

L 6

Determination and Ambition / Healthy Eating

The story of the [dream of sheikh Ja'far Kashif Al-Ghita'](#)

A review on the first part of chapter four

- The student should [have a great ambition](#) with which he/she goes forward.
- The student should [push forward and work hard by thinking about the privileges](#) of gaining knowledge.
- One great privilege of knowledge is that it [lasts while other things will go away, the knowledgeable will not truly die.](#)
- Laziness and forgetfulness are caused sometimes by [increase of phlegm](#) and humidity which is because of overeating and then overdrinking.
- [Dry bread, zabeeb, sewaak and vomiting lessen phlegm and humidity.](#)
- Thinking about the privileges of healthy diet will convince us to eat less, also [thinking about the harms of overeating](#) will help, which are diseases and weakness of mind.
- He/she should not eat fatty foods and should start with the tasty food (not to eat it after other things).