



*The little  
book of Sufi  
quotes*





*A compilation of Islamic quotes , for the heart.*

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*The little book of*

*Sufi quotes*

*Explanation of used abbreviations:*

*Saws: sallallahu alayhi wa salam, Peace and*

*Blessings be upon him, phrase used for Prophet*

*Mohammed*

*As: Alayhi salam, Peace be upon him/her , phrase  
for the family and companions of the Prophet*

*Ra: Radhiallahu anhu, may Allah be pleased with  
him/her, phrase for other saints*



*“In the name of Allah, the Infinitely  
Compassionate and Merciful,  
Praise be to Allah, the Lord of all being,  
The Compassionate, the Merciful,  
Master of the Day of Judgement,  
You alone we serve,  
To You alone we come for aid,*



*Guide us on the straight path,*

*The path of those whom You have blessed,*

*Not of those against whom there is displeasure,*

*Nor of those who go astray”*

*Quran, Al Fatiha,*

*The Opening Prayer*

*“Allah is Beautiful,  
And He Loves beauty”*

*Hadith, Sahih Muslim*

*“Desires make slaves out of kings*

*And patience makes kings out of slaves”*

*Imam Al Ghazali (ra)*

*“Shall I not tell you who will be forbidden from  
the fire?”*

*It will be forbidden for every gentle, soft-hearted  
and kind person”*

*Prophet Mohammed (saws)*

*“When you feel a peaceful joy,*

*That is when you are near Truth”*

*Hz Mevlana Rumi (ra)*

*“A person would not forget two types of faces in  
his life,*

*The one who helped him in time of need,*

*And the one who left him alone in difficult times”*

*Imam Hussain ibn Ali (as)*

*“Call on Me,*

*I Will answer you”*

*Quran 40;60*

*“He who loves my sunnah has loved me,*

*And he who loves me*

*Will be with me in Paradise”*

*Prophet Mohammed (saws)*



*“If someone hurts you,*

*Then don't be upset*

*As it is the law of nature that the trees with the  
sweetest fruits,*

*Are beaten the most”*

*Hz Ali ibn Abu Talib (as)*

*“O My Lord, the stars glitter  
And the eyes of men are closed,  
Kings have locked their doors  
And each lover is alone with his love.  
Here, I am alone with You”*

*Rabia al Adawiyya (ra)*

*“I looked in temples, churches and mosques,  
But I found the Divine within my heart”*

*Hz Mevlana Rumi (ra)*

*“And whoever turns away from My remembrance,  
Indeed will have a depressed life”*

*Quran 20;124*

*The Prophet Mohammed (saws) once told his wife:*

*“Do not turn away a poor man,*

*Even if all you can give is half a date.*

*If you love the poor and bring them near you,*

*Allah will bring you near to Him on the Day of*

*Resurrection”*

*Hadith, Sahih Al Tirmidhi 1376*

*“There is no compulsion in religion”*

*Quran 2:256*

*“Do not worry about tricks and cheat.*

*If some people are trying to trap and hurt you,*

*God is also trapping them.*

*Hole diggers fell in their holes.*

*No bad remains non punished and*

*no good remains non awarded.*

*Have faith in justice and let the rest be.”*

*Shams Tabrizi (ra)*

*“A look of love to your parent will get you a reward  
of one Hajj”*

*Prophet Mohammed (saws)*



*“Allah Loves those who are kind”*

*Quran, surah Al Maaida, verse 13*

*Prophet Mohammed's commands in wars:*

*"Do not kill a child*

*Do not kill old people*

*Do not kill a woman*

*Do not kill a sick person*

*Do not kill those who surrendered*

*Do not kill those who ran away*

*Do not kill a monk or a priest*

*Do not cut a tree*

*Do not kill an animal except for eating*

*Do not destroy a building*

*Do not destroy a temple or church*

*Do not disfigure the dead*

*Be good to the prisoners and feed them*

*Don't enforce Islam"*

*“The most beautiful characteristic is shyness”*

*Hz Aisha (as)*

*“Anyone who does not show mercy to our children  
nor acknowledges the right of our old people, is  
not one of us”*

*Prophet Mohammed (saws)*

*“If Allah guides you to remember Him,*

*It is a sign that Allah loves you”*

*Hz Ali ibn Abu Talib (as)*

*“At the moment of death,  
When your soul is finished with your body,  
It leaves it in the earth,  
Like clothes that you have worn out,  
Then the soul makes a new light-body  
Out of the source it comes from”*

*Hz Mevlana Rumi (ra)*

*“My heart can take on any form,*

*A meadow for gazelles,*

*A cloister for monks,*

*For the idols, sacred ground,*

*Kaa’ba for the circling pilgrim,*

*The tables of the Torah*

*The scrolls of the Quran,*



*My creed is Love;*

*Wherever its caravan turns along the way,*

*That is my belief,*

*My faith”*

*Ibn Arabi (ra)*

*“Whoever kills an innocent human being,  
It shall be as if he has killed all mankind,  
And whoever saves the life of one, it shall be as if  
he had saved the life of all mankind”*

*Quran 5:32*

*“Fear the dua (prayer) of the oppressed,*

*There is no barrier between it and Allah”*

*Prophet Mohammed (saws)*

*“Each moment contains a hundred messages from  
Allah.*

*To every cry of ‘Oh Allah’,*

*He answers a hundred times*

*‘I am Here’”*

*Hz Mevlana Rumi (ra)*

*Allah says:*

*“I am indeed Forgiving to him who repents”*

*Quran 20;82*

*Allah said:*

*“If you never felt pain or experienced problems,  
how would you know I am the Healer?”*

*If you never made a mistake,*

*How would you know I am the Forgiver?”*

*If you were never hurt, how would you know I am  
the Comforter?”*

*If your life was perfect,*

*Then why would you need me?”*

*Hadith qudsi*

*“It is always better to be a humble sinner than an arrogant worshipper”*

*Hz Ali ibn Abu Talib (as)*

*“Why do you stay in prison*

*When the door is so wide open?”*

*Hz Mevlana Rumi (ra)*



*“The words you speak,*

*Become the house you live in”*

*Hafiz of Persia (ra)*

*A man came to Hz Aisha (as) and asked:*

*“When will I know that I am pious?”*

*She said: “When you realize that you are a sinner”*

*He said: “And when will I realize I am a sinner?”*

*She replied: “When you think you are pious”*

*Hadith, tanbeeh Al Ghafileen 251*

*“I am dust on the path of Mohammed,*

*The chosen one”*

*Hz Mevlana Rumi (ra)*

*“....You have poured out so much Grace for me,*

*Done me so many favours,*

*Given me so many gifts,*

*I look everywhere for Your love,*

*Then suddenly I am filled with it.*

*O Captain of my heart,*

*Radiant Eye of Yearning in my breast,*

*I will never be free from You,*

*As long as I live.*

*Be satisfied with me, Love*

*And I am satisfied”*

*Rabia al Adawiyya (ra)*

*“You do not do evil to those who do evil to you, but  
you deal with them with forgiveness and  
kindness”*

*Prophet Mohammed (saws)*

*“O Son of Adam, were your sins to reach the clouds of the sky, then you sought forgiveness from Me, I would forgive you, and I would not mind”*

*Hadith, Sahih Al Tirmidhi 3540*

*“And never give up hope of Allah’s soothing  
Mercy, truly no one despairs of Allah’s soothing  
Mercy”*

*Quran 39:53*



*“The greatest jihad is to battle your own soul,*

*To fight the evil within yourself”*

*Prophet Mohammed (saws)*

*“Do not think little of any good deed, even it is just  
greeting your brother with a smile”*

*Prophet Mohammed (saws)*

*“Let tenderness pour from your eyes, the way sun  
gazes warmly on earth”*

*Hafiz of Persia (ra)*

*“When you look for the Friend,*

*The Friend is looking for you”*

*Hz Mevlana Rumi (ra)*

*“The believers who show the most perfect faith are those who have the best behaviour, and the best of you are those who are the best to their wives”*

*Prophet Mohammed (saws)*

*“Verily Allah does not look at your appearance or wealth, but rather the looks at your hearts and actions”*

*Prophet Mohammed (saws)*

*“Soften your hearts*

*And soften your words”*

*Hz Ali ibn Abu Talib (as)*

*“There is a candle in your heart,*

*Ready to be kindled.*

*There is a void in your soul,*

*Ready to be filled.*

*You feel it, don't you?*

*Hz Mevlana Rumi (ra)*



*“Should poverty, illness and death not exist, man  
would not bow to anything”*

*Imam Hussain ibn Ali (as)*

*“So remember Me,  
I Will Remember you”*

*Quran 2; 152*

*“Only an honourable man treats women with  
honour and integrity,*

*And only a vile and dishonourable man  
humiliates and degrades women”*

*Prophet Mohammed (saws)*

*“Surely, in the remembrance of Allah, do hearts  
find rest”*

*Quran 13:28*

*"I was born,*

*When all I once feared,*

*I could love"*

*Rabia al Adawiyya (ra)*

*“The desires of this world are like seawater,*

*The more you drink of them, the more you thirst”*

*Ibn Arabi (ra)*

*“Sell this present world of yours for the next world  
and you will gain both in entirety,*

*But if you sell the next world for this world, so  
shall you lose the two together”*

*Hasan al Basri (ra)*

*“Allah never obliterates evil with evil,*

*He erases evil with goodness”*

*Umar ibn Al Khattab (ra)*



*"I wish I could show you,*

*When you are lonely or in darkness,*

*The astonishing light of your own being"*

*Hafiz of Persia (ra)*

*“There is a force within which gives you life.*

*Seek that.”*

*Hz Mevlana Rumi (ra)*

*“Act kindly towards women”*

*Prophet Mohammed (saws)*

*“Beauty surrounds us,*

*But usually we need to be walking in a garden to  
know it”*

*Hz Mevlana Rumi (ra)*

*“Fear is the cheapest room in the house.*

*I would like to see you living in better conditions”*

*Hafiz of Persia (ra)*

*“O Abu Saeed, I am complaining to you of the hardness of my heart”.*

*He said: “Soften it with dhikr. The more forgetful the heart is, the harder it becomes, but if a person remembers Allah, that hardness softens as copper melts in the fire. Nothing can soften the hardness of the heart like the remembrance of Allah, may He be glorified and exalted.*

*Dhikr is healing and medicine for the heart.*

*Forgetfulness is a disease, the cure for which is  
remembrance of Allah”*

*Hasan al Basri (ra)*

*“No fatigue, nor disease, nor sorrow, nor sadness,  
nor hurt, nor distress befalls a muslim, even if it  
were the prick from a thorn, but Allah expiates  
some of his sins for that”*

*Hadith, Sahih Bukhari 545*



*“The strong person is not the good wrestler.*

*Rather, the strong person is the one who controls  
himself when he is angry”*

*Prophet Mohammed (saws)*

*Prophet Mohammed saws said:*

*“He who does not show mercy to people,*

*Allah does not show mercy to him”*

*Hadith, Sahih Bukhari*

*“The moment you start arguing with an ignorant  
fool, you have already lost”*

*Hz Ali ibn Abu Talib (as)*

*“Do not talk about your riches in front of the poor,*

*Do not talk about your good health in front of the  
sick,*

*Do not talk about your power in front of the weak,*

*Do not talk about the joys of your life in front of  
the sad ones,*

*Do not talk about your freedom in front of the  
captivated,*

*Do not talk about your children in front of those  
who cannot have any,*

*Do not talk about your parents in front of the  
orphans,*

*For their wounds cannot withstand more pain.*

*Hz Ali ibn Abu Talib (as)*

*'Fear the sins that you commit in secret, because  
the Witness of those sins is the Judge Himself'*

*Hz Ali ibn Abu Talib (as)*

*“Words pierce deeper than swords”*

*Hz Ali ibn Abu Talib (as)*

*“A muslim shall never leave another muslim  
helpless in times of need”*

*Prophet Mohammed (saws)*



*“We have those who will love us even if we cut  
them into pieces,*

*And those who will hate us even if we feed them  
pure honey”*

*Hz Ali ibn Abu Talib (as)*

*“Be respectful to women, for they are the mothers  
of mankind”*

*Hz Ali ibn Abu Talib (as)*

*“Charity does not decrease wealth”*

*Allah says, “Spend on charity O son of Adam, and  
I shall spend on you”*

*Prophet Mohammed (saws)*

*“Do you know what is better than charity and  
fasting and prayer?”*

*It is keeping peace and good relations between  
people, as quarrels and bad feelings destroy  
mankind”*

*Prophet Mohammed (saws)*

*Prophet Mohammed saws was asked “What actions are most excellent?”*

*He replied:*

*“To gladden the heart of human beings;*

*To feed the hungry;*

*To help the afflicted;*

*To lighten the sorrow of the sorrowful;*

*And to remove the suffering of the injured”*

*Hadith, Sahih Bukhari*

*“If one night you see someone committing a sin,  
tomorrow do not look at him as a sinner.*

*He may have repented during the night and you  
did not know”*

*Hz Ali ibn Abu Talib (as)*

*“Our greatest strength lies in the gentleness and  
tenderness of our heart”*

*Hz Mevlana Rumi (ra)*



*“It is easy to love a perfect God, unblemished and infallible that He is.*

*What is far more difficult, is to love fellow human beings with all their imperfections and defects.*

*Remember, one can only know what one is capable of loving.*

*There is no wisdom without love.*

*Unless we learn to love Gods creation, we can neither truly love nor truly know God”*

*Shams Tabrizi (ra)*

*“So lose not heart,  
Nor fall into despair,  
For you will be superior  
If you are true in faith”*

*Quran 3:139*

*"If I were offered a kingdom*

*And the world's riches were placed at my feet,*

*I would bow with my face low and say*

*"This does not compare to His love!*

*Union is the pure wine, My life is the cup.*

*Without Your wine, what use is this cup?*

*I once had a thousand desires,*

*But in my one desire to know You,*

*All else melted away"*

*Hz Mevlana Rumi (ra)*

*“Whoever feeds a fasting person, will have the same reward as the one fasting”*

*Prophet Mohammed (saws)*

*“Feed the hungry,*

*Visit the sick,*

*Set free the captives”*

*Prophet Mohammed (saws)*

*“One who strives to help a widow or the poor, is  
like one who struggles in the cause of Allah”*

*Hadith, Sahih Muslim*

*“Out, beyond ideas of wrong doing and right  
doing,*

*There is a field,*

*I’ll meet you there.*

*When the soul lies down in that grass,*

*The world is too full to talk about.*

*Ideas, language, even the phrase ‘each other’  
doesn’t make any sense”*

*Hz Mevlana Rumi (ra)*

*“The most beloved deed to Allah,  
Is to make a muslim happy”*

*Prophet Mohammed (saws)*



*“You must not be afraid of death.*

*You are a deathless soul.*

*You can't be kept in a dark grave,*

*You are filled with God's glow”*

*Hz Mevlana Rumi (ra)*

*“O God!*

*If I worship You in fear of hell,*

*burn me in Hell,*

*and if I worship You in hope of Paradise,*

*exclude me from Paradise,*

*But if I worship You for Your own sake,*

*Withhold not Your everlasting beauty”*

*Rabia al Adawiyya (ra)*

*“Whoever speaks evil about you behind your back,  
do not become angry,*

*For they are in reality giving you their good deeds  
on a golden plate”*

*Hasan al Basri (ra)*

*“Raise your words,  
Not your voice,  
it is rain that grows flowers,  
not thunder”*

*Hz Mevlana Rumi (ra)*

*“Even after all this time*

*The sun never says to the earth*

*“you owe me”,*

*Look what happens with a love like that,*

*It lights the whole sky”*

*Hafiz of Persia (ra)*

*“Love is the bridge  
between you and everything”*

*Hz Mevlana Rumi (ra)*

*“Do not stay long*

*with those*

*who are not living in the heart”*

*Hz Mevlana Rumi (ra)*

*“Where there is pain,*

*Remedy follows”*

*Hz Mevlana Rumi (ra)*



*“The quieter you become,*

*The more you can hear”*

*Hz Mevlana Rumi (ra)*

*“Nothing hurts a good soul and a kind heart more  
than to live amongst people who cannot  
understand it”*

*Hz Ali ibn Abu Talib (as)*

*A man came to Prophet Mohammed saws and said: "O Messenger of Allah, who amongst the people is most deserving of my good company?"*

*The Prophet saws said: "Your mother"*

*He asked "Then who?"*

*He said "Your mother"*

*The man asked "Then who? "*

*He said "Your mother"*

*He asked "Then who?"*

*He said "Then your father"*

*Hadith, Sahih Bukhari*

*“The world was made for you,  
but you are made for the Hereafter”*

*Prophet Mohammed (saws)*

*“O mankind, indeed we have created you from a male and female and made you into nations and tribes, that you may know one another.*

*Surely, the most noble of you in the sight of Allah is the most righteous of you”*

*Quran 49:13*

*Prophet Mohammed said: "A person will be with those whom he loves (in the Hereafter)"*

*Hadith, Sahih Bukhari*

*“Don’t search for heaven and hell in the future.*

*Both are now present.*

*Whenever we manage to love without  
expectations, calculations, negotiations, we are  
indeed in heaven.*

*Whenever we fight, hate, we are in hell”*

*Shams Tabrizi*

*“It is never late to ask yourself “Am I ready to change my life, am I ready to change myself?”.*

*However old we are, whatever we went through, it is always possible to be reborn. If each day is a copy of the last, what a pity! Every breath is a chance to be reborn. But to reborn into a new life, you have to die before dying”*

*Shams Tabrizi*



*“All mankind is from Adam and Eve,  
an Arab has no superiority over a non-Arab,  
nor a non-Arab has any superiority over an Arab,  
Also a white has no superiority over a black,  
nor a black has any superiority over a white,  
except by piety and good action”*

*Prophet Mohammed (saws)*

