

**CHAPTER 2: ON WARNING ABOUT THE CAPRICES OF THE SELF.**

Fa inna ammaaratee bis suu-I mat ta-azat  
Min djahlihaa binazeerish shaybi wal harami.

*This self of mine that drives me to error  
Has turned a blind eye to gray hair and approaching old age.*

Walaa a-addat minal fi-e-lil djameeli qiraa,  
Dayfin alamma bira-e-see ghayra mouhtashimi.

*It hasn't even prepared a banquet of deeds for this unexpected  
guest  
Who has set up permanent camp on my head.*

Law kuntu a-e-lamu annee maa uwaqqiruhu,  
Katamtu sirran badaa lee minhu bil katami.

*Had I known, I wouldn't have paid him any respect at all-  
I would have camouflaged his secret with black dye.*

*Islamic Tijaniya Foundation of America, ITFA*  
*Poems of BURDAT AL MOUBAARAKAT (Al Bouseeree)*

Man lee biraddi djimaahi min ghawaayatihaa,  
Kamaa yuraddu djimaahul khayli bil ludjumi.

*Who can restrain my bolting soul from its selfish desires,  
Like bridles that bring restive steeds under control?*

Falaa tarumu bil ma-aasee kasra shahwatihaa,  
Innat ta-aama yuqawwee shahwatan nahimi.

*Do not attempt to break its appetite through wanton indulgence-  
Notice how food only strengthens a glutton's craving.*

Wan nafsu kat tifli in tahmilhu shabba alaa,  
Hubbir radaa-I wa in taftimhu yanfatimi.

*The self is like an infant –if you live it, it will grow up loving to  
suckle,  
But if you wean it, soon it will lose its desire for the breast.*

Fasrif hawaahaa wa haazir an tuwalliyahu,  
Innal hawaa maa tawallaa yusmi aw yasimi.

*Divert the self's desires and avoid empowering it-  
Whenever desire takes charge, it either destroys or defiles.*

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Wa raa-ihaa wa hiya fil a-e-maali saa-imatun,  
Wa in hiyas tahlatil mar-aa falaa tusimi.

*Shepherd over it as it grazes freely in the field of actions,  
But should it find the pasturage sweet, restrain its casual  
roaming.*

Kam hassanat lazzatan lilmar-I qaatilatan,  
Min haysu lam yadri annas summa fid dasami.

*How often it has found some deadly pleasure delightful,  
Not knowing that poison lies hidden in cream!*

Wakhshad dasaa-isa min djuu-in wa min shiba-in,  
Farubba makhmasatin sharrun minat tukhami.

*Be on guard against the traps of hunger and satiety-  
An empty stomach can be worse than a full one.*

Wastafrihid dame-a min aynin qad imtala-at,  
Minal mahaarimi wal zam himyatan nadami.

*Empty out every last tear from an eye that has gorged  
On forbidden deserts, and cling to a diet of remorse.*

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Wa khaalifin nafsa wash shaytaana wa-e-sihimaa,  
Wa in humaa mahhadaakan nusha fat tahimi.

*Contradict the infantile self and Satan, and disobey them-  
If either of them offers you sincere advice, be suspicious!*

Walaa tuti-e minhumaa khasman walaa hakaman,  
Fa anta ta-e-rifu kaydal khasmi wal hakami.

*Submit to neither, whether they come as adversary or arbiter-  
By now you should know the intrigues of both adversary and  
arbiter!*

*Astaghfirul laaha min qawlin bilaa amalin,  
Laqad nasabtu bihee naslan lizee uqumi.*

*I seek God's forgiveness for words without deeds-empty talk  
holds no promise,  
Like expecting children to spring from a man who is sterile.*

Amartukal khayra laakin ma-e-tamartu bihi,  
Wamas taqamtu fama qawlee lakas taqimi.

*I counsel you to good, but all the while ignore it myself.  
I haven't been upright, so how dare I tell you, "Be upright!"*

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Walaa tazawwadtū qablal mawti naafilatan,  
Walam usal siwaa fardin walam asumi.

*Nor have I prepared for my death by increasing my devotions,  
Neither praying nor fasting beyond what is normally required.*