

# مدارج السالكين

## PATH OF THE TRAVELLER

All praises are due to Allah. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.

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Al Salam Islamic Center



سم الله الرحمن الرحيم  
لا حول ولا قوة إلا بالله

## مدارج السالكين PATH OF THE TRAVELLER

05 MARCH 2023 | 13 SHA'BAN 1444 | CLASS #36

### ALLAH AL QAABIDH AL BAASIT – THE RESTRAINER, THE EXPANDER ( القابض الباسط)

- Allah (سبحانه وتعالى) is the One Who restrains and expands. Both are at the same time meaning surely there is expansion in every restriction. This is an important belief.
- Allah (سبحانه وتعالى) shows us this concept through our heartbeats when there is constant constriction and expansion at the same time. We need both to survive.

- Every decree has both expansion and restriction and this keeps the balance.
- If something is withheld, there is expansion at the same time.
- Sometimes we feel restricted but their pushes us to make dua which is an expansion of feelings, connection and reward from Allah (سبحانه وتعالى)
- Allah (سبحانه وتعالى) takes from the duniya to give in the hereafter.
- At the time of death, the soul is restrained from the life of this duniya and expanded to the life of barzakh.
- These Names are mentioned in the Sunnah.

## ALLAH WITHHOLDS AND EXPANDS

عَنْ أَنَسٍ، قَالَ غَلَا السَّعْرُ عَلَى عَهْدِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالُوا يَا رَسُولَ اللَّهِ سَعِّرْنَا . فَقَالَ " إِنَّ اللَّهَ هُوَ الْمُسَعِّرُ الْقَابِضُ الْبَاسِطُ الرَّزَّاقُ وَإِنِّي لِأَرْجُو أَنْ أَلْقَى رَبِّي وَلَيْسَ أَحَدٌ مِنْكُمْ يَطْلُبُنِي بِمَظْلَمَةٍ فِي دَمٍ وَلَا مَالٍ " .

Narrated Anas: "Prices became excessive during the time of the Messenger of Allah (ﷺ), so they said: 'O Messenger of Allah! Set prices for us!' So he said: 'Indeed Allah is Al-Musa'ir, Al-Qabid, Al-Basit, Ar-Razzaq. And I am hopeful that I meet my Lord and none of you are seeking (recompense from) me for an injustice involving blood or wealth.'"<sup>1</sup>

- Perhaps prices rise and there is restriction in provision but at the same time, there is expansion in gratitude and appreciation for what we have.
- The human being is very quick to recognize what has been restricted. But just as the

<sup>1</sup> Jami` at-Tirmidhi 1314

expansion and restriction while breathing is involuntary, we want to easily accept the decree and submit when there is any expansion or restriction.

- Even if there is restriction, we want to believe Allah (سبحانه وتعالى) is Al Qaabidh Al Baasith.
- Allah (سبحانه وتعالى) is making us live expansion and restriction in every second with our heartbeat. This makes us balanced, alive, and continuing our journey to Allah (سبحانه وتعالى).
- May Allah (سبحانه وتعالى) help us restrict our evil from others and expand goodness.
- May Allah (سبحانه وتعالى) help us hold back bad thoughts and feelings and always expand and have good feelings and thoughts for Allah (سبحانه وتعالى).

- Though we have imperfections and weaknesses, through His nurturing He expands for us to know Him and His greatness through everything.
- It would be a waste to only highlight the actions of the people, and not look at Who is Allah (سبحانه وتعالى).
- In the way to Allah (سبحانه وتعالى), it is important to know Who is Allah (سبحانه وتعالى). It is important to not overreact when there is restraint and not overreact when there is expansion either.

### SURAH AT TALAQ 3

اللَّهُمَّ لَكَ الْحَمْدُ كُلُّهُ، اللَّهُمَّ لَا قَابِضَ بِمَا بَسَطْتَ، وَلَا مُقَرِّبَ بِمَا  
 بَاعَدْتَ، وَلَا مُبَاعِدَ بِمَا قَرَّبْتَ، وَلَا مُعْطِيَ بِمَا مَنَعْتَ، وَلَا مَانِعَ بِمَا  
 أَعْطَيْتَ. اللَّهُمَّ ابْسُطْ عَلَيْنَا مِنْ بَرَكَاتِكَ وَرَحْمَتِكَ وَفَضْلِكَ  
 وَرِزْقِكَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ النَّعِيمَ الْمُقِيمَ الَّذِي لَا يَحُولُ وَلَا

يَزُولُ. اللَّهُمَّ إِنِّي أَسْأَلُكَ النَّعِيمَ يَوْمَ الْعَيْلَةِ، وَالْأَمْنَ يَوْمَ الْحَرْبِ،  
اللَّهُمَّ عَائِدًا بِكَ مِنْ سُوءِ مَا أُعْطَيْتَنَا، وَشَرِّ مَا مَنَعْتَ مِنَّا. اللَّهُمَّ  
حَبِّبْ إِلَيْنَا الْإِيمَانَ وَزَيِّنْهُ فِي قُلُوبِنَا، وَكْرَهُ إِلَيْنَا الْكُفْرَ وَالْفُسُوقَ  
وَالْعِصْيَانَ، وَاجْعَلْنَا مِنَ الرَّاشِدِينَ. اللَّهُمَّ تَوَفَّنَا مُسْلِمِينَ،  
وَأَحْيِنَا مُسْلِمِينَ، وَأَلْحِقْنَا بِالصَّالِحِينَ، غَيْرَ خَزَايَا وَلَا مَفْتُونِينَ.

'O Allah, all praise is due to You. O Allah, none can contract what You expand nor bring near what you put far away. None can put far away what You bring near. None can give what You withhold nor withhold what You give. O Allah, expand to us some of Your blessings, mercy and favour and give us provision! O Allah, I ask You for the abiding blessing which is neither changed nor removed. O Allah, I ask You for blessing on the Day of Utter Poverty and security on the Day of Fear. O Allah, I seek refuge with You from the evil of what You give us. O Allah, make us love belief and adorn our hearts with it. Make us hate disbelief, deviance and rebellion. Place us among the rightly-guided. O Allah, make us die Muslims and make us live as

Muslims and join us to the rightly, acting, who are neither disappointed nor afflicted.<sup>2</sup>

PATH OF THE TRAVELLER (مدارج السالكين)

YOU ALONE WE WORSHIP AND YOU ALONE WE ASK FOR HELP (إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ)

TONGUE (اللسان)

○ On our way to Allah (سبحانه وتعالى), we want an active heart. We said the tongue is the “spokesperson” of the heart, and the heart is king. And if the “king” is tired, sick or overpowered, how will the tongue speak and what will it say? Subhan Allah. That’s why it is important for us to utter good words to people.

SURAH AL BAQARAH 83

وَقُولُوا لِلنَّاسِ حُسْنًا

And speak to people good [words]

<sup>2</sup> Al Adab Al Mufrad, Book 1, Hadith 699, Authenticated by Al Albani as Sahih



## SURAH AL ISRAA 53

وَقُلْ لِعِبَادِي يَقُولُوا الَّتِي هِيَ أَحْسَنُ إِنَّ الشَّيْطَانَ يَنْزِعُ بَيْنَهُمْ إِنَّ  
الشَّيْطَانَ كَانَ لِلْإِنْسَانِ عَدُوًّا مُّبِينًا

And tell My servants to say that which is best.

Indeed, Satan induces [dissension] among them. Indeed Satan is ever, to mankind, a clear enemy.

- We ask Allah (سبحانه وتعالى) to give us a good heart and a truthful tongue.
- If we believe Allah (سبحانه وتعالى) is Al Qaabidh Al Baasit, then our tongue will speak the best. Anything Allah (سبحانه وتعالى) stretches to anyone, then no one can withhold it. So this makes us to not try to withhold from others because there is no point. We should not be proud or jealous.
- No one can withhold anything from what Allah (سبحانه وتعالى) gives.

- Everything is in the Hands of Allah (سبحانه وتعالى), so we should not compete or transgress. It is important to believe in Allah (سبحانه وتعالى) and not interfere in the decree of Allah (سبحانه وتعالى).
- We ask Allah (سبحانه وتعالى) to spread and stretch forth for us from His blessings, mercies, favors and provisions.
- And we ask Allah (سبحانه وتعالى) to be in eternal residence of delights which will not change or perish.
- We also ask Allah (سبحانه وتعالى) for delights in times of fear. And we ask Allah (سبحانه وتعالى) to protect us from evils.

## SURAH ASH SHU'ARA 84

وَأَجْعَلْ لِّي لِسَانَ صِدْقٍ فِي الْآخِرِينَ

And grant me a reputation of honor among later generations.

- We ask Allah (سبحانه وتعالى) to grant us a truthful tongue in the people after us. This means to have a good reputation that people speak truthfully about us.
- The most beloved deeds are when they exceed to others, and to show good manners to others is an example. Those who are in the highest part in paradise are the ones with good manners.

HOME IN THE HIGHEST PLACE IN  
PARADISE FOR GOOD MANNERS

قال رسول الله صلى الله عليه وسلم: "أنا زعيم ببیت في ربض الجنة لمن ترك المرء، وإن كان محقاً، وببيت في وسط الجنة لمن ترك الكذب، وإن كان مازحاً، وببيت في أعلى الجنة لمن حسن خلقه"

Messenger of Allah (ﷺ) said, "I guarantee a house in Jannah for one who gives up arguing, even if he is in the right; and I guarantee a home in the middle of Jannah for one who abandons lying even for the sake of fun; and I guarantee a house in the highest part of Jannah for one who has good manners."<sup>3</sup>

- And how can we tell a person has good manners? When situations arise that are against our desires; this shows who we are.
- Abu Bakr (رضي الله عنه) is the best of the followers of the Prophet (ﷺ), and still he said to guard his tongue from destruction.
- And those nearest to the Prophet (ﷺ) are those with best manners.
- Taqwa is our manners with Allah (سبحانه وتعالى) because He sees our heart. And good manners are what the people see.

<sup>3</sup> Riyadh As Saliheen, Abu Dawud, Introduction, Hadith 629

- In the way to Allah (سبحانه وتعالى), it is not only with heart, but with tongue. We want to choose the best words and give the best advice to others. And we want to guard our tongue from exceeding the boundaries with Allah (سبحانه وتعالى) and we want to guard ourselves from saying bad words to others.
- And when we hear the Prophet's name mentioned, we want to send peace and blessings upon him.
- And to give good advice to someone can totally change them.
- And an obligatory action of the tongue is the shahadatain (the testimonies of faith).
- The tongue is quick to slip and these are all great reminders as preparation for Ramadan. Allah (سبحانه وتعالى) is in no need of the fast of the

one who withholds his food and drink, but not his tongue from bad speech.

ALLAH IS IN NO NEED OF A FAST WITH EVIL SPEECH AND ACTIONS

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " مَنْ لَمْ يَدَعْ قَوْلَ الزُّورِ وَالْعَمَلَ بِهِ فَلَيْسَ لِلَّهِ حَاجَةٌ فِي أَنْ يَدَعَ طَعَامَهُ وَشَرَابَهُ ".

The Prophet (ﷺ) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink."<sup>4</sup>

MAY ALLAH GRANT US SOUND HEARTS AND TRUTHFUL TONGUES. AMEEN.

<sup>4</sup> Sahih al-Bukhari 1903

## REFERENCES

1. مدارج السالكين - ابن القيم



## ADDITIONAL RESOURCES

LISTEN TO THE CLASS – FOR WOMEN

<https://vimeopro.com/markazalsalam/path-of-the-traveller>

TO REQUEST ACCESS TO THE RECORDING:

<https://markazalsalam.com/recordings-notes>

CLASS NOTES FOR WOMEN AND MEN

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ENGLISH

<https://t.me/markazalsalampublicationsENG>

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<https://t.me/truthfulentry>