

What should a person do who has the problem of looking at women?

(English)

كيف أعض بصري؟

(إنجليزي)

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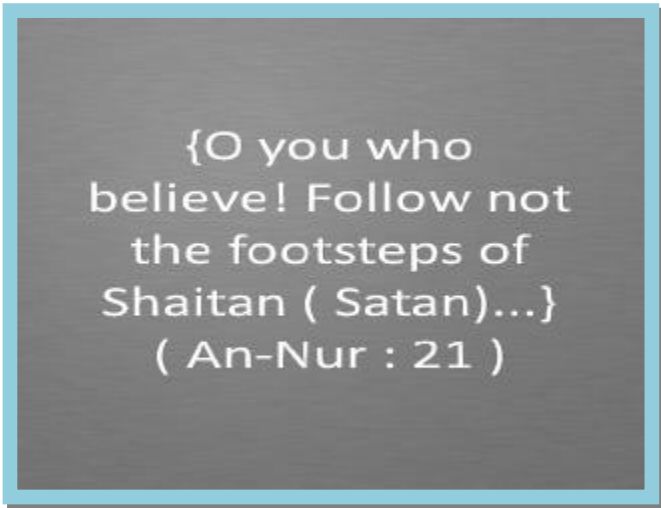
I suffer from the habit of looking at adorned women. I cannot lower my gaze most of the time. Please advise me, what shall I do?

Praise be to Allaah.

The one who has a septic wound should do whatever it takes to remove the poison and heal the wound, with antidotes and ointments. This may be achieved in several ways, such as:

1. Getting married, because the Prophet (peace and blessings of Allaah be upon him) said: **“If one of you sees the charms of a woman, let him come to his wife, for she has the same as (the other woman).”** This will reduce desire and weaken the infatuation.

2. Persisting in offering the five daily prayers, saying du’aa’ and beseeching Allaah during the period before dawn. His prayer should be offered with proper presence of mind and focus. He should say a lot of du’aa’ such as **“Yaa muqallib al-quloob thabbit qalbi ala deenik (O Controller of the hearts, make my heart adhere firmly**



to Your religion)” and **“Yaa musarrif al-quloob, sarrif qalbi ila ta’atika wa ta’ati rasoolika (O Director of the hearts, direct my heart to obey You and Your Messenger).”** If he persists in du’aa’ and beseeching Allaah, He will direct his heart away from that, as Allaah says (interpretation of the meaning): **“Thus it was, that We might turn away from him evil and illegal sexual intercourse. Surely, he was one of Our chosen, (guided) slaves”** [Yusuf 12:24].

End quote from *al-Fataawa al-Kubra (3/77)* by Shaikh al-Islam Ibn Taymiyah (may Allaah have mercy on him).

3. Keeping away from places where there are adorned women, and TV channels and so on that show images that may affect and weaken the heart. Ends.