overindulge, otherwise some will overindulge

in hunger in a such way that they eat one almond a day; since from one side they know that how life giving is hunger and what good states they gain by hunger and on the other hand, since they do not act under divine regulations, they are not in coordination with other factors present in creation and therefore they do not reach the real demanded. It is natural that when the above verse came in connection with fasting, the prophet and believers became very happy. It is obvious that God opened a valuable path against Moslems, and the part that said: “As written for those before you” made it clear that this is the path appropriate for the humanity of humans and no seeker is an exception from it in any era. With the recent part of the verse, God joined conduct of Moslems to all Unitarians of the history so that Moslems do not think that they fall back from them. At the end of the verse, it is clarified that: anybody who wants to obtain virtue and get free from the ruling of his dark side, he should fast under the divine rules. Human should first ask himself where the border of replying his desires is and how he can rule them to understand the meaning of “you may fear” that is at the end of the verse and understand that he is informed that hereby his desires can be controlled and the borders of controlling desires is also determined. In this verse it is said: wish you such states occur to you that you can rule your desires.

Hunger and happiness of heart

God says to the Holly Prophet in Meraj narration: “O Ahmed! If you like to be the most devout person, be unwilling to the world and incline to the afterlife.”

The Holly prophet said: “My God! How can I get completely unwilling to the world in act?”

God replied: “get satisfied with the least amount of food, drink and clothing ...”

God says to the Holly Prophet: “keep your night as your day and your day as your night.”

He asked: “How would I do that?”

God replied: “Replace your sleep with prayer and your food with hunger. I enter those who consider hunger as the light of the eye and happiness of the heart into the heaven.”

God added: “O Ahmed! Wish you understand the taste of hunger, silence, privacy and loneliness and what is achieved due to these acts.”

Prophet said: “O my God! What is the heritage and result of hunger?”

God said: “Wisdom and getting way to facts and preserving heart from temptation of devil, and access and closeness to me, and everlasting sadness and being saved from intoxicating joys, and low cost among people, and uttering right speech, and getting free from worriedness about how hard or easy his life shall pass. O Ahmed! Do you know when my servant is closer to me than ever? Prophet replied: “No.”

God said: “When he is hungry or bowing down.”

Maybe there is no question as big as this that he wants to know what the best condition to approach God is? Because the main and basic goal of everyone is God and now the Holy Prophet asks for achieving this great goal and God introduce “hunger” and “bow down” as the best conditions for the servant to approach God. Since, as much as human deny his “ego” and desires, he feels close to God. Through hunger, human can deny his desires that are called egotism and through bowing down, feeling of existence against God disappears in human. All these orders are for human to achieve his holy gem and get freed from his animal nature since human cannot get connected with the facts of the world unless ruling his animal nature.

Hunger and Qadr Night (night of power)

Position of fasting consists of overcoming animal nature in direction of reaching to holy facts. We shall remind ourselves repeatedly that “If you don’t exit nature’s house, you are not let to enter fact path”. In Qadr Night, the one can see fact path who has defeated his nature at least with twenty and some days of fasting and observing divine prohibited and permissible, has achieved a method of coordination with Imam Mahdi, owner of Qadr Night, and this position is even higher than the position of angels, since human’s reality is soul whose position is companionship with God.

In Qadr Chapter of Koran, God presages that if you perform your revolve and conduct properly and manage your hunger under the divine law program with fasting, and flourish your fasting in Ramadan, God willing, you shall reach the pilgrimage of

Kaaba on Qadr Night, the Kaaba whose axis is the soul that descends to complete human's heart. Entering the holly Ramadan, reaching to states like these is awakened in Moslems.

Fasting of Ramadan is a fabulous way to reach spiritual facts. Expand your goal from the beginning to achieve the highest result. This month is as holly that the Lord says: Do not enter if you are not fasting- unless you have an excuse- entrance permission is not given without fasting. It is exactly the same as the land of the divine shrine in which no entrance is permitted for the unprepared person. This is a method of denying egotism so that human become mortal to his ego and become immortal to God. Being deprived from conoupscence desires is the condition for entering the sanctuary so that human can benefit the blessings of Sacred Mosque (Masjed Al-Haram) and Kaaba. In order to enter Ramadan land, in the same way, you should be fasting, otherwise you are not allowed to enter and angels of God will not welcome you. When you entered observing the related customs, have the hope that some light of fact glow on your mind and heart in Ramadan and you become competent to understand Qadr night, a night, with its particulars, and release human from past and future to appear at divine facts.

Human will get close to divine qualities in a way through fasting and will reject the need for food from morning to night and increase his silence and in this way he approaches the state of being needless against others and in this direction turn to immortal God from the mortal ego and provide conditions for his connection to God. When a nation could live with hunger, it is freed not only from his conoupscence in his personal affairs, but also from ruling of polytheistic political regimes. God kept the prophet and his companions in Slope of Abitaleb (Sheyb Abitaleb) to become what they became, they were so hungry that they put a piece of camel's dry skin in water so that a little of its essence permeate in water and then they drank it. This hunger is desirable for a nation that can understand how the soul can elevate with hunger, because it provides the ground for tameness of society and individuals in tameness with God. I hope that reception of fasting and hunger appears in us too.

Hunger and recalling the resurrection

Holly Prophet says: “At the time of hunger and thirst in Ramadan remember hunger and thirst in resurrection day. He means, through hunger and thirst of the world open a shutter to the hunger and thirst of resurrection that is from different quality. Hunger and thirst of resurrection is the appearance of severe need of humans’ soul to refreshing water of monotheistic believe and pure food of good acts. In resurrection, human’s soul is severely thirsty for divine light to fill the gap of separation from God and human will be satiated by visiting God. Over there hunger and thirst is a hunger and thirst due to that the soul is not full from divine teachings and godly righteous deeds. In God’s feast, we should throw our soul toward the hostess and through constancy in fasting the heart should get ready so that theological teachings manifest to it. Hunger of resurrection is the hunger of soul that shall be compensated by divine lights, like when your body does not need food but your figment cause you to have desire to eat. Here it is the figment that is hungry but got the way of fullness by mistake and wants to compensate that need with bodily food, unaware that this need is of another type. If human, in this world, does not compensate this gap with divine spiritual lights, he shall take the same state to the resurrection. In resurrection, we do not have a body that needs bodily food, we have a body whose hand will talk and for its description God says: “Their hands talk to us.” But if we take a soul that is used to eating food and enjoys food and water to the resurrection, it will suffer a lot. In Ramadan, we can train the soul that are used to get cheerful by eating food, in a way that it get cheerful with remembering God. In the narration, the Holly Prophet suggests: make effort through hunger and thirst of Ramadan to train your fantasy so that it does not consider its joy as eating, to understand that no one shall die by not eating for hours and in this way open the most beautiful battle fields for fighting with deceptions of the conoupscence in the soul.

Power of figment is one of those meddlers that interfere in our lives several times and deprived us from referring to facts. What that should be achieved in Ramadan is to understand the deceptions of the figment. To need water and being thirsty is a matter

and desire to drink water and enjoying it another. What that should be trained by fasting is the desire for drinking and eating and if this desire is not controlled, it will bother us a lot in resurrection, such as an addict that does not have drugs in hand but he has the addiction to that drug.

The last word

Everybody has experienced that how much the gluttony and fullness shall darken the soul and weaken the willing of getting away from sin, so a master says: “There was no time that I get full up and I do not commit a sin or intend to commit it.” Therefore the heart should be kept awake all the time and can be realized by fasting. If you welcome the hunger and thirst that is resulted from fasting, you will realize that how far fasting will take human and how easy provides the conditions for whispering with God for human, this is one of the miracles of fasting. It is in reply of the occurrence of such a state that religious masters suggest praying God at the midst of Ramadan nights, since Dawn Prayer and Abouhamzeh Prayer is the story of flight desire that is created by fasting. When you welcome fasting, not only flight desire emerges in you but also, you will gradually flutter wings and fly, and the results of fluttering wings are those states that remains only between you and your God.