Look at those who are below you, and do not look at those who are above you, for that is more likely to hold you back from belittling the blessing of Allah upon you

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "Look at those who are below you, and do not look at those who are above you, for that is more likely to hold you back from belittling the blessing of Allah upon you."

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) commanded the Muslim to look at those who are below him and lower than him in terms of status, wealth, prestige, etc., and not to look at those who are above him or better than him in his worldly affairs. This is because looking at those who are below you is more likely to prevent you from despising or belittling the blessings of Allah upon you.

https://sunnah.global/hadeeth/en/show/5341

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