

## Twentieth Rule **SECRECY**

It is one of the most important points for a spiritual traveler to observe. Spiritual journalists and scholars have laid great importance to secrecy and should be observed as part of our lifestyle. We should always maintain secrecy and make it a protector of our virtuous deeds. Unfortunately, we are always at risk by contaminating our virtuous acts with pride within ourselves after (or even before) we perform a particular act of pleasing Allah (SWT). This is where we begin to slowly announce and proclaim to the world around us the virtuous act that we performed on a certain day.

Imam Ali (AS) has advised and informed us that,

One secret prayer of a servant is equal to seventy open prayers.

This teaches you and me to keep our sufferings, prayers and invocations secret and confidential because it helps in keeping them pure, as with many other acts done for the sake of Allah only. Scholars have also advised us that,

The story of a believer is like that of a branch of a tree, which the winds move. The believer gets pushed around by pains and illnesses. The story of a hypocrite is like that of a straight cane, which is never bent or harmed until death approaches, and it bends down.

One also needs to be quiet and secretive about the trials and tribulations he or she goes through. Imam al-Sadiq (AS) said:

Visit the ill, and ask them to pray for you, since their prayer is equal to the prayers of the angels. Whenever one gets ill at night and accepts it with pleasure, God will record the reward of sixty years of worship for him.

He was asked, What do you mean by accepting it with pleasure?

He said, It means that he does not complain to anyone about his illness.

Imam al-Baqir (AS) said,

Go to visit the ill and ask them to pray for you since their prayer equals the prayers of The Angels. Whoever gets ill at night and accepts it with pleasure and is grateful for it, gets the reward of sixty years of worship.

They asked him, What do you mean by its acceptance? He said,

To be patient, and inform no one else about his problem. When the night passes and the morning arrives, he should thank God for what he suffered.