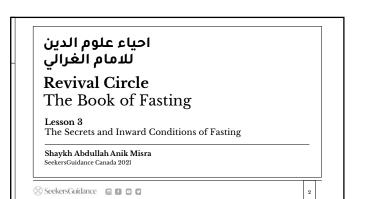


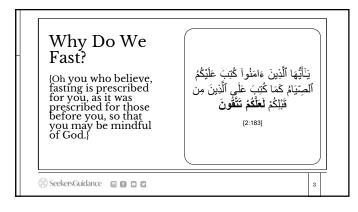
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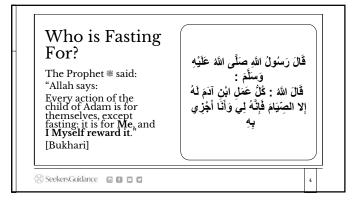
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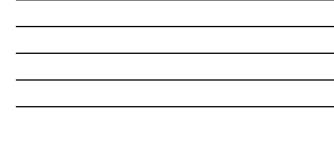
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# Three Degrees of Fasting

1. The Fast of the Common People

2. The Fast of the Elite

3. The Fast of the Elite of the Elite

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1. Fasting of the Common People

Restraining the bellies and sexual organs from fulfilling their desires (ie. legal fasting).

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### 2. Fasting of the Elite

Restraining of the hearing, sight, tongue, hands, feet and all limbs from sinning.

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## 3. Fasting of the Elite of the Elite

The heart fasting from low aspirations and worldy thoughts and anything other than Allah Most High.

This fast breaks by thinking about anything other than Allah, the Last Day, or something worldly unless that worldly thought is desired in Religion ie. for Allah Most High

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#### 2. Fasting of the Elite

Lowering the Gaze
 Safeguarding the Tongue
 Not Listening to the Offensive
 Restraining all the Limbs
 Not Eating Excessively at Iftar
 One's Heart Should be between Hope and Fear

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#### Isn't the Fast Valid?

- Outward and Inward Fasting
  Validity vs. Acceptance
  Beastly and Angelic Natures
  - 4. Seeing the Real Point

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