

# Six Level of Thoughts

From the fleeting whisper to the chosen deed: a classical Islamic map

*"Allah has forgiven my Ummah whatever crosses their minds, so long as they do not speak it or act upon it." **Sahih al-Bukhari (3464)***

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## HAJIS

The Involuntary Flash

The very first impression that crosses the mind, unbidden. It arrives like a bird passing overhead. You did not choose it. You did not invite it.

**Example:** An intrusive image, a sudden fear, a blasphemous thought during salah, a stray attraction, a passing self-doubt.

**Accountability:**  
None

**What to do:**

Notice.  
Let it pass.  
Do not engage.  
Do not fight it.

2

## Khatir

The Passing Thought

The thought lingers a moment longer. It has more shape now. The mind has registered it, but you have not yet engaged. It is still passing through.

**Example:** The intrusive thought returns. You notice you noticed it. But you have not yet started to think about it.

**Accountability:**  
None

**What to do:**

Same as hajis:  
notice and release.  
Recall Allah.

3

## Hadith al-Nafs

The Inner Conversation

The thought has now become a conversation. The nafs is talking to itself about the thought. You are starting to engage, but you have not yet inclined toward action.

**Example:** Replaying a difficult interaction. Imagining a response. Internal debate about whether to do something.

**Accountability:**  
None

**What to do:**

Notice the conversation  
Decide whether to continue. Redirect to dhikr.

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## Hamm

The Inclination

Now the will has stirred. The person is leaning toward the thought. There is intention forming, though not yet settled. The heart has tilted.

**Example:** You feel the pull to send the angry message. You start to feel drawn toward the impermissible glance.

**Accountability:**  
Good only

**What to do:**  
Pause. Recall Allah. Make du'a. Choose deliberately.

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## 'Azm

The Settled Resolve

The intention has hardened. You have decided. The decision is now firm in the heart, even if the action has not yet been carried out.

**Example:** You have made up your mind to send the message, even if you have not yet typed it. You have resolved to take the step.

**Accountability:**  
Begins

**What to do:**  
Tawbah while there is still time. The door of return remains open.

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## 'Amal

The Action

The deed is performed. What was a fleeting impression has now become a recorded act. The cycle that began with a bird passing overhead has ended in a deed.

**Example:** The words spoken. The message sent. The good done. The harm caused. The prayer prayed.

**Accountability:**  
Full

**What to do:**  
After good: shukr, not pride. After harm: tawbah, without despair.

## The intrusive thought is not you.

Classical scholars knew this 1200 years before contemporary OCD treatment. The work is not to stop thoughts. It is to discern, refuse to engage, and turn the heart back to Allah.