

Cooling the Fire

Hilm is built. Composure is learned.

"Those who suppress their anger and pardon the people." Al-Imran (3:134)

1 NOTICE EARLY

Catch it before it climbs.

- Jaw tight? Heat rising?
- Voice raising?
- Heart faster?

Earlier pause, easier.

2 SEEK REFUGE

Say silently:

"I seek refuge in Allah from the accursed Shaytan."

The Prophet promised this releases anger.

Sahih al-Bukhari 6115

3 CHANGE POSITION

The Prophet said:

- If standing, sit down
 - If anger remains, lie down
- Physical posture shifts the physiology of anger.

4 WATER: WUDU

Cool the body:

- Make wudu, slowly
 - Cold water on face, wrists
 - Drink cold water
- Fire is extinguished with water.

5 BE SILENT

The Prophet said:

"If one of you becomes angry, let him be silent."

Words in anger cannot be unspoken.

Musnad Ahmad 2136

6 RESPOND, NOT REACT

Hilm in action:

- Respond, do not react
- Choose the kinder word
- Hold the boundary firmly
- Without cruelty

7 REPAIR IF NEEDED

If harm was caused:

- Sincere apology
- Name the behaviour
- No excuses, no blame
- Tawbah to Allah

HILM

Forbearance

The strong is the one who controls himself when angry.