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مدارج السالكين

PATH OF THE TRAVELER

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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سم الله الرحمن الرحيم
لا حول ولا قوة إلا بالله

مدارج السالكين PATH OF THE TRAVELER

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INTRODUCTION

- The path to Allah (سبحانه وتعالى) is very active and full of senses and feelings. Sometimes people think the religion is just to take commands, but Allah (سبحانه وتعالى) gave us senses to believe more in Him. In this way, our journey to Him is not boring, but full of feelings and excitement.
- (إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ) (It is You we worship and You we ask for help) is the contract between us and Allah (سبحانه وتعالى). Our purpose is to worship Him,

but we should never think we can worship Him on our own. We need His help.

SURAH AL 'ARAAF 54

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَى الْعَرْشِ يُغْشِي اللَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيثًا وَالشَّمْسَ وَالْقَمَرَ وَالنُّجُومَ مُسَخَّرَاتٍ بِأَمْرِهِ ۗ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ ۗ تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ

Indeed, your Lord is Allah, who created the heavens and earth in six days and then established Himself above the Throne. He covers the night with the day, [another night] chasing it rapidly; and [He created] the sun, the moon, and the stars, subjected by His command. Unquestionably, His is the creation and the command; blessed is Allah, Lord of the worlds.

◉ Allah (سبحانه وتعالى) did not command us to worship Him with no feelings. He will create situations and incidents for us, and this is all nurturing.

- It is not possible that He will make us see a scene without following it with a purpose or command.
- An active heart is not just about having feelings but not knowing what to do. We might see someone needy and we feel for them, but we don't know what to do, though we can always make dua. When we feel sad, depressed or disgusted is not just to stop there, but we can make dua.
- When someone upsets us, we do not want to upset someone. When someone makes us happy, we want to make someone else happy.
- On our way to Allah (سبحانه وتعالى), we have a tongue and we want to say what is good and not what is bad. We always want to use our

tongue for good and in this world, we hear many things, but we want to hear what is good.

- And with our eyes, we do not want to look with arrogance or betrayal, but we want to look with compassion. Sometimes we see bad things and we wonder why? It is a test, do we use it for good or do we judge.
- In the way to Allah (سبحانه وتعالى), we also taste, whether we taste food and drink, or we taste love, taqwa and the sweetness of faith.
- And finally, there is the sense of smell whether it is to smell what is sensible or what is insensible such as the “scent” of having a good impact by being a good friend, like the carrier of musk. May Allah (سبحانه وتعالى) make us smell the scent of paradise. Ameen.

PATH OF THE TRAVELLER (مدارج السالكين)

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

WORSHIP OF TOUCH (اللمس)

- We have skin everywhere which is sensitive to touch, but we do not have eyes everywhere, ears everywhere or noses everywhere, subhan Allah.
- It is a blessing to be able to touch and we remember what it means to not touch when we went through Covid-19.
- Even babies learn with sensory by touching, and the blind read braille by touching.
- There is a story of a lady whose child went for surgery and he stopped breathing. The doctors tried everything. The final thing they did was to call the mother and tell her to touch her son

and he started to breathe again, subhan Allah. That's why there is ruqyah and placing the hand in the place of pain.

- Imagine not touching or hugging your children because slowly they will shut-down. We ask Allah (سبحانه وتعالى) for the well-being. Ameen.
- There are things we touch and things we do not touch. For example, the Qur'an is not touched unless we are in a state of purity.

SURAH AL WAQIAH 79

لَا يَمَسُّهُ إِلَّا الْمُطَهَّرُونَ

None touch it except the purified.

- Types of mechanical touch:
 1. Pressuring
 2. Expanding
 3. Vibrating
- Types of thermal touch:

1. There are many sensors in our touch such that we can sense heat and cold, and the degree when something is very cold or very hot.
 2. The skin sensors to feeling cold are more than feeling warm. Even Allah (سبحانه وتعالى) commanded Ayoub (عليه السلام) to wash with cold water. And it is known there are many benefits to cold showers.
- In the supplications for forgiveness of sins and for the dead, to be cleansed with water, cold and snow are mentioned.

SUPPLICATION FOR FORGIVENESS OF SINS

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " اللَّهُمَّ اغْسِلْ
 خَطَايَايَ بِمَاءِ الثَّلْجِ وَالْبَرَدِ وَنَقِّ قَلْبِي مِنَ الْخَطَايَا كَمَا نَقَّيْتَ
 الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ " .

"The Prophet (ﷺ) used to say: 'Allahummaghsil khatayaya bi-ma'ith-thalj wal-barad was naqqi qalbi min al-khataya kama naqayta ath-thawb al-abyad min ad-danas

(O Allah, wash away my sins with the water of snow and hail, and cleanse my heart of snow and hail, and cleanse my heart of sin as a white garment is cleansed of filth)."¹

SUPPLICATION FOR THE DEAD

قال: صلى رسول الله صلى الله عليه وسلم علي جنازة، فحفظت من دعائه وهو يقول: "اللهم اغفر له، وارحمه، وعافه، واعف عنه، وأكرم نزله، ووسع مدخله واغسله بالماء والثلج والبرد ونقه من الخطايا، كما نقيت الثوب الأبيض من الدنس، وأبدله داراً خيراً من داره، وأهلاً خيراً من أهله، وزوجاً خيراً من زوجته، وأدخله الجنة، وأعدّه من عذاب القبر، ومن عذاب النار" حتي تمنين أن أكون ذلك الميت.

The Messenger of Allah (ﷺ) offered a funeral prayer and I memorized his supplication. He (ﷺ) prayed:

¹ Sunan an-Nasa'i 333

"Allahummaghfir lahu, warhamhu, wa 'afihi, wa'fu 'anhu, wa akrim nuzulahu, wa wassi' mudkhalahu, waghsilhu bil-ma'i wath-thalji wal-baradi, wa naqqihi minal-khataya, kama naqqaytath-thawbal-abyada minad-danasi, wa abdilhu daran khairan min darihi, wa ahlan khairan min ahlihi, wa zawjan khairan min zawjihi, wa adkihilhul-Jannata, wa a'idh-hu min 'adhabil-qabri, wa min 'adhabin-nar [if the dead person is a woman, one should change the ending of certain words in this supplication from hu to ha]

(O Allah! Forgive him, bestow mercy upon him, pardon him, accord him a noble provision and make his grave spacious, wash him with water, snow and hail, purify him from sins as You have purified the white garment from soiling, give him a better abode in place of his present one, and a better family in exchange of his present one, and a better spouse in place of his present wife; admit him to Jannah and protect from the trial in the grave and punishment in the Hell)." (After hearing this supplication of the Messenger of Allah (ﷺ), Abu' Abdur-Rahman 'Auf bin Malik

(May Allah be pleased with him) said: I wished I had been that dead man.²

- The earth is warm but the sky is cold, subhan Allah. And there is the coolness of eyes which means cool tears out of happiness unlike warm tears out of sadness. In the hellfire, it burns the skin, we ask Allah (سبحانه وتعالى) for the well-being. Ameen.
- When we say salam to each other, it is expiation of sins. And Jibreel (عليه السلام) hugged the Prophet (ﷺ) when he first brought the revelation to him so that he knows it is real, and not a dream. Also the embrace is so that he does not panic. It is said that it was a long time since Jibreel (عليه السلام) brought revelation since the time of Eisa (عليه السلام), so after some time he

² Riyadh As Saliheen, Muslim, Book 6, Hadith 42

was excited to bring a message again to the Messenger (ﷺ).

- And there is the punishment of not touching and that is when As Samiree made a golden calf idol and told Banu Israel this is your god so they started to worship it.
- As Samiree saw Jibreel (عليه السلام) on a horse and the footprints left behind would bloom, so As Samiree took these traces and mixed it with the melted gold and made it into a calf idol, subhan Allah.

SURAH TA HA 96

قَالَ بَصُرْتُ بِمَا لَمْ يَبْصُرُوا بِهِ فَقَبَضْتُ قَبْضَةً مِّنْ أَثَرِ الرَّسُولِ
فَنَبَذْتُهَا وَكَذَلِكَ سَوَّلَتْ لِي نَفْسِي

He said, "I saw what they did not see, so I took a handful [of dust] from the track of the messenger and threw it, and thus did my soul entice me."

- When Musa (عليه السلام) saw this, he took the idol and threw it in the sea and the punishment for As Samiree was not to be touched. He also had to tell the people to not touch him. This shows that not touching is a punishment as well.

SURAH TA HA 97

قَالَ فَاذْهَبْ فَإِنَّ لَكَ فِي الْحَيَاةِ أَنْ تَقُولَ لَا مِسَاسَ صَوَّانٍ لَكَ
مَوْعِدًا لَنْ تُخْلَفَهُ وَانظُرْ إِلَى إِلٰهِكَ الَّذِي ظَلْتَ عَلَيْهِ عَاكِفًا
لَنُحَرِّقَنَّهُ ثُمَّ لَنَنْسِفَنَّهُ فِي الْيَمِّ نَسْفًا

[Moses] said, "Then go. And indeed, it is [decreed] for you in [this] life to say, 'No contact.' And indeed, you have an appointment [in the Hereafter] you will not fail to keep. And look at your 'god' to which you remained devoted. We will surely burn it and blow it into the sea with a blast.

- For the people of paradise, Allah (سبحانه وتعالى) says no sadness, grief or torment will touch them.

○ Obligatory touch:

1. Touch between husband and wife
2. To touch and hug the children
3. To shake hands and say salam

○ Unlawful touch:

1. Touch between man and woman that are unlawful to each other out of desire
2. To take the properties of others
3. To touch what does not belong to us

○ Recommended touch:

1. To wipe the head of the orphan
2. To ease the pain of someone

○ Disliked touch:

1. The man touches his wife out of desire while fasting
2. To touch out of desire while in a state of ihram

○ Permissible touch:

1. To touch in order to carry things

TOUCH IN THE QUR'AN

○ Anything in this life, from good or bad, is just a touch, while in paradise and fire, it is complete and concentrated.

TOUCH IN THE SUNNAH

- The touch of the hands of the Prophet (ﷺ) was as soft as silk and they were colder than ice.
- And there was a man whom others would avoid touching, but the Prophet (ﷺ) would hug this man.
- The Prophet (ﷺ) never touched a woman to greet.

MAY ALLAH MAKE US USE ALL OUR SENSES IN THE WAY
PLEASING TO HIM. AMEEN.

REFERENCES

1. مدارج السالكين - ابن القيم



ADDITIONAL RESOURCES

LISTEN TO THE CLASS – FOR WOMEN

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

TO REQUEST ACCESS TO THE RECORDING:

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

CLASS NOTES FOR WOMEN AND MEN

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

<https://t.me/markazsalampublicationsENG>

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