

ON FASTING

From the Rubailar:

D **78-91** **477** **532**

The month of fasting turns your body to gold.
It grinds your existence to make a salve for your eyes.
When you break your fast, every bite becomes a pearl of meaning.
To increase your patience, it opens the eye of your heart.

D **88-183** **633** **687**

Fasting is the touchstone of good and bad.
Don't ask me how that could be. This came from the One who is beyond questions.
Fasting is the divine food that comes from beyond the sky.
It makes everything better, including you.

H **189-74** **1622** **1807**

Now is the time of patience. The month of fasting has come.
For a couple of days, don't talk about bowls or pitchers.
Sit around the table of the sky in order
To free the thread of the soul from the cotton ball.

N **169-18** **1442** **1605**

It is customary for Love to eat faith like a meal.
Love neither goes after bread nor worries about life.
Its table is set beyond day or night.
Then what is fasting? It is the invitation to a secret feast.

Y **207-85** **1929** **2121**

You will be purified from bad habits by fasting.
You will follow the pure ones and ascend to the sky.
You will be radiant like a candle by the fire of fasting.
But from the darkness of a bite, you become a morsel to the ground.

From the Divan-i Kebir:

Volume 3, page 24

Gazel 11 (Terci-Bend)

Verses 121-126

What will you lose
If you repent of eating bread?
Where is the table
That its bread increases in time?
Where is the Beloved who
Adds Soul to Soul?

I will be purified of sediments,
Even go beyond that, climb the Kafdagi.*
The sparrow which flies to fasting's Kafdagi
Becomes a Phoenix.

Losing weight and paleness come from fasting;
It makes you dizzy, but this weight loss,
This paleness will give Yed-i Beyza†
To the people.

Every year, they dredge the canal,
Clean the mud in order for the water to flow
So they can grow green crops.

You also give this bread
To the one who cleans and opens the canal.
You obtain the fountain of life.
Your particle comes back to life.

O one who listens to me,
Accept these words like a cascading torrent
Calling Soul to the sea.

*Kafdagi: Legendary mountain that surrounds the world, inhabited by djinns [fairies].

†Yed-i Beyza: White hands of Moses.

Volume 3, page 270

Gazel 157

Verses 1483-1495

Close your mouth to bread.
The sugar of fasting has come.
You have seen the results of eating and drinking.

Let's see the results of fasting this time.

That sultan of a hundred countries has
Put a crown on your head.
Quick, squeeze your waist;
The belt of fasting has come.

From this world of Siccin,*
Fly toward Illiyun.†
Try to obtain the eyes which see God
With the eyesight of fasting.

O one who is loved and respected,
Fire will melt and cast you,
With the flame of fasting, into the oven
Of these counted days.

Fasting became Zamzam** for Mary's son, Jesus.
He took the journey of fasting and ascended
To the fourth level of heaven.

Birds beat their wings for food or fodder;
Angels are for fasting.

If there is any harm in fasting,
There are hundreds of benefits.
Love of fasting is a different thing.

This fasting is like a beautiful woman
Who is covered by a Chadir;††
Uncover, and find out what fasting is.

Fasting makes your neck thinner,
But saves you from death.
A full stomach comes from eating and drinking.
Drunkenness comes from fasting.

If you keep swimming back and forth
In this sea for thirty days,
At the end you will find
The pearl of fasting, O my friend.

All the deceits, tricks and arrows
Of the devil, hit and are broken
On the shield of fasting.***

Fasting tells you from you
With its power and majesty.
"Close the door of speech,
Open the door of fasting."

O God's Shams of Tabriz,
You are both patience and abstinence.
You are both the festivities with sugar
And, at the same time, the majesty,
Power and honor of fasting.

*Siccin: The bottom of hell.

†Illiyun: In the Koran, the highest level of heaven.

**Zamzam: A famous well in the court of the Kaaba; a miraculously-generated source of water from God.

††Chadir: A dress with veil covering a woman's entire body.

***Shield of Fasting: Hadith al-Cami 11 p. 42-43.

Volume 3, page 309

Gazel 182

Verse 1697

O one who passes many nights without sleep,
With the love of flying and reaching,
Fly across this dome of sky with the wings of fasting.

Volume 3, page 389

Gazel 227

Verses 2125-2127

The glass of fasting has come
And broken all other glasses
Just to show joy and pleasure without wine.

The month of fasting has come,
The time to seal the mouth.
In order to taste the pleasure of lips,
Seal the lips with fasting.

Offer the glass of meanings
To an empty stomach:
The eyes of sunset will surely see
The secret Beloved.

Volume 4, page 74

Gazel 37
Verse 2774

Don't feed nature's ravens with cascades of food.
Keep them fasting so they will become parrots,
So they can look for sugar.

Volume 7b, page 113
Gazel 178
Verses 2448-2458

What a nice feeling there is
In this empty stomach.
More or less, man resembles the harp.

If the inside of the harp is full,
It doesn't make high and low-pitched sounds.

If your head, your stomach burn from fasting,
Your heart wails with this fire every moment.

You burn a thousand curtains with this fire.
You take a step every moment;
Pass a thousand grades
With zeal and effort.

When your stomach is empty,
You cry like a reed flute.
When your stomach is empty,
You keep telling secrets, like a pen.

When you fill your stomach,
The devil comes and sits on your head.
Idols come and occupy the Kaaba.*

Good dispositions come to your temple,
Attend your services like servants and slaves
When you are fasting.

Do fast,
Because fasting is the ring of Solomon.†
Don't give in to Satan.
Don't turn the country upside down.

Your soldiers come where your flag is raised.
If you lose your sovereignty, you lose your army.

A meal came from the sky
For the people of Seba,**
By the prayers of Mary's Son, Jesus.

You also do fasting
And expect the table of kindness,
Because the table of kindness
Is better than cabbage stew.

*Kaaba: A cubical temple of Mecca; the direction of prayer.

†Solomon: A king of Israel and the son of David, circa 970-931 BCE. In the Koran, he is considered a major prophet.

**Seba: Most likely an ancient nation on the coast of the Red Sea.

Volume 8a, page 163

Gazel 88

Verses 782-786

Yesterday, you filled your stomach
With all kinds of bread and meals.
You became so sluggish, so sleepy.
You found what you were looking for.

What will come after such indulgence?
Either heedlessness or
Needing to go the restroom.
Who are the friends of eggplant?
Either garlic or vinegar.

My God, feed the soul with your clean sustenance
So he won't eat every morsel like a dirty dog.

Moans and mourning
Come from the soul while fasting.
The only sound that comes after a meal
Is the low-pitched sound from the bottom end.

Friend, if you want to hear from Soul,
Burn, suffer, cut out your meals.
If you want to hear from the other end,

Bring the bowl closer to you.

Volume 9, page 24

Gazel 15

Verses 30-31

If you don't break my fasting with Your sugar,
I will keep fasting until the last day of judgment.

If I break my fasting at the table of Your favor,
My days and nights become holidays.

Volume 9, page 265

Gazel 167

Verse 1683

Once your fasting, your namaz,* are accepted,
You will be a hero, hero, hero.

*Namaz: Ritual praying, worship.

Volume10, page 63

Gazel 28,

Verses 304-314

The month of fasting came.
The Sultan's flag came,
Took your hands off meals.
Soul's table, Soul's food came.

Soul was freed from nature,
And the hands of nature were tied.
The army of faith came,
Crushed the army of excessiveness.

The army of "I swear by runners
With panting breath*" stopped plundering.
Flesh started to cry from the fire
Of "the ones who step on their nails cause sparks."

The cow's affair was right:†
When Imran's son, Moses, showed that miracle,
The dead came to life because of the sacrifice.

Since fasting is our sacrifice,
Soul's vitality is ours.
Since Soul came as a guest,
Let's sacrifice our body.

Patience is a nice cloud,
Divine wisdom rains from that.
In fact, the Koran came from heaven
In this fasting month.

When self is in need, Soul reaches Mirac.**
The door of the dungeon is broken.
Soul joins the Beloved.

He tore the curtain of darkness,
Heart flew to the sky.
Soul was originally from angels
And again joined them.

Quick, grab the rope from the well of the body.
Joseph of Canaan came to the top of the well.

When Jesus was freed from the donkey,
His prayers were accepted.
Wash your hands; meals come from the sky.

Wash your hands, your mouth.
Don't eat, drink or talk.
Look for the words and morsels
Which come from the silent ones.

**"Panting breath": God swears that man is ungrateful and misguided, Koran C:1.

†"Cow's affair": The sacrifice of a cow was necessary, Koran 2:67

**Mirac: The Prophet Mohammed's ascension to heaven)

Volume 13, page 47

Gazel 25

Verses 299-304

Ramadan* came, but bairam† is with us.
The lock came, but the key is with us.

The mouth is closed. Eyes are opened.
That brilliance that the eyes see is with us.

We have cleaned soul and heart with fasting.
The dirt which has been with us is cleansed now.

Some stress comes from fasting,
But the invisible treasure of heart is with us.

The month of fasting came to the heart's temple;
The one who created heart is with us.

*Ramadan: Muslim month of fasting.

†Bairam: Muslim religious holiday.

Volume 16, page 98

Gazel 142

Verses 1673-1682

"My soul is like a ruby," you say.
Don't say that. It is not a ruby yet.
Don't deprive it of sunshine.
It is marble. It is rock.

If you throw stones constantly
With the catapult of fasting,
There won't be any stones around
That castle of darkness.

Keep throwing stones with that fasting catapult
To the fortress of disbelief, the tower of darkness.
Demolish that castle to the ground.
If there were a Muslim,
It would be a Muezzin* at the minaret.

What is the feast of sacrifice
For the fearless, great ones?
If everybody knew that, then every part of self,
Which resembles an ox,
Would stay to be hung at every slaughterhouse.

If poor heart had seen a piece of a morsel,
It would burn his stomach to calm him
When pouring out his woes.

At the first stage,
Love is against the indulgence of food.
How could one who has fallen in love
Be fond of eating and drinking?

All these are in the world
Of either donkeys or oxen.
They crawl toward love.
If this one were a lover,
He wouldn't constantly eat like that.

If you are immersed in darkness
Because of eating and drinking,
Self wets your shirt,
Tears your collar like a tyrant.

If you kill slowly, slowly, the donkey of the antichrist.
You will see that Jesus, son of Mary,
Is the one who rides the horse.

Fasting is beneficent for you†77
If you follow this order,
You will hear twice the sound of
I am *at your service*
Every time you say "My God."

*Muezzin: The one who calls Muslims to prayer.

†Beneficent for you: Koran 2:184.

Volume 18, page 84

Gazel 154

Verse 1495

Really, fasting is a godsend.
Come, start fasting.
Fasting is the wine of soul.
The soul drinks fasting.

Volume 18, page 164

Gazel 196

Verses 1983-1993

Celebrate! The month of fasting has come.
A pleasant journey to the one
Who is the company of fasting.

I climbed the roof to see the Moon,
Because I really missed fasting
With heart and soul.

I lost my hat while looking at the Moon.

The Sultan of fasting made me drunk.

O Muslims, I have been drunk
Since that day I lost my mind.
What a beautiful fortune fasting has.
What a wonderful glory.

There is another secret Moon
Besides this one.
He is hiding in the tent of fasting
Like a Turk.

Anyone who comes
To the harvest of fasting in this month
Finds the way to this Moon.

Whoever makes his face
Resemble pale satin
Wears the silk clothes of fasting.

Prayers will be accepted in this month.
Sighs of the one fasting pierce the sky.

The person who sits patiently
At the bottom of fasting's well
Owns the love of Egypt, like Joseph.*

O world which eats the Sahur† meal,
Be silent so that anyone
Who knows fasting will enjoy fasting.

Come, O Shems, the brave one
Of whom Tebriz is proud.
You are the commander of fasting's soldiers.

*Joseph: The famous Christian, Jewish & Muslim story about Jacob and Joseph.

†Sahur: The meal taken before dawn during Ramadan.

Volume 19, page 49
Gazel 228
Verses 2329-2330

The month of fasting came suddenly
With happy dresses.
Get up and salute in spite of the envious.

Do fasting.
Break the fasting on time.
There is a bairam* with abundant favors
And immortal life for you.

*Bairam: Muslim religious holiday.

Volume 19, page 147

Gazel 280

Verses 2918-2928

O heart, when you are fasting,
You are the guest of God
And deserve the meal of heaven.

Since you close the door of hell this month,
You open thousands of heaven's gates.

This ice doesn't stand too long; it melts.
Sell it quickly: Learn this business from God.

Take this mantle
Which is made with four patches:
Earth, fire, water and wind.

If you cannot get out of the mud,
At least take that mantle out of partial soul.
Be naked, appear that way.

Soul came to Love's temple to apologize,
Saying, "You are the source of apology."

He said, "O Love, we made a mistake.
Forgive us, accept our apology this month,
O Turk from Hitay.*"

Love answered with a smile,
"I hold your hand.
I know you are handless and footless.

"I am the doctor.
I want you to be on a diet,
Because with this fear you are sick of hope.

"Stay on the diet and I'll make a potion for you.

When you drink it,
You won't come back to yourself.”

I'll keep silent.
Love will tell the rest,
Because His words add soul to souls.

*Hitay: A city in Eastern Turkistan, famous for beautiful women and gazelles that give musk.

Volume 20, page 109

Gazel 54

Verses 552-556

Every night, they would set the table.
We only break our fasting with Your image.

You are accustomed like a Messiah
To bring Your grace and Your kindness
As a meal for the fasting ones.

Since our Heart gets its nourishment
From the kitchen of Your love,
We should all go and stay there.

The fountain of life
Overflows from the fire of Heart.
In the fire of Heart
We keep burning like pitch, with joy.

To decay in the soil
And be reborn from the soil
Is for animals,
Not the Soul.

Volume 22, page 27

Gazel 14

Verses 113-117

O sugar-lipped Beauty,
The month of fasting has come,
Neither for embracing
Nor for anything else,
Only time for kissing.

Quit eating and drinking.
Sit and watch thousands

Of dry lips and the thirsty
Around the river of Keyser.*

If fasting is fire,
Look at the pure clear water,
Not the pitcher.

The Sultan of fasting smiles
When the old woman cries.
The light of the candle becomes brighter
When the candle melts.

Lovers' faces wither and change to pale,
But the face of the mind and soul blushes.
Don't look outside of the bottle.
See inside of the glass.

*Keyser: The river in paradise.