

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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سَمِ اللّٰهُ الرَّحْمٰنِ الرَّحِیْمِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ

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INTRODUCTION

- What do we need as we are coming closer to Ramadan? To appreciate and be grateful for what we have. We do not want to turn away from the ayat that come to us just because we are looking forward to something in the future.

SURAH YUSUF 105

وَكَايِّنَ مِّنْ آيَةٍ فِي السَّمَاوَاتِ وَالْأَرْضِ يَمُرُّونَ عَلَيْهَا وَهُمْ عَنْهَا
مُعْرِضُونَ

And how many a sign within the heavens and earth do they pass over while they, therefrom, are turning away.

- Time is already going fast and we do not need to make it go faster by only waiting for something to happen in the future and not enjoying the moment.

PATH OF THE TRAVELLER (مدارج السالكين)

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

HEARING (السمع)

- So for the path of the traveler, it is important to appreciate every word, every moment and every change around us. In the path to Allah (سبحانه وتعالى), we are not isolated from the incidents around us. Even if we try to close our eyes, the sense of hearing is still “awake”.
- We mentioned in the path to Allah (سبحانه وتعالى), it is important to be active in:

1. Heart
 2. Tongue
 3. Hearing
- The sense of hearing is an important sense which we cannot switch-off. Even if we are asleep, we can still hear. The baby in the womb hears and the dead hear the footsteps of those above as they leave the grave.
 - And hearing keeps one balanced. There may be scholars who cannot see, but not scholars who do not hear, subhan Allah.
 - The shape of the ear is in such a way that it is not too open or closed. It is important to believe in all that Allah (سبحانه وتعالى) wants us to hear because this will make us balanced, connected and better.

SUPPLICATION TO ENJOY OUR SEEING, HEARING AND ABILITY

اللهم متعنا بأسماعنا، وأبصارنا، وقوتنا ما أحييتنا

O Allah! let us enjoy our hearing, our sight and our strength as long as You keep us alive.¹

- And now life has become so fast that people do not want to listen, rather they want to quickly speak and act. Even with the Qur'an, people want to quickly memorize and recite it before listening to it, thought listening to the Qur'an is a worship.

SURAH AL QIYAMAH 16

لَا تُحَرِّكْ بِهِ لِسَانَكَ لِتَعْجَلَ بِهِ

Move not your tongue with it, [O Muhammad], to hasten with recitation of the Qur'an.

- Listening is a great challenge now because no one wants to hear, so there are

¹ Riyadh As Saliheen, At Tirmidhi, Book 5, Hadith 834

misunderstandings and just more talk. And now there are different therapies to just listen to sound of natures to calm down, but Allah (سبحانه وتعالى) has already given us ears so that we may worship Him. May Allah (سبحانه وتعالى) help us to be good listeners. Ameen.

- Those who are good leaders are good listeners and good speakers because they want to listen to everything, and not just want to speak.

SUPPLICATION TO BE GRANTED LIGHT

اللَّهُمَّ اجْعَلْ لِي فِي قَلْبِي نُورًا وَفِي لِسَانِي نُورًا وَفِي سَمْعِي نُورًا وَفِي بَصَرِي نُورًا وَمِنْ فَوْقِي نُورًا وَمِنْ تَحْتِي نُورًا وَعَنْ يَمِينِي نُورًا وَعَنْ شِمَالِي نُورًا وَمِنْ بَيْنِ يَدَيَّ نُورًا وَمِنْ خَلْفِي نُورًا وَاجْعَلْ فِي نَفْسِي نُورًا وَأَعْظِمْ لِي نُورًا

The Messenger of Allah (ﷺ) said: "Place light in my heart, light in my tongue, light in my hearing, light in my sight, light above me, light below me,

light on my right, light on my left, light in front of me, light behind me, place light in my soul, and make light abundant for me."²

- In the story of the companions of the cave, they made dua to Allah (سبحانه وتعالى), asking:

SURAH AL KAHF 10

إِذْ أَوَى الْفِتْيَةُ إِلَى الْكَهْفِ فَقَالُوا رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

[Mention] when the youths retreated to the cave and said, "Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance."

- They do not want to be in that environment so they ask Allah (سبحانه وتعالى) to make it easy for them because they do not just want it to be abrupt. And immediately after making the dua, what did Allah (سبحانه وتعالى) do to them?

² Sahih Muslim 763

SURAH AL KAHF 11

فَضَرَبْنَا عَلَى آذَانِهِمْ فِي الْكَهْفِ سِنِينَ عَدَدًا

So We cast [a cover of sleep] over their ears within the cave for a number of years.

- Allah (سبحانه وتعالى) caused them to sleep and closed on their ears so they do not hear. Imagine if we just sleep for an hour and we hear everything, it will be very disturbing and we will get affected.

SURAH AL KAHF 16

وَإِذِ اعْتَرَلْتُمُوهُمْ وَمَا يَعْبُدُونَ إِلَّا اللَّهَ فَأَوْوُوا إِلَى الْكَهْفِ يَنْشُرْ لَكُمْ رَبُّكُمْ مِنْ رَحْمَتِهِ وَيَهَيِّئْ لَكُمْ مِنْ أَمْرِكُمْ مَرْفَقًا

[The youths said to one another], "And when you have withdrawn from them and that which they worship other than Allah, retreat to the cave. Your Lord will spread out for you of His mercy and will prepare for you from your affair facility."

- Allah Ar Rafeeq (The Most Gentle Companion) preserved their faith by closing their ears.

ALLAH AR RAFEEQ – THE MOST GENTLE COMPANION (الرفيق)

ALLAH AR RAFEEQ

عَنْ عَبْدِ اللَّهِ بْنِ مُغَفَّلٍ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِنَّ اللَّهَ رَفِيقٌ يُحِبُّ الرَّفْقَ وَيُعْطِي عَلَيْهِ مَا لَا يُعْطِي عَلَى الْعُنْفِ "

Abd Allah b. Mughaffal reported the Messenger of Allah (ﷺ) as saying : Allah is gentle, likes gentleness, and gives for gentleness what he does not give for harshness.³

- Allah (سبحانه وتعالى) loves gentleness and to take matters step by step.
- The opposite of (رفق) is (عنف) which is more than being harsh or intense with others but it is to

³ Sunan Ibn Majah 3688

scold, blame, to constantly remind someone or to put them down. And this type of behavior appears as a result of bad speech and hearing these types of words.

- This kind of behaviour will appear as a result of speech. Hearing these words can affect a person emotionally, mentally and make them disturbed. It also affects our faith.
- The word (مرفقا) means everything will be facilitated to continue this path. Rafeeq is someone who is always there to accompany you. Sometimes we can be together but feel alone, or be in a gathering but be alone later.
- Allah (سبحانه وتعالى) accompanies us every step of the way on our way to Him. For example, a long train ride passes by many stations. Some

stations have greenery while others are dry. Some are empty while others are busy.

- Our whole journey of life is like this. There are some stations that are active while others are quieter but Allah (سبحانه وتعالى) is there with us on every step of the way. It is very important to not forget this connection.
- Allah (سبحانه وتعالى) is above the seven heavens but He accompanies us by His hearing, seeing and knowledge.
- But His special companionship is for those who believe in Him. The way He deals with one who believes is not like how He deals with one who does not.
- Just like how in Ramadan, He changes the environment to make us connect to Him. Allah (سبحانه وتعالى) changes our whole lives to

accommodate us to continue on the path with less disturbance.

- From the story of the companions of the cave we see that even the location of the cave was so precise that the air would circulate in all directions. Even where the sun rises and sets was in the perfect spot. No one can take care of us or love us like Allah (سبحانه وتعالى).
- Allah (سبحانه وتعالى) loves gentleness so we want to be gentle with others. We don't know how our gentleness we can have a positive impact on others.
- Allah (سبحانه وتعالى) is so gentle and kind and He never disturbs or brings things abruptly, but why do we want to take on that role by being so harsh with others? We may say, "we want to fix

and reform them”, but change is not about breaking hearts.

- Allah (سبحانه وتعالى) is so gentle and He will make us hear in the right time and will make us hear what is good for our nurturing.
- The Prophet (ﷺ) makes the people to hear the best, even the truth. He did not speak boldly and even the commands from Allah (سبحانه وتعالى) are with gentleness. And this is the difference between influencing and convincing.
- And for any connections between people, we cannot just quickly advise and speak without any salam or introduction.
- Allah (سبحانه وتعالى) is the best to reform us, but He takes time in nurturing us so that we do not lose the connection.

- We need to be gentle with the people who accompany us – whether we are at home, in the car or wherever we may be. And it is important to be gentle with our children and remember how we were before. It took time for us to change and similarly we should be patient with our children.
- We want to be rafeeq with whomever we accompany, which is to be a companion that gives us others time to digest and take in everything – whether it is work, to make decisions and so forth.
- Imagine accompanying someone who is so knowledgeable, so aware, so kind and so beautiful, thus it becomes difficult to keep up. And to Allah (سبحانه وتعالى) is the best example, He is perfect and He will be with us according to

how much we show. He will not show us so much of Him unless we show a little of ourselves. He will not go “full charge” on us because we will be unable to handle it. He will not make us feel, “yesterday you showed Me so much and today you are distant.”

- In the path to Allah (سبحانه وتعالى), it is a way of gentleness and to focus on listening. How many times have people become disturbed mentally because of one comment that was said to them.

ALLAH IS AR RAFAEQ

عَنْ عَائِشَةَ. رَضِيَ اللَّهُ عَنْهَا. قَالَتْ اسْتَأْذَنَ رَهْطٌ مِنَ الْيَهُودِ عَلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالُوا السَّامُ عَلَيْكَ. فَقُلْتُ بَلْ عَلَيْكُمُ السَّامُ وَاللَّعْنَةُ. فَقَالَ " يَا عَائِشَةُ إِنَّ اللَّهَ رَفِيقٌ يُحِبُّ

الرَّفِيقَ فِي الْأَمْرِ كَلِّهِ". قُلْتُ أَوْلَمَ تَسْمَعُ مَا قَالُوا قَالَ " قُلْتُ
وَعَلَيْكُمْ".

Narrated `Aisha (may Allah be pleased with her): A group of Jews asked permission to visit the Prophet (صلى الله عليه وسلم) (and when they were admitted) they said, "As- Samu 'Alaika (Death be upon you)." I said (to them), "But death and the curse of Allah be upon you!" The Prophet (صلى الله عليه وسلم) said, "O `Aisha! Allah is kind and lenient and likes that one should be kind and lenient in all matters." I said, "Haven't you heard what they said?" He said, "I said (to them), 'Wa 'Alaikum (and upon you).⁴

- Even if someone is doing bad, Allah (سبحانه وتعالى) is Ar Rafeeq and loves gentleness. We do not want change with scolding because we will not attain any fruits. It is important to not plant seeds of criticism.

⁴ Sahih al-Bukhari 6927

- We cannot continue with someone who puts us down or always criticizes us. That's why it is important to see who we accompany because that will impact us.
- We will be a good speaker as a result of what we hear. For example, a child will speak well when he hears words of confidence from his mother. If a child is constantly being told what he does is wrong, he will lose his confidence, and will decide to remain silent instead of speaking up and sharing his feelings, but then being reprimanded.
- Hearing good words makes a person balanced and when we are balanced then we can take the guidance easily. If we see imbalance, then we should go back to listen to what is good. Listening to the Qur'an, listening

to the hadith, listening to reminders about Allah (سبحانه وتعالى) all bring balance.

- In Ramadan, Jibreel (عليه السلام) would recite the Qur'an to the Prophet (ﷺ) and he would listen. And then the Prophet (ﷺ) would recite and Jibreel (عليه السلام) would listen. And the Prophet (ﷺ) used to love to hear others reciting the Qur'an though the Qur'an was revealed to him.
- Listening helps us to think properly and to make important decisions.
- Listening affects our nerves, and we see how when we hear a beautiful recitation of the Qur'an, our skin gets goosebumps. And there are non-Muslims who hear the adhaan and accept Islam.

SURAH AZ ZUMAR 23

اللَّهُ نَزَّلَ أَحْسَنَ الْحَدِيثِ كِتَابًا مُّتَشَابِهًا مَّثَانِيَ تَقْشَعِرُّ مِنْهُ جُلُودُ
الَّذِينَ يَخْشَوْنَ رَبَّهُمْ ثُمَّ تَلِينُ جُلُودُهُمْ وَقُلُوبُهُمْ إِلَىٰ ذِكْرِ اللَّهِ ۚ ذَٰلِكَ
هُدَىٰ اللَّهِ يَهْدِي بِهِ مَن يَشَاءُ ۚ وَمَن يُضَلِّ اللَّهُ فَمَا لَهُ مِن هَادٍ

Allah has sent down the best statement: a consistent Book wherein is reiteration. The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance of Allah. That is the guidance of Allah by which He guides whom He wills. And one whom Allah leaves astray - for him there is no guide.

- And notice how this topic came up before the month of Ramadan, may Allah (سبحانه وتعالى) help us to worship Him by listening to what is pleasing to Him. Ameen.
- One of the sins of the ears is to listen to the sound of musical instruments because it is from the flutes of shaitan and it has an effect on the person.

FLUTES OF THE SHAITAN

عَنْ أَبِي هُرَيْرَةَ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ "
 الْجَرَسُ مَزَامِيرُ الشَّيْطَانِ "

Abu Huraira reported Allah's Messenger (ﷺ) as saying: The bell is the flute of the Satan.⁵

- It is important to train our ears to enjoy the sound of the Qur'an, the sound of nature and the sound of listening to people.

MAY ALLAH GRANT US GENTLENESS AND MAY WE HEAR ALL THAT IS PLEASING TO HIM. AMEEN.

⁵ Sahih Muslim 2114

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

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