
Remedy for someone whose heart is sick with Hasad

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Question: A Person's heart is Sick with Hasad: What is the Cure?

Shaykh Muhammad ibn Saalih al-'Uthaymeen (رَحِمَهُ اللهُ)¹: Hasad is a chronic disease that emanates from a wicked soul that doesn't want good for the sake of good, it only wants good for itself. Just as Shaykh Ibn Taymeeyah said, if this soul sees good, although it may not want the good to be removed, it still hates what has happened. The cure for this illness is as follows:

1. Know that all blessings come from the bounty of Allaah. [**Or do they envy men for what Allaah has given them of His Bounty?**]². It is He who bestows this good. Envy includes being displeased with Allaah's decree. Once a believer becomes aware of this, he or she is able to hold back this temperament.
2. Know that there is no benefit in envy, only an increase of evil deeds and the disappearance of good deeds. For this reason we say that Hasad consumes good just as fire consumes wood.
3. Know that Hasad only increases grief and worry. The envious person's misery increases whenever Allaah increases His servants' blessings.
4. Know that Hasad does not prevent Allaah's bounty from reaching the one who is envied. Consequently, there is no benefit for the envious person.
5. Know that whenever a person occupies themselves with envying someone else, the envious person is diverted away from their own innate good nature. You'll find this envious person tracking the news, wealth or children of the one they envy. With some thought and consideration, you will find other ways and means to focus on that which will free you from Hasad.

[Majmooaa Durus Fatawa Al-Haram Al-Makki, vol. 3, 363-364 qtd. in Fatawa Ulama Al- Balad Al-Hiraam, pp.1425-1426]

¹ (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah have mercy on him

² [Soorah an-Nisaa:54]