

Negative people can be detrimental to your health

Shaykh Abdur Razzaq al-Badr:

Many people don't have an actual real illness; rather they only have delusions of illness which they magnify. They may also be tested with people who grow these delusions within them and they accept it.

When some people encounter their brothers they are not successful in increasing their morale and happiness. Some of them encounter their brothers and they are the reason his suffering and misery is amplified. This is a problem in a number of people. They are not productive in saying something positive.

They will see one of their brothers who looks a little tired and they will yell out 'O so and so, what happen to you! Your face looks terrible!' Thus he will become sick from the person's speech and tired from his words. He will believe something is wrong with him based upon this person's statement.

Some individuals are not suitable to talk to sick people; they are not even suitable to speak with their sick relatives. Their foolish words only increases suffering.

An example comes to mind of one such person. A man went to the hospital to visit some people while they were with their sick father who was in the hospital with an illness. When he wanted to leave and say goodbye to the relatives of the sick man, he said to them: "Don't be like so and so, their father died and they didn't even tell us."

This type of person is not suitable to speak. This is foolishness. Some people only magnify the delusion within the individual. The point is, the people must not submit to delusion. Sometimes there is nothing wrong with them at all, no sickness and no suffering; but rather he has delusion. He feels as though he is sick, but it is all just fear.

It's not befitting for the Muslim to have this defeatist's mentality. These fears and delusions is what will cause his suffering.

Source: Legislated Ruqya-what opposes it and its guidelines

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