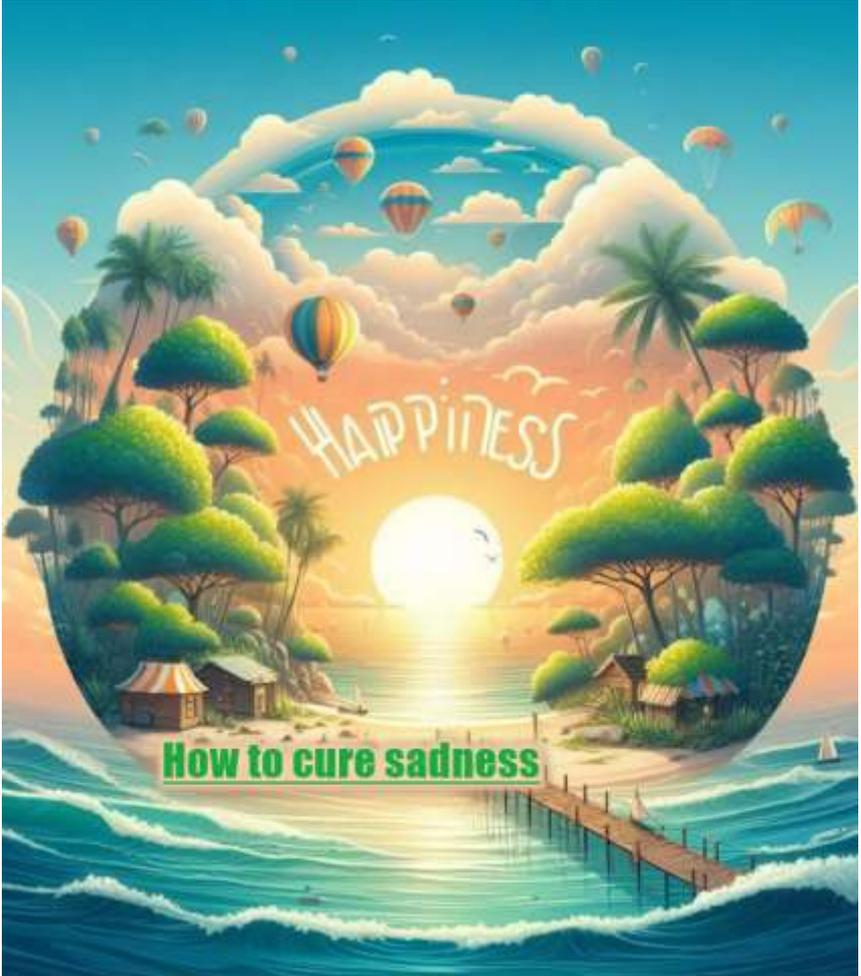


Happiness

How to cure sadness



“Verily, in the **remembrance of Allah** hearts find peace”
(Qur’an 13:28).

“We shall **test** you with bad and good situations, and to Us you
are going to return” (Qur’an 21:35)

“Nor would He ever punish them if they prayed for **forgiveness**”
[Qur’an 8:33]

“If you are **grateful** (Shukr), I will certainly give you more”
[Qur’an 14:7]



Summary

*Words of wisdom, advice from scholars, beautiful stories, and guidance
from the Qur’an regarding peace, happiness, and contentment in life.*

Around the world, millions of people are facing sufferings, sorrow, and sadness.

Share the gift of peace and joy with humanity in need!



Online lessons

Mercy4Humanity.org

[Faith increases happiness](#)

[The happiest person!](#)

IslamEasy.org

[You can be the happiest person](#)

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humble request to make **Dua** for its compiler, editors and composers

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High vision, noble intentions for all

- To acquire the **love of Allah**, being grateful to His bounties and to excel in **sincerity**;
- To turn our daily life into Deen through good intentions and Sunnah;
- To enable all believers to earn **great rewards** for Hereafter;
- To join gatherings of **knowledge and Zikr** to earn special blessings (e.g. learning a chapter of knowledge brings reward of praying 1000 rak'a of optional prayers);
- Learn the wisdom and skills for **Daw'ah** and **self-correction**;
- To get **guidance** and **peace** in this world and **forgiveness** and **high-ranks** in Paradise;
- To **avoid sins** and useless activities;



Objectives

- To discover the **purpose of life**;
- Find our way to Allah by constant **remembrance, Dua, good intentions** and **Sunnah**, manners and etiquettes of daily life;
- Convert **time into gold!** rush to do good deeds and earn millions of rewards in a short time.
- Learn the essentials of Deen in a short time;
- How busy professionals may become **Auli'ya (friends) of Allah?**
- How to build our character which leads to an **ideal human being?**
- How to **avoid spiritual diseases** of heart and bad manners which drain our energy and lose good deeds?
- Virtues of **Tau'bah and Istighfar** – how to clean all types of sins?
- How to resolve conflicts in daily life, with a **pure heart, trustworthiness**, soft manners and fulfilling everyone's rights.

We should pray for **Hayat -e- Tayyeba**, a noble life consisting of good health, safety, peace, serenity, halal and easy income, acceptance of all our duas and ultimately for us to get Jannat ul- Firdous (the highest level in paradise).

A hidden dominion

In the commentary of the Qur'an (Asaan translation), Shaykh ul-Islam (D.B.) explains that "Everything that happens in the universe, whether it is good or bad in our opinion – is linked with a realm that is hidden from us, called **Alam-e-Takween**. This realm is controlled directly by Allah سبحانه و تعالی in accordance with His Statutory orders and His Wisdom. For example, how long is one going to live? When is he going to die? How long is he going to be healthy for? When is he going to get sick? What type of earning will one have? How much money is one going to earn? All these matters are planned and decided by Allah سبحانه و تعالی directly. To enforce all these decisions, Allah سبحانه و تعالی has appointed His workers – generally the angles - they are hidden from our eyes; they follow and complete the orders from Allah سبحانه و تعالی .

"And it may well be that you dislike a thing even though it is good for you; and it may well be that you like a thing even though it is bad for you. And Allah Knows, while you do not know" (Qur'an 2:216).

The story of **Khidr** AlayhesSalam (AS) and **Musa** AlayhesSalam (Qur'an 18:60-82) states that Khidr (AS) explained to Musa (AS) the purpose and wisdom behind the things he did; and on which Musa (AS) could not remain patient. For example, Khidr (AS) *making a hole in the ship* though apparently was a tragedy for the people, it saved them from a greater loss in future. Khidr (AS) was a human but Allah سبحانه و تعالی made him the messenger of *Alam-e-Takween*. Musa (AS) was a prophet for this world, and neither could he resist speaking against the acts done by Khidr (AS) nor could he walk with him. The story reminds us that whatever happens on this earth is due to Allah سبحانه و تعالی's ultimate wisdom. We should never question Allah سبحانه و تعالی's decisions for us, even if we do not understand why a certain event happened because the wisdom behind the event is hidden from us.

Quran's message on Reliance and Trust

There are 7 verses in the Qur'an known as *munjiyat*—verses describing reliance and trust on Allah سبحانه وتعالى . These are useful to protect from sufferings and problems. No matter what happens, whether skies fall or mountains rumble, Allah سبحانه وتعالى may help remove that difficulty. Memorize these verses with translation and read those daily. Teachings on *Tawakkul* - perfect trust, reliance, *Tawheed* and oneness of Allah سبحانه وتعالى .

Surah Taubah, verse 51:

“Say, Never will we be struck except by what Allah has decreed for us; He is our protector. And upon Allah let the believers trust.”

Surah Yunus, verse 107:

“And if Allah afflicts you with harm, then there is none to remove it but He; and if He intends good to you there is none to repel His grace; He brings it to whom He pleases of His servants; and He is the Forgiving, the Merciful.”

Surah Hud, verse 06:

“There is not a single moving creature on the earth but Allah is responsible for providing its sustenance. He knows where it dwells and where it will permanently rest. All this is recorded in a clear Book.”

Surah Hud verse 56:

“I place my trust in Allah who is my Lord and your Lord. There is no creature but He holds it by the forelock. Surely, my Lord is on a straight path.”

Surah Al-Ankabut verse 60:

“And how many a living creature that does not carry its sustenance: Allah sustains it and yourselves; and He is the All Hearing, the All Knowing.”

Surah Al Fatir verse 2:

“Whatever blessing Allah opens for the people, there is none to hold it back, and whatever He holds back, there is none to release it thereafter. He is the Mighty, the Wise.”

Surah Az-Zumar verse 38:

“If you ask them as to who created the heavens and the earth, they will certainly say, Allah. Say, Then, tell me about those whom you invoke other than Allah, if Allah intends to cause some harm to me, are they (able) to remove the harm caused by Him? Or if He intends to bless me with mercy, are they (able) to hold back His mercy (from me)? Say, Allah is sufficient for me. In Him trust those who (rightly) trust.”



Make a **poster** of famous quotes, for your bookshelf, kitchen or office:

*“Indeed, with every difficulty, there is **relief**” [Qur’an 94:5]*

*Slow and steady **wins** the race*

*Don’t give up! There are rays of **hope** at the end of the tunnel*

*When you take the first step, a **path** opens*

Root cause of problems in this world

Many problems in this world are because of selfishness, greed, materialism, carelessness, lust and evil desires of the **nafs (inner self)**. People spend time, efforts, skills, and resources to do whatever they want and to please their desires. For example, the quarrels and arguments at home and complaints verbally or in our thoughts, empties the hearts from the light and dhikr of Allah سبحانه وتعالى. Hatred, anger, yelling, revenge, thinking bad about the other person, jealousy, greed, self-centeredness, ego, backbiting, pride, vanity to name a few - they all happen because we follow our **inner desires**. It takes a lot of work to bring goodness into this world. For example, to make sure an apartment stays clean and to prevent cobwebs and insects inside it, we must keep on cleaning it regularly. The more polluted the **heart** is, the more cleaning it requires. It takes a lot of work to bring goodness into our lives but the bad and evil things come very easily. For example, there are no schools to produce thieves and robbers, but they still exist and are highly skilled. Now where does that come from, they did not work on their good side and that caused the innate bad things to bubble up. Our brain is a factory. **We are what we eat**, similarly **we are what we think**. We must have positive thoughts, noble intentions, and rush to do the best deeds.

If we do not get **guidance** from Allah سبحانه وتعالى, then everything in life such as food, dress, marriage, relationships, dealings etc. are going to take a wrong direction. Moreover, the stages after death such as in the grave, on the Day of Judgment etc. may also go bad.

The reality of material and time

This life is a continuous exam, but people desire to collect worldly things with their limited perception; for example, a 6-month-old **baby** will say, a **plastic toy**, or a cheap ringing toy is his world, but his desires and wants will change when he grows older. A 6-year-old would play with **paper boats**, and **sandcastles** etc. and to him this is his whole world and he cannot afford to be detached from it. When he grows further, such as 14 years old, his attachments and perception towards life change again. He will enjoy **fashion**, dressing up and his innocent small games and desires are replaced - he will start valuing **materialistic** things more. If anything is taken away from him, he will get sad. Then when he becomes married, 20-30 years old, he may have issues in **marital life** if things do not go as he perceived them. Later at an old age, he may experience **sickness** and loneliness.

We have different experiences growing up and different desires, and when those things are taken away from us, we become sad, as we are **not comfortable with losing** and replacing these things that we are emotionally attached with. Mufti e-Azam Rahimahullah used to describe how he used to act like this too when he was a child. Even as people grow older, they have more and more **demands** and even when they get those they want even more and become despondent if they do not get what they want. A king on death-bed asked all his staff and kingdom to bring him one extra day of his life, but they could not do it. In the grave, a king and a servant occupy similar space, a king's titles, richness or kingdom would not even matter. In *Barzakh*, where the souls go after death, the deceased would wish if someone could do good deeds on his behalf in the world. Then, on the Day of Judgment, everyone will be sweating heavily due to the extreme heat and no one may have any relief of any kind for years. Each stage (after death) may get progressively longer and there would be no one to

assist. When a person worries more for their Hereafter, their worry for the world will automatically lessen.

On the Day of Judgment, where one day will be 50,000 years long, everyone will be sweating very heavily and they will plead with Allah سبحانه وتعالى to begin the counting of the deeds soon. And those who will go to the hellfire will wish that the fire could be a bit cooler for even a day. Imagine a disbeliever, who enjoyed all kinds of comforts and pleasures of the world, had no sickness or problems, but he never worked on his faith, and he died without ever saying the *Shahada* (*There is no one worthy of worship, except Allah سبحانه وتعالى* , and *Muhammad ﷺ is the Last Prophet and Messenger*). Even he had a comfortable worldly life, his outcome will be bad. Before sending him to Hellfire, he will be shown a **preview of Hellfire**. After that, he will be asked by Allah سبحانه وتعالى if he remembers any of the happiness and comfort on the earth - he will reply that he had no happiness in his whole life! If one spends all his life having fun and pleasure, when he leaves the world, if he gets punished then what use was all that worldly pleasure?

Another person who suffered a lot on this earth, e.g. he was handicapped, blind or he was tested continuously by Allah سبحانه وتعالى , but he was steadfast on Islam and he read his *Shahada* (had true faith at the time of leaving this world). He will be welcomed in paradise and he will be shown a **preview of Paradise** from outside. After that, Allah سبحانه وتعالى will ask him, “O Son of Adam, do you remember any problems, troubles or worries of the world?”. And he will reply that he had no trouble, problems, and worries in his whole life!

Therefore, we must aim for **sincere intentions** and **higher vision**, because what we see and comprehend is too little and limited and what we cannot see is too much.

Protection from calamities and sorrow

It is narrated in Tirmidhi that, whoever reads this dua every day in the morning and evening three times, he will have no problems or harm.

“Bismillahil-lazee la ya-dur-ru ma’as-mihi shai’un fil-ardi wa la fis-sama’i, wa Hu-was-Sami’ul-‘Alim,”

translation, *“In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and he is the All-Hearing and All-Knowing”.*

Dua in Bukhari Shareef to prevent a bad fate and protection from enemies,

“Allaahumma ‘innee ‘a’oothu bika min jahdil-balaa’i, wa darakish-shaqaa’i, wa soo’il qadhaa’i, wa shamaatatil-‘a’ada,”

translation, *“O Allaah, I seek refuge in You from the anguish of tribulation, the lowest depths of misery, the bad of what is decreed and the malice of enemies.”*

Musa (AS) ran from the fear of the Pharaoh and he reached Madyan. He had nothing as he left everything behind, no house, wife, family, or source of income. He then made the dua to Allah سبحانه وتعالى. Allah سبحانه وتعالى gave him everything – a place to live, wife, family, work and more. This dua is in Surah Qasas:

“Rabbi inni lima anzalta ilayya min khairin faqir,”

translation, *“My Lord, indeed I am in need for whatever good You would send down to me.”*

When we see someone else in trouble or someone else who is sick, be grateful to Allah Ta’ala. A dua that is narrated in Tirmidhi should

be read – then inshaAllah you will not experience that particular trouble or sickness in your life.

“Alhamdu lillahi lazi aafani mimmab talaaka bihi wa faddalani alaa katheerim mimman khalaqa tafdheela,”

translation, *“All praises due to Allah, who has kept me safe from that which He has involved you with, and he has granted me graces over most of those whom He has created gracefully”*

When one has some trouble or worry, one should read:

“innā li-llāhi wa-`inna `ilayhi rāji`ūn, Allahumma ajirni fi musibati wa akhlifni khairan minha”

translation, *“Indeed we belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it.”* This is narrated in Muslim. inshaAllah the reciter will be granted better things by Allah سبحانه وتعالى .

A dua, narrated in Tirmidhi, for those who are stuck in debt,

“Allahumma akfini bihalalika an haramika, wa aghnini bifadlika ‘amman siwaka”

translation, *“O Allah! Suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.”*

A dua to be read during times of anxiety, narrated in Abu Dawood is,

“Allahumma rahmataka arju, fala takilni ila nafsi tarfata ‘ain, wa aslih li sha’ni kullahu, la ilaha illa anta” **translation,** *“O Allah! I hope for Your mercy, so do not entrust me to myself for the twinkling of an eye and set all my affairs straight, there is no deity except You.”*

Count your blessings

*“If you are **grateful** (make Shukr), I will certainly give you more”*
[Qur’an 14:7]

Think about the blessings from Allah سبحانه وتعالى – beauty, fresh air, warm sunshine, oceans and lakes, good health, income, home, family, kids. If you are grateful, the bounties may increase. All our wisdom, intellect, heart and mind - ability to see, hear, touch, smell and taste - are blessings from Allah سبحانه وتعالى. Appreciate and thank Allah Almighty who sustains and provides from His infinite treasures.

The Messenger of Allah (peace and blessings of Allah be upon him) said: ‘Look at those who are below you, not at those who are above you, so that you will not think little of the blessings that Allah has bestowed upon you.’

Allah has limitless treasures of situations. As we clean our heart from any worldly thoughts, make high vision and noble intentions for life, and have mercy on all mankind, make Taubah from every slight mistake, and bring true humbleness in words and actions -- new doors of barakah may open. Circumstances, trials, people, means and resources are there just for a test- one who makes a correct relationship with Allah, all the relations with the creation are sorted out. Prophets and their companions understood it and their 2 rakat prayer would bring them from infinite treasures of the Creator.



Read the history and biographies of those **inventors** and **writers** who were **poor, handicapped, deaf, or blind** but they made incredible contributions to society and civilization.

Golden rules for a noble life

The benefit of reading books and other religious literature is that even though those people have died, their knowledge and wisdom remained behind. I had an uncle, who passed away in 2011 at the age of 77 years. Ten years before he passed away, he wrote a letter with advices - we can still read it and take benefit from it. Please make dua for him ([Syed Muzaffar Hussein](#)) to get a place granted in Jannat ul Firdaus, Ameen.



1. If you cannot benefit someone, do not harm them either.
2. If you cannot make someone happy, do not make them sad either.
3. If you cannot compliment someone, do not complain or expose their bad qualities either.
4. For worldly and materialistic things, one should look towards those that are given less than him from Allah سبحانه و تعالیٰ, so he can be **grateful** to Allah سبحانه و تعالیٰ for his own blessings. In the matters of the religion, one should look at those who are better and more righteous than him (or her), so that he can learn how to be like them and follow their footsteps.

Once a poor man was sad because he did not have shoes. He started walking without shoes and on his way he saw someone without feet and then he realized that it was such a big blessing from Allah سبحانه و تعالیٰ to actually have feet!

Allah can change the impossible into possible

Allah سبحانه و تعالی is so Great and Mighty that He can make the impossible into possible. We see this as a proof in the **stories of the prophets** in the Qur'an. Repeatedly in the Quran we see, "*Innal laha ala kulli shain qadeer,*" translation "Indeed Allah سبحانه و تعالی is capable of everything."

Tasfir e-Usmani has an explanation of ayah's 71-73 of Surah Hood that some angels came to Ibrahim *Alayhes Salam* with good news. Ibrahim (AS) was older than 100 years and Sarah Alayhas'Salam was 99, and they did not have any children. The angels brought the good news that they were going to have a boy, whose name is going to be Ishaq (AS). Sarah Alayhas'Salam was shocked. She said that this was very strange as they both were very old. The angels said that you doubt the order of Allah سبحانه و تعالی . A blessed household like yours has all the blessings and mercy of Allah سبحانه و تعالی . The angels also told that from the progeny of Ishaq (AS), there will also be another prophet, who will be called Yaqub (AS).

Ibrahim (AS) and his wife both were around 100 years old and the angels are giving them the glad tidings of a boy and a grandson (then later so many of the Prophets of Bani Israil came through this progeny), from the couple who had no children for 100 years! So, in whatever state Allah سبحانه و تعالی keeps us we should stay content, we never know what is in our destiny.

We do not know the wisdom or the benefits behind an act, so we must surrender to the Will of Allah سبحانه و تعالی with the firm belief that He does what is best for us.

The dominion is in the hands of Allah alone

Humans and Jinns are simply servants (creation) of Allah ﷻ . We do not have a lot of control over certain things. We follow the directives of Allah ﷻ . We have no power or special standing of our own. We should do as we are commanded by Allah ﷻ . Those of us who do not accept destiny, they worry. We worry because we overthink, plan and solidify the future in our minds, then **we wish that Allah ﷻ will make things to happen our way, per our desires.**

And when due to Allah ﷻ's ultimate wisdom it does not happen; we become sad and start worrying. The cause of all the problems is our desires and planning our future and not trusting and accepting the will of Allah ﷻ . All the problems are because we get stuck with what we *“Wanted, suggested and planned.”*

There is a story to explain this point that once some naughty children locked another child in a room and the child kept on screaming from inside the room to let him out. Someone told the child that at the back of the room there is a huge hole and he could easily get out of the room via the hole. The child resentfully said that no, **I want to exit through the door I came in from.** When other children would tease him, the child who was locked in would go out from that back hole, chase those who made fun of him and then **come back inside and would start screaming again** so that they open the door where he came in from the first time! This is how humans act as well. When Allah ﷻ closes one door, He opens **so many other doors** for us, but we are adamant to go through that one particular door that Allah ﷻ closed for us. We limit our choices.

Once there was a Sheikh, who bought a slave and brought him home. He asked the slave his name and the slave said that since the Sheikh is his master now, so he could **name him whatever he wants**. Sheikh then asked him what clothes he likes to wear, so the slave responded that he is his master and **whatever he chooses for him he will be happy** with it. Then the Sheikh asked what he wanted to eat and the slave replied that he will be happy eating **whatever his master will give him**. Lastly, the Sheikh asked him to choose a room and he replied that whatever room **his master will choose for him** he will be content with it. Sheikh realized that this is no ordinary slave and told him that you are a very righteous and God conscious person. **You have taught me how to behave in front of Allah** سبحانہ و تعالیٰ and he later freed the slave.



Further Study

Urdu - Hayat e Tayyebah (Blessed Life)

<https://tinyurl.com/Hayte-e-Tayyebah>

Urdu - Blessed Life (lectures)

<https://tinyurl.com/Urdu-Blessed-Life>

English - Purpose of life

<https://tinyurl.com/English-Purpose-of-Life>

English - Ideal Human (lectures)

<https://tinyurl.com/English-Ideal-Human>



Blessed Life

Audio channel <https://youtube.com/@IslamBayaan/playlists>

Posters <https://islameasy.org/urdu-books>

Zikr cards <https://tinyurl.com/25dt5vf3>

Booklet <https://tinyurl.com/2p8dvxxn>

*Allah, life, eternal success, everlasting beauty,
helping souls find peace & purpose!*

Dreaming about the future?

Once there was a person, named Sheikh Chill, he was walking with a basket of hen eggs on his head. And he started making **future plans** and thinking that when the **eggs** will hatch, he will have a lot of chicks and when they grow into hens, he will sell them at a good cost and will buy **goats** with that money. And later he will sell them and will buy **cows** and bulls, and when these animals grow up, he will sell them and buy **huge houses** and will get married in a noble and rich family. In that daydreaming, he kept on thinking that when someone would come to ask him for some help, he will tell them to go away and while thinking this, he jerked his neck. Due to this the basket from his head fell down and all the eggs got **broken** and so did his future plans!

There was a man who said that he **wanted to marry a princess** and when people asked him how the preparations are going? He said I have made a **50 percent progress** on that matter. People started wondering how that was possible, so they asked him and he said that he is ready for the wedding and he **just needs the approval** from the king, now resulting in half of the work done!

The reason for our worries is our own desires and suggestions or our solidifying the plans of our future.

Does wealth increase happiness?

There was once a king who collected all the beautiful things, flowers, carpets, jewelry, excellent dresses etc. in the world. He wanted to build a paradise on earth to enjoy. When all the decorations and means of pleasure were ready, the king came to visit his paradise on his horse. When he was entering the door, the angel of death came and took his soul when he had one foot inside and one foot outside. He was not even able to enter his paradise! So, we do not know when our time in this world will end.



The 99's club!

There was another king who had all the riches, beauty, and everything of the world but he always used to stay **sad and worried**. He used to notice that a **worker in his cleaning** crew is always very happy and joyful. The king asked his minister that he has everything and he is still so sad and depressed, and on the other hand the worker has nothing but he is always happy and content. His minister said that if you give me the permission, I will make him like you and asked the king to give him a **bag of gold coins** so he can make him like the sad king. The minister put the bag in front of the poor man's hut. At first the poor man was very happy and when he counted, there were **only 99** gold coins. Immediately he got dissatisfied, and planned how he could add **one extra coin** so he has a total of 100 gold coins. He could have done so much with those 99 coins and all his poverty would have gone, but due to **greed** he wanted more. So, he started working **multiple jobs** and started becoming sad and depressed as there was no way he could collect so much money to buy one extra gold coin. The king noticed that the worker became like him due to the greed of the materialistic things. The minister said to the king that the worker has joined the **99's club** just like him!



Develop an abundance mind-set

There are plenty of resources, good **opportunities, and open doors** to fulfil our needs and seek happiness.

Imagine a **highway with multiple lanes**, fast and slow tracks. Do not feel bad about others - all riders and vehicles eventually reach their destination!

Become like an **ocean or open-air space**, which allows thousands of moving objects, travel & commerce to benefit humanity.



How to feel rich

Sheikh Zakariya Rahimahullah's students used to come to him and would ask him how they can become rich. The Sheikh Rahimahullah used to reply that I **imagine** this scenario: I am the **owner** of all the shops in the town and that all the people working in those shops were put there by me. And at the end of the month, whatever is my **sustenance** destined to me by Allah سبحانه وتعالى, I get it, I enjoy it and stay happy with it by imagining this scenario. Imagine someone wants a big house, beautiful gardens with all the fancy things, beautiful flowers, lots of people to work for him, a lot of money, singing birds etc. It will take so much effort for this person to earn for all this. So, would not it be easier if you find a green valley between two mountains, **imagine it is yours** and be happy with this visualization? Or, when you stand up, realize that (geographically) it is the **top-most point** on earth's sphere and the whole world (with assets and valuables) under your feet!

A wise, pious person used to stand up on his horse and used to say that all the treasures of the world are underneath his feet.

Be content and live a simple, humble life. In history, Pharaoh had huge possessions, ambitions, and desires, but he fell down the hardest too.

Once angels came to **Hakeem Luqman** Rahimahullah, as described in the book Fazail e- Sadaqat, and offered him kingdom. He refused and said that it is a very tough job, one has to make very tough decisions and the power can astray him from the right path. Allah سبحانه و تعالی made him Hakeem, the wise one, and when he woke up the next day, his tongue uttered Hikmah, wise talks. To honor Luqman, Allah سبحانه و تعالی revealed Surah Luqman where Allah سبحانه و تعالی states the sayings of His slave.



The treasures of Allah سبحانه و تعالی are infinite

The treasures and bounties of Allah سبحانه و تعالی are limitless and infinite. Even if all of the humans (billions of people, hundreds of nations, speaking thousands of languages) and Jinns were to gather and ask Allah سبحانه و تعالی for their needs (food, shelter, clothing, house, jobs, cars, gold, silver, diamonds, family, children, peace and happiness) and Allah سبحانه و تعالی was to give them whatever they want, still He would have infinite treasures left. It would not decrease what Allah سبحانه و تعالی possess, even to the extent of what is decreased from the ocean when a needle or finger is dipped into it.

The lack of resources on this earth is not because there is a lack in the treasures of Allah سبحانه و تعالی , but because this world is an exam. Things of this world are not the most important objects to collect, the eternal life Hereafter is what we should prepare for.

Hakeem ul Ummat, says: A Muslim should **love Allah** سبحانه و تعالیٰ so much that his love for Him should show everywhere. We should not love anything other than Allah سبحانه و تعالیٰ . Let the whole universe know that we have connected ourselves to One Allah سبحانه و تعالیٰ . Those who are close to Him are our friends and those who are away from Him are not. You should have at least such relationship and connection with Allah سبحانه و تعالیٰ that you would have with your loved one, for example, how a **lover keeps thinking about his beloved**. He does everything that he needs to do in his daily life, but he always has his beloved in his mind. If this is how much love we have for Allah سبحانه و تعالیٰ 's creation, then Allah سبحانه و تعالیٰ is worthy of much more love and respect from us. The remembrance of Allah does not mean that one should leave their family and sit in a cave or in a jungle, but to remember Allah سبحانه و تعالیٰ physically (by establishing prayers) and in heart at all times. All the prophets had families as well and yet they were Allah سبحانه و تعالیٰ 's favorite and best people.



If you take a **live fish out of water** and place in a pure gold plate on a table, will the fish be happy? The fish would be restless out of water. Similarly, a human heart is restless until it finds love and remembrance of the Creator.

Advice for peace in life (Hakeem ul Ummat)

Hakeemul Ummat lived for more than 80 years. He became an Alim at the age of 20. By the age of 30, he was a Shaykh. For 50 to 60 years, he spread deen in India. He had so many famous students, including Mufti e-Azam, Nawabs and great scholars. In India, he used to visit cities to give religious lectures, and he wrote more than **1000 books**. He shares a **prescription** to solve our problems - to pay attention to and apply in our lives! (make a poster as areminder).

The **root cause** of all the bad things is because the **heart** is completely attached and gets **restless** to achieve the world and the heart does not ache for the Hereafter. The heart gets worried even if there are **small issues** of the world but we do not worry about the Hereafter at all. This is the cause of all affliction on humans. We must learn to put **patience** in our hearts! We need to keep this point of view in our mind and change our habit of thinking and dwelling **excessively over worldly matters**. We should make a U-turn and remove the false attachment of this world from our hearts. The hardening (neglect) of the heart about the eternal afterlife, and softening and **excessive love and attachment for worldly life** is the root cause of all problems! *Take the world out of your heart!* The way to do it is to obey the commands of Allah سبحانه وتعالى and it will help us love Him and worry for our life in the Hereafter. Everything will become better when we start worrying for the Hereafter.

The way to make our anxiety for the world go away is to **remember our sins** and to remember the **reward** we will get from Allah سبحانه وتعالى for any calamity we face in this finite world. The third angle to think of why we get the troubles and anxieties is that it is a **test of our faith** and lastly, when we are tested, the **humbleness** overcomes us and the **dirt of ego, pride and arrogance decreases** and Allah سبحانه وتعالى opens our chest to understand our own self and the Majesty of Allah سبحانه وتعالى. A person only understands the greatness and the power of Allah سبحانه وتعالى when he is being tested with hardships and only then he realizes his own **powerlessness and submissiveness**, and this is the highest level to make amendments and improve oneself; therefore, it's a blessing in disguise from Allah سبحانه وتعالى .

Limits of intellect and mind

There was a child who went outside to play and got mud all over him. His mother caught him and took him in to take a bath. He started crying and screaming that why are you removing the dirt from me. So, the mom still cleaned him even though the child kept on screaming. Similarly, when kids are small, they do not want to go to school and the mother will do everything to persuade them to go to school. She will make their bags and lunches ready, feed them, clothe them but the child keeps on making excuses for why he does not want to go to school. The mom still ignores it and takes him to the school because she knows the benefit the child will reap from going to school. Kids do not understand the reason behind everything that adults do. Similarly, a person is like this in front of Allah سبحانه و تعالی. They do not have the knowledge nor the wisdom of what happens in the future, but they still follow their own desires and wishes.

“And it may well be that you dislike a thing even though it is good for you; and it may well be that you like a thing even though it is bad for you. And Allah Knows, while you do not know” (Qur’an 2:216).

There was once a child sitting underneath a **mango tree** and he was thinking that the tree is high and it has large leaves but small fruits. The child began wondering about **why the fruits were not as big** as the leaves and the size of the tree. Close by, he saw that there was a vine for **Watermelons**, which had **tiny leaves but huge fruits**. The child was thinking - how good it would have been if the watermelon tree was tall with leaves as big as the fruit. And while he was thinking that, a mango broke off from the mango tree and fell on his head. He then realized Allah سبحانه و تعالی's wisdom that why the watermelons are not high up in the trees and said Alhamdullilah!



Wisdom behind strange events

There was once a religious and pious man who was about to die and consequently, there was a disbeliever who was about to die as well. The disbeliever asked his relatives that he wanted to eat fish, but there were no fish markets in the town. Allah ﷻ sent an angel to put one single fish in his pond. The family members caught it and then cooked it, and after eating it the man died. The religious man was asked what he wanted as his last wish, and he wanted to drink some olive oil, and there was some olive oil in his house. An angel was sent to push the bottle down before he could drink it and he died heartbroken. The wisdom behind it is that the disbeliever had one good deed in his life. Allah ﷻ did not want him to bring that good deed on the day of Judgment, therefore he was reciprocated for that in this world by his desire being fulfilled. On the other hand, the religious man had a very pious life but had one sin, and Allah ﷻ did not want for him to bring that sin into the Hereafter. So, He decided to give him a bit of pain and to forgive that sin.

Once there was a child who was playing, kicking, and punching, and in doing that he accidentally hurt his mother. The mother had to go to the hospital and everyone was very angry that the child had hurt his mother. When the doctors started treating her of her pain, they found out the mother had a tumor in her stomach that they did not know about before. Due to this incident, the doctors found out about it and she got treatment in time. Then everyone started praising the child for having done such good work.

Once there was a **passenger** in an airport, who got late for his flight and he was not allowed to board the airplane. He got **upset and anxious** about it and how this would affect his business. Later he heard in the news that the plane crashed and all the people in the plane died. Then of course, he became the **happiest person** on earth - that he did not board that plane and survived.

Zikr, dua and seeking forgiveness

We do not know what is going to happen in the future, so we should put our trust in Allah سبحانه وتعالى. We should always remember Him - read the Qur'an, read the Durood, send salutations on Prophet Muhammad ﷺ, and should aim to do good things. We should make a habit of making dua for all the Muslims. There are morning and evening azkaar so that 70,000 angels would pray for us. There are ayat of Quran to recite after Fard Salah where Allah سبحانه وتعالى will look at us with mercy 70 times.

The gatherings and spiritual teachings of a pious Shaykh may affect our hearts - how we think about worldly things and clean our hearts. *“ala bi dhikr illahi tatmainnul quloob”* (translation) *“Indeed with the dikhr/ remembrance of Allah سبحانه وتعالى the hearts find peace.”* We should make a lot of Istighfar, asking Allah سبحانه وتعالى for forgiveness. There are many books that states the **virtues of istighfar** - even in Salah we do istighfar.

A person who wants good sustenance, good health, and obedient kids in this world, should make a lot of istighfar. Allah سبحانه وتعالى mentions the importance of forgiveness in the story of Prophet **Nuh** *AlayhesSalam* in Surah Nuh, [Qur'an 71:10-12] where Allah سبحانه وتعالى has promised 5 things for the one who asks Him for forgiveness (Abundant rain, wealth, children, gardens, rivers).

To protect from bad things of this world like sickness, accidents, harm from enemies, and hardships of this world, one should do a lot of istighfar. In Surah Anfal [Qur'an 8:33], Allah سبحانه وتعالى says: *“Nor would He ever punish them if they prayed for forgiveness”*.

Sending salutations, Darood on Prophet Muhammad ﷺ is very beneficial in every aspect of life, especially during the times of calamities, anxiety and for peace of mind. There is a Darood called **Darood e Tunajjina** that is very effective to read during calamities. There are some Durood, with which one can earn the reward of doing worship for 80 years. Some expressions of Durood may earn the reward of 10,000 Durood by reading it once.

We should ask Allah سبحانه وتعالى for goodness in everything and to guide us towards the straight path. We should make dua that Allah سبحانه وتعالى removes all the bad things and calamities away from us and give us goodness in everything. May Allah سبحانه وتعالى accept our worships with His mercy, give us high intentions, and protection from shaitan and our inner desires.

We should give a lot of **sadaqah** (charity) as it helps stall bad things coming our way. There are two keys that help remove bad things from our lives. One is **sadaqah** and the other is **dua**. **Dua** can even change our destiny (*Taqdeer*) as well. Dua is so powerful that a *sahabiyah* (radi Allahu anha) got her dead boy alive again through her Dua.

Calamities are also removed for people who keep the masjid populated (going to masjid for salah).



Qaseeda Burdah Shareef

A famous poem, Qaseeda Burdah Shareef, poem praising Prophet Muhammad ﷺ, by Imam Al-Busiri Rahimahullah states, “O Lord, send Your mercy and peace always and forever upon Your prophet Muhammad ﷺ, the best out of all your creations.” The poet of the Burdah Shareef Imam Al -Busiri Rahimahullah, once got **paralyzed** and he wrote this Burda at that time in Medina praising the Prophet. This came from the depths of his **painful heart**. Then he saw Prophet Muhammad ﷺ in a **dream**, who gave him a shawl. When he woke

up, he had the shawl with him and he was **completely cured**. Another sheikh found out that Imam Al-Busiri had read a poem honoring Prophet Muhammad ﷺ, as he was honored with a shawl. Since then, it became famous and is regularly read by people all over and has a lot of blessings in it.

The poem describes that prophet Muhammad ﷺ is as fresh as a **flower**. He ﷺ is as beautiful as the **moon** in regard to his honor and dignity. He is like an **ocean**, in regard to his charity and generosity. He ﷺ is like the time in regard to his bravery. There is no soil on earth that is as **fragrant** as the soil that touched his blessed body. A person is lucky who gets the honor to smell it and is fortunate to kiss it. The trees used to bow in prostration whenever he ﷺ called them. He ﷺ called a tree and it came walking towards him even without having legs or shins and it seemed like the trees, while walking, drew lines and wrote. The trees were like those clouds which followed prophet Muhammad ﷺ wherever he used to go, to provide shade to RasoolulAllah ﷺ during the times of extreme heat. He ﷺ **healed** so many of those who were sick just by touching them with his palms and had freed many from the shackles of insanity. His dua's were so powerful that they could make the barren soil, green and fertile again because so much rain poured (due to his dua) that everything turned green. He ﷺ also went from *Haram e- Kaaba* to *Baitul Maqdis* in one night just like the full moon travels in the dark night. He ﷺ traveled through all the seven skies with Jibreel *Alayhes Salam* until he ﷺ reached the farthest and the **highest point** that anyone has ever reached. He ﷺ was called at the highest point by Allah سبحانه وتعالى and was given the **highest standing** and the best qualities without any association. You will never see a friend of RasoolulAllah ﷺ, who never received his help and you will never find any enemy of his ﷺ who was not eventually defeated.

This poem is very blessed and is very helpful in the acceptance of dua's and to remove the sorrows.

Resolving conflicts in family life & relatives

Study science – how various **emotions** of grief or happiness cause **hormones** in the body. How those hormones affect a person's **behavior, mood** and **feelings**.

Also imagine possible **issues** in daily life:

Hunger, restlessness, illness, physical stress, fear, seasonal setbacks, old age, pain, fatigue, hardship, sleep disorder, nutritional, medical, and psychological effects, evil eye, jinns, magic, and *Shaytan!*

In a world where people are constantly affected with some of these calamities, **every human being deserves mercy**. People are constantly surrounded by risks and sadness. ***It is not their fault.***

Please forgive them. Never harbor ill thoughts about anyone. Find at least 70 excuses for the person who argues with you (in disagreement). Do not stress yourself about other people's anger and verbal abuse.

Love can conquer the world! *A sincere lover never initiates any objection.* Learn to love Allah and His creation.

✓ **Magic words to resolve disputes**

Yes, yes, yes! | of course | you are absolutely right | my bad | my fault | my mistake | my apologies | please forgive me | this won't happen again | I will do exactly what you said!



Smile, and the world may smile back to you!



Great benefit after small loss

We should not worry about what the future holds and the calamity that may fall on us in the future. We should make our best efforts in present, make dua and leave the rest to Allah سبحانه وتعالى. There was once a farmer. One day his cock died, the next day his dog died and the following day his donkey died as well. Everyone at home got very sad due to this as they had lost their animals that were their source of income. What happens next is that an enemy invaded the village and attacked every home where the people were hiding as their animals' sounds gave away their hiding spots. The farmer and his family, who lost all their animals, were the only ones that were saved because they were able to safely hide from the enemy as there was no animal sound.

In India, out of the fourteen-hundred-year history of Islam, Muslims ruled India for the 700 years. The royal throne of Delhi was adorned by Muslim Kings - twelve royal families produced forty-nine rulers of India. One of them was **Sultan Naasiruddin** Ahmed Mahmood, who ruled from 1246-1265 - for nineteen years. He and his wife both were very pious and righteous people. He would not take any income from his treasures, but would earn his living by writing Qurans. The income from this was very meager and they struggled to survive financially. They also did not have any servants in the house of the king and the queen would do the cleaning and cooking herself. The husband was the king for nineteen years and after his death the queen's father became the king for another 25 years. So, she was the **queen/princess for forty-four years**, and still had so much humility and fear of Allah سبحانه وتعالى that she did not choose a lavish lifestyle.

The queen once said to her husband that when I was the princess, I never cooked bread in my father's home but now I have to do it. My hands get burnt and sore from home chores. You are the king, could we not get one helper? **The king started crying** and said, "This world

and life shall all be over one day, just bear this pain and have patience. Allah سبحانه وتعالى will give you the reward for all of this on the day of judgment. My income is very low, I am **very poor and I cannot arrange a servant for you**; and as for the royal treasury, that is the property of the public, I am not its owner and we cannot take anything from that. These are the people of such high morals and that is why Allah سبحانه وتعالى made them rulers for seven hundred years.

Tasbeeh e Fatima

The beloved daughter of Rasulullah ﷺ, the leader of the women of Jannah, **Fatima radi Allahu anha** came to him ﷺ, saying her hands were sore due to excessive household chores and asked Rasulullah ﷺ to give her a helper. Rasulullah ﷺ, instead taught her the tasbeeh, a dhikar glorifying Allah سبحانه وتعالى, which is now famous as tabeeh e-Fatimah, that is reciting SubhanAllah (33 times), Alhumdolillah (33) times, and AllahuAkbar (34 times). This was the situation of the household of Rasulullah ﷺ.

Umer bin Abdul Aziz Rahimahullah ruled over many lands and countries. His wife Fatima was a born into royal family; her father, brothers and ancestors were kings. Soon after marriage he told her that all your jewelry is from public money, please return it to the treasury. The king and the queen were so poor that the princess would eat bread with onions. On Eid occasion, the king asked the kingdom treasurer to let them borrow some money in advance (for his family expenses). The pious treasurer declined since there was no guarantee that the king would be alive to return the loan or still be ruling in the future! This is the level of piety the people had in golden times.

How Allah سبحانه وتعالى provides sustenance

Shaykh Musa Roohani Bazi Rahimahullah has written a story about how Allah سبحانه وتعالى provides sustenance. He narrates that two elders were walking and they saw a big animal sleeping, who was **blind** as well. They started talking and thought about how this animal eats? It must need a lot of food. While they were pondering, a crow came flying by with a big piece of meat in its beak and started flapping its wings on top of the animal to wake him up. The animal woke up, opened his mouth and the **crow dropped the meat in its mouth**. The two elders said this is enough for our training on how Allah سبحانه وتعالى sends food. When they went further, they saw a hut with an old woman in the jungle. At the door was a stone grinder with a bowl carved in it. The old woman was busy with her worship. When she was done, she came out, there were two pieces of bread and some dates in her hand. She said this is my dinner, you can go inside the hut and whatever food you find you can eat. When they went inside, they found two pieces of bread for each one of them and few dates. Once they finished eating, they got thirsty and wanted water. Immediately, **a cloud came and rained right inside the bowl** on the stone grinder, not a drop anywhere else providing them with the water they needed.

They asked the old lady, “Mother, how long have you lived here”? She said for **seventy years** and for these seventy years this is the norm of my Lord with me. This **cloud comes every day**, be it winter or summer and brings the water to me and the bread and dates also comes from Allah سبحانه وتعالى every day. When the Lord sustains someone, this is how He سبحانه وتعالى sustains.

Musa AlayhesSalam was commanded by Allah سبحانه وتعالى to hit his stick on layers of stones. When the final stone was cracked, he saw a **living worm** under those layers of stones - in its mouth was a green leaf and

it was singing praises of His Lord while eating his meal. “My Lord is pure who sees me in this condition too!”

Allah سبحانه وتعالى is the one who gives sustenance to all. The birds leave their nests in the morning empty stomach and return well fed. The **blind fish** in the darkest depth of the ocean also get food according to their wish. Allah سبحانه وتعالى gives each one the type of food they like to eat to their satisfaction.

We should have faith during hardships and stay motivated with positive thinking. Whatever issues and hardships we are facing, we can have them resolved by asking and talking to Allah سبحانه وتعالى alone. He سبحانه وتعالى is Kareem, The Noble and He listens and accepts our duas.

Conditions for promises of Allah

Humans spend so much time and effort in man-made prescriptions, cause and effect, means and resources of worldly life to seek possessions and enjoyment. But they do not make enough effort to fulfil those conditions which bring **guaranteed success, peace, and happiness** from Allah’s infinite treasures. For example:

Shukr

*“If you are **grateful** (make Shukr), I will certainly give you more”
[Qur’an 14:7]*

*“Why would Allah punish you if you are grateful and faithful?”
[Qur’an 4:147]*

Tau’bah

*Ask forgiveness from your Lord, surely He is the most Forgiving. He will send **rain** to you in abundance; And give you increase in **wealth** and **children** and provide for you **gardens** and provide for you **rivers**.
[Qur’an 71: 10-12]*

Istighfar

*Nor would He ever punish them if they prayed for **forgiveness** [Qur'an 8:33]*

Taqwa

“If the people of the towns had believed and had Taqwa, We would have over-whelmed them blessings from the heavens and the earth.” [Qur'an 7:96]

Du'a

"Pray to Me for I shall answer you prayers." [Qur'an 40:60]

Ultimate beauty, forever enjoyment

Even if we collect all the luxuries and materialist things of this world, its beauties, jewelries, delicious food, colorful dresses, palaces, sofas and carpets, happiness and fun, still how long is all this going to last? All these pleasures of the worldly life are temporary and will come to an end – also the quality of worldly things is ordinary. These things are just a small preview or samples of the blessings of the Hereafter. What believers are going to get in the Hereafter is **forever, unlimited** and of **outstanding quality**. A person is foolish because he (or she) has not seen the blessings of paradise, thinking the loss of this world is a big loss.

*The angles will come from every door of **paradise** to welcome them saying, “Peace be upon you for what you patiently endured. And how excellent is the ultimate abode” (Qur'an 13:24).*

We should stay connected with Allah **سبحانه وتعالى**, listen to the talks of elders and scholars about the unseen, and reflect and ponder on those. Those may change the direction of our hearts towards Allah **سبحانه وتعالى** and our ultimate goal, paradise. May Allah **سبحانه وتعالى** grant us peace of mind, contentment of heart and happiness! May Allah accept us among His pious slaves that He is pleased with, Ameen.

Dua for Seekers of Knowledge

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ | أَحْمَدُ لِلَّهِ رَبِّ الْعَالَمِينَ | اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ

Yaa Allah! You are the most Gracious and the most Kind,

Yaa Allah; You are the Almighty and the most powerful.

Yaa Allah; You are Eternal and Everlasting

Yaa Allah, You are the All-Knowing, All-Seeing and Ever-listening

Yaa Allah, You are the Highest and the Most Exalted,

Yaa Allah, You are the Light of the heavens of the earth,

Bless all those brothers and sisters in the Ummah who are seeking knowledge of Deen

Bless them with *Noor* of Quran and *Sunnah*,

excellence in *Ikhlas*, *Haya*, *Taqwa* and *Ihsaan*

Raise them to the status of *Aulia-e-Siddiqeen*, walking-talking examples of Quran

Give them *Sabr* and *Shukr*, protect their heart, eyes and tongues from sins and *Shaytaan*

Make them merciful over the creation, forgiving and serving others with love and care

Clean their hearts from any traces of jealousy, pride, arrogance, love of name and fame, greed and show-off, anger and malice

Make them ideal human beings, best of the creation, earning mountains of Hasanat,

Make them examples of *Nafs-e-Mutmain-na* and keep them on *Siraat-e-Mustaqeem*,

Bless them with great intentions, will-power, and simplicity, spirit of sacrifice, courage and dedication

Ya Allah, you have selected this blessed group among the millions of people to learn Quran and Hadith, their minds are clean-slate and they are sincere - Ya Allah bless them with noor of knowledge and use them like sunshine and clouds to spread Khair on the face of earth

Ya Allah, make them the Key to every good and lock over every evil

Bless them with experience, wisdom, steadfastness and barakah in their lives and work

Bless them with *Hayat-un-Tayyebah* (*Hidayah, Aafiyah, Barakah, Mustajaab-ud-Dua*) in *Dunya* make their graves gardens of *Jannah*, bless them with shade of Arsh on the Day of Judgment and forgiveness and high-ranks of *Jannah*.

Make them *wari'theen* (inheritors) of *Jannatul-Firdous*, with blessed company of our beloved Prophet ﷺ . Ameen!

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ عَدَدَ مَا فِي عِلْمِ اللَّهِ
صَلْوَةً دَائِمَةً بِدَوَامِ مُلْكِ اللَّهِ وَبَارِكْ وَسَلِّمْ

Recommended Books

Books on virtues

Riyadhus Saliheen by Imam Nawawi Rahimahullah

Fazail e-Amaal, Fazail e- Sadaqat by Sheikh Zakariya Kandhlawi Rahimahullah

Books on dhikr, dua and wazaif

Munajat e Maqbool by Maulana Ashraf Ali Thanvi Rahimahullah

Hizb ul- Azam by Mulla Ali Qari Rahimahullah

Pur noor duaein by Mufti Taqi Usmani Rahimahullah

Hisn ul- Haseen by Allama Jazri Rahimahullah

Qaseeda Tooba by Sheikh Musa Bazi Roohani Rahimahullah

Book for women

Misali Khawatein by Muhammad Ishaq Multani (D.B.).

Book on betterment in provisions

Rizq-e-Auliya ke Posheeda Asbab by Sheikh Musa Bazi Roohani Rahimahullah

Books on Tazkiya-e-Nafs (purification of the soul)

Alamat e Muhabbat, Allah Ta'ala Apne Bandon Se Kitni Mohabbat Karte Hain by Maulana Arsalan Bin-Akhtar Rahimahullah, and

Jaza ul Amal by Maulana Ashraf Ali Thanvi Rahimahullah.

Books on Peace and Happiness

Sukoon e- Qalb by Dr. Abdul Hye, Khalifa of Maulana Ashraf Ali Thanvi Rahimahullah

“Don’t Be Sad” and “You Can Be The Happiest Woman In The World”, by Dr. A’id al Qarni,

Pareshaniyan aur in ka ilaaj by Mufti Raouf Sakkarwi (D.B.)

Zindagi say Bezari Kiyon by Dr. Abdul hayee Rahimahullah

Glossary

- Subhanahu Wa Ta'aala سبحانه و تعالی – The Most Glorified and the Most High
- Dunya – world.
- Imaan – belief.
- Taqwa – piety, righteousness, fear of Allah.
- Akhirah – Hereafter.
- Malaika – angels.
- Alam e Takween – realm hidden from us, controlled by Allah's Statutory orders and wisdom.
- AlayhesSalam (AS) – *peace be upon him*.
- dhikr – remembrance of Allah سبحانه و تعالی
- Dua – asking Allah سبحانه و تعالی for something, praying.
- Rakaah - single iteration of movement in salah.
- Noor – light.
- Sunnah - teachings prescribed by prophet Muhammad ﷺ.
- RasoolulAllah – Messenger (Prophet) of Allah
- sallallahu alayhe wassallam ﷺ - May Allah honor him and grant him peace.
- Hayat -e-Tayyeba --- a noble life.
- Jannat ul-Firdous – the highest level in the heaven.
- Qaseeda Burdah Shareef or Burda – poem of the mantle - poem praising Prophet Muhammad ﷺ.
- Rahimahullah – God have mercy on him.
- Haram -e- Kaaba – the blessed house of Allah سبحانه و تعالی .
- Baitul Maqdis – Holy masjid in Jerusalem
- Wazaif – duas asking Allah سبحانه و تعالی generally for a specific thing.
- Tazkiya-e-nafs – cleaning the soul.
- Munjiyaat – selected verses from the Noble Quran, teaching Tawakkul and Tawheed.
- Tawakkul - perfect trust in God and reliance on Him alone.

- Tawheed – oneness of Allah سبحانه وتعالى .
- Hidayah – guidance towards the straight path.
- Nafs – inner self
- Barzakh- a realm where the soul goes after death.
- Hashr – the gathering on the Day of Judgment.
- Shahada – saying, I bear witness that there is none worthy of worship except Allah سبحانه وتعالى , and Muhammad ﷺ is the Messenger of Allah.
- Madyan - a city in present day Saudi Arabia.
- Abd – servant.
- Sheikh – a religious scholar, mentor, leader.
- D.B. Damat Barakatuhum (form of salutation for a scholar)
- Paradise – heaven.
- Hakeem Luqman – a wise man, named Luqman.
- Hakeem ul ummah – the one with the most wisdom among the ummah – Maulana Ashraf Ali Thanvi Rahimahullah.
- Nawab – royalty of India.
- Mufti-e-Azam – A grand religious scholar.
- Darood – salutations on Prophet ﷺ .
- Istighfar - asking Allah سبحانه وتعالى for forgiveness.
- Salah – prayer.
- Shaitan – Satan, devil, an evil jinn.
- Sadaqah – charity.
- Sahabiyah – a female who has believed in prophet ﷺ and saw him as well.
- Masjid – mosque.
- Tasbeeh – is a form of dhikar glorifying Allah سبحانه وتعالى .
- Mimbar - a short flight of steps used as a platform by a sheikh in a masjid.
- Khutbah - a religious sermon.

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