

دُعَا عَرَفَة



Dua Arafah & The Forgotten Mercy *(The Human Body)*

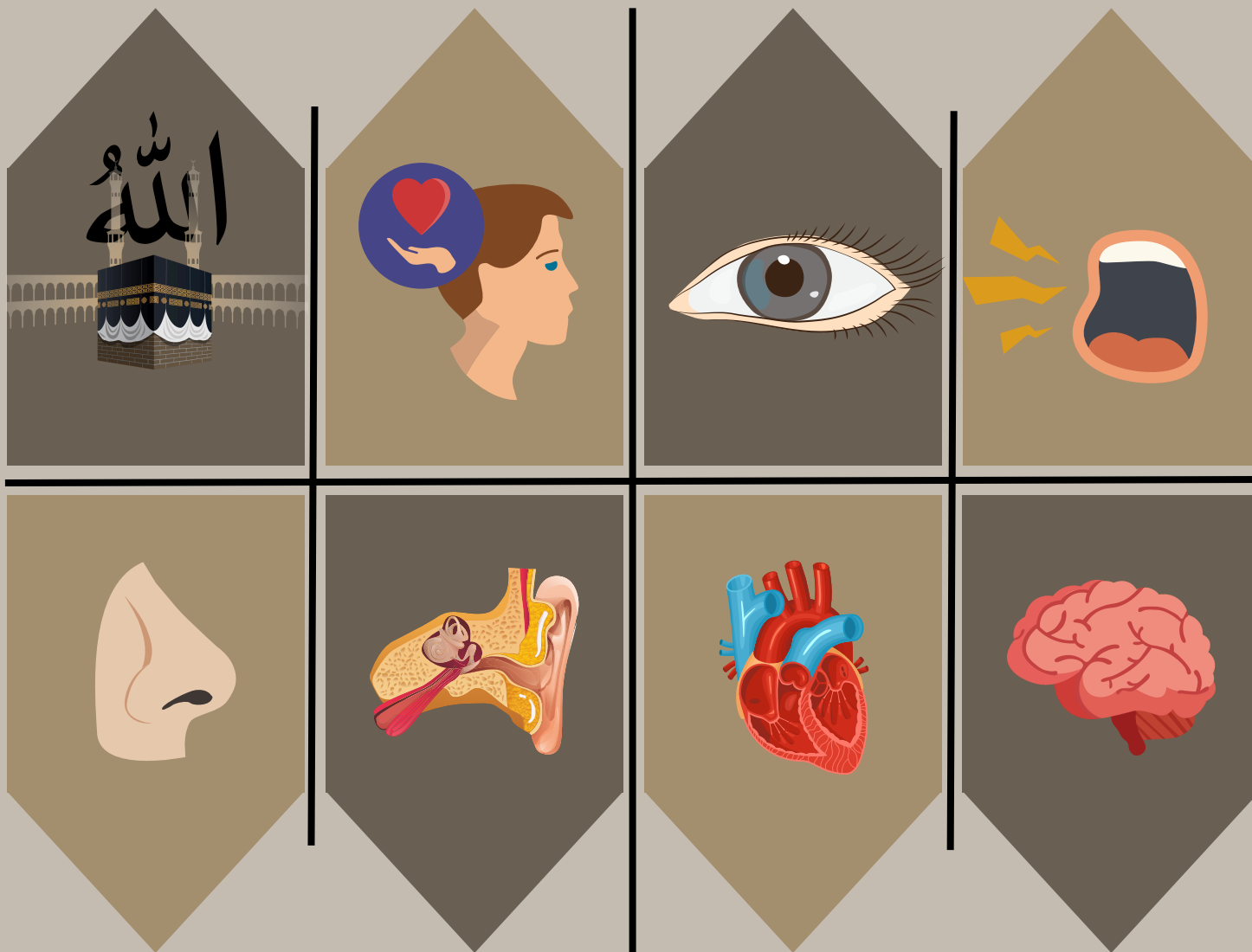
دُعَا عَرَفَة



Imam Hussayn's Dua Arafah beautifully depicts the human body as a reflection of the forgotten mercy bestowed by the Lord. In his poignant words, he unveils the divine grace intricately woven into our very existence, urging us to awaken to this neglected aspect of God's compassion. Through this profound prayer, he implores us to rediscover the forgotten mercy and seek spiritual renewal in our connection with the Almighty.

فَأَيُّ نِعْمِكَ يَا إِلَهِي أُحْصِي عَدَدًا وَذِكْرًا؟

Which of Your favors, O my God, can I count in
numbers and examples?



أَمْ أَيُّ عَظَايَاكَ أَقُومُ بِهَا شُكْرًا؟

Or which of Your gifts can I thank properly?

وَأَنَا أَشْهَدُ يَا إِلَهِي بِحَقِيقَةِ إِيمَانِي...وَخَالِصِ صَرِيحِ تَوْحِيدِي

And I bear witness, O my God, with my true belief,...
and the purity of my open belief in Your Oneness

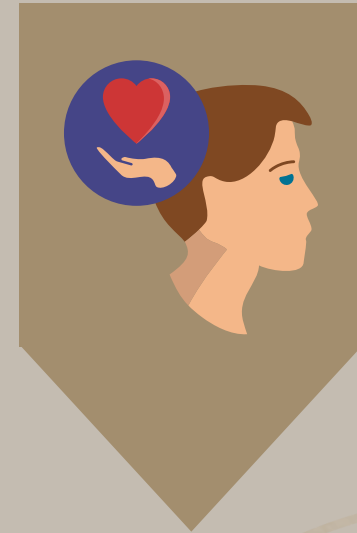


Similar to someone who introduces oneself upon meeting an authoritative figure, Imam Hussayn (a) began his Arafah prayers by outlining his religious views and testifying in the Oneness of the Creator.

وَبَاطِنِ مَكْنُونِ ضَمِيرِي

and the essence of the secret of my conscience

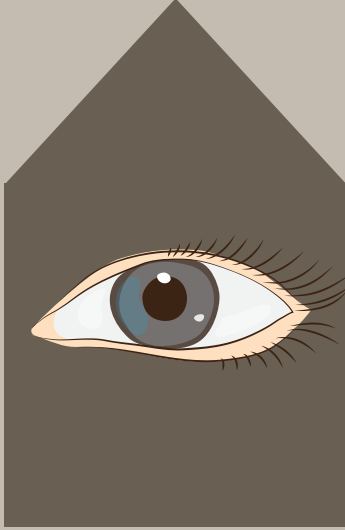
He then immediately acknowledges the human conscience, an inherent ability which enables us to distinguish right from wrong, provides control over the execution of actions and further gives us strength to monitor its effects.



وَعَلَائِقِ مَجَارِي نُورِ بَصَرِي

and the ties of the canals of the light of my sight,

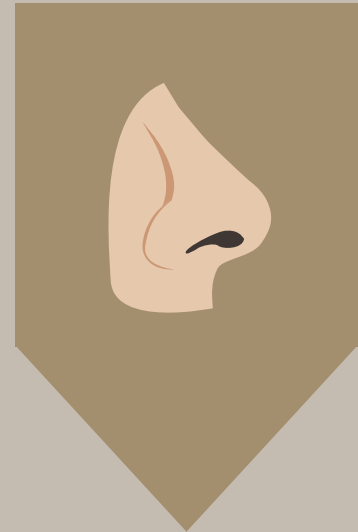
Moving on Imam Hussayn (a) mentions the intricacies of human body, first of which is the most delicate part of our body, "The Eye". The front part of the eye is filled with a clear fluid. This fluid flows out through the pupil. It then reaches the eye's drainage system, including the trabecular meshwork and a network of canals. Without the network of these canals the inner pressure of the eye will be disturbed causing the eye to swell.



وَحَذَائِفِ مَارِنِ عَرْنِينِي

and the (nasal) cavities of my nose,

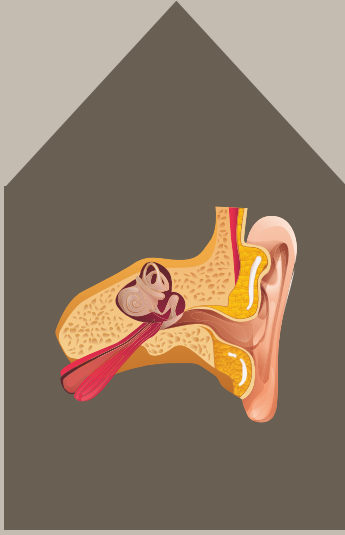
Though we don't pay attention to the complex functions of the nose, Imam Hussayn (a) highlighted its importance while encountering God's favor. In the human body, the nasal cavity is the first step in the respiratory system. Its main job is to humidify, and filter incoming air before it continues to the lungs. It also acts as a barrier to the immune system by filtering and trapping harmful particles and pathogens so they cannot enter the body. The nose also provides olfaction (the sense of smell).



وَمَسَارِبِ صِقَاخِ سَمْعِي

and the courses of the meatus of my hearing,

The specific word "**Courses**" which Imam Husayn (a) used to explain the process of hearing, acknowledges the 3 different parts of our ears and their roles in maintaining the hearing function. The external ear collects sound waves and channels them into the ear canal (external auditory meatus), where the sound is amplified. The middle ear carries ossicles (3 smallest bones) which vibrates and further amplifies the sound. Whereas, in inner ear these sound waves move the ear fluid that makes the 2500 nerve endings to transform the sound waves into electrical impulses causing our brain to interpret these signals and which essentially enable us to hear.



وَمَا ضَمَّتْ وَأُطْبِقْتُ عَلَيْهِ شَفَتَايَ

and whatever my two lips hide and cover up,

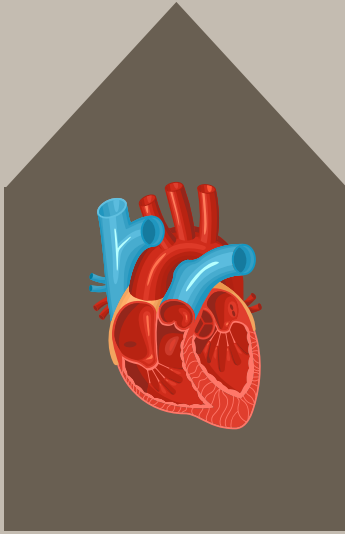
Ever wondered how we would look without our lips? The lips are an essential aspect of the human face and play a critical role in facial expression, phonation, sensation, mastication, physical attraction, and intimacy.



وَحَمَائِلِ حَبْلِ وَتَيْنِي وَنِيَّاطِ حِجَابِ قَلْبِي

and the carriers of the cord of my aorta,
and the cords of the pericardium of my heart,

Imam Hussayn (a) thanked the Almighty over the functioning of aorta and pericardium. The **aorta** is the main artery that carries blood away from your heart to the rest of your body. The blood leaves the heart through the aortic valve.

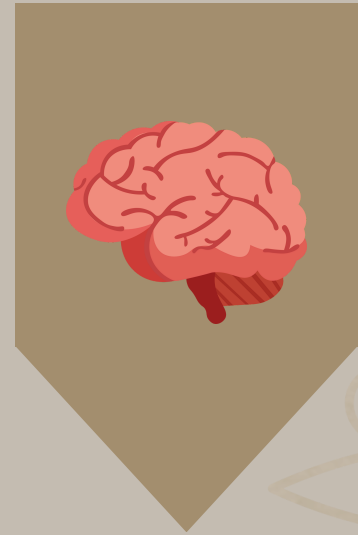


Pericardium is the collection of thick connective tissue and is attached to your diaphragm. It protects the heart, keeps it in place and from expanding too much and filling with too much blood.

وَعِظَامِي وَمُخِّي وَعُرْوَقِي

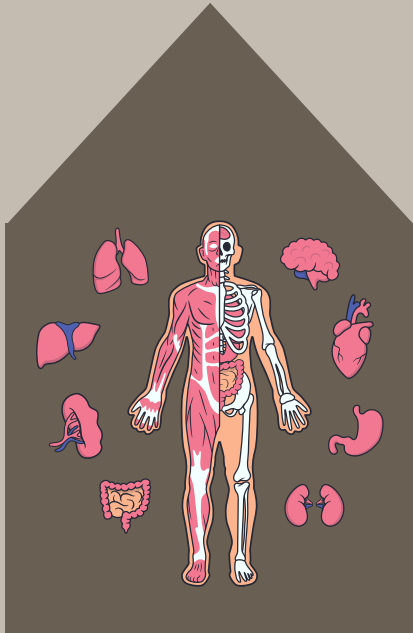
and my bones, and my brain, and my veins,

Imam Hussayn (a) also appreciates the bones, brain and veins which play its essential roles in maintaining all the functions of the body while providing us a strong structure, giving us the ability to think, create and keeping us alive seamlessly.



وَلَاكُ الْحَمْدُ كَمَا خَلَقْتَنِي فَجَعَلْتَنِي خَلْقًا سَوِيًّا رَحْمَةً بِي وَقَدْ كُنْتَ عَنْ خَلْقِي غَنِيًّا

All praise be to You for you have created me,
and made my creation perfect, on account of Your having
mercy on me, and You could dispense with creating me.



After raising his praise about nearly all the organs, Imam Hussayn (a) provides us an answer to the question that lingers in the minds of humanity, **“Why was I created?”** or **“Why was I created as a human?”**

This line of dua Arafah informs us that we came into the existence with perfection because of the immense mercy of our Creator. HE created us with purpose and provided with us challenges to further elevate our ranks in the Hereafter.

While being All Powerful, The Almighty could have created us in any form. But HE paid attention to every aspect of our soul, body and mind. So, HE shaped us in human form, the best of His creation so that we returned back to Him alone in submission and gratitude.

