

الحياة الطيبة المباركة

The Good Blessed Life

A good life does not mean a perfect life, but about how you look at matters in life, how you feel content, rich and happy even though things may not be according to your liking. The good life is when you believe in Allah and you do righteous good deeds pleasing to Allah (سبحانه و تعالی).

Be one for One in one way despite all changes in your life.

Everybody wants a blessed life. The blessed life is when you worship Allah (سبحانه و تعالی), do more with the same provisions and to be productive and benefit more.

The one with insight will looking at himself with truthfulness so Allah (سبحانه و تعالی) will maximize his deeds. Blessing is with the truth. There is no blessing with falsehood. Blessing is not about quantity but about quality.

Be one face to all, don't be like a hypocrite showing different faces to different people. They don't benefit others.

Some misconceptions about blessing

Some people have misconceptions that blessing comes from touching someone special, or from some person but really blessing is from you and your actions. Real blessing is about the truth. The opposite of blessings is to be deprived. Some have so much money and children but there is no blessing. It is not about what you have in your hand but about your belief.

The work الطيب means lots of goodness and benefit. The word البركة means blessing. If there is blessing in something little it becomes more and there is more benefit. For example, blessed food does not mean lots of food but it is to benefit from it even if little. Its not about quantity but about quality. For example, one has one hour to sleep but yet he is energized with it whereas other one slept for 10 hours but is still tired. Or some want to get an expensive branded bag, but it will get spoilt because they connect blessing with brand and quantity.

Blessing is not about brand, touching something to get blessing or about having more quantity. These are all misconceptions about a blessed life.

Blessing is connected with something intangible. Blessing is for what is in your plate and not outside. There is a blessing in whatever Allah gave you. This makes us satisfied with what Allah (سبحانه و تعالی) gave us.

Everybody wants blessing in everything

- In our money.
- In our time. Some have 24 hours but are not productive, they are not benefitting themselves, their families or others. May Allah (سبحانه و تعالی) give us baraka in our time. Ameen.
- In our health- Allah (سبحانه و تعالی) gave us health as a blessing.
- In our children
- In our spouse
- In our friends
- In our knowledge. This is by passing it on and benefit others. Or benefit others just by being a good example. No blessing in knowledge is when one learns and learns but there is no benefit on the person.
- In our friends.

Where do we get blessing from? From Allah (سبحانه و تعالی).

Baraka is from the actions of Allah (سبحانه و تعالی). If we look at our life, we have so many blessings on our plate. Whatever we have, Allah (سبحانه و تعالی) is the Only One Who can bless everything on our plate and benefit us. It is not about what I need to do to maximize my blessing. If you want everything on your plate to be blessed, ask Allah (سبحانه و تعالی).

اللَّهُ الَّذِي جَعَلَ لَكُمُ الْأَرْضَ قَرَارًا وَالسَّمَاءَ بِنَاءً وَصَوَّرَكُمُ فَأَحْسَنَ
صُورَكُمْ وَرَزَقَكُم مِّنَ الطَّيِّبَاتِ ذَلِكُمُ اللَّهُ رَبُّكُم فَتَبَارَكَ اللَّهُ رَبُّ
الْعَالَمِينَ

Allah, it is He Who has made for you the earth as a dwelling place and the sky as a canopy, and has given you shape and made your shapes good (looking) and has provided you with good things. That is Allah, your Lord, then blessed be Allah, the Lord of the 'Alamin (mankind, jinns and all that exists). (Surah Ghafir 40:64)

Allah (سبحانه و تعالی) is the One giving the blessings. It's not the people, nor my intellect. Allah is telling us the blessing is in the earth, the sky, He created us in the best form and He provides with the best provision.

تَبَارَكَ الَّذِي جَعَلَ فِي السَّمَاءِ بُرُوجًا وَجَعَلَ فِيهَا سِرَاجًا وَقَمَرًا
مُنِيرًا

Blessed be He Who has placed in the heaven big stars, and has placed therein a great lamp (sun), and a moon giving light. (Surah Al Furqan 25:61)

Believe that Allah (سبحانه و تعالی) is the One giving the blessing. He is the One Who put the stars as towers in the sky. They are towers of security in the sky. They shoot the shayatheen, He made the sun and the moon as a source of light for us- one in the morning and other in the night, one is bright and the other is dimmed light.

ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً فَخَلَقْنَا الْمُضْغَةَ عِظَامًا فَكَسَوْنَا الْعِظَامَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ خَلْقًا آخَرَ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

Then We made the Nutfah into a clot (a piece of thick coagulated blood), then We made the clot into a little lump of flesh, then We made out of that little lump of flesh bones, then We clothed the bones with flesh, and then We brought it forth as another creation. So blessed be Allah, the Best of creators. (Surah Al Mu'minoon 23:14)

Allah made us go through stages after stages in the stomach. The start of the human being is from a seed. Just as a plant grows from a seed. From that small drop, Who blessed and made it to grow in different stages? Allah (سبحانه و تعالی). He gave us blessings even before we came in life. We need to create a strong connection between us and Allah (سبحانه و تعالی) with faith.

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Blessed is He in Whose Hand is the dominion, and He is Able to do all things. (Surah Al Mulk 67:1)

Allah (سبحانه و تعالی)- the One Who gives you blessing owns everything in life. The blessing is when you truly believe in Allah (سبحانه و تعالی) and that all the treasures of everything is in His Hands. And He is able to do everything. There may be those who have but cant do anything. Allah (سبحانه و تعالی) can create means, decree everything because He owns everything.

تَبَارَكَ اسْمُ رَبِّكَ ذِي الْجَلَالِ وَالْإِكْرَامِ

Blessed be the Name of your Lord (Allah), the Owner of Majesty and Honour. (Surah Ar Rahman 55:78)

The blessings is in the Names of Allah (سبحانه و تعالی). When we talk about Allah (سبحانه و تعالی), we will get blessings. It is not about repeating His Names but by believing in His names. The One Who knows more Names of Allah (سبحانه و تعالی), will quickly remember Names of Allah (سبحانه و تعالی) in different situations in his life. If two do same deeds from outside, but one who believes in more names of Allah (سبحانه و تعالی), his deeds will be more blessed. His sadaqa, knowledge, his good deeds will be more beneficial.

تَبَارَكَ الَّذِي نَزَّلَ الْفُرْقَانَ عَلَى عَبْدِهِ لِيَكُونَ لِلْعَالَمِينَ نَذِيرًا

Blessed be He Who sent down the criterion (of right and wrong, i.e. this Quran) to His slave (Muhammad SAW) that he may be a warner to the 'Alamin (mankind and jinns).
(Surah Al Furqan 25:1)

There is blessing in the Qur'an. The more you spend time with the Qur'an, the more blessings you get. You will be blessed. Your life will be blessed, your health children, money will be blessed. Allah (سبحانه و تعالی) will give you more blessings. A scholar said, the more time I give to the Qur'an, the more Allah (سبحانه و تعالی) blessed my life. For example, one may skip class to go do work but there is more blessing when one is with Qur'an.

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُو الْأَلْبَابِ

(This is) a Book (the Quran) which We have sent down to you, full of blessings that they may ponder over its Verses, and that men of understanding may remember. (Surah Sad 38:29)

Alhamdulillah, we have a blessed Book- The Qur'an. Listening, reciting it is all blessing. One letter is 10 hasanat. Just reciting الحمد from Surah Al Fatihah has 5 letters, so 5 x 10= 50 reward. Blessing is not only limited to reciting it but by pondering and acting upon it. You get more blessing when you are living with the Qur'an. Best is to ponder upon the Qur'an. There is more blessing in it. It can change you and give you different dimension, more openings, more applications.

Blessing is from Allah (سبحانه و تعالی)- the Blessed One and Bestower of blessing.

The blessed ones are those who Allah (سبحانه و تعالی) blessed. He knows where to place His blessing. Blessed friends are those who help you, Blessed child is the one who prays, is obedient. May Allah (سبحانه و تعالی) bless our lives, our families, our homes, us our car and our legs to go to good places.

Shirk is to seek blessings from other things like people, things or amulets. They attach to 'lucky pen', etc but this is all shirk. Shirk is to associate partners with Allah (سبحانه و تعالی). They go to graves asking for blessing. Blessing is from Allah (سبحانه و تعالی) alone, you cannot attribute it to anything else.

How to live a blessed life?

Believe that Allah (سبحانه و تعالی) is the One giving the blessing but I need to work for it. Some good deeds will bring blessings.

- Believe and have taqwa

وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ آمَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِّنَ السَّمَاءِ
وَالْأَرْضِ وَلَٰكِن كَذَّبُوا فَأَخَذْنَاهُم بِمَا كَانُوا يَكْسِبُونَ

And if the people of the towns had believed and had the Taqwa (piety), certainly, We should have opened for them blessings from the heaven and the earth, but they belied (the Messengers). So We took them (with punishment) for what they used to earn (polytheism and crimes, etc.). (Surah Al A'raf 7:96)

If people believe and have taqwa, Allah (سبحانه و تعالی) promised he will open blessing from the sky and from the earth. Blessing comes from up and down. But we need to work on it and believe and do taqwa. Taqwa is action of ht heart. You don't do good deeds not because it suits by desire and not abstain from sins out of desire. There are two people who do the same deeds but one who is truthful, believes and has taqwa, will have so much blessing. Blessing is when you focus on your job and believe and do taqwa. Blessing is not from lying, cheating, disbelieving but from belief and right good deeds.

- Believe and do righteous good deeds

With belief and good deeds, Allah (سبحانه و تعالی) blesses you and gives you a blessed life. Some think blessing is in blind following others or by the measure of duniya- for example, some think blessing is in removing hijab. But in fact blessing is when one focuses on her belief and her taqwa.

- Make dua for others to be blessed.

When one makes dua for others to be blessed, Allah (سبحانه و تعالی) will give him blessing. There was a man who used to make dua for others. When he saw a married couple, he made dua 'May Allah (سبحانه و تعالی) bless their marriage", when he saw a family with children, he made dua, 'May Allah (سبحانه و تعالی) blessed their children'. This shows a pure heart. On the other hand, one who is jealous of the blessings of others will be so miserable.

- Special dua for newlyweds.

بَارَكَ اللَّهُ لَكُمْ ، وَبَارَكَ عَلَيْكُمْ ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

May Allah bless for you your spouse, and bless you, and may He unite both of you in goodness.
Abu Dawud No# 2130; Ibn Majah No# 1905

- Dua when eating in others homes

اللهم بارك لهم فيما رزقتهم، واغفر لهم ، وارحمهم

O Allah, bless them in what You provided them, forgive them and have mercy on them.

- Blessed time

The Prophet (ﷺ) made dua for his ummah-

اللهم بارك لأمتي في بكورها

O Allah, bless my ummah (nation) in the early morning

The time after fajr is a blessed time and this is from the dua of the Prophet (ﷺ). Scholars used to do their best deeds in this time. This is the best time to open the shop. Earlier they used to open shops straight after fajr.

- Blessing in money

Blessing in money or anything good is by taking it without looking at it too much and without obsessing about it too much. On the other hand, the blessing is when one takes the blessing with a good heart. We notice this in our lives. Some clothes we really wanted to get it but after getting I we don't like it. This applies to anything we take. Anything we take while our heart is obsessing about it will not be blessed.

- Blessing in selling and buying

Blessing in selling and buying is not to make it difficult in buying nor to sell with high price. Blessed trade is when buying and selling is easy. Not in lying in buying and selling. There will be no baraka for seller or buyer if they lie. If they lie and hide the truth, their trade will be ruined.