

**Blessed  
Life**

# The Noble Life

## حیاتِ طیبہ

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### Summary

*A concise booklet on ideal human life - how to fulfil basic needs of this life while preparing for Hereafter, with excellence in time management, simplicity, Taqwa, reliance on Allah and serving humanity*  
*Share the gift of noble vision and faith with humanity in need!*



### Online lessons

[Mercy4Humanity.org](https://www.Mercy4Humanity.org)

[Time is precious!](https://www.Mercy4Humanity.org)

[IslamEasy.org](https://www.IslamEasy.org)

[Best deeds in life](https://www.IslamEasy.org)

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humble request to make **Du'a** for its compiler, translator and editors

## Blessed Life

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*People are like **gold mines**. Every moment is like a gold coin. What we think, say, and see can enable us to accumulate heaps and mountains of rewards.*

*The human mind and heart contain invaluable gems of talents and potentials, which, if implemented under their rightful pretexts can draw from the **infinite treasures of Allah Almighty**, acquire success in this world and the next, and become a source of guidance for humanity.*

*Shaytan, the self, and spiritual diseases obstruct the advance to success. Circumstances, events, and things of this world all pose as a trial.*

*The book focuses on **basic human needs** and how to fulfil those in a simple manner, with true faith and following the footsteps of the pious. The aim is to prevent negligence, ignorance, ungratefulness, arrogance, desires, hopelessness, grief and anxiety, to work for the greater goals of life, acquire a noble life, and attain **bounties, blessings, peace, joy, security, and rewards** in the Hereafter.*



To receive maximum benefit from the book, please read each page **slowly** with contemplation.

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# Preface

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Every human being aspires to live a pure, pleasant, and peaceful life, and does his best to achieve it. Yet most people are unable to achieve such a life. This is because they are unaware of **true success** and reckon that life should be a collection of joy and enjoyment. They focus only on matter and materials; they have no concept of nurturing the **heart and the soul** whatsoever and absolutely no belief in eternal life beyond this world. This is the Western way of thinking. The West has almost always essentially centered its focus on everything outside of the human being. As a result, the world witnessed well the advance of arts and sciences and tools and machines, but the **human being**, a masterwork among all of creation, was not able to flourish in its entirety. **Allah Almighty** states in the Holy Quran:

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً  
وَلَنُجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ

“Whoever does righteousness – whether male or female – while he is a believer – We will surely grant him a blessed (happy) life, and We will surely give them their reward according to the best of what they used to do.” [Qur’an,16:97]

Linguistically, the word combination of ‘Hayat-un-Tayyibah’ means ‘a pure life’, or ‘a good life’, but the sense of Hayat-un-Tayyibah is so vast that it encompasses all kinds of **everlasting delights** and **genuine success**. The keys to a good life are in firm faith, righteous deeds, attainment of divine pleasure, adherence to the Sunnah of the Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ, simplicity, patience, and contentment. These are the keystones to dignity, high vision, self-sacrifice, and sincerity. These assets are much more valuable in comparison to worldly possessions. The Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ taught us that life in this world is both a blessing and a **trust**. Man must have more concern for the Hereafter

instead of the world, because the forever will exist for all of eternity. Man should prepare in this world well in advance for the Hereafter. The Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ has taught us that benefiting others, restraining oneself from causing anyone harm, **servicing the creation**, defending the oppressed, helping the needy, soft-heartedness, humility, fulfillment of rights, **love** for Allah and His Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ, worship and servitude, remembrance of Allah, recitation of the Holy Quran, and daily observance of prayers and supplications make life simple and pleasant.

The book before you, '**Blessed Life**', touches on observing these teachings of Islam and lays out an easy and effective way to fulfill these duties. This is not a detailed book, but a collection of well-thought-out and **inspirational power points** in the light of the Quran, Hadith, and statements of the pious elders which aim to promote a secure and tranquil life. Written in an intelligible manner, this treatise should be read repeatedly by every Muslim.

Shaykh Nadeem, a well-respected and most beloved acquaintance of mine, has composed this booklet from a spiritually reformative perspective. He has served in the field of **spiritual reformation** and Da'wah and has enjoyed the company of elders. This booklet embraces his sincerity, concern, and experience in the field of Da'wah. It can be concluded with certitude that the treatise will most surely gain the **Creator's acceptance**, will be received favorably by the masses, and prove to be an effective and influential **nurturing course** in raising an awareness for the immense value of time and life. May Allah make its benefit extensive and absolute. Ameen!

**Mufti Ahmad Abdul-Mujeeb Qasmi Nadwi**

30 January, 2021 | 17 Jamadul-Ukhra, 1442 AH

# Allah, your best friend!

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*He is with you wherever you are*

- **Allah's** name is very blessed, and His Glory is most high. All the complete and remarkable attributes are possessed by Allah:
- *Greatness, Beauty, Knowledge, Treasures, Capability, Kingship, Eternal, Dominion, Independence, Power, Mercy, Generosity,* are all in the One Being that is **Allah**.
- Look up to **Allah** سبحانہ و تعالیٰ, Who looks after you. Keep facing **Allah**, Who is in front of you. Love **Allah**, Who loves you. Obey **Allah**, Who invites you. Give your hand to **Allah**, Who saves you from a fall...Loving hearts, spiritual contentment, forgiveness and mercy, are all from **Allah**.
- ***Allah** is Eternal, the Supreme, All Mighty, All Wise, All Powerful, Absolutely Just, Totally Merciful, Most Beneficent, All Loving, All Compassionate, All Gracious and All Forgiving.*
- Whatever has happened in the past, whatever is happening now and whatever is going to happen in future – that is all in the complete control of **Allah** alone. He is One, worthy of all worship and He has no partners. Time and space belong to Him and the past, present and future is all in His supreme knowledge and control.
- **Allah's** name itself is better than the world and all it contains. The entire universe exists because of the remembrance of **Allah**.
- He is the Creator and Sustainer of all men, jinn, animals, birds, fish, plants, moving creatures and forms of life in the universe.
- He removes difficult circumstances afflicting His servants by His Power. He is more compassionate and loving than seventy mothers.
- He is the one who inspires and answers before being implored and accepts before being requested.
- **Allah** is even closer to man than his jugular vein.



- Whoever straightens his affair with **Allah**, his affair with all creation becomes straight.
- **Allah** removes sufferings in response to the cry and supplication of the poor, destitute, handicapped, and helpless.
- When a ship starts to sink, airplane begins to fall, the earth starts shaking, flood and high winds or hurricane arrive, the condition of the patient in the hospital becomes critical, when all instruments of science and technology and the human experience and intellect become overwhelmed and helpless, at this time all humanity leave aside their opinions and beliefs and cry out only to the one **Allah**. For, it is only **He** who can change the impossible to the possible!



*O Lord of the worlds! O the **Creator** of all the living beings, and the Light of the Heavens and the earth! we beseech you to Grant **Guidance** and **Mercy** to all living beings that may exist within the vast Universe, including those who may exist where our sight cannot reach them, nor human mind can comprehend their forms and nature, and where human beings cannot reach even after travelling billions of years through countless galaxies and stars that reside in them, in the vastness of space, and in the different visible and hidden systems that You have established in this world and in the Hereafter. Ameen!*

يا ذا الجلال والإكرام ، يا أرحم الراحمين ، يا حيُّ يا قيُّوم

- "O the Owner of Majesty and Honor, O the Most Merciful of the merciful, the Ever Living, O the Sustainer of existence!"

رَبَّنَا اتنا في الدُّنْيَا حَسَنَةً و في الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"O our Lord! Give us in this world (that which is) good, and in the Hereafter (that which is) good and protect us from the punishment of the Fire!

# The Prophet ﷺ Universal Teachings

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The first five Ahadith in the following selection are those that Imam Abū Hanifah رحمه الله selected from five hundred thousand Ahadith to advise his son. The first four Ahadith, likewise, were chosen by Imam Abū Dawid رحمه الله from five hundred thousand Ahadith to be the most comprehensive ones. The rest of the Ahadith have been taken from *Zad at-Talibin* and *al-Arba'in* of Imam an-Nawwawi رحمه الله. The full texts, chains of transmission, or explanation of Ahadith can be read in bigger books of Hadith.

## إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

**“Actions are only according to intentions”** (Bukhari, Muslim)

Note: Acceptance of all types of deeds and rites of worship depend entirely on the **sincerity** of intention.

مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَغْنِيهِ

**"It is from the beauty of a person's Islam to leave that which does not concern him"** (Tirmidhi)

Note: importance of safeguarding the precious, valuable **moments of life**, by abstaining from all useless activities. It teaches us to manage **time** wisely, to make the best out of life.

لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ

**"None of you can be a believer until he loves for his (Muslim) brother what he loves for himself "** (Bukhari, Muslim)

Note: the best principle for **social interactions**, fulfilling rights, solving controversial issues, and good conduct.

إِنَّ الْحَلَالَ بَيِّنٌ وَإِنَّ الْحَرَامَ بَيِّنٌ وَبَيْنَهُمَا مُشْتَبِهَاتٌ

**“Surely Halal is clear and surely Haram is clear, and between them are the things which are unclear (i.e. doubtful matters)”** (Bukhari, Muslim)

Note: This Hadith teaches us to refrain from everything that is doubtful in terms of **transactions** and legal rulings.

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

"A (true) Muslim is he from whose tongue and hand other Muslims remain safe" (Bukhari, Muslim)

Note: the essence of Deen with regards to **social interactions** and networking

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دَمَّ مَا يُرِيْبُكَ إِلَى مَا لَا يُرِيْبُكَ

"Leave that which puts you in doubt for that which does not put you in doubt" (Tirmidhi, Ahmad)

حُبُّ الدُّنْيَا رَأْسُ كُلِّ خَطِيئَةٍ

"Love of this world is the root of every sin" (Baihaqi, Shu'ab al-Emaan)

الْاِقْتِصَادُ فِي النَّفَقَةِ نِصْفُ الْمَعِيْشَةِ

"Moderation in spending is half of one's sustenance" (Baihaqi, Shu'ab al-Emaan)

إِنَّ السَّعِيْدَ لَمَنْ جُتِبَ الْفِتْنُ

"Surely the fortunate one is he who is protected from trials" (Abu Dawūd)

إِنَّ الرِّزْقَ لَيَطْلُبُ الْعَبْدَ كَمَا يَطْلُبُهُ أَجَلُهُ

"Rizq (Livelihood or sustenance) seeks a person in the same way that his death does" (Hilyah, Abū Nu'aim)

مُجِبَّتِ النَّارُ بِالشَّهَوَاتِ وَمُجِبَّتِ الْجَنَّةُ بِالنِّكَارِ

"Hellfire is veiled by desires and Paradise is veiled by displeasures!" (Bukhari, Muslim, Tirmidhi)

إِرحَمُوا مَنْ فِي الْأَرْضِ يَرَحِمَكُم مِّنْ فِي السَّمَاءِ

"Have mercy on those in the earth; the One in the heaven will have mercy upon you" (Tirmidhi)

# Hidayah (Guidance)

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Every human being needs guidance for success and happiness in both worlds. Lack of guidance results in disobedience to Allah, especially in daily lifestyle, clothing, food, earning, marriage, and entertainment, which may cause problems in both worlds.

*Learn the following lessons under the guidance of a Shaykh or pious elder, to change your **vision** and **lifestyle**, for real success:*

- The **reality** of this world and the Hereafter
- The people who have attained true success throughout human **history** and reached the topmost level
- How the **unseen system of Allah** and His blessings solved the great problems for the holy prophets عليه السلام , the Sahaba رضى الله عنهم , the pious predecessors, and the God-fearing people

*Try to instill the following qualities within yourself, to attain those bounties and blessings:*

- **Taqwa** (fear of Allah) especially with regards to transactions, social interactions, and self-reformation
- **Modesty**, Haya, Hijab for women (manners for social life)
- **Simplicity**
- **Time management** (to give up useless activities)
- **Gratitude**
- **Elimination of arrogance** (it helps remove anger, backbiting, suspicion, and evils of the tongue)

## Nurturing of Children

- Save your children from contemporary fitnahs (trials), such as pictures, music, TV, social media, objectionable habits, and bad friends
- Give them proper religious education, teach the **zeal** to propagate faith and to **serve** humanity, and provide an opportunity to live in a **pious** environment

## Assets of Women's Blessed Life

- **Knowledge** of cleanliness and purification, modesty, Hijab, a good spouse, a pleasant and graceful marriage life, raising a future generation
- **Happiness**, satisfaction, controlling grief and anxiety, self-restraint and endurance

## Assets of the Hereafter

- **Da'wah** (inviting humanity to the greatness of Allah and purpose of life), **Tazkiyah** (self-purification), serving humanity, recitation of the Holy Quran, remembrance of Allah, religious knowledge



“Enter Islam completely ..” [al-Qur’an 2:208]

# Sincerity (Noble Intentions)

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## إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

"Actions are only according to intentions" (Bukhari, Muslim)

إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى صُورِكُمْ وَأَمْوَالِكُمْ وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ وَأَعْمَالِكُمْ

"Surely Allah does not look at your faces and your assets; but He looks at your hearts (intentions) and your actions" (Muslim)

- Do a lot of good deeds. But once you have done those, *bury those in the oceans of nothingness* (i.e. do not become proud), never to be mentioned again! *Let your achievements travel a hundred miles, but let not anyone know about them!*
- Every day and night, make lofty intentions for universal outreach and service to humanity – plan projects to **spread mercy and benefit throughout the world**, pray for Allah's acceptance and help from the unseen. Imagine a person who has knowledge, means, facilities, and staff, and he spends his entire day in deeds of charity - and a second person who has the same knowledge and intention but no resources, but has a noble vision that he would certainly do the same deeds if he had the resources to do so, then he may receive the same reward!
- On the Day of Judgment, good deeds will not be counted; they will be weighed according to the **level of faith, earnestness, and sincerity** that propelled them. The All-Seer is aware of the most subtle and minutest of things. He is aware of what the hearts conceal. If the deeds performed are not accepted due to lack of sincerity, then the **exam of worldly life** would become a waste of time. It would be synonymous with someone wasting all the health, energy, time and assets given in the worldly life, and arrives in the Hereafter with nothing but **bags of stones and dust!**

- Sincerity of intention is like the **sweetness of a fruit**. A fruit is initially unripe, then it develops a salty tinge to it, and finally it develops the sweetness that we like. Sincerity comes with much effort, and there is always the risk of it being lost. Stay away from factors which constrict and weaken the level of sincerity.
- Show off (display of deeds meant to impress or attract fame or self-respect) destroys honesty. Showiness in the heart is due to an assumption that the creation can have influence. The way to overcome this disease is to have firm belief that every particle of this universe is under the control of Allah. All of creation is like **bricks and stones** and **empty bowls**, which, through their own intent, cannot harm or benefit you in the least. Serve the creation only for the sake of Allah's pleasure. Abstain from show off and increase sincerity.
- Physical diseases terminate through death, but spiritual diseases go on to destroy your deeds in the grave, the Resurrection, and Judgment Day. Seek Allah's forgiveness and reform yourself under the guidance of a spiritual mentor.
- *“Put Shaytan to shame through sincerity of faith and servitude to Allah. Put the market of deception to ruin through assets of sincerity and earnestness”* [al-Burhan al-Muayyad, Sayyid Ahmad Kabir Rifai رحمه الله]
- When the pious people perform acts of righteousness, they fear: has my deed been accepted or not? They worship the whole night and invoke Allah's forgiveness when the morning arrives. Their hands shiver when giving Sadaqah (charity). Has my deed been accepted or not?



Assess your intention **before, after, and during** the action you are observing. A believer's intention may surpass his deed.

# High Vision, Noble Intentions

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- . 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

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- . 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.

Pray for **Hayat-e-Tayyeba**, a noble life with true guidance, safety, good health, peace of mind, and easy sustenance. Also pray for forgiveness and the highest level of Paradise in the Hereafter.



# Shukr (Gratitude)

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وَقَلِيلٌ مِّنْ عِبَادِيَ الشَّاكِرُونَ

"And few of my servants are grateful" [al-Quran, 34:113]

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful, I will surely increase you (in favor.) [al-Quran 14:7]

- Every moment is a shower of thousands of blessings. Every breath, every heartbeat, and every blink of an eye we should thank Allah Almighty. Think of all the bounties in life. Allah has given us such blessings that others do not have!
- Never grieve on what has missed you, and never boast what you have enjoyed. Everything is pure benevolence of the sole Master and Provider. We were never deserving of these. If you desire more of any blessing, be grateful for it.
- The Sahabah رضى الله عنهم would remain **pleased and satisfied** even in a state of affliction or adversity. The pleasure they experienced in their lives did not come from worldly possessions. It arose from feelings of **inner peace**. They believed that any condition which Allah put them in was better for them. They never fostered arrogance based on a blessing, nor did they feel distress in the face of adversity. If all the members of households were to develop such character, **family problems** and disagreements would no longer exist.
- Allah the Almighty is independent and benevolent. He does not gain any benefit in placing us in situations. Life is short and its phases are a trial. Whether it be a blessing or a calamity, it is **beneficial for the believer**. So, suppress your sorrows with a smile.
- The essence of Deen is to make your feelings and desires subservient to Allah's command. Become a bondsman of Allah with your utmost pleasure. Express your gratitude for all the wealth, health, and children

you have. Never be envious of what the disbelievers have acquired in this world.

- Sustenance (**Rizq**) does not have to be in wealth or possessions. You may be granted some other bounties - **good character, beauty, sound intellect, forbearance, perfection, a righteous spouse, noble relatives and family, beneficial knowledge, or long life!**

## Expressions of Gratitude

اللَّهُمَّ لَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

“O Allah! To You belongs all praise and for You is all gratitude”

مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ

"What Allah willed (has occurred); there is no power except in Allah”

"This is from the bounty of my Lord" هَذَا مِنْ فَضْلِ رَبِّي

"O Allah! Increase and increase more" اللَّهُمَّ زِدْ فَرِيدًا

## Lesson from Human History

- The world has seen thousands of generations and billions of people. Take a moment to reflect upon the sayings and actions of those who were unsuccessful. The stories mentioned in the Holy Qur’an describe how **ungrateful** people faced severe penalties in history.

## Benefits of Expressing Gratitude

- Increase in blessings, beauty, knowledge, wealth, children, barakah
- Love of Allah, salvation from punishment, fear of Allah



The grand **summary** of human life:

*Alhamdulillah*: we were given great bounties to enjoy life

أَسْتَغْفِرُ اللَّهَ : May Allah's forgive us, we did not prepare enough for Hereafter!

# Sabr (Patience)

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إِنَّمَا يُوفَى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ

"Surely the patient ones will receive their reward in full without measure" [al-Quran: 39:10]

اللَّهُمَّ اجْعَلْنِي صَبُورًا وَاجْعَلْنِي شُكُورًا (دعا)

"Ya Allah! Make me extremely patient, and make me highly grateful"

وَنَبْلُوكُم بِالشَّرِّ وَالْخَيْرِ فِتْنَةً

"And we test you with evil and with good as a trial" [Quran 21:35]

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give glad tidings to those who are patient [al-Quran 2.155]

- Calamity and adversity befall every single human being, whether he is a king or a beggar, or a scientist or a scholar.
- During a hardship or sickness, think about the **virtues** you may still achieve, and rewards you may accumulate in that situation.
- Never harbor any sort of **expectation** from the creation; put your **trust** only in Allah.
- Express your **gratitude** to Allah for every task which is completed, every prayer (Dua) which is granted, and every blessing you receive.
- If your prayer takes time to get accepted or your task is not completed despite your efforts, observe patience. Those who observe patience gain the **company of Allah**.
- Sabr, otherwise interpreted as self-restraint, patience, and perseverance, is so **vast** that it encompasses all sorts of adversities and unfavorable situations.

- Creation in front of Allah is like a **beggar**. Always be aware of your Master, and of your weakness and inability.
- No friend, relative, or member of the household is ideally perfect. **Accept people** for what they are.
- Every human being is a diamond in essence. Learn to notice their **good qualities** and overlook their shortcomings.
- Look at the **positive aspect** of things. Be positive. Never think: *Why did this have to happen to me?* Instead, think How can I gain **reward** and please Allah in this situation?
- The world looks very beautiful in its design. However, its events and circumstances are **deep trial** for human being.
- Fulfillment of tasks and experiencing joy is not necessary in this life. Our main goal is the **Hereafter**.
- *“The best life is the life the fortunate have attained through patience and perseverance, and passed the higher destinations of life through gratitude to Allah. These people will amuse and entertain themselves in **gardens of bliss** through wings of patience and gratitude”*. [Uddah as-Sabirin wa Zhakhirah ash-Shakirin by Ibn al-Qayyim رحمه الله]
- So long as you have no control over your **anger**, do not deem yourself to be knowledgeable. Anger is a major cause of disgrace. Abstain from complaining at all.
- You can as well develop the personality of an angel, if you act upon these guidelines.



Most of what we have **achieved** was through patience.

# Taqwa

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- *Taqwa* is the root of good deeds. It denotes fear of Allah and abstinence from every sinful and doubtful thing

وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ آمَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِّنَ السَّمَاءِ وَالْأَرْضِ

"And if only the people of the cities had believed and feared Allah, We would have opened upon them blessings from the heaven and the earth" [al- Quran: 7:96]

إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَاكُمْ

"Surely the most noble of you in the sight of Allah is the most righteous (literally, he who has the most *Taqwa* i.e., consciousness and fear of Allah, piety and righteousness) of you" [al-Quran: 49:13]

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ

"And whoever fears Allah - He will make for him a way out (relief from every difficulty), and will provide (Rizq) from (sources) where he does not even expect". [al-Quran 65:2-3]

- *Taqwa* is to refrain completely from all that is Haram (unlawful) or doubtful. Refraining from a sin (or inclination towards it) is better than thousands of *Tahajjud* (night vigil prayers). A person who fears Allah and is thus prompted to refrain from sin is constantly in the remembrance of Allah (24x7). It is like a trade where you literally '*do nothing*' (of sin, of course) and still receive reward!
- Imagine a car manufacturer (company) sells several hundred thousand vehicles, but eventually discovers a fault in one car engine on the road. As a precaution, the company issues a **recall of all cars** for repairing and service free of charge!

Similarly, a person of *Taqwa* tries his best to avoid anything doubtful.

- The lives of prophets *عليه السلام* the Sahaba *رضى الله عنهم*, and the friends of Allah are living examples of *Taqwa*. Make a routine of studying their life stories.
- A person is on the religion of his friend. To increase *Taqwa*, be in the **environment** of the pious, God-Fearing people.
- The **keys to sustenance** are *Taqwa*, *Tau'bah* (repentance), *Istighfar* (seeking forgiveness), *Tawakkul* (trust in Allah), earnest worship, keeping ties with relatives, charity, Hajj and Umrah.
- Life in this world is like **driving a car** from a city to another city. The driver must follow road **rules** and stay **alert** as he passes through traffic, commotion, low and steep lane inclinations, cold, heat, rain, potential predators, aggressive drivers etc. Failure to do so may lead him to the hospital, jail, or even death!



The benefits of *Taqwa* include:

**blessings, honor, friendship of Allah, guidance, unseen help, sustenance, great reward, success, and Paradise!**

# Essential Good Deeds

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These practices may open more good deeds in life:

## 1. Religious Knowledge and the Company of the Pious

- Seek **knowledge** through reliable books and through staying in the company of the pious
- Connect with a **Shaykh** – those scholars who practice on their knowledge, follower of *Shariah* and *Tariqah* (spirituality), love to follow the Sunnah, observe moderation, abstain from going beyond limits, show compassion to the creation, and are free of unjust impartiality or enmity.

## 2. Salah

- Establish all five *Salahs* daily. Men must perform them with congregation where possible

## 3. Less talking and less meeting with people

- *Think before you speak* – it may save a person from thousands of calamities.

## 4. *Muhasabah* (Self-Evaluation) & *Muraqabah* (Meditation)

- ***Muraqabah*** is to be cognizant of the fact that I am in front of the Absolute Master, Allah, and He is Ever Seeing of all my actions, speech, and situations.
- ***Muhasabah*** is to take out some time (for example, at night before sleeping) and reflect over the actions committed throughout the day. Ponder if any action was worthy of reward or punishment.

## 5. *Tau'bah* (Repentance) and *Istighfar* (Seeking Forgiveness)

- In case of committing any sin of wrongdoing, immediately isolate yourself, fall into Sajdah (prostration), and seek Allah's forgiveness.
- If your eyes start to tear up, let them flow; otherwise, make the face of a crying person.

# Avoid these Sins

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Stopping from these sins may remove many other sins in life:

## 1. Backbiting

- Backbiting leads to many types of harms and evils in both worlds.
- Refrain from mentioning or listening to anything about anyone (whether good or bad), to the best of your abilities.

## 2. Oppression

- Never harm a human being: physically, financially, or verbally
- Never seize someone's right, never cause any suffering to others, nor humiliate anyone.

## 3. Arrogance and Haughtiness

- Sins like **backbiting, oppression, resentment, jealousy,** and undue **anger** are all byproducts of the spiritual disease of pride.

## 4. Anger

- Anger brings **regret**, sorrow, and loss in the long term.
- Anger clouds judgment. As a result, a person in the state of anger may commit **irrational acts**, may say what is not meant to be said, and behave in an **inappropriate** manner. This may cause **distress** for a lifetime.



## 5. Relationships with a non-Mahram

- This includes looking at a non-Mahram, sweet-talking, flirting, meeting in private, or trying to appease or impress through gesture, clothing, and/or tone of voice.
- Men must keep their **gazes** low and repent from Haram glances. Women must observe complete covering (*Abaya, Burqa, Hijab, Veil or Niqab*). Stay away from cultural festivals as those most likely involve intermingling of men and women. Do not remain outside home for more than necessary. Refrain from **music** and especially **pictures** on mobile devices and internet. Never pollute your mind with thoughts about a non-Mahram.

## 6. Haram or Doubtful Food

- Haram foods generate darkness within the heart and are a major source of **spiritual problems**.
- The type of food you eat **influences** all your limbs and determines the actions you feel the **urge** to do.
- Earn pure, Halal sustenance. Only eat food which has Halal ingredients.



When you take a step in the correct direction,  
a new dimension of success may open

# Assets of a Precious Life

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- Life is **precious** and every moment is like a gold coin. Countless blessings of Allah are being showered daily. Race towards the eternal ranks of Paradise. A believer who occupies his mind, heart, and limbs, and especially his hands, feet, eyes, ears, and tongue, in righteous deeds with earnestness and sincerity - could accumulate **millions of rewards** for the eternal life Hereafter.
- Da'wah and *Tableegh*, serving the creation, worshipping Allah, learning and teaching religion, *Tazkiyah* (self-purification), *Dh'ikr* (remembrance of Allah), reading Qur'an, and giving charity are all assets of a precious life.
- Learning a chapter of **knowledge** brings reward equal to thousand rakat (units) of Salah. Memorize a few verses and chapters of the Holy Quran with their correct expression and meanings. Make a routine of studying selected Ahadith, Du'a booklets, and virtues of deeds. Study the book *Heavenly Ornaments* by Shaykh Ashraf Ali Thanvi رحمه الله and seek a scholar's advice on religious issues.
- Observe *Dh'ikr*, *Tahajjud*, recitation of the Holy Quran, *Istighfar*, *Tasbeehat* (invocations for glorifying of Allah), salutations upon the Messenger صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ, every morning and evening. Engage in *Dh'ikr* or Dua, even when walking or doing household tasks.
- **Tau'bah (Repentance)**: Repent from all the sins committed so far, and correct your mistakes one by one. Avoid all sins, of tongue, eyes and heart. Start making up for missed prayers or fasts. Return the rights and trusts of people to

their rightful owners. Compensate others for any physical or financial loss you may have caused them. Apologize if you have ever abused anyone verbally. Pray for *Hidayah* (guidance), *Afiyah* (security, health, and sustenance), *Maghfirah* (forgiveness), and *Istiqamah* (steadfastness).

- **Spiritual Mentor:** Spending some time in the spiritual environment of the *Auliya of Allah* is better than a hundred years of optional prayers. Leaving a sin completely is superior to a thousand rakat (units) of *Tahajjud* prayer. A small amount of worship by *Auliya of Allah* outweighs the greater deeds of ordinary people. Stimulate the qualities of **earnestness, sincerity, kindness, piety, and modesty** within yourself. Be constant in the remembrance of Allah. The golden life of **Taqwa** increases the reward of every deed. Relate the condition of your heart to a true spiritual mentor and consult him in important matters.
- The purpose of **Da'wah** and **Tableegh** is to spread guidance and the Sunnah throughout your household, family, relatives, neighbors, local towns, and in all around the world. Exert your effort in the wellness and betterment of the Ummah and excel in faith and certitude.
- **Khidmah** (serving the creation) brings the pleasure of the Creator and the heartfelt prayers of the creation. Helping a Muslim brother brings a reward equal to the *Itikaf* of ten years. (*Itikaf* is isolation in a Masjid with the intention of dedicating your time to the worship of Allah). Taking care of widows and poor people brings reward of continuous fasts and whole nights in *Tahajjud* prayers. Take time to **help the sick, poor and weak people** in your town. Assist, volunteer and serve in welfare projects in your community.

- **Time Management:** Make a schedule to **prioritize** religious obligations under a **spiritual mentor's guidance**. Deen comes only through **pursuit** and **respect**. Exert your effort more on the **weight** of good deeds (i.e., **sincerity** and **Taqwa**) than on the **number** of good deeds you do.
- Have a **worldwide** concern for **humanity**. Feel **joy** at the **good deeds** of every believer, and have sorrow and **regret** at the **sins** and wrongdoing of people all over the world! Exert your skills and talents in spreading good and removing evil.
- Seek **forgiveness** of all the sins of the **past**, observe **patience** over calamities and express **gratitude** over blessings in **present** life, and pray for Allah's refuge and protection for **future** events. Make Du'a for a long life, acceptance of good deeds, and a blessed end.
- Make the **highest intentions** possible for every deed, keep their virtues in perspective, and focus on the spiritual state of your heart.



May Allah elevate you to the ranks of **Auliya e Siddiqeen** (friends of Allah, with spiritual perfection), and may your deeds and services become a **Sadaqah Jariyah** (a perpetual source for gaining reward) Ameen!

# Human Wants and Needs

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- **Guidance**
- **Necessities:**
  - safety, security, protection of assets and dignity
  - good health
- **Sustenance** and Provision:
  - air, water, food, clothing, shelter, ride, and spouse
- **Transactional Needs:**
  - Trust, honesty, truthfulness, fulfillment of promises
- **Entertainment:**
  - Amusement, sports, recreational activities, physical exercise, adventures
- **Personality** Factors:
  - want, choice, preference, space
- Factors for **peace, happiness, and satisfaction:**
  - beauty, equality, inspiration, positivity, order, ease
- Assets of a **Perfect Private Life:**
  - appreciation, sense of belonging, love, respect, hope, objectives, vision, goals, intention, sincerity, and development
- Assets of a **Perfect Social Life, Family Life, or Work Life:**
  - acceptance, soft-heartedness, focus, encouragement, appreciation, assistance, cooperation, friendship, intimacy, sympathy, mutual consultation,
  - spiritual mentor, advisor, coach, or guide

<b>Benefits of good deeds</b>	<b>Bad effects of sins</b>
Sustenance is increased	Deprived of the light of inner knowledge
Blessings are increased	Decrease in sustenance
Problems go away	Uneasiness and remoteness from Allah
Daily tasks become easy	Uneasiness and remoteness from pious people
Pious and righteous life	Goals become difficult to achieve
Blessing in wealth and children	Darkness envelops in heart; eyes & face lose their luster
Protection from calamities	Weakness of heart and body
Respect and dignity	Deprived of good deeds
Increase in bounties through gratitude	Life span is shortened
Increase in wealth through charity	Resemblance to the enemies of Allah
Next generation and children will be benefitted	No value in the eyes of Allah
Good news prior to death	Corruption in thought and intellect
Angels bring good tidings at the time of death	Deserving of curse from the Prophet ﷺ
Help will come to ease daily tasks	Deprived of prayers from the Angels
Allah will take care of all his responsibilities	Mischief spreads over land and ocean
Saved from Allah's anger	Noble qualities of Haya (modesty) and dignity go away
Life span is prolonged	Greatness of Allah is removed from the heart
Needs are fulfilled	Bounties are taken away
Safety from illness, hunger and poverty	Abundance of calamities
Small amount will be blessed	Surrounded by devils
Worries go away	Heart loses peace and tranquility
Safety from magic and spells	Deprived of Kalimah* Tayyibah (faith) at the time of death
	Hopeless of Mercy from Allah

Source: Jaza-ul-Aamaal, Shaykh Ashraf Ali  
Thanwi رحمه الله

# Safety in Life, Wealth, and Dignity

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## Duas (Prayers)

- Recite this prayer/Du'a' thrice every morning and evening:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

- Recite **Ayat al-Kursi** and the duas of **Abu ad-Darda** رضى الله عنه every morning and evening or after every Salah.
- Recite the Du'a of **Anas** رضى الله عنه and **Manzil** Ayat every morning.
- In times of difficulty, recite Ayat-e-Karimah:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“There is no deity except you; exalted are You. Indeed, I have been of the wrongdoers” [Quran: 21:87]

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

“Sufficient is Allah for us and He is the best Guardian of affairs”

## Safeguard the Tongue

- Majority of mistakes are byproducts of a misused tongue. A Hadith states:

مَنْ صَمَتَ نَجَا

"He who observes silence is protected"

Useless talk is a source of calamities. People usually regret after saying something useless.

## Valuables

- Do not reveal anything to anyone about your private life, family life, social interactions, the source of your income, and the details of

your expenses. Never keep your identification card in plain sight or display it on social media.

- Keep your valuables locked up safely in a protected area such as a safe or locker. Safeguard your important documents. Shred old papers you do not need.

### **Do not Interfere in Other People's Affairs**

- Never involve yourself in the personal, legal, medical, or mental issues and/or counseling of anyone at work, in business, at school, and at the Masjid. Entrust their affairs to specialists for handling those issues. For your safety, ignore other people's private matters. Always be kind, caring and show sympathy for others. Never harbor doubts, misconceptions, nor spy on or backbite anyone. Never try to be the judge between two individuals or opposing parties.

### **Leave Stressful Matters**

- Leave that which is doubtful
- Caution and focus are the keys to every prosperity
- Comply with the rulings of Shariah, and respect state laws
- If you are living in a place of corruption, move to a safe place

### **Avoid Celebrations and Bragging**

Do not celebrate or advertise your worldly or religious achievements. Stay away from ceremonies. Always be humble and thankful. Recite these expressions of gratitude

اللَّهُمَّ لَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

“O Allah! To You belongs all praise and for You is all gratitude”

مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ

"What Allah willed (has occurred); there is no power except in Allah”

هَذَا مِنْ فَضْلِ رَبِّي

"This is from the bounty of my Lord"



اللَّهُمَّ زِدْ فِرْدًا

"O Allah! Increase and increase more"

- Never expect or desire any sort of praises or appreciation from anyone. Protect yourself from jealousy, evil eye, and enmity. Live as an ordinary and less-known person.

### **Mashwarah (Mutual Consultation) and Istikharah**

- Contemplate over the end-results of important tasks from the beginning to the end. Think of the consequences. Will it lead to sin, distress, loss of time, or wealth?
- Consult with and seek advice from an elder, religious scholar, or a pious friend before doing anything important.
- Do *istikharah* (ask Allah's help in making the right choice)
- Never interfere or bring a sudden change in the vision, services, or operational activities of any organization, business, institution, or professionals in a field of expertise. If someone seeks your guidance or feedback, and you are qualified for it, then politely give your advice and be well-wisher for all.

### **The Advice of Imam Abu Hanifah رحمه الله to Khalid bin Yosuf رحمه الله**

"Understand well that if you treat people badly, they will become like enemies even if they were (kind) like parents for you (in the past). And if you treat them with excellence, they will treat you like your parents even if there was no relationship between you and them."  
(*Wasaya Imam Azam رحمه الله*, by Mufti Ashiq Ilahi رحمه الله)

### **A believer is never bit from the same hole twice!**

- When facing any sort of fraud, deception, unloyalty, or argument in a transaction, separate yourself from it politely. Do not hold a grudge,

resentment or doubts about anyone. Keep your heart clean. Try your best not to fall into the same situation again.

- Never argue with neighbors or relatives. This may lead to discord within the house. Do not have a dispute with your coworker, colleague, business partner, teammate, employee, manager, or strangers. Try to let each other know of meeting protocols beforehand. In case of a disagreement, apologize to prevent further escalation of issues.
- A person who adopts **Sabr** (self-restraint) and **Taqwa** (Fear of Allah) cannot be harmed by people's conspiracies.
- One who chooses to abstain from arguments (despite being on the truth) will receive a castle in Paradise. People are entitled to mercy and compassion. Do not waste your precious time and health by making them a target of your criticism.
- If you do not get something in this world, you may gain it in the Hereafter. If you do not have the means and assets to get something done, you can still have its reward in your book of deeds by making a **sincere Intention** to do it.
- No one - not even a weak or poor person or a child - is able to bear his insult. Even an ant turns around and bites back when stepped upon. *Be fearful of a person who has no helper except Allah!*
- Think properly before making someone your close **friend**. Never befriend a sinning, cowardly, miserly, lying, deceptive, or cheating person, or anyone who has bad habits. A person tends to adopt the ways and manners of his friend. The standards of befriending are **loyalty, Taqwa, sincerity, kind interaction, good manners, trustworthiness in dealings, fulfilling promises, Haya** and

**modesty; lifetime sympathy, well-wishing, and protecting personal secrets.**

- Remain **patient** and focused in times of despair. Prioritize your tasks. During an emergency, a **skilled driver** manages to reach a safe place with only 3 tires. A **skilled pilot** always tries to land his aircraft safely, even with a broken wheel or a damaged wing! Pray constantly and stay at peace in times of distress.
- **Online offers and scams** (on mobile devices, phone, text, e-mail, web, or social media), go through three types of people and stages:
  1. The general mass of people who may not have any knowledge of the benefits or harm
  2. Cyber bullies, spies, scammers, and hackers
  3. Officials and intelligence agencies, using surveillance technologies to monitor people and internet for safety

Do not rely on an online invention, offering, app or tool - until it has passed through all 3 stages above. The *Stone Age*, though not advanced at all, was much more peaceful than the hyper advanced world we live in today. **New inventions may bring joy and ease, but with a cost of liabilities.**

- Besides your parents, everything in this world (including your spouse, children, business, or property) can become a trial for you!



*For peace in life,*

*keep your eyes and ears open,*

*but keep your tongue tied!*

# Good Health

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كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

"Eat and drink, but be not excessive" (al-Quran: 7:31)

وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِي

"And when I am sick, it is He who cures me." (al-Quran: 26:80)

- **Wisdom** is a believer's lost inheritance.
- **Medicine, prayer, cure**, and abstention from consuming harmful food – all are important practices in daily life.
- **Precaution** from harmful habits (in advance) is better than trying to cure yourself after you become sick.
- Honey, black seeds, and the water of Zamzam contain cure.
- Surah **Fatihah** contains cure. Also recite verses of Shifa (cure).
- Study Prophetic medicine, also called at-**Tibb an-Nabawi** ﷺ.
- Eat fresh fruits and vegetables. Maintain your **calories** according to your **age, height, and weight**. *You are what you eat.*
- Make a habit of **good sleep**, rest Qaylulah (afternoon nap), breathing in **fresh air**, going out for a **brisk walk**, and physical **exercise**.
- Schedule an annual medical checkup. Consult your **doctor** on maintaining good health.

- Eat your **breakfast, lunch, and dinner** at their **earliest time**. Arrange your **lifestyle** and schedule two hours before your usual time. Think about your necessary daily tasks a day in advance.
- Never involve yourself in any controversial issue or a **stressful conversation** in the evening or at night.
- **Relax** at the time of stress.
- Be ready to leave any disruptive or perturbing environment, action, conversation, friendship, or occupation to have peace.
- Impermissible relationships with non-Mahrams lead to different types of harms, decline in health, loss of means and assets, disgrace and humiliation, mental diseases, and severe punishment in the courts of this world and the Hereafter.
- Constantly observe the prayers and Du'as mentioned in the Sunnah for good health.



A **prolonged lifespan** and the opportunity to do good are great blessings. There are thousands of human beings today that are **over a hundred years old**. Keep yourself **mentally sound, young, energetic, happy**, and occupied.

# Time

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نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ الصِّحَّةُ وَالْفَرَاغُ (بخارى)

- “There are two blessings in which most people incur loss: health and free time.” (Bukhari)
- There are two main keys to success: **time management** and **willpower**.
- Other blessings of this world such as wealth, children, home, health, happiness or sadness, are distributed among people such that some get more and some get less. However, everyone (a king or a beggar) is given 24 hours equally each day.
- *Time is like a sword: either you cut it into pieces (wisely), or it will cut you into pieces!* Keep yourself occupied in truth, otherwise it may engage you in falsehood.
- Time that has passed is **like a dead person** in his grave. No matter how much you cry, it is never coming back.
- Wasting time is much more dangerous than death, because a human being loses the higher and eternal ranks of paradise (which he could have received had he not wasted his time).

## Thousands of Rewards in Minutes

- You can recite a brief expression of **Darood** (salutations upon the Blessed Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) 50 times in one minute. Each *Darood* brings 10 mercies for you from Allah, i.e., 1 minute of reciting *Darood* will give you 500 mercies from Allah. If you could devote only 1 minute of *Darood* every single day, you would be able to gain 3,600,000 mercies from Allah in 20 years!

- Reciting the following expression in the marketplace brings a huge reward of a million (1,000,000) good deeds!

*La illaha ilAllahu, WaHdahu la shareeka lahu, lahul Mulku, wa lahul Hamd, Yuhyee waYumeetu , wa Huwa ala kulli shaiy'in Qadeer*

- Also, seeking forgiveness for all the believers in the world:

اللَّهُمَّ اغْفِرْ لِي وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ

*Allahumma ighfirly wa lil-mu'mineena wal-mu'minaat, wal muslimaana wal-muslimaat*

(“O Allah! Forgive me, the believing men and women, and the Muslim men and women”)

The reward of reciting the above Du’a is equal to the number of all Muslims in the world!

- Utilizing just minutes of your time wisely, you may earn millions of rewards. Reflect over the virtues of Da’wah, service to humanity, worship (*Faraidh* and *Nawafil*, Qur’an recitation, remembrance of Allah, *Tasbeeh* , *Du’a*), seeking the knowledge of *Deen*, *Iklhas* (sincerity), and *Taqwa* (fear of Allah) - to realize what you may be able to accumulate if you use your time wisely.
- A day consists of **1,440 minutes**. A year is made up of 525,600 minutes, and 60 years are made up of over **30 million minutes**. Every minute is like a gold coin. How many gold coins have we used to beautify the Hereafter and how many coins have we threw away and wasted to no benefit? Do we wish to go to the grave emptyhanded?

### 3 Phases of Life

- **Past** - express remorse and regret, seek forgiveness, and repent sincerely for all the mistakes
- **Present** – rush to do good deeds, with patience and gratitude.
- **Future** - Have high intentions, excellent goals, and noble vision for the future. Ask Allah’s refuge from all calamities.

- Never leave anything you can do today for tomorrow. When you wake up in the morning, do not wait for the evening. When evening arrives, do not wait for the morning.
- Always be ready to obtain the full value of time. Attentiveness is the key to every fortune.
- Life is precious, but the conditions we face in this world are **trials**. Disruption, corruption, affliction, suspension or demotion in jobs, and whatever displeasures we face are like an **exam center**. Let us say the road to the exam center is dangerous. There is no electricity, and the tables, chairs, and papers are wet due to rain; a person who still manages to get there and solve the questions will receive the greatest rewards.
- **Mornings are full of *barakah*** (blessings) and creativity. Always start your day with *Tahajjud*, recitation of the Quran, remembrance of Allah, dua, and Fajr Salah. Try to complete all your important tasks from morning to afternoon. Books of deeds are folded up at the time of Asr and new angels take on their duties. The Islamic day start from Maghrib. Try to sleep as early as you can after Isha.
- **The world is like a hotel**. A man resides here for approximately 60-70 years on average. Arrange to pay the hotel's **rent** (necessitates of life). Schedule time daily for your **meals** (breakfast, lunch, and dinner), 5 daily **prayers**, rest, and sleep. Keep your **calendar** (for important **achievements**) many weeks ahead in advance. Complete your tasks before the deadline.

## Remembering Allah Every Moment

- Aishah رضي الله عنها narrates that the Messenger of Allah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ would remember Allah in each of his instances, always keep himself engrossed in His remembrance, and nothing could stop him from remembering Allah.



- Everything the Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said was related to the **absolute truths**; to remembering, praising, glorifying, exalting, and asserting the oneness of Allah. The ‘absolute truths’ refers to the attributes of Allah, His warnings, and promises, His commandments and prohibitions, religious rulings, and regulations, Paradise, Hellfire, motivation, and intimidation through divine inspiration. When silent, his heart was in the remembrance of Allah. The Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ constantly remembered Allah in **every breath**, both with his tongue and with his heart, whether he was sitting, standing, lying down, eating, drinking, coming and going, traveling, at home, on foot or atop a conveyance – all aspects of his life had the contemplation of Allah inherent in it, whatever its mode might be.
- The Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ would recite various prayers and invocations throughout his day for all types of situations, from the time he woke up for *tahajjud* until he went to sleep. These Sunnah Duas are sufficient for all needs and objectives. The Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ never left a major objective untouched in his duas.

[*The Ways of the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ* by Dr. ‘Abdul Hai Aarfi رحمه الله]

- A blessed life (*Hayatun Tayyibah*) that includes guidance and wellbeing (**peace and safety, long life with good health, and easy sustenance**), **happiness** and **tranquility** (protection from disappointment, sorrow and anxiety), is obtained only from the treasures of Allah.
- Make a **noble vision** for your life achievements, and in accordance, make effort every day. This may include **Da’wah** (inviting towards good, i.e. teaching the purpose of life), **Tazkiyah** (purity of heart), and service to humanity. You should **leave useless** and irrelevant activities, and remove all things that bring worry and fear from your schedule. Be alert and ready. Be **happy** when doing the necessary work and tasks.
- Make a weekly and monthly **schedule**. Prepare separate lists for **important** and **urgent** work, and mark useless tasks away. Evaluate yourself every day to see what you have gained or lost.

- The result from all the inventions and technological progress achieved in modern society, should have been that all mankind, whether rich or poor, would be able to complete their necessary work (employment, farming, manufacturing, business, or other work) in less time (for example, one fourth of their day). They could then spend proper time for their health, rest, and personal needs, and taking care of family. After fulfilling the compulsory duties, they may devote their time to prepare for the Hereafter. Unfortunately, however, this did not happen.
- In the past centuries, food was cooked using wood and coal. People would ride on camels. It would take several months to travel across continents. Today we have modern kitchens for cooking, and modern cars, ships and airplanes for travel. Then where did we waste the thousands of hours saved above?

## **Avoid Waste of Time**

- Many humans use their physical energy and resources for useless activities (no reward in life Hereafter) - running after lust and desires, exceeding limits in luxury lifestyle and enjoyments, engaging in irrelevant things, gossips, quarrels, show off, moving around aimlessly, chatter, and arguments.
- According to a study in 2016, one-fourth of the world's population, on average, spent cumulative time up to **40,000 years** (every day) only on social media! One day in the Hereafter is equal to 50,000 years, where people will be drowning in their own sweat, standing, disappointed and regretful. The situation is extremely sad.
- The more time and attention we spend on smart phones, web surfing, social media and visual entertainment, the less quality time we will have for **high vision** tasks like learning the purpose

of life, serving parents and family, inviting others to the truth, purity of heart, research and inventions, helping the poor and needy, service to humanity, reading the Quran, remembrance of Allah and supplications, and may end up neglecting these noble deeds.

## Time in the Hereafter

- When we will be in the Hereafter, if someone asks us **how long did you stay in the worldly life**, our 70 years would seem like a morning or an evening! When people realize and understand the true value of time, even the head of a big company sometimes retire early, and a king would give away his kingdom and engage in Allah's remembrance. On the Day of Judgment, a believer will wish that he had spent his entire life in a single *Sajdah* (prostration in prayer).
- The constraints of time are special limits of this world. In **Paradise**, there will be no need for time management. There, you could spend 20,000 years seeing the beauty of one garden, or 50,000 years enjoying the luxurious living in one palace, as though the **clock**, the **sun** and the **calendar** have been stopped for your pleasure!



**A+ students** on planet earth, with correct faith, patience, and steadfastness, who prepared with **time-management** - to write their worldly exams carefully - may enjoy the result and achievements in Paradise **forever!**

# Rizq (Sustenance)

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وَفِي السَّمَاءِ رِزْقُكُمْ وَمَا تُوعَدُونَ

“And in the heaven is your sustenance and that which you have been promised.” (al-Quran: 51:22)

وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا

“And there is no moving creature on the earth except that its sustenance depends on Allah.” (al-Quran: 11:6)

- **Allah** has predestined everything, and He alone can change it.
- **Dua'** has more power and potential to change destiny than worldly means and resources.

## Tawakkul (Trust in Allah)

- **Everything that has been destined for you is sure to come to you, even if the whole world tries to stop you from achieving it. And anything which is not destined for you will never come to you, even if the whole world tries to help you achieve it.**
- Remember and have firm certitude in the fact that what has met you would never have missed you, and what has missed you would never have met you.
- Allah the Almighty can use a small flock of birds to defeat a herd of elephants, when He wills to do so. He can also ease your sustenance when millions of people are struggling for it.
- Instead of relying only on worldly means, we should exert more efforts in pleasing Allah, so He can fulfill our tasks through His **infinite power**.

## Yaqeen (Certitude)

- There are two ways of living human life:
  1. Relying only on the worldly resources, and negligence to divine injunctions and Hereafter.
  2. Fulfilling the **conditions of Allah's promises** and His commands with firm certitude, exerting one's effort on perfecting one's Emaan (faith), *Ikhlās* (sincerity), and *Taqwa* (fear of Allah), and praying that Allah solves all problems through His **unseen treasures**.
- Emaan (string faith) and *Taqwa* (piety) are the greatest source of blessings. A person who fears Allah may receive sustenance without even working for it.
- The world is like a hotel. The human being is a traveler, a wayfarer. Once he is born, he gets the right to own things of this world for a temporary period. But as he returns to the Hereafter, he is forced to give up all his worldly assets and leaves empty-handed!
- **Every particle in this universe will be left behind**, but all the words and actions of every human being will be **recorded, saved, lifted**, and **shown** precisely in life Hereafter!

## Apparent Means of Sustenance

- We see with our eyes thousands of manufacturers, factories, offices, institutions, fields, and orchards - but the **unseen system of Allah** which is so undetectable to us - spans much more than we can imagine!
- It is Allah alone who provides and increases sustenance. Wealth should not be looked at as byproducts of our own doing. Never express haughtiness over what you have accumulated. Take

admonition through the **story of Qa'roon** (mentioned in Surah Qasas in the Qur'an).

## Halal Earnings

- Plan your means of income for your lawful needs with good intentions and Taqwa. Acquire the traits of **sincerity, truthfulness, trust, trustworthiness, and goodwill**. Choose whatever Halal means of income you can to serve the creation and the society easily and satisfactorily. No one is an expert in every field. A human being's life expectancy is short in general. He lives only for a limited period. **Abstain from problematic environments** and interactions which can be harmful to you. Avoid any sort of trade or employment which destabilizes your **peace of mind** and increases dispute, fear, or stress. Try your best to adopt a simple, easy, worthwhile, and sustainable means of income.
- **Moderation in spending is half of one's sustenance**. Increasing sustenance may not be in our hands, but controlling your spending and expenses surely is.
- The Messenger صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ lived a very simple life and often suffered from hunger, but was more generous than kings and emperors.
- Sins lead to deprivation of sustenance. **Stay away from sins** completely.
- Working in the **morning** produces barakah. Sleeping in the morning is one of the roadblocks to sustenance.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Curses of Haram Earning	Blessings of Halal Earning
<p><b>By eating Haram:</b></p> <ol style="list-style-type: none"> <li>1. Ability to do good deeds is not granted</li> <li>2. Even if good deeds are done, sweetness (of Imaan) is not granted</li> <li>3. Good deeds and Du'a are not accepted</li> <li>4. Blessings and barakah is taken away from wealth</li> <li>5. Desires of evil deeds are created (instead of good deeds)</li> <li>6. Bad effects on children (next generation)</li> <li>7. Allah ﷻ and Prophet ﷺ become angry</li> <li>8. Haram comes and goes away from the same path! (i.e. no real progress or benefit)</li> <li>9. That body (person) will not go to Paradise!</li> <li>10. The flesh (body) nourished by Haram, has a recompense of Hellfire</li> </ol>	<p><b>By eating Halal:</b></p> <ol style="list-style-type: none"> <li>1. Ability to do good deeds is granted</li> <li>2. Creates good character, and dislikes bad character</li> <li>3. Du'a is accepted</li> <li>4. Blessings and barakah in earning is granted</li> <li>5. The heart fears to go close to any sin</li> <li>6. Children (next generation) become pious and righteous</li> <li>7. Pleasure of Allah and His beloved Prophet ﷺ is granted</li> <li>8. Concentration and devotion in worship is granted</li> <li>9. Heart develops noor (radiance) and recognition of ﷻ</li> <li>10. Entrance into Jannah (Paradise) and protection (safety) from Hellfire is granted</li> </ol>

[“Blessings of Halal Rizq,” Shah Hakeem Kaleemullah حفظه الله]

# Selection of Spouse

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- When choosing your spouse, look for the best personality - **Haya** (modesty) of face and eyes, **a sweet tongue**, a **soft** disposition, a heartfelt sense of **gratitude**, the awareness of **Allah's greatness** in mind and heart, and limbs engaged in **service and caring for others**.
- People generally focus on beauty, wealth (property, jewelry, degrees, etc.), and family, whereas the real standard should be **Taqwa** (piety), i.e., to abstain from all that is sinful or doubtful, especially from immodesty, shamelessness, photos & videos, music, haram income, usury and interest, backbiting, and arrogance.

## Looking for a compatible personality in marriage?

### Behaviors | Habits | Hobbies | Lifestyle | Vision | Character

- Are you a **follower** or a **leader**? Are you a person who is **content** with everything that takes place, or are you the “change-maker” (who strives to change a particular environment)?
- Do you get **angry** at things which displease you? In case of distress, do you resort to silence or aggression?
- Do you have a **stubborn**, unsettling personality, or an easy-going and **serene** disposition?
- Are you **lazy** and reactive, or **proactive**? Are you punctual in time-management and helping others?

## Habits, Hobbies & Preferences

- What is your **vision** in life? What makes you happy?



- Do you strive to have **everything 5-star** (the **best house, food, clothing**, and car possible), or do you accept and happy with whatever you can easily acquire?
- Do you like **a lot of friends** and relations (in real life and/or on social media) or do you prefer to stay alone?
- Do you prefer to stay home, or do you enjoy going out for camping, adventures fairs, and festivals?
- Do you complete your daily tasks early in the morning or late in the afternoon?
- What are your responsibilities and occupations? Are you a student or do you have a job? Do you follow a **schedule**? How much **time** would you be able to give to your spouse once you get married?
- What are your thoughts on simplicity, Hijab, *Tazkiyah*, (self-purification), *Tableegh* (outreach) and service to humanity?

Remember to make *mashwarah* (consultation) and *istikharah* (ask Allah to guide you to the best option) before choosing and deciding your spouse. When negotiating on a marriage proposal, you may describe your **requirements, goals, future expectations, your place of residence, travel, habits, hobbies, character, social life, occupation, and lifestyle**. This may help resolve future disagreements (and mutual stress) and prevent your relationship from faltering in the long term. Personal hobbies or individual pleasures may not make a dream couple. Happy marriage life requires **caring and understanding** for the spouse - being a source of peace, sympathy, love, and compassion for each other.

Children that are difficult and stubborn destroy the peace of the house through constant grief and worry. Likewise, difficult people (**self-centered, inflexible, stubborn, argumentative, and demanding**) are in a constant state of **uneasiness** after their marriage. Every sane human being needs to get married. Avoid being selfish and arrogant. Learn to perceive your spouse to be the better one. You may **sacrifice**

some of your own feelings to comfort others. The more adaptable and **tolerant** you become, the less pressure you feel in family situations. Follow these guidelines to transform your home into a hub of peace and tranquility.

### **‘Paradise at Home’ (after marriage)**

- Soulmates and couples are created in the heavens. The spouse that Allah has selected for you is in accordance with your character and personality. Most family issues can be solved by genuine, **heartfelt gratitude** and **appreciation** for each other.
- **Love** can conquer the world! Learn to love each other. Every person has some quality traits and some faults. Expect good from the other and only look at other’s good qualities.
- Both husband and wife should behave respectfully. Avoid stubbornness, arguments, and provocations.
- In case of an argument, both spouses should not show anger at the same time. When one is angry, the other should endure and restrain the urge to reply.

### **Best Character**

- **Join relations with the one who breaks from you. Forgive anyone who oppresses you. Be good to one who is bad to you.**
- Read the stories and incidents of the Prophet’s صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ manners, forbearance, and magnanimity. He صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ would never use a harsh tone, show anger, swear, or curse someone.

# Four Keys to Fix Disputes

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## 1. Love

- There is no objection or disagreement between true lovers.
- Devote yourself in pleasing those who you love.
- Read the stories of the Sahabah's *رضى الله عنهم* love for the Blessed Prophet *صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ*.

## 2. Respect and Service

- Give up all your rights. Fulfill the rights of others.
- A person who, despite being on the truth refrains from engaging in arguments, will get a palace in Paradise. This is the way of the Auliya' (friends) of Allah.
- Every person has a different personality. Accept the members of your household for what they are.
- Serving the creation brings the Creator's pleasure. Meet and greet others with **Salam, du'a, a smile, a welcoming face, and a sweet tongue**. The husband and wife should pray and make dua' for each other.
- A person who is beaten by a stick can still raise his head, but if you win a person's heart with *khidmat* and love, he would never lift his head (against you).

## 3. Fulfil Rights and Obligations

- Offices, companies, and factories are based on obligations, duties and manners. Every person must fulfill his duty.
- Observe etiquettes, schedule, a soft tone, and sympathy.

## 4. Avoid Disputes, Corruption, Backbiting & Complains

- These are the plagues of our society. Once we leave the first three ways, the selfish-greed and corrupt intellect become the root cause of corruption in the world.

May Allah save us from wasting our life, wealth, and time; and grant us refuge from Shaytan, and protect us from becoming slaves of our own desires. Ameen.

## Resolving conflicts in family & 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!***



# The Reality of the World

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## حُبُّ الدُّنْيَا رَأْسُ كُلِّ خَطِيئَةٍ

"Love of the world is the root of every sin" (Baihaqi)

- The Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said, " By Allah! This world in comparison to the Hereafter is not even close to the amount of water that stays on your fingertip after dipping it into the ocean and bringing it back out" (Sahih Muslim)
- All the **joys, enjoyments and luxury** of this world are not even close to a drop in comparison to Paradise
- The **hardships and problems** of this world are like only a drop of water, whereas the sufferings the sinners will face in the grave, at the time of resurrection, when crossing the bridge of *Sirät*, and in hellfire, are like an ocean.
- Draw a **long line** on a piece of paper or on a drawing board. One **dot** from the line is the life of this world and the rest of the line is the Hereafter. Be in this world as if you are a wayfarer or a traveler.
- The world is like an **island of gold**. A master sends his slave to retract some gold and bring it back. The slave becomes indulged in its beauty, mountains, rivers, lakes, and gardens, and forgets his purpose of visiting the island. The master calls him and he comes back empty handed!
- **Tears** of sorrow and repentance in this world can extinguish the flames of the Hellfire, but crying for thousands of years in the afterlife will be to no avail! The world is a **harvest** for the

Hereafter. The **fruits** and results you receive in the Hereafter will be according to the **seeds** you sowed in this world.

- Understand the world through the analogy of a needle and a mountain. If you observe **caution** and take the right track, you will be able to spot even a **needle** in your way. But if you turn back from reality or close your eyes, you will not be able to see a **mountain** even in front of you!
- The world is like a **shadow**. You will never be able to catch it if you chase it. But if you turn away, it will follow you disgracefully.
- A **baby** in the womb of mother knows nothing about the length and width of planet earth, hundreds of countries it contains, and its population. Likewise, people in this world are unable to imagine the vastness, beauty, and eternity of life Hereafter.
- The world is a place of trial. The conditions and situations we encounter are all an examination. For example, your driving skills are examined in a driving test: Your instructors analyze whether you stop at the signals, how you make your turns, and whether you obey traffic rules or drive however you feel like. This life is also a test, and four types of witnesses have been assigned to record your actions:
  - the angels (*Kiram-un Katibin*)
  - your personal book of deeds
  - the earth
  - your hands, feet, and skin
- The pleasure and delight (via a sin) are very temporary, but the record of the sin will remain, and may as well lead the sinner to the Hellfire. The pain and sacrifice to strive for good deeds will end, but the value of struggle and its reward will remain, and may lead the righteous to Paradise.

Man in the examination hall is researching the **external environments** such as chairs, tables, light, electricity, air, water, the atmosphere, entertainment, and neighbors. He makes comments and chats around. But he is totally unaware of his **own lifetime exam**. This leads him to ultimate failure.

The Qur'an and Hadith have described the world with different analogies, such as the 'abode of deception', the 'wing of a mosquito', a 'spider-web', a 'material of delusion', and a 'drop of water', to explain its emptiness and hollowness in the sight of Allah.

## Life is a Test

Life is a test of:

- **Taqwa:** of staying away from everything sinful or doubtful, test of *Tau'bah* and *Istighfar*
- **Purity in transactions:** fulfillment of rights, honesty, and observance of the Shariah
- **Purity of heart:** of purifying the self; endorsing the qualities of angels, and restraining oneself from the perpetual provocations of Shaytan and the nafs (innerself)
- **Quality Control:** the best action, the best intention, the best mode of performing an action.
- Man must escape the slavery of his own self and enter the worship of his Creator.
- He must free himself of haughtiness and arrogance and adopt genuine **humbleness** and humility.
- He must purge desires of his lusts, control the urge for entertainment: exert effort, **sacrifice**, and fulfill his **obligations**.
- He must come out of negligence, ignorance, deviation, and darkness, to the **straight path** of light, guidance, knowledge, observance, and correct use of time.
- He must liberate himself from greed, selfishness, and arrogance, and give himself up to serve and propagate the message of **truth**.

## The world is like a waiting room

- Imagine an airport, or a train station, or a bus station - it is not the final destination. You are bound to go much, much further than you perceive.
- A **caravan**, traveling in a hot afternoon, halts under a wide **tree**. This is the example of the world.
- A traveler comes to stay at a **hotel** for the night. Unfortunately, there is no vacant room. The manager, having mercy on him says: I can give an **old bed** and blanket for you on the **rooftop**. The traveler accepts and is happy for this night! (In this temporary world, we may also suffice on the bare minimum.)
- A **train** stops at a train station for two minutes. A **traveler** runs out on to the platform. He wants some tea, so he rushes to a tea vendor and orders some tea. After a short while, the tea vendor says: it is not ready yet. I still have not mixed in the milk, tea powder, and sugar. The traveler replies: I do not have time. The train is about to leave. He snatches the cup of hot water, leaves aside the milk and the tea powder and sugar, and jumps back onto the train!
- The means, assets, and resources of this world are trials; not a source of play and entertainment. Success is not in collecting worldly items, neither in the existence or absence of something, nor in having more in quantity. Success is in having firm certitude in the obedience of Allah and in following the Sunnah. Do not get involved in the petty events, incidents, desires, clashes, and glamor of this world. Focus on the higher objectives of life.
- Man has made himself completely negligent of preparing for the next world. He has engrossed himself in jealousy, pride, arrogance, grief, and anxiety, and wasted all of his priceless time and energy in the pursuit of this world. He fears not but the



creation. He hankers after naught but the creation. He complains of nothing but the creation!

- The Qur'an has repeatedly stressed and described the **end of this world**, when the sun will be wrapped in darkness, the stars will lose their light, the sun and the moon will collide, the stars will fall, when the oceans are ignited, when the earth quakes, and the mountains begin to float and disintegrate like pieces of wool.
- Remembrance of Allah is the **soul of the universe** and the source of its existence. The Last Day will not come as long as there remains a person who utters the name of Allah. When the test of this world is terminated, the earth, moon, Sun, stars and galaxies will all perish. It will be the end.
- Take a visit to the **graveyard** and reflect. You will see graves of all types of people with familiar names in a dictionary (names that begin with every letter of the alphabet) inscribed into the gravestones.
- If the sky were to be filled with **tiny mustard seeds**, and a bird were to come every thousand years and take away a single mustard seed every time, how long would it take for the sky to be emptied of mustard seeds? Of course, it would take millions of years, but the Hereafter will literally remain for all of **eternity!**
- On the Day of Judgement, a person from the people the people entitled to Hellfire, who lived in pomp and luxury in this world, will be brought forth and given a small 'dip' in the Hellfire. Then he will be asked: son of Adam! Have you ever experienced good? Have you ever enjoyed time of pomp and luxury? Horrified by what he experienced of Hellfire, he will swear by Allah and say: Never, my Lord! Similarly, a person from those entitled to Paradise, who spent his life in adversity, will be brought forth and given a 'dip' in Paradise, and then he will be asked: O son of

Adam! Have you ever seen pain? Have you ever faced a time of calamity? He will swear by Allah and say: Never, my Lord! I have never seen nor faced any sort of pain! (Sahih Muslim)

- A scene of Hellfire will be enough to wipe out all the memories of the joys of this world, and a scene of Paradise will be enough to wipe out the memories of the sufferings of this world.)
- The world is like a deep ocean. Many have drowned in it. Learn to sail safely and keep yourself above the surface.

### **Do not be lazy or irresponsible:**

- Dunya (the world) means to be engrossed in shallow, futile activities and neglect Allah. Anything that involves one's own desire, and produces no reward in the Hereafter, is Dunya.
- The purpose behind explaining the reality of this world is not to make someone lazy, unwilling to fulfill others' rights, or willing to harm someone. The real purpose is to rectify our inclinations and desires, adopt simplicity, safeguard the gaze, thoughts, and heart, repent from show-off and love of status, and restrain our anger and emotions; it is to shift from certitude in things, wealth, and means of this world to certitude in the promises of Allah; to express gratitude and contentment over what you have; to prevent your limbs from being used in transgression, to help endorse a hundred percent of Deen into yourself, to fulfill divine injunctions, and use Allah's blessings in serving humanity and Da'wah (outreach to inspire humanity on the purpose of life); to race towards good deeds alongside the fulfillment of the rights of parents, spouse, children, brothers, sisters, and relatives; to work for this world in accordance to how long you will live in this world, and work for the Hereafter in proportion to how long you will stay there; to know all the rulings and regulations of one's work, activities, and responsibilities, and serve the creation solely for the pleasure of Allah. A person who can instill this

mentality in himself can literally be the best ideal citizen and a man of impeccable character.

- Once the **light of guidance** enters the heart, it breaks away from this abode of deception. It now focuses on the Hereafter and prepares for what is coming after death.
- A person who has true faith and conviction rushes to perform good deeds like a hungry person would run towards delicious food. Seeking Allah's pleasure and acting upon his commandments become part of his natural disposition. But a person who harbors the wrong outlook on life may most likely incline more towards accumulating wealth and possessions.
- The purpose of sending the prophets (may peace be upon all of them) was to turn the attention of people from the creation to the Creator, from physical wealth to good deeds, and from the Dunya to the Akhirah.

## **Worldly life - a temporary phase**

Man's overall journey is very long, and it has many phases.

*Alam al-Arwah (the realm of the souls) => the mother's womb  
=> **Life of this world** => Barzakh and the grave*

*=> Phases of Judgement Day: (the Resurrection => the  
Reckoning => the Bridge => Paradise or Hellfire)*

- ⇒ Real success is to succeed in all parts of this journey. He who crosses all phases of this long journey with ease is truly successful. A person's joy or suffering in this world does not determine his success or failure in the upcoming stages
- ⇒ Read the stories of the Qur'an about those who were successful, such as the prophets عليه السلام, and those who were unsuccessful, like. Fir'aun and Qa'roon.

- ⇒ In the life of this world, every person, rich or poor, king or laborer, knowledgeable or ignorant, faces both happiness and sadness.
- ⇒ The nafs (self) craves delight, amusement, luxury, fame, and dignity. Man hankers after these goals with wealth and property, and establishes relationships which will lead to what he craves. But the basic need of human being are *Hayat-un-Tayyibah* (a blessed life), i.e., *Hidayah* (guidance) and *Afiyah* (safety and security good health, sustenance, peace, and happiness), which come only from Allah's treasures. The way to achieve those needs is to instill the higher qualities of *Yaqeen* (firm certitude), *Tawakkul* (trust in Allah) *Taqwa* (fear of Allah), *Zuhd* (abstinence of heart from the world) sacrifice, *Ikhlās* (sincerity), *Tawadu* (humbleness of heart), *Sabr* (self-restraint), and *Shukr* (gratitude).

## Mistakes in Lifestyle and Vision

The promises of **Allah** are certain without doubt. On the other hand, what a person thinks and plans based on his intellect are just thoughts and assumptions. Today, people make so much efforts with their **man-made plans**, their suggested means, trusting their own thoughts and ways. But they do not make such efforts on fulfilling the **conditions of Allah's promises** to qualify for those promises. This indicates that people trust more on their assumed means and resources than on the promises made by Allah.

[a Malfūzat **Maulana Ilyas** رحمه الله, by **Maulana Manzūr Numani** رحمه الله]



People see that life is a **recurrence** (of human needs) and a set of variables (changing situations); however, many do not realize that life is an **exam** (of noble qualities).

Every particle in this universe will be left behind, but every action and every word of man will be recorded, sealed, lifted and shown in the Hereafter!

# Happiness & Peace of Heart

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## أَلَا بَدِكْرُ اللَّهِ تَطْمِئِنُّ الْقُلُوبُ

"Behold! hearts find peace in the remembrance of Allah"  
(al-Quran: 13:28)

- Happiness, peace, safety, security, sustenance, and good health do not relate to human intellect, physical ability, or things of this world. These are from the treasures of Allah, and as such, they are direct byproducts of Allah's will and order.
- Observe *Istighfar* for the past, *Sabr* and *Shukr* in the present, and seek Allah's refuge from the problems expected in the future.
- Faith in destiny relieves grief. The situation that Allah puts you in is simply the best for you.
- Reciting *لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ* is the cure to 99 problems, the least of which is grief.
- A In terms of the world, look at those below you, and be thankful for what you have. In terms of the Afterlife, look at those above you, so that you aspire to be like them.
- Solve the disagreements in your household, family, and neighborhoods through *Sabr*, *Taqwa*, *Ikrām*, *Tawādu*, and *Hikmah*. A honeybee directs its attention only towards the flowers, and produces honey from the pollen it collects. A fly directs its attention toward everything including filth. Do not waste your time in finding people's faults!
- Give attention to your **important tasks**, with the following qualities:

*Ikhlas | Yaqeen | Tawadu | Du'a | Tawakkul | Truth | Trustworthiness |*

*Planning | Istikharah | Mashwarah | Time Management | Effort | Sacrifice*

After observing these conditions, be **content** and satisfied with the outcome. Do not stress yourself dreaming about an ideal result.

## **A man's path to Success or Failure**

**Thoughts** lead to => Intentions

**Intentions** lead to => Words

**Words** lead to => Actions

**Actions** lead to => Habits

**Habits** lead to => Character

**Character** leads to => Paradise or Hellfire



*Once you change your **mindset** (i.e., your heart, mind, intentions, and desires), you may change your life!*

Man is negligent. As a result, he either goes beyond the limits or falls short of them. He spends significant time in planning for this world. He puts pain and effort in achieving it. He tends to forget that Allah is the Sole Provider and the Cherisher of the universe.

Sometimes he exceeds the limits and tends to forget an aspect of the Prophet's *صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ* life and teachings. Sometimes he becomes overwhelmed with arrogance, ungratefulness, pride, and haughtiness; Sometimes he submerges himself in an ocean of grief and anxiety and thus harms his Dunya (world) and Akhirah (Hereafter)

## **An analogy for the modern environment**

- The road is dark and slippery. There are pits in the road and thorny branches leaning over from the sides. The eyes are veiled

with greed, negligence, desires, and arrogance. Time is of the essence. There is a lot of peer pressure to go fast. Every step harbors a newfound sense of fear and unsettlement. This is the example of the world.

- There is a lot of advertising, competing, looting, and racing for the more advanced and beautiful things of this world. If you achieve something special, you may face jealousy from others or even theft. If you are unable to achieve something, you feel hopeless or regretful. If you want peace, adopt **simplicity**, be content with what you have, do not have expectations, and control your wants and desires. Let others get the good things.
- Love for the world is the root of every sin (Love for the world means to be overly-absorbed in the world and negligent of the Hereafter).
- Be ready to give up (sacrifice) something to gain something. You cannot have all of everything in the same plate. The person will be disappointed who sets his hope and expectations from the creation.
- A psychological study reveals that we as human beings, tend to think of things that are not in our possession. At the same time, we are not grateful for what we already have. We also think more of the distressful aspects of life, and ignore the fine aspects of life. We regret over what we do not have, and are not satisfied with what we have.



Never grieve over loss in this world. The Hereafter can be yours!

# Cure for Grief and Sadness

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- All that is hidden from us is obvious to Allah. All the means, resources, mercies and blessings are from the treasures of Allah. The hearts of all of creation are in His control. The solution for every problem is in His court.

The life of this world is an **exam**, and the trials we face in life are like the questions on an exam sheet.

An ideal believer's life can be summarized in five things:

- Seeking **forgiveness** (*Istighfar*, from the depth of the heart) for one's sins, and turning back to Allah
  - Expressing **gratitude** over the blessings from Allah
  - Observing **patience** over one's helplessness, and weakness
  - Racing to do **good deeds**, seeking the pleasure of Allah
  - Handling tasks and affairs through planning, *Mashwarah* (mutual consultation), *Istikharah*, *Salat al-Hajah* and *Tawakkul*, and then entrusting the outcome to Allah
- 
- May Allah protect you and the entire Ummah from all types of fitnah (trial), tragedy, illness, enmity, and problems. Ameen. Keep ties with relatives and make a routine of giving out *Sadaqah*.
  - ***Istighfar*** brings a way out from difficulties. *Du'ā* may prevent calamities in the present and in the future.
  - He who loves Allah, Allah causes the creation to love him. He who strives to worship Allah, Allah causes the creation to serve him. He who fears Allah, Allah causes the creation to be filled with awe. He who makes the Hereafter the purpose of his life, Allah suffices him for the needs of this world. The world is like a shadow, or like a **dream** which disappears once the eyes open.



- After every hardship comes ease. Patience involves an immense amount of reward. Read the **stories of prophets** عليهم السلام for inspiration.
- People may get **guidance**, to realize the purpose of life, through *Da'wah* and *Tableegh*. Then they learn basic religious **knowledge**. Then comes the path of nurturing one's **children**. Use the same method for your relatives and neighbors, and to help spread guidance throughout the society.
- Make every breath of yours count. Read the sayings and statements of the friends of Allah. Establish a connection with a proper **spiritual mentor** (Shaykh) and schedule a daily routine. Progress constantly, in worship, fulfillment of rights, *Tau'bah*, *Ikhla's*, simplicity, *Haya*, *Taqwa*, *Tazkiyah*, and *Marifah* (recognition of Allah). Develop the zeal and passion for good deeds the same way you rush to eat delicious food when hungry. Stay away from sinful or doubtful things as you run away from fire, a snake or scorpion. Steadfastness on *Deen* in times of *fitnah* (trials) may bring reward equal to that of 50 *Sahabah* رضي الله عنهم.
- Allah is our Greatest Helper. He will never waste us. He is Greatly Appreciative and the Most Merciful. He is always available. To Him belongs the kingdom of all of existence forever, and all power. He is the Giver of strength to the mighty, the Giver of intellect to Scientists, and the Giver of mercy to mothers. Sufficient is Allah for every problem of ours; both in this world and the Hereafter.
- All of creation is as helpless as bricks and stones. Treat every calamity like a barking dog. If you stop and respond to every dog that barks, you will never be able to reach your destination. Pray to Allah to remove them from your path and to save you from every type of calamity.

- No one stays young, happy, or healthy forever in worldly life. But in Paradise, people will stay young, happy, and healthy forever.
- Every *Du'â* is accepted, whether you get what you asked for (or even better); whether a calamity is removed on account of your *Du'â*, or you receive its reward in the Hereafter; those are all different forms of acceptance.
- If you plan to perform *Ebadah*, attain knowledge, give Da'wah, or to serve *Deen*, do not postpone to wait for conditions to get better. Be thankful for whatever good you can do. Actions from the heart, such as noble intentions, concern for humanity, or *Du'a* from the heart are easy and great ways to receive mountains of reward.
- Cleanse your life of every sin, big or small, and of all types of doubts. Adopt a life of *Taqwa* and *Haya*.



Once you change your **mindset** (i.e., your heart, mind, intentions, and desires), you may change your life!

# Simplicity

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- Islamic society is based on simplicity and modesty. The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ achieved the greatest goals with utmost simplicity. He would eat, wear, ride, and rest on whatever was available.
- Tranquility is in simplicity; a simple living may have less questions to answer in the Hereafter. Moderation in spending is half of one's sustenance. Increasing and multiplying Income may not be within our power, but managing expenses is surely possible.
- Reduce your hopes, wants, and wishes. Control your desires. Avoid greed, show-off, and jealousy. *“Surely, the wasteful are like brothers of Shaytan”* [al-Quran, 17:27]. Instead of yearning for more, ask for *Barakah*, safety, *Rahmah* (mercy), and 'Afiyah. In a narration of *al-Baihaqi* reported by Mu'az bin Jabal رضى الله عنه the Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said, "Avoid excessive enjoyment, for surely the slaves of Allah do not absorb themselves in enjoyment."
- In the Hereafter, the disbelievers will be told:  

"You exhausted your pleasures in your Worldly life and enjoyed them, so this Day you will be awarded the punishment of (extreme) humiliation because you were arrogant upon the earth without right and because you were defiantly disobedient." [al-Quran, 46:20]
- The Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ once said to his wife, Aishah رضى الله عنها "Aishah! If you wish to live with me in the Hereafter, then you should suffice on what a traveler suffices on (i.e., the bare minimum). And beware! Do not sit with the wealthy. And if your cloth gets old, do not dispose of it, but wear it even if you have to patch it up!" (Tirmizi)

- Aishah رضى الله عنها had an extra dress. Whenever there was a marriage ceremony in Madinah, the parents of the groom and the bride would ask for that dress to decorate the bride. One dress would suffice for all of Madinah's weddings!
- Umar رضى الله عنه in the time of his caliphate, once visited the residence of Abu Ubaidah رضى الله عنه , who was then the governor of Syria. He saw that the 'governor house' was just a small hut. There were no assets or accessories inside, no furniture, and no bed; just a prayer mat spread out on the floor to offer prayer!
- Salman Farsi رضى الله عنه , the governor of Mada'in, had established his seat of government right under a tree !
- Perfection in Deen and the higher ranks of paradise are attained through sacrifice, struggle, effort, and *Ebadah*. Seeking the enjoyment and luxury of this world leads only to neglect and slackness.
- "Paradise has been veiled by displeasures, and Hellfire has been veiled by pleasures" (Bukhari)
- In general, the Nafs (innerself) desires so many wishes and temptations, which leads to sorrow and stress. The Nafs (innerself) with proper Tarbiyyah and mentoring may have no wish or desire of worldly things.
- Shaytan's success lies in engaging people in useless pursuits, whims, and desires, and in seeking comfort and gratification.

### **Example – Bathroom Decorations**

A typical restroom is used for about 5 to 10 minutes. Yet it is well-**decorated** - the carpets, the sink, the toilet, the faucet, the bathtub, the drawers and shelves - the wooden wall is covered with stones, then a layer of plaster, and polished with color paint. A layer of

marble and glass is then added as the final touch. We may collect the best designs and **appliances from around the world** to use in our kitchens and homes, but do not have time to serve humanity and call them to Paradise.

### **Example – Beauty or Modesty**

The world is filled with industries and cosmetics products to decorate every organ on human face. However, casting unlawful glances and immodesty have led to many crimes and low morality in society. The Islamic code of modest dress (including *Hijab*, *Niqab* and *Abaya* for women) brings peace, modesty, and simplicity. A long *Sajdah* (prostration) during night prayers illuminates the face and heart. The woman's beauty is for her own home; not an object for lust and desires of strangers.

### **Example – Growth in Entertainment**

In early civilizations, there were only 3 main professions to fulfil people's basic needs - food, clothing, and shelter. When the goals of life skyrocketed from basic needs and necessities to whims and desires, every desire of mankind eventually managed to establish its own manufacturing, production, inspection, plants, workshops, brands, and trademarks.

### **Example – Time spent on social media**

According to an estimate (in 2016), about one fourth of the world population spent a total of nearly 40,000 years every day on social media sites!

**Waste of physical energy:** The limbs that people use to entertain themselves could have been used to benefit and serve humanity.

**Waste of intellectual capacity:** People who spend time in disputes and quarrels could have used their intellect to design new inventions through science, or accumulate good deeds to earn Paradise.

**Waste of money:** Money spent on play and amusement could have been spent on the poor and the destitute.

- Man has engrossed himself in a world which is not even worth the wing of a mosquito in the sight of Allah! One who covets things of this world with greed is looked down upon in the heavens.
- In history, many of those who were successful in this world or in the Hereafter, and were a source of benefit to mankind, came from poor families.
- The Blessed Prophet's صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ bed was made of an extremely coarse and rough, woven canvas. The straw mat he used would leave marks on his body. They would not have anything to cook for two consecutive months. Read the book '*Alaikum bi-Sunnati*' to learn how weddings were performed with simplicity in those times.
- The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ passed through phases of poverty, starvation, boycotts from family members, exile, war, magic spells, and sickness, yet exerted effort and achieved the greatest achievements in Deen.
- The *Sahabah* (companions) رَضِيَ اللهُ عَنْهُمْ had these main qualities: *Zuhd* (disinclination towards the world), simplicity, acting upon the knowledge they possessed, *Yaqeen* (firm certitude), exerting efforts to spread *Deen*, and *Tazkiyat-un-Nafs* (*Ikhlas*, *Taqwa*, and fear of Allah).
- A poor person who earnestly followed *Deen* will be treated like a VIP on the Day of Judgement. He will enter paradise 40 or 500 years before others!
- The higher you fly, the harder you may fall. The more you accumulate, the more you may face audit and accounting. The higher your position, the higher your risk, the more envy and jealousy from others, and the more worries you have. Luqman

the wise rejected the proposal to become a king. Simplicity and anonymity bring peace and contentment.

- Instead of practicing the entire *Deen*, we often tend to pick and choose a **partial set of rituals** which fits our lifestyle. Like others, we have transformed *Deen* into a spread of choices and desires. We have become engrossed in useless pursuits. Our hearts crave all that is physically attractive. We entertain high hopes of luxury and entertainment. Our hearts are impacted by the creation's influence and certitude in the apparent means of this world. How will we rectify our *Deen* and prepare for the Hereafter?
- Simplicity does not mean carelessness. Simplicity is to differentiate between the need and the **purpose**, to reduce our desires, and to use our precious time, energy, attention, and abilities to serve humanity, invite them to Allah, and prepare for the eternal life Hereafter.



If you are unable to achieve something in this world, you may get it in the Hereafter. The doors of beautiful rooms in the castles of Paradise will open and angels will enter, saying

سَلَامٌ عَلَيْكُمْ بِمَا صَبَرْتُمْ فَنِعْمَ عُقْبَى الدَّارِ

"Peace be upon you for what you patiently endured.

Look, how excellent is your final home!" [al-Quran: 13: 24]

# Haya, Hijab and modesty

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قُلْ لِلْمُؤْمِنِينَ يَغُضُّونَ أَبْصَارَهُمْ

"Tell the believing men to lower their gazes" [al- Quran: 24:30]

أَحْيَاءُ كُلُّهُ خَيْرٌ

"Haya, in its entirety, is goodness" (Muslim)

يَا أَيُّهَا النَّبِيُّ قُلْ لِرُؤُوسِكُمْ وَبَنَاتِكُمْ وَنِسَاءِ الْمُؤْمِنِينَ يُدْنِينَ عَلَيْهِنَّ مِنْ جَلَابِيبِهِنَّ

"O Prophet! Tell your wives and your daughters and the women of the believers to draw their cloaks (veils) all over their bodies (i.e. screen themselves completely) " [al-Qur'an: 33:59]

- Islamic society is based on Haya and simplicity. **Haya** is an important branch of Emaan. It is a source of protection from almost every sin. It is like a protective **skin, covering, shield**, or a fountain of life.
- *Haya* and trustworthiness are the first two qualities that will be taken away as the Last Day approaches near. When there are no **shyness** and **modesty**, people will do (bad deeds) as they desire!
- The Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ had more *Haya* (shyness) than a cloaked virgin girl. (Bukhari and Muslim)
- One of the greatest spiritual issues today - the unlawful glancing of men and shamelessness of women who expose their beauty in public. The sin of casting unlawful glances deprives one of proximity to Allah. Evil may happen instantly, but developing good character requires time and effort.
- Hellfire has been veiled by pleasures and Paradise has been veiled by displeasures!
- Both the one who casts unlawful glances and the one who exposes the body areas that must to be covered, are deprived of the mercy of Allah.
- "The (unlawful) gaze is a poisoned arrow from the arrows of Shaytan." (Kanz al-Ummäl)



He who abstains from casting unlawful glances out of fear of Allah, Allah will grant him *Emaan* the Sweetness of which he will feel in his heart. Allah willing, this sweetness of *Emaan* will lead to a blessed end at the time of death.

- Stay away from photography (of living objects), music, novels, films, movies, and television. Cover yourself according to the Islamic code of dress when going out for necessary occasions. Protect your gaze, your thoughts, and your heart. Relationship with a non-mahram may lead to disgrace in both worlds.
- Many of the shameless crimes and incidents that occur in the name of entertainment are direct results of ignoring the commands of Hijab.
- Girls should learn the *Tafseer* (commentary) of the verses on *Hijab* mentioned in *Sūrah an-Nar* and *Sūrah al-Ahzāb*. Read the stories of the Sahabiyyat (رضى الله عنهن). The best thing for a woman is to not look at a strange man nor let a strange man look at her.
- Remain steadfast on the *Shariah*, and Allah will subject all the nations to your authority. Our desires and feelings should be in strict control of **intellect**. And the intellect, under true **guidance** from *Deen*.
- One of the signs of those who love Allah is لا يخافون لومة لائم "They do not fear the blame of a critic" [al-Quran: 5:54]
- The headscarf (Hijab) of the women of Paradise is better than the whole world and whatever it contains.
- The greatest blessing in Paradise will be to see Allah. Keep your **eyes pure and clean** (from looking at what is unlawful), for you will see Allah with the very same eyes!



How observing Hijab brings piety and purity in society? How leaving Hijab leads to sins and shamelessness? Learn about the best way to practice hijab for Muslim women <https://islameasy.org/hijab>

# A Humble Heart (*Tawādu*)

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وَعِبَادُ الرَّحْمَنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا

"And the servants of the Most Merciful are those who walk upon the earth with humbleness." [al-Qur'an: 25:63]

## Qualities of people of deep knowledge:

between him and **Allah** - life of **Taqwa**...

between him and the **world** - **Zuhd** (simplicity)

between him and his **desires** - **Sabr** (patience, discipline, and struggle)

between him and the **creation** - **Tawādu` (Humbleness)**

- *Tawādu`* is the essence of worship. Man's salvation is in humbleness and humility. Pride, *'ujb* (egotism), arrogance and haughtiness lead to destruction.
- *Takabbur* (arrogance) may destroy knowledge, *Zuhd*, *Taqwa*, blessings, and bounties, deeds, and services. The moment you feel high about yourself, know that you have fallen from the sight of Allah!
- I am lower than everyone who is walking on the face of earth right now. They are all better than me. It is very possible for someone who is currently a sinner or disbeliever to change his life (to become a pious believer) in the future and die in the state of Emaan. But I am not sure about my own end.
- Having good assumptions about each other may attract Allah's blessings. Unnecessary doubts or thinking evil about believers may be questioned in the Hereafter. Consider every Muslim to be more dedicated and sincere in his *Deen* than yourself.

- Being **united** is essential. The Sahabah رضى الله عنهم were extremely well wishing and sympathetic towards each other.
- All our good qualities, skills, intellect and achievements are blessing from Allah - no reason to feel pride.
  - People of might are unable to move their limbs at the time of death
  - People of eloquence are unable to move their tongues at the time of death
  - Attractive and pretty faces lose their luster and beauty as they approach old age
- If someone is not soft-hearted (i.e., get angry fast, are stubborn or inflexible), then in spite of having other good qualities, such as trustworthiness, time management, simplicity, and efforts, he or she is likely at risk **of losing energy** due to agony and distress arising from tense social interactions and situations.
- Feeling proud on good deeds may lose those. A sinner who repents sincerely may get forgiveness and erase bad deeds.
- "I have left no stone unturned and no path unpaved and ambiguous through earnestness, sincerity, and *mujahadah* (effort). But I have not found a path more close, more radiant, and more beloved than the path of following the Sunnah, adopting the ways of the humble, and embracing humility in all its forms."  
 [ al-Burhān al-Muayyad by Shaykh Syed Ahmad Kabir Rifai رحمه الله ]

## The reality of human achievements

One should never look at his action as a big achievement (to take pride). Reflect upon the reality of your actions. The first thing is that **Allah** was fully **aware** of your action before your performance. Then

it was Allah's **will** and **order** to make it happen. This is when your action entered the paradigm of **possibility**. After having made it possible for your action to be performed, Allah filled within you the **ability** to perform that action, and then made you **responsible** for its performance. To some, He granted the **opportunity** to perform that action. To some, He didn't. As for those whom He granted the opportunity to perform that action, He **accepted** the action of some among them, while others' actions were deprived of acceptance. The one whose deed was accepted gained proximity to Allah and the one whose deed was rejected was distanced from Allah. After all of this, what right do we have to take pride over our actions? First, whatever happened was due to His *Taufeeq* and assistance. And what guarantee do we have that our deed has been accepted?

[al-Burhän al-Muayyad by Shaykh Syed Ahmad Kabir Rifai رحمه الله ]



**Unity** helps achieve objectives and progress in any team, organization, and society.

Keep your heart clean and uplift each other's morale.

# Mountains of Rewards

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- Adopt the inner attributes of ***Ikhalās, Taqwa, Tawakkul, and Ihsan***. A handful of barley given by the *Sahabah* رضى الله عنهم in the path of Allah is better than the mountains of gold spent by those who came later. A small amount of worship from *Auliya of Allah* outweighs the greater deeds of ordinary people. Excel in *Tazkiyah Nafs* (purity of heart).
- Devoting time and effort in **Da'wah** and **Tableegh** may bring great rewards!

## **Serve the creation:**

- The reward for going to assist a Muslim brother is greater than performing voluntary *Itikaf* for 10 years! Serving a widow or poor person brings more reward than voluntary fasting the whole day and voluntary prayer throughout the night.

## **Seek Knowledge of Deen:**

- Learning a verse of the Holy Quran brings more reward than that of a hundred units of voluntary prayer. Learning a chapter of knowledge brings more reward than a thousand units of prayer.
- The angels spread out their wings for the person who sets out to seek knowledge, and even the creatures, birds, animals and fish pray for him.

## **Immense reward of Worship:**

- Any good deed performed in Masjid al-Haram (in Makkah) is multiplied by 100,000!
- If a person performs ghusl (bath) on Friday, goes out very early for the masjid (Friday prayer), sits close to the Imam and listens attentively – then for each footstep he gets the reward of a whole

year of voluntary *Tahajjud* (night prayers) and the voluntary fasting of a whole year!

- Each night of the first 10 nights of *Zhul-Hijjah* is equal to *Lailah-tul-Qadr*.
- Worshipping on *Lailah-tul-Qadr* (Night of Power) is better than the worship of a thousand months (83 years)!
- Reciting the following expression in the marketplace brings a huge reward of a million (1,000,000) good deeds!

*La illaha ilAllahu, WaHdahu la shareeka lahu, la hul Mulku, wa la hul Hamd, Yuhyee waYumeetu , wa Huwa ala kulli shaiy'in Qadeer*

- Performing ***Salat at-Tasbeeh*** may erase all past and future sins (to be forgiven)!
- The reward of reciting the last two verses of *Sūrah al-Baqarah* is equal to the reward of worshipping throughout the night.
- If you recite *أعوذُ باللهِ السميعِ العليمِ من الشيطانِ الرجيمِ* 3 times, then recite the last 3 verses of *Sūrah al-Hashr*, 70,000 angels will pray for you from morning to evening!

- Seek forgiveness for all the Muslims in the world by reciting:

**اللَّهُمَّ اغْفِرْ لِي وَ لِلْمُؤْمِنِينَ وَ الْمُؤْمِنَاتِ وَ الْمُسْلِمِينَ وَ الْمُسْلِمَاتِ**

*Allahumma ighfirly wa lil-mu'mineena wal-mu'minaat, wal muslimineena wal-muslimaat*

“O Allah! Forgive me, the believing men and women, and the Muslim men and women.”

You receive reward equal to the number of all Muslims in the world!



Each moment is a gold coin! What should we think, say, and see to gain mountains of reward ?

# Smile, Be Happy

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الحمد لله على كلِّ حال

"Praise be to Allah in every situation"



- The keys to happiness are firm **certitude**, **consistency** in action, and **love**, the conqueror of the world!
- Set a **vision** for your life. It will prevent you from boredom, resentment, and futile disputes in the long run.
- **Serve humanity**, to remove sufferings of people. Serving the creation leads you closer to the Creator.
- The **certitude** embedded in a person's heart is his main driving force. Your mind plans what you desire - any action, meeting, or requirement, which is of **vital importance** (your vision) will lead you to exert your physical energy, wealth, time, and effort into it. You give your best in every condition. What is your aim in life?
- Nourish your mind, heart and soul just the way you take care of your physical body with healthy food, rest, hygiene, and exercise.
- Increase your ability to endure and restrain yourself. Be at **peace**. Keep your emotions, thoughts, and feelings moderate. Do not have negative feelings for others. Restrain yourself with obstacles and displeasures. Do not stress yourself. Change and adapt in case of tough times.
- Advance through every situation through *Sabr, Shukr, Du'a* and *Istighfar*. Strive for **positive thinking**, **noble vision**, high ambition, and firm resolution. Have patience at times of adversity, regret, sadness, and grief.

- Don't waste the valuable potential of your heart and mind, and the assets of time, attention, and energy on trivial, temporary concerns and thoughts.
- Get rid of anything that may be a cause of fear and stress from your life schedule. Relieve yourself of futile tasks. Find **new dimensions** of happiness. Let go of all the tragedies you have experienced in the past and all the fears you might have to face in the future, **smile**, and race in pursuit of deeds for today. Anger, grief, worry, stress, jealousy, and hatred destroy nothing but your own health and lose potential good deeds.
- If you must, reveal your thoughts and state of mind only to a sympathetic, caring, well-wishing, trustworthy, and confident person (seek advice from a mentor).
- The assets of a pleasant life, such as peace, happiness, long age, safety, security, good health, and easy sustenance are only from the **treasures of Allah**. They are not, in any way related to the creation or things of this world.
- The human mind is like a **factory**. You can mold your personality according to your perceptions. The reality will be disclosed after death. Major incidents play a major role in changing the course of the heart. But if you want to change your life in normal conditions, educate yourself on the greatness of Allah and the promises ordained in the Hereafter. Keep yourself spiritually connected to a spiritual mentor. Keep yourself engaged in the work of da'wah and *Tableegh*. If the people who are connected to you (such as family members, friends, and relatives) share the same **values and objectives** as you, love among you will increase. When facing a difference, compromise your own rights and give preference to the others. If matters escalate, **consult** each other, **negotiate**, and **reconcile** the situation. Objections and complaints arise due to



lack of love or trust. Always remember that sadness, anger, stress, backbiting, and arguments only bring loss or harm.

- Think of the hardships you may have to face during a hot, dry day for **Hajj**. First, it's difficult to **breathe** in a hot atmosphere. The throat feels parched due to **thirst**. **Hunger** is imminent. Lack of proper sleep is another problem. And then you have fatigue, **weakness**, dust, sickness, traffic jams; maybe even the breaking of a shoelace! But even in this difficult condition, you happen to see an old man walking happily. He is driven by this **certitude** in the fact that all his sins are being forgiven. Can't you also change your mind in daily life to bring happiness there?
- Be **happy**. Your actions are completely visible to Allah, who is Aware of everything and is Most Merciful. Even the **prayers of the weak, the widows, the poor, the silent animals, and ants** hold weight in the sight of Allah. Allah does not waste the reward of those who do good.
- One who **respect others**, gains more in life. Adopt softness, forbearance, calmness, solemnity, silence, moderation, well wishing, and care for the creation.
- Corruption in the earth is due to selfish attitude and greed. For true peace and success, **wish for others what you wish for yourself**. Behave with the creation in a way that fulfils everyone's right, whether friend or foe. Be content in every situation. **Smiling** is an international language. Every human being is in search of peace and love. Give people more than what they expect or hope for.

 *Smile, and the world may smile back to you!* 

# Guidelines to Optimize Daily Life

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*[Extracted from the teachings of Shaykh Ashraf Ali Thanvi رحمه الله]*

- Learn your religion as much as is needed, either by reading books or by asking scholars.
- Protect yourself from every sin.
- If sin is committed, immediately repent and ask forgiveness (Tau'bah).
- Do not violate the rights of others; do not harm others by tongue or hand. Do not say negative things about others.
- Do not keep the love of wealth and the desire of a “big name” in your heart, and do not excessively engage in seeking superior food and superior clothes.
- If someone points out your mistake, do not argue, immediately accept it and repent from it.
- Do not travel, except for a great need, as during travel you decrease in wariness and a lot of undesirable things happen, a lot of good deeds are missed, your daily routine of Dh'ikr (remembrance of Allah) is interrupted and nothing happens on its proper time.
- Do not laugh excessively and do not talk excessively, and take special care to avoid talking with strangers of the opposite gender (ghair-mahram) frankly and freely.
- Do not quarrel or argue with others.
- Be aware of the orders of the Shariah every moment of your life.
- Do not be lazy for worship.
- Spend most of the time alone in solitude.
- If you have to mingle with others then be the most humble to others, serve others, and do not show pride.
- And mingle minimally with the rich.

- Stay away from the irreligious person.
- Do not find faults in others, do not have bad opinion about others, keep your eye on your own shortcoming and try to fix them.
- Try to fulfill your prayers (Salah) in best possible way on the right time with full attentiveness.
- Constantly remember your Lord either through tongue or heart, and do not let any time be wasted.
- If you feel pleasure in remembering Allah, and you feel joy, then thank your Lord for this.
- Be polite.
- Organize a timetable for all your work, and thoroughly stick to it.
- Whatever loss or sorrow you come across, believe it is from Allah and do not worry about it - remind yourself that “I will get reward for this difficulty”.
- Do not keep the accounts of worldly affairs in your heart and do not talk and discuss about worldly matters all the time; instead think about your Lord.
- Benefit others as much you can: either worldly benefit or religious benefit.
- Do not decrease your food and drink to such a degree that it will make you sick; on the other hand do not increase it so much that it will make you lazy during worship.
- Do not hope to get benefit/profit from other than Allah; do not let your thoughts wander such that you think “we might get benefit from so and so”.
- Eagerly and restlessly seek your lord.
- For a blessing either small or large, be thankful to your Lord for it, and do not be despaired by poverty.
- Forgive the mistakes and faults of people under your authority.

- Hide the faults of others, but if someone is trying to harm someone, and you happen to know about it, then inform that person (i.e. the one who might get harmed).
- Serve guests, travelers, the poor, scholars and the elderly.
- Keep righteous company.
- Fear you Lord all the time.
- Remember death.
- Ponder and go through the events of your day; if you remember a good deed, thank your Lord for it and if you remember a sin, seek repentance
- Do not tell lies on any condition.
- Do not attend unlawful gatherings.
- Live the life of modesty and forbearance.
- Do not be proud.



*You can become like an angel if you practice these advices!*



# Best Life for Mothers and Sisters

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Mothers, sisters, and daughters, after fulfilling their duties and obligations, should make efforts to get closer to Allah and decorate their eternal life Hereafter. Strive to become a true lover of Allah.

**Daily prayers, supplications, and Zikr:** this includes *Tahajjud*, *Nawafil*, recitation of the Quran, *Istighfar*, *Tasbeeh*, morning and evening *Adh'kar*, *Darood*, and *Du'a*. Try to recite *Adh'kar* (remembrance of Allah) through your tongue or heart even when walking or doing household tasks.

**Ta'leem - learning the virtues of deeds:** All the members of the household should sit together in evening, for *Ta'leem* of *Fadäil-e Armal*, *Fadaile Sadaqat*, *Muntakhab Ahadith*, or *Riyad as-Salihin*. One person reads from the book and the rest of the family listens. Attend weekly gatherings of *Ta'leem* in your community.

**Shukr (Gratitude):** Be thankful for Allah's infinite bounties and blessings. Every moment is engulfed within thousands of favors.

**Life changing lessons:** Study and attend lectures on the **purpose of life** - how to attain piety and Taqwa - how to adopt the qualities of angels within ourselves – how to remove negative feelings, bad thoughts, selfishness, and greed - how to achieve love of Allah and life Hereafter, how to protect the eyes and the tongue, and serving the creation.


**Morality for humanity:** Honesty, trustworthiness, sincerity, correct intention, patience, truthfulness, piety, righteousness, reliance, steadfastness, motivation for good deeds, obedience, courtesy, politeness, kindness, diversity, modesty, moderation, simplicity, repentance, forgiveness, selflessness, charity, supplications, fear of accountability, strong belief and service to humanity.

**Tau'bah (Repentance):** Evaluate yourself from the time you reached puberty until now. Make Tau'bah and repent from all the sins and mistakes you have committed. Make up for all the Salahs you have missed. If you have questions, ask an Alimah (female scholar). Study *Behishti Zewar* (Heavenly Ornaments) for basic *Fiqh* rulings.

**Abstinence from sins:** Avoid the sins of the tongue, such as lying, backbiting, and disputes. Remove from your heart any jealousy, pride, arrogance, love for the world, love for fame, greed, and show-off. Observe complete Hijab. Save yourself from strange men (*non-Mahrams*), pictures, and music. Be cautious of the food ingredients you eat.

**Tazkiyat-un-Nafs (Self-purification):** Contact a Shaykh (spiritual mentor) within the confines of your home after getting permission from your husband or Mahram. You may communicate via letters, emails, or text. Listen to his talks, repent from all sins, and excel in your good deeds to earn the pleasure of Allah. Work on *Sabr*, *Shukr*, *Ikhlas*, *Taqwa Haya*, *Ihsan*, and *Tawakkul*. Pray for *Hidayah*, *'Afiyah* (good health, safety, and security, and sustenance), *Maghfirah* (forgiveness), and *Istiqamah* (steadfastness). Seek forgiveness for your past, observe *Sabr* and *Shukr* in the present, and pray for Allah's help and refuge for the Future.

**Da'wah and well-wishing for humanity:** Have the concern and intention to spread *Deen* amongst your household, neighborhood, relatives, city, and all around the world. Assist your men and community in welfare projects.

 May Allah grant you the highest rank of spiritual perfection, enable to do best of deeds and *sadaqah jariyah* (long-lasting charity). Ameen.

# Final Advice!

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- This time is also going to pass! Each day brings with itself 1440 minutes, about 24,000 breaths, and ~60,000 thoughts! May each of our breaths increase love for our Master and Creator. May each moment of ours be a source of collecting reward, and may each thought be a means for us to get closer to Allah.
- Exert your full effort; using high ambitions, talent, and *ikhlas*.
  - Many Spaces are yet to be filled
  - Many inventions are yet to be imagined
  - Many Auliya' (friends) of Allah are yet to come
  - Many books are yet to be written
- Every fall will bring forth a spring, with greenery flowers and orchards
- As the population increases, the need for guidance also increases
- Spread the message of peace to all four corners of the world, to continents and countries, to men, women, and children of every race and color, through personal interactions, phone, social media, internet, books, lectures, and programs. Educate people on the real purpose of their life. Engage yourself in education, propagation, worship, and serving the creation.
- Abstain from finding faults, backbiting, criticism, false assumptions, and doubts about people. Having expectations from people may result in grief, (e.g., expectations for their worldly wealth, beauty, status, means, or assets). Jealousy and temptation to become superior to people may bring harm, anxiety, decline in physical health and loss of deeds for the Hereafter.

- Life is like a **train** and our occupations are like its wagons. Ordinary issues and desires of the worldly life have **captured all seats** in those wagons, not letting in the travelers of the Hereafter (good deeds) to take any seat!

## Daily life practices to rectify your heart

The first is to read or listen to **books**. The second is to **seek answers** to religious questions. The third is to make a constant routine to attend **gatherings of Auliya'** (friends) of Allah. When the environment of the **pious** is not available, study their stories, advices, and writings. If you add a small period of **Dh'ikr**, it is very effective in treating the heart. In the time you have allotted for *Dh'ikr*, also reflect and **address** your Nafs (inner-self):

"O Nafs! You are bound to leave this world one day. Death is imminent. At that time, all your wealth and assets will be left here, your wife and children will abandon you, and you will have to face Allah. If your good deeds outweigh your bad ones, you will be forgiven, otherwise you will be forced to suffer in the Hellfire, which is undoubtedly beyond bearing. So, think about your outcome and prepare for the Afterlife. Age is precious, and time is of the essence. Do not let it go to waste. After you die, you will wish if only you could get one more chance to do a good deed that could be a means of your forgiveness. But your regret, then, will be to no avail. So, value life as it is, and prepare for death by managing to have your sins forgiven." [ Shaykh Ashraf Ali Thânvî رحمه الله ]



The kings, the rich, the smart, the handsome, the scholars, and the mighty wrestlers; none exist without personal issues.

*Smile, and watch others smile back!*



# Death

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اَللّٰهُمَّ بَارِكْ لَنَا فِي الْمَوْتِ وَفِي مَا بَعْدَ الْمَوْتِ

"O Allah! Bless us at the time of death and in what follows after death"

- Every soul is bound to taste death. Death is a gift for a believer. Blessed is he who prepares to meet Allah.
- We have assets that may last us another hundred years, yet we are unaware that death might come the next moment.
- We are travelers, bound to reach our destination. Before we know it, we will be long gone.

ہوئے نامور بے نشان کیسے کیسے  
زمین کھا گئی آسمان کیسے کیسے

- The creation is totally unaware of the Hour of Retribution, while the angels of death is awaiting. *Israfeel* علیہ السلام has brought the horn to his mouth centuries before. The most intelligent and cautious is he who prepares for death.
- All of life's pursuits must be for a blessed death. Our outcomes in the Hereafter are based on the state of our death. Treat every day as an opportunity for more good deeds, (*Da'wah, Khidmah, Ebadah, Ta'leem, Tazkiyah*), and to make your good deeds better than before. Complete your tasks quickly. Never take away anyone's right. Ask forgiveness from all who you may have wronged in life.
- Have your **Last Will** and all wishes documented. Make up for the Salahs you have missed throughout life, complete your Tau'bah, and clean your book of deeds.

- Some people may reach a ‘spiritual end’ before their physical death. Absence of preparation for physical death is a spiritual end. Others may "live" even after they die, through *Sadaqah Jariyah* (continuous acts of charity), and leave behind righteous children and students.
- The Master and Owner of this house (worldly life) does not allow us to live here forever. Similarly, home owners may ask their tenants to vacate after a few years. Offices and factories sometimes even terminate jobs of good employees. Famous sport players announce their retirement. Eventually the angels take people from this world to the next.
- The world is cruel and selfish. It ignores and removes the aged and the weak. Arrange your future needs, retire at an appropriate age, or change your job when you have gained some repute for your talent or expertise. A player should walk out of the field feeling triumphant, not sick or weak.
- Learn to conclude your tasks at appropriate time. People lose their mind in urgent and chaotic situations. A person stricken by an illness yearns only for health and peace, and forgets about all his unnecessary desires. Hunger prevents a person from craving useless things. Death buries thousands of wants and desires under dust within the blink of an eye. While everyone knows they are going to depart one day, why do we grieve over what we have missed here?



**Every particle in this universe will be left behind, but all the words and actions of every human being will be **recorded, saved, lifted, and shown** precisely in life Hereafter!**

# Paradise

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لَهُمْ مَا يَشَاءُونَ فِيهَا وَلَدَيْنَا مَزِيدٌ

"They will have whatever they wish therein, and with Us is more"  
[al-Quran: 50:35]

سَلَامٌ قَوْلًا مِنْ رَبِّ الرَّحِيمِ

"Peace, a word from a Merciful Lord" [Quran 36:58]

- Allah Almighty has prepared such bounties in Paradise the likes of which no eye has seen, no ear has heard of, and no heart has ever imagined of. Paradise will have everything which hearts desire and eyes enjoy.
- The **fragrance** of Paradise will start coming from a travel-span of 40 years. There is a travel-span of 70 years between its **doors**. The faces of the first group entering Paradise will be shining like the full **moon**. Trees in Paradise will be **so vast** that it will take a horse a hundred years to cross it. There will be **tents** 60 miles high, carved out of a single pearl. **Rivers** of milk and honey will flow underneath **palaces** made of gold, silver, diamonds and jewels. The lowest- ranking person entering Paradise will receive a **kingdom** 10 times greater than the whole world. If a *Hoor* (woman of Paradise) were to be shown from the heavens, the skies and the earth would be filled with **light** and **fragrance**. The people of Paradise will always be **young, happy, and healthy**. You will be able to have as much pleasure as your heart desire and as many bounties as your eyes can see.
- The life of this world is a **test** and a **recurrence of needs and duties**. Every few hours we feel hungry, thirsty, unclean, or sleepy. We need to eat, drink, clean, look after ourselves, and rest. We are required to perform Salah 5 times daily, educate ourselves, work and earn money, and fulfil the rights of family.

Every week we bring groceries, wash clothes, clean our homes and throw garbage out. Every month we need to pay rent and bills. Every year we pay taxes, and every few years we need to renew our passports, ID cards, and driving licenses! In this life, we seek guidance in varying conditions, while pursuing safety, security, health, and sustenance.

- Paradise will be quite the opposite - an **eternity of bliss, beauty, blessings, bounties, and benevolence**, without any worry or issues. Time, clocks, watches, the sun, the calendar: no more! You will be able to play in a garden for 20,000 years, or enjoy in a castle for 50,000 years! No rent, no tax, no bills, no stove, no smoke, no stench! There will be no need to offer Salah, fast, or perform Hajj. Eating or drinking is just for enjoyment. There will be no need to go to restroom. Clothes will never become dirty. You will be able to wear 70 pairs of clothes at a time. You will have full privacy - no city officials, no bank, no traffic jam, no hospital. No need for a lock or a security guard. All the evil whispers gone. Shaytan was thrown into the Hellfire. No evil plotter, conspirator, thief or robber is present here. No death, no sickness, no old age, no grief, no worry. No need to manage time; no enforcement of simplicity and privacy. **The test is over!** Paradise will have every type of joy and delight and gratitude to Allah!
- Even if we collect all the luxuries of this world - its beauties, jewelry, delicious food, colorful dresses, palaces, sofas and carpets, happiness and fun - these pleasures of the worldly life are temporary and their quality is ordinary. These are just a small preview or samples of the blessings in Paradise.



*Everlasting beauty, great kingdom, forever happiness & enjoyment!*

# Du'a, The Master Key for Success

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وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

And your Lord says, "Call upon me; I will respond to you! [Quran: 40:60]

The essence of Deen is: **إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ**

"It is You we worship and You we ask for help!" [al-Quran: 1:4]

- Allah has limitless, **infinite treasures**. If you bring all men and women (and jinn) from all over the planet, from the time of Prophet Adam عليه السلام to the end of the world – hundreds of countries, billions of people, speaking thousands of languages - together in one place - and they ask Allah in all their own languages, for safety, security, health, sustenance, food, cloth, shelter, conveyance, gold, silver, diamonds, jewels, peace, and happiness, and Allah were to grant them all that they asked for, it would not decrease the least from the treasures of Allah, just as if you were to dip your finger in the **ocean** and take it back out, it would not decrease the least from the ocean!
- Every human being - young, old, rich or poor - is bound by the shackles of needs and **necessities**. Allah Almighty is extremely Generous and Most Merciful. He has treasures of every kind and solutions to every problem.
- Read the stories of the **prophets** عليهم السلام in the Qur'an. Reflect over how they achieved success only through Allah's power and via unseen means beyond matter and human intellect. All Duas in the Qur'an that start with **Rabbana** are like *royal decrees* - how to address and beg Allah when you come to His court!
- Make a habit of reciting **daily Du'äs**. There are comprehensive Duas which cover a collection of different needs, as well as

Duas for specific needs and objectives. Every possible bounty of this world and the Hereafter is included in the Duas of the Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ . Make a routine of reciting Du'a books like *Munājāte Maqbūl* and *al-Hizb al-Azam*.

- Learn the etiquettes, recommended times, and places for making Du'a - refer to the book *al-Hisn al-Haseen*.
- Make Du'a in your own language as well, with firm certitude, from the depths of your hearts. This will bring a sense of humility and increase your devotion.
- Every Du'a is accepted, but there are different forms of acceptance. Sometimes you receive what you asked for immediately; sometimes you receive it after a while, sometimes you receive better than what you asked for; sometimes a trial or calamity is removed, and sometimes the Du'a is exchanged with a treasure to be given on the Day of Judgement! Having the opportunity to make Du'a is a great blessing.
- If you don't gain a specific blessing in this world, you may definitely get it in the Hereafter! When you realize the mass of rewards you receive in the Hereafter (in exchange of the Duas that were not accepted in this world), you would wish that none of your Duas were granted in this life!
- Du'a is the essence of worship. It is the light of the heavens and the earth. It is more effective than all the means of the world.
- Other forms of worship may 'break' if certain conditions were not followed properly. Dua, however, has been made easy. You can supplicate in any condition, in any language, any time. You can make Du'a in the darkness of the night in your heart, without opening your eyes or moving the tongue!

- Making Du'a excessively is a sign of a *Mustajab ad-Dawat* (a person whose Du'a always shows acceptance). Make Du'a and remember Allah in your heart even when you are walking or doing tasks. Asking Allah for basic human needs is also considered worship. Keep your heart always directed towards Allah.
- Kings of the world hand out pearls, diamonds, gold and silver as rewards to those they are pleased with. Imagine what the Creator and Sustainer of the universe has in store for those whom He is pleased with!
- If you constantly ask your friends and relatives for something they would probably get upset. Quite the opposite, Allah the Most Generous is more pleased with a person who begs and pleads him more! There is absolutely no shortage in His giving. One who is making Du'a should cry for his requests.
- Charity is given to the beggar!  
When asking Allah, raise your hands to beg like a penniless individual and cry if you can. Express your helplessness. Talk to Allah with an open heart. Allah the Most Beneficent gives even to those who are not worthy.
- Poverty, disgrace, humility, and every drop of tear shed in front of Allah hold weight. A scared, blind, or a person drowning under water, or a person whose hair stands up out of fear are hallmarks of Allah's mercy and attention. Always be cognizant of the weight your pain and sincerity may hold in the Hereafter.
- Whether you received what you desired through Du'a or not, you will certainly feel peace in your heart and closeness to Allah.

- Don't stress over delayed acceptance. How many years did Yaqūtb عليه السلام pray for to get his son Yasuf عليه السلام back? How long did it take for Mūsā عليه السلام Du'a to get accepted and receive salvation From the Pharoah? How long did it take for Ayyūb عليه السلام illness to be cured? Exercise patience and be content in your wait for prosperity. There is ease after hardship.
  - Don't even provoke a lifeless thing to pray against you! Neither provoke a curse from any living creature!
- 

### وَأْتِكُمْ مِنْ كُلِّ مَأْسَأَةٍ مَوْجُودَةٍ

“And He gave you from all that you asked of Him.” [al-Quran: 14:34]

- There is nothing more beloved to Allah than Dua (Tirmidhi)
- Surely, Du'a benefits in what (calamity) has befallen and what is to befall. (i.e., Du'a has the potential to resolve a problem beforehand and/or prevent an impending situation In the future) (Tirmidhi)
- “Muslims are extremely negligent regarding dua. Even those who make Du'a know nothing of its essence. We need to disclose the essence of Du'a to Muslims in general. The essence of dual is to present one's needs in Allah's court. Du'a should be made with keeping in mind the greatness of Allah's court, with undivided attention towards the Dua, with utmost humility, and with full certitude in its acceptance: for the One being begged is Most Generous, Most Benevolent, and Most Merciful. All the treasures of the heavens and the earth belong to Him alone.”

[Malfūzat Maulana Ilyas رحمه الله compiled by Maulana Manzar Numani رحمه الله]



- Allah states regarding Himself: **كُلَّ يَوْمٍ هُوَ فِي شَأْنٍ**

"Everyday He is bringing about a matter". [al-Quran 55:29]

Allah has the ability to produce things thousands of levels greater than the magnificent and supernatural work He has already done, and at every moment! His power exercises itself every tick of time.

**you remember Allah with** | **Allah may remembers you with**

<b>eagerness and love</b>	<b>nearness</b>
<b>praise</b>	<b>reward and favor</b>
<b><i>Tau'bah and Istighfar</i></b>	<b>Forgiveness</b>
<b>beseeching and invocation</b>	<b>grace and benevolence</b>
<b>effort and hard work</b>	<b>blessings and bounties</b>
<b>humbleness &amp; helplessness</b>	<b>His greatness and grandeur</b>

All that is hidden from us is obvious to Allah. All the **resources** of the universe are obedient to His control. The **hearts** of all of creation are subjected to the will of Allah. All the **events** in the universe are by Allah's will alone.

The creation is helpless in its entirety. Worldly means and resources are only a test. Those are like **empty bowls**. The pleasure of Allah is more important than anything.

When you make Du'a for someone, an angel is appointed to make the same Du'a for you. If you seek forgiveness for all the believers in the world, you will receive reward equal to their number (which may surpass billions)!

Du'a may divert floods, destroy enemies, and make friends out of foes. It may cause the childless couples to have children and barren land to gush forth water. It assures broken hearts. Have complete certitude that Allah has power over everything.



***O Allah!** We ask you the best request and the best Du'a and the best success, the best deed, the best reward, the best life, the best death, the beginnings and ends of good, and all the good the treasures of which are in Your control. O Allah! Fulfill your promises in proportion to Your power and grandeur. Grant the compiler, translator and editors of this book, and all the believing men and women a blessed life. Ameen.*

# Du'a For All Believers

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

In the name of Allah, the Merciful. Praise be to Allah, Lord of the worlds  
O Allah, O Generous, O Most Merciful of the merciful  
O Living, O Sustainer, O Possessor of Majesty and Honor  
Everlasting Peace and blessings – which are in the knowledge of Allah – be  
upon our master Muhammad

*Everyone is in need of success and goodness. Du'a (supplication) is the essence of worship, the light of the heavens and the earth. It opens the doors of mercy and is a means to fulfill our needs from the treasures of our Creator and Sustainer.*

## Guidance

- Ya Allah! Make all disbelievers believers, make all believers pious

## Allah's Forgiveness (Maghfirah)

- Ya Allah! Forgive all the believing men, women, and jinn, those who are alive in this world, those who have died and those who will be born till the establishment of the Hereafter.

## Prayers

- Ya Allah! As many creatures are praying, the prayers that have been done in the past, and the prayers that are going to be prayed in the future until the Day of Judgment, accept all these prayers of all the worlds and creatures on our behalf.

## Mercy and Blessing

- Ya Allah, wherever all over the world, Your blessings and mercy are descending – around *Haramain Sharifain* (Holy Cities of Makkah and Madinah), mosques, Ramadan, Hajj, gatherings of knowledge and remembrance, in the path of Allah, in the late hours of the night – we are not worthy of those blessings, but we are all needy. You are the most generous, please grant all of those blessings to us as well.

### **Protection and health**

- May Allah grant constant peace and security in our entire life of the world – against thieves, robbers, spies, magic, accidents, problems, diseases, sickness, storms, floods, fire, earthquakes, and all forms of punishment – we seek continuous refuge from those for lifetime. Remove the evil of all creatures away from us.

### **Easy Sustenance**

- Ya Allah! Increase the outward and inward sustenance. Give us a blessed life (Hayat e Tayyaba). Fulfill all our basic necessities, work and religious needs with Your own help. Remove all hardships and difficulties from daily tasks.

### **Winds of guidance / *Marfaat* (Good Deeds)**

- Ya Allah! All over the world, good deeds and *Sunnahs* are being erased, please revive those

### **Removal of Evil Deeds**

- Ya Allah, remove all the evil deeds, indecency, sins and disgraces that are happening all over the world.

### **Universal Virtues**

- Ya Allah! As many good deeds are being done all over the world, as many people are spreading the religion in Your way, as many people are engaged in studying religion, as many people are working hard for reforming and purifying themselves, as many people are trying to serve the humanity, as many new Muslims are coming to the religion, and as many people are changing their lives by reverting from sins and evils – O Allah accept from them and give them all Your mercy, peace and blessings. Enable us to do similar good deeds.

### **The Most Truthful Friends of Allah**

- Ya Allah, open the path of Your pleasure upon us, teach us the best way of life, help us from Your unseen treasures, grant us steadfastness,

grant the ability to remain in perpetual remembrance of you, admit us among Your thankful servants. Give us continuous high intentions, gratitude and continuous prayers.

- Ya Allah! Grant us the ability of following the Sunnah, of keeping it alive, grant it in our lives and death, and grant us a blessed end. Ameen
- Ya Allah! Raise us to the lofty stations of **Truthful Friends of Allah**, grant us their blessed company in this world and Hereafter, and eternal living among them. Ameen

### **Cleansing of the Inner-Self**

- Ya Allah, give us noble qualities of love, sincerity, honor, modesty, strong faith, monotheism, trust, reliance, piety, patience and gratitude. Clean our hearts from arrogance, pride, greed, mistrust, doubt, criticism, show-off, fault-finding, complaint against creation, anger, and backbiting.

### **Goodness of Deeds**

- Ya Allah! Grant us the grace of every task, protect us from its evil and temptation, protect us from the tricks of the devil and the soul, grant us higher and greater *intentions* in every task. Grant us the highest level of sincerity and purity of intention. Give us Your remembrance with prayers in every work that I do. Apply it with and accept it with Your mercy and grant maximum reward, Ameen.
- Ya Allah! Every day, in every event, in every situation, on every occasion, please give me the good of the work I am dealing with. I was not worthy to do this, only Your grace has made me do this. I don't have the knowledge, strength, or wisdom to do this job. Therefore, Ya Allah! put honesty and sincerity in this work with Your grace and kindness. Guide me on the straight path. Please grant me all the blessings of religion and the world in this work. Please remove all the temptations, evils and defects that may occur in this work. Give high intentions in this work, remove Satan and my evil-self. Accept it with Your mercy and make it a source of welfare for both the worlds. Ameen

## Thankful Obedience

· Ya Allah! Add us to Your special grateful servants! With Your mercy, perfect our self-purification, reform, conduct, and training, and raise us to the level of *Ihsaan*. Ameen

*Our Lord, give us good in the world and give us good in the afterlife and save us from the punishment of the fire. Our Lord, accept from us that You are the All-Hearing, the All-Knowing, and prayers and peace be upon His Messenger, his family, and all his companions.*

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ | أَحْمَدُ لِلرَّبِّ الْعَالَمِينَ

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## About this book

Compiling "*Hayate Tayyibah*" (Blessed Life) shares the same motives and objectives as '*Sirat-e-Tayyibah*', the biography of the Blessed Messenger صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ. This book mentions the phases, stages, and destinations that are part of every Muslim's life, according to the teachings of the Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ. The author has assembled these aspects in a unique and contemporary prose which makes it an agreeable, revealing, and moralistic read.

The author of this book is a believing man who is not awed by the Western culture in the least. He has spent most of his time in the West, yet holds an intensely sincere and treasured relation with traditional Islamic heritage. He has occupied himself with *Dawah* and *Tableegh* alongside his personal occupations, which is the exact requirement of Deen and of the teachings of the Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

I pray that Allah the Lord of Power makes this work a means of his salvation in both worlds. "وما ذلك على الله بعزيز." [al-Quran: 35:17]

**Syed Ashiq Rasul Ameen** (8 Nov, 2022)

Founder of Sharf-Abad Bedal Library, Karachi,

Member of 'Allama Syed Sulaiman Nadwi Academy, Karachi

# Recommended Books

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- The Noble Quran by Mufti Muhammad Taqi Uthmani حفظ الله
- Riyad as-Salihin by Imam Nawawi رحمه الله
- Uswah Rasül-e Akram صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ by D. Abdul Hayy رحمه الله
- Jaza al-Amal by Maulana Ashraf Ali Thanwi رحمه الله
- Munajat-e-Maqbool by Mawlana Ashraf Ali Thanwi رحمه الله
- Al-Hizb al-Azam by Mulla Ali Qari رحمه الله
- Hayat as-Sahabah by Maulana Yūsuf Kandhiavi رحمه الله
- Fadail-e Amal by Shaikh Zakariyya رحمه الله
- Fadail-e Sadaqat by Shaikh Zakariyya رحمه الله
- Muntakhab Ahadith by Maulana Yūsuf Kandhlawi رحمه الله
- Tabligh-e-Deen by Imam Ghazali رحمه الله
- Al-Hisn al-Haseen by Allamah Jazri رحمه الله
- Işlāhi Khutubat by Mufti Muhammad Taqi Uthmani حفظ الله
- Malfuzat Maulana Ilyas by Maulana Manzur Numani رحمه الله
- Rūh ki Bimariyan aur unka Ilaj by Maulana Hakim Akhtar رحمه الله
- Qaseedah Tooba by Shaikh Musa Roohani Bazi رحمه الله
- Rizq-e Auliya ke Poshidah Asbab by Shaikh Musa Bazi رحمه الله
- Sukūn-e-Qalb by D. Abdul Hayy Arifi رحمه الله
- Don't be Sad (Là Tahzan) by D. A'id al-Qarni حفظه الله
- Al-Asma al-Husna, Darood Sharif, our Masnūn Duaön se Apki Muskhkilat aur Pareshaniyan ka Hal by Maulana Fadl-ur-Rahim (Jamiah Ashrafiyyah)



## 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!*

## <https://IslamEasy.org>

free educational posters, zikr cards, handouts, articles, booklets  
& lectures

good deeds for everyday life!

faith and prayer - elementary teachings for new Muslims

## <https://AskAlimah.org>

Learning resource for every sister, daughter & mother

Sisters' forum on family and Islamic way of life

Booklets for new Muslim sisters

## <https://Mercy4Humanity.org>

Share the blessings of Emaan (faith) with your neighbors

Allah, purpose of life, value your time, eternal success,

everlasting beauty

Helping souls find peace & purpose!



# Glossary

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- Subhanahu Wa Ta'aala سبحانه و تعالیٰ The Most Glorified, Most High
- AlayhesSalam (AS) – *peace be upon him*
- Taqwa – piety, righteousness, fear of Allah
- Dh'ikr (or Zikr) – remembrance of Allah سبحانه و تعالیٰ
- Du'a – asking Allah سبحانه و تعالیٰ for something, praying
- Rakaah (or Rakat) - single iteration of movement in salah
- Sunnah - teachings prescribed by prophet Muhammad ﷺ
- 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
- Rahimahullah – May Allah have mercy on him
- Tawakkul - perfect trust in Allah and reliance on Him alone
- Hidayah – guidance towards the straight path.
- Barzakh- a realm where the soul goes after death
- Shaykh – a religious scholar, mentor, leader
- D.B. Damat Barakatuhum (form of salutation for a scholar)
- Paradise or Jannah – heaven
- Darood – salutations on Prophet ﷺ
- Istighfar - asking Allah سبحانه و تعالیٰ for forgiveness
- Shaitan or Shaytaan – Satan, devil, an evil jinn
- Sadaqah – charity
- Sahabah رضی اللہ عنہم – companions of Prophet ﷺ
- Sahabiyah or Sahabiyat – believing women who saw Prophet ﷺ
- Tasbeeh – is a form of Dhi'kar glorifying Allah سبحانه و تعالیٰ
- *Zuhd* – life of simplicity, disinclination towards worldly luxury
- Tazkiya-e-Nafs – cleaning the soul
  
- Sabr – Patience
- Shukr – Gratitude
- Dunya – world
- Deen – Religion
- Nafs – inner self
  
- Ikhlas - sincerity
- Imaan – belief
- Akhirah – Hereafter
- Salah – prayer
- *Tawādu`* - humbleness

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Helping souls find peace & purpose!

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