

THE REALITY OF

بركة

Darakah

Divine Blessings

IN ISLAM

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*The Reality of Barakah
(Divine Blessings) in Islam*



Adapted from a Jumuah Bayaan

by

Moulana Naeem Motala

THE REALITY OF BARAKAH (DIVINE BLESSINGS) IN ISLAM

...

The Reality of Barakah (Divine Blessings) in Islam

What is Barakah?

The Origin of the Word Barakah in Arabic

Definition of Barakah

Barakah as Mentioned in the Noble Qur'aan

Barakah as Mentioned in the Ahaadeeth

Duas for Barakah

How To Acquire Barakah

Barakah in Ramadaan

Some Incidents Portraying Barakah

Summary and Conclusion



All Praise
is due to Allah,
We Seek His Assistance
and His Forgiveness.
We believe in Him and place
our trust in Him. We seek refuge in Him
from the evils of ourselves and the mischief of
our deeds. Whomsoever Allah guides cannot be
misguided and whomsoever Allah misguides
cannot be guided. Peace and Blessings
be upon the Final Messenger,
Muhammad Sallallahu Alayhi
Wa Sallam, upon His Family,
and his Noble
Companions.
Aameen

FOREWORD

This compilation of selected Qur'aanic Aayaat, Ahaadeeth and incidents from the Seerah of Rasulullah *Sallallahu Alayhi Wasallam* has been adapted from a Jumuah Bayaan, given by Moulana Naeem Motala. It explains the reality of *Barakah* in Islam and provides a simple prescription, motivating us to attain the *Divine Gift of Barakah* effortlessly.

This book elucidates the fact that despite all the conveniences modern day existence seems to afford us, it fails to provide a sense of fulfilment or accomplishment. Whilst current technology is designed to create more time and better outcomes, everyone still somehow seems to complain of a deficiency thereof! The simple reason for this is the lack of *Barakah*.

It highlights the fact that, *whatsoever* is not dedicated to Allah, will certainly be devoid of *Barakah*, for it is exclusively Allah who is *Self-Sufficiently Blessed* and all types of *Barakah* emerge from Him.

Our obedience to Allah *Subhanahu Wa Ta'ala* has a direct effect on the *Barakah* in every aspect of our lives. Disobedience to Allah *Subhanahu Wa Ta'ala* causes deprivation of *Barakah*. Success in Dunya and Aakhirah can only be attained through the Mercy and Divine Pleasure/Blessings of our Creator Allah *Rabbul Izzat*.

May Allah *Subhanahu Wa Ta'ala* cover us all with His Infinite Mercy and Forgiveness and bestow true *Barakah* upon us.

Aameen

[Ramadaan 1436 / July 2015]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Allah *Subhanahu Wa Ta'ala* mentions in the Holy Qur'aan :

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Blessed is He in whose hand is the Dominion,
and He is All Able over all things. ~ Surah Mulk 67:1*

...

فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

*So Blessed is Allah, the Best of Creators
~ Surah Mu'minun 23:14*

...

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

*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; but they denied (the messengers), so We seized them for
what they were earning. ~ Surah Al A'raaf 7:96*

THE REALITY OF BARAKAH (BLESSINGS) IN ISLAM

Every single one of us, regardless of our age, profession, colour or financial position, is blessed with 24 hours in a day – not a second more or a second less!

Time is a valuable resource and the common phrase, “Time is money” explains the concept of doing things as quickly as possible. People say : “It is not what you earn, it is what you save” and they aspire to save time to get results.

Today, technology has advanced to such a degree that machinery in industries and gadgetry in homes have been designed to accelerate the mundane aspects of daily life and produce greater quantities and superior results in less time.

In order to accomplish ‘more’ in less time, man has applied his knowledge and skills to develop a diverse selection of labour-saving devices, thus leaving more time for gainful pursuits. However, regardless of appliances at his disposal, the aim of ‘saving time’ has not yielded a satisfactory result and man is still left complaining of ‘not enough time’.

In the past, accomplishing a task took a long time, because, what is available today was unavailable then. Despite this, man seemed to accomplish much! Presently, despite modern inventions at our disposal, we are still unable to achieve that which we want to. Man invests in what he wishes to accomplish, but the outcome is always less than desired. Time is just not enough and the end results do not match the efforts put in!

What then is missing? The missing element is none other than BARAKAH (Divine Blessings). This is due to our own actions. Our existence is bereft of Barakah!

WHAT IS BARAKAH?

Barakah is a Divine Gift from Allah Ta'ala. He is the Bestower of all things. He is the Source of all Barakah.

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Blessed is He in whose hand is the Dominion,
and He is All Able over all things. ~ Surah Mulk 67:1*

...

THE ORIGIN OF THE WORD BARAKAH IN ARABIC

The *verb* Baraka – بَرَكَ – means 'to kneel down'. The Arabs would refer to a camel which knelt or sat down as '*Barakatil Ibilu*' ~ "the camel has knelt down".

In order to understand how the meaning of 'Barakah' has been derived from this action, one has to understand how a camel kneels and then sits. When the camel bends its front legs, it drops to its knees. It thereafter folds its hind legs and sinks to the ground. Its heavy weight submerges into the desert sand making the camel very sturdy and not easily stirred or swept away. Similarly, Barakah, is something which is secure, steady, firm and unwavering.

In fact a pond in Arabic is called Birkah – بِرْكَة – with the same root letters ba, ra and kaaf. This is no coincidence. A pond is an enclosed body of water which is contained and preserved. The concept of Barakah is seen yet again.

The scholars have described Barakah as meaning ‘*plentiful*’ and ‘*in abundance*’.

الْغِنَاءُ وَالزِّيَادَةُ

“*Annamaa'oo waz-ziyaadah*”

... abundance and continuity

Barakah is the abundance of goodness and continuity of that goodness, i.e. it is long lasting and does not disappear easily.

Essentially, having Barakah, entails having enduring *Divine Blessings* from Allah *Subhanahu Wa Ta'ala*. Great benefit is derived from something which has Barakah.

...

DEFINITION OF BARAKAH

Barakah surpasses having plentiful of something – irrespective of the quantity of the thing one possesses, ones needs are fulfilled and there is still surplus available.

We all desire having this type of *Divine Blessings* ...

Barakah does not necessarily mean more income, it means sufficiency and contentment in whatever situation one finds oneself. Divine blessings do not necessarily conform to human definitions of ‘success’.

Consider the example of two businessmen with the same expertise, the same goods and same amount of time. Whilst all these variables are the same, the Barakah in each businessman’s life is different.

Hence the `Ulama have defined Barakah as :

والبركة ~ هي ثبوت الخير الإلهي في الشيء؛
فإنها إذا حلت في قليل كثرته، وإذا حلت في كثير نفع، ومن أعظم
ثمار البركة في الأمور كلها إستعمالها في طاعة الله عز وجل

*“Barakah is the establishment of Divine Goodness to a thing,
so if it occurs in something little, it increases it. And if
it occurs in something much, it benefits. And the greatest
fruits of Barakah in all things is to use that Barakah
in the obedience of Allah Subhanahu Wa Ta’ala”*

...

BARAKAH AS MENTIONED IN THE NOBLE QUR'AAN

Allah Subhanahu Wa Ta’ala mentions the word 'Mubaarak' several times in Qur'aan.

Some of these verses are the following :

The Name of Allah is Blessed :

تَبَارَكَ اسْمُ رَبِّكَ ذِي الْجَلَالِ وَالْإِكْرَامِ

***Blessed** is the name of your Lord, Owner of Majesty
and Honor. ~ Surah Ar-Rahmaan 55:78*

...

The Noble Qur'aan itself has been termed as '*Mubaarak*'.

The Noble Qur'aan in Surah Al A'naam :

وَهَذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ

*And this (Qur'aan) is a Book We have revealed
(which is) **Blessed** ~ Surah Al A'naam 6:155*

...

The Noble Qur'aan in Surah Saad :

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُو الْأَلْبَابِ

*(This is) a **blessed** Book which We have revealed to you,
(O Muhammad), that they might reflect upon its verses
and that those of understanding would be reminded
~ Surah Saad 38:29*

...

The Noble Qur'aan in Surah Al-Ambiya :

وَهَذَا نَذْرٌ مُبَارَكٌ أَنْزَلْنَاهُ , أَفَأَنْتُمْ لَهُ مُنْكَرُونَ

*And this (Qur'an) is a **blessed** message which
We have sent down. Then are you with it unacquainted?
~ Surah Al-Ambiya 21:50*

...

The Noble Qur'aan in Surah Al-An'aam :

وَهَذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ مُصَدِّقُ الَّذِي
بَيْنَ يَدَيْهِ وَلِتُنْذِرَ أُمَّ الْقُرَى وَمَنْ حَوْلَهَا , وَالَّذِينَ يُؤْمِنُونَ
بِالْآخِرَةِ يُؤْمِنُونَ بِهِ , وَهُمْ عَلَى صَلَاتِهِمْ يُحَافِظُونَ

*And this is a Book which We have sent down, **blessed**
and confirming what was before it, that you may warn
the Mother of Cities and those around it. Those who believe
in the Hereafter believe in it, and they are maintaining
their prayers. ~ Surah Al-An'aam 6:92*

...

Nabi Eesa Alayhis Salaam :

وَجَعَلَنِي مُبَارَكًا أَيْنَ مَا كُنْتُ وَأَوْصَانِي بِالصَّلَاةِ وَالزَّكَاةِ مَا دُمْتُ حَيًّا

*And He has made me **blessed** wherever I am and has
enjoined upon me prayer and Zakaah as long as I
remain alive ~ Surah Maryam 19:31*

***Nabi Nooh Alayhis Salaam's
Supplication After the Floods :***

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ

*And say, 'My Lord, let me land at a **blessed** landing place,
and You are the best to accommodate (us).'*

~ Surah Al-Mu'minoon 23:29

...

قِيلَ يَا نُوحُ اهْبِطْ بِسَلَامٍ مِنَّا وَبَرَكَاتٍ عَلَيْكَ

وَعَلَىٰ أُمَمٍ مِّمَّنْ مَعَكَ , وَأُمَمٍ سَنُضِلُّهُمْ ثُمَّ يُمْسَهُمْ مِنَّا عَذَابٌ أَلِيمٌ

*It was said, "O Nooh, disembark in security from Us and
blessings upon you and upon nations (descending) from those
with you. But other nations (of them) We will grant enjoyment;
then there will touch them from Us a painful punishment."*

~ Surah Hud 11:48

...

***Blessings Upon Hazrat Ibraheem Alayhis Salaam
and Hazrat Ishaaq Alayhis Salaam :***

وَبَارَكْنَا عَلَيْهِ وَعَلَىٰ إِسْحَاقَ , وَمِنْ ذُرِّيَّتِهِمَا مُحْسِنٌ وَظَالِمٌ لِّنَفْسِهِ مَبِينٌ

*And We **blessed** him and Ishaaq. But among their descendants
is the doer of good and the one clearly unjust to himself.*

~ Surah Al-Saaffaat 37:113

Regarding the K'abah :

إِنَّ أَوَّلَ بَيْتٍ وُضِعَ لِلنَّاسِ لَلَّذِي بِبَكَّةَ مُبَارَكًا وَهُدًى لِّلْعَالَمِينَ

*Indeed, the first House (of worship) established for mankind was that at Makkah - **blessed** and a guidance for the worlds.
~ Surah 'Aali 'Imraan 3:96*

...

Laylatul Qadr [The Night of Power] :

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةٍ مُبَارَكَةٍ , إِنَّا كُنَّا مُنذِرِينَ

*Indeed, We sent it down (the Quraan) during a **blessed** night.
Indeed, We were to warn (mankind). ~ Surah Ad-Dukhaan 44:3*

...

The Olive Tree :

يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ

*(the oil of) a **blessed** olive tree, ~ Surah Noor 24:35*

...

Rain Water :

وَنَزَّلْنَا مِنَ السَّمَاءِ مَاءً مُبَارَكًا فَأَنْبَتْنَا بِهِ جِبَاتٍ وَحَبَّ الْحَصِيدِ

*And We have sent down **blessed** rain from the sky
and made grow thereby gardens and grain
from the harvest ~ Surah Qaf 50:9*

Land of Shaam and Surrounding Areas :

سُبْحَانَ الَّذِي أَسْرَى بِعَبْدِهِ لَيْلًا مِّنَ الْمَسْجِدِ الْحَرَامِ
إِلَى الْمَسْجِدِ الْأَقْصَى الَّذِي بَارَكْنَا حَوْلَهُ لِنُرِيَهُ مِنْ آيَاتِنَا
إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرُ

*Exalted is He who took His Servant by night from
al-Masjid al-Haram to al-Masjid al-Aqsa, whose
surroundings We have **blessed**, to show him of Our signs.
Indeed, He (Allah) is the Hearing, the Seeing.
~ Surah Al-Isra 17:1*

...

وَنَجَّيْنَاهُ وَلُوطًا إِلَى الْأَرْضِ الَّتِي بَارَكْنَا فِيهَا لِلْعَالَمِينَ

*And We delivered him and Lut to the land which
We had **blessed** for the worlds. ~ Surah Al-Ambiya 21:71*

...

وَلِسُلَيْمَانَ الرِّيحَ عَاصِفَةً تَجْرِي بِأَمْرِهِ إِلَى الْأَرْضِ الَّتِي
بَارَكْنَا فِيهَا , وَكُنَّا بِكُلِّ شَيْءٍ عَالِمِينَ

*And to Sulaiman (We subjected) the wind, blowing forcefully,
proceeding by his command toward the land which We
had **blessed**. And We are ever, of all things, Knowing.
~ Surah Al-Ambiya 21:81*

...

وَجَعَلْنَا بَيْنَهُمْ وَبَيْنَ الْقُرَى الَّتِي بَارَكْنَا فِيهَا قُرًى
ظَاهِرَةً وَفَدَرْنَا فِيهَا السَّيْرَ , سِيرُوا فِيهَا لَيَالِي وَأَيَّامًا آمِنِينَ

*And We placed between them and the cities which We had **blessed** (many) visible cities. And We determined between them the (distances of) journey, (saying), "Travel between them by night or day in safety." ~ Surah As-Saba 34:18*

...

وَأَوْرَثْنَا الْقَوْمَ الَّذِينَ كَانُوا يُسْتَضْعَفُونَ مَشَارِقَ الْأَرْضِ وَمَغَارِبَهَا الَّتِي
بَارَكْنَا فِيهَا , وَتَمَّتْ كَلِمَتُ رَبِّكَ الْحُسْنَىٰ عَلَىٰ بَنِي إِسْرَائِيلَ بِمَا
صَبَرُوا , وَدَمَرْنَا مَا كَانَ يَصْنَعُ فِرْعَوْنُ وَقَوْمُهُ وَمَا كَانُوا يَعْرِشُونَ

*And We caused the people who had been oppressed, to inherit the eastern regions of the land and the western ones, which We had **blessed**. And the good word of your Lord was fulfilled for the Children of Israel because of what they had patiently endured. And We destroyed (all) that Pharaoh and his people were producing and what they had been building. ~ Surah Al-A'araaf 7:137*

...

BARAKAH AS MENTIONED IN THE AHAADEETH

Some of these Ahaadeeth, are the following :

Dates :

عَنْ سَلْمَانَ بْنِ عَامِرٍ الصَّيِّمِيِّ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ : إِذَا أَفْطَرَ أَحَدُكُمْ فَلْيُفْطِرْ عَلَى تَمْرٍ
فَإِنْ لَمْ يَجِدْ فَلْيُفْطِرْ عَلَى مَاءٍ فَإِنَّهُ طَهُورٌ

*Hazrat Salman bin 'Amir Radiyallahu Anhu reported : Rasulallah Sallallahu Alayhi Wasallam said : "When you break fast, you should do it with a date. For there is **barakah** in it, and if you do not find a date, break it with water for it is pure." ~ Tirmidhi*

...

Surah Baqarah :

عَنْ أَبِي أُمَامَةَ، رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ:
اقْرَءُوا سُورَةَ الْبَقَرَةِ فَإِنْ أَخَذَهَا بَرَكَةٌ وَتَرَكَهَا حَسْرَةٌ وَلَا تَسْتَطِيعُهَا الْبَطَلَةُ

*Hazrat Abi Umamah Radiyallahu Anhu said he heard Rasulallah Sallallahu Alayhi Wasallam say: Recite Surah al-Baqarah, for to take recourse to it is a **barakah** and to give it up is a cause of grief, and the magicians cannot confront it. ~ Muslim*

Displaying Honesty in a Transaction :

عَنْ حَكِيمِ بْنِ حِزَامٍ ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ، قَالَ :
«الْبَيْعَانِ بِالْخِيَارِ مَا لَمْ يَتَفَرَّقَا ، فَإِنْ صَدَقَا وَبَيَّنَّا بُورُكَ لِهَمَا فِي بَيْعِهِمَا
، وَإِنْ كَذَبَا وَكَتَمَا "مُحِقَتْ بَرَكَةُ بَيْعِهِمَا"»

*Hazrat Hakim bin Hizam Radiyallahu Anhu reported :
Rasulullah Sallallahu Alayhi Wasallam said : "The buyer and
the seller have the option of canceling or confirming the bargain
unless they separate, and if they spoke the truth and made clear the
defects of the goods, then they would be blessed in their bargain.
And if they spoke lies and hid some facts, their bargain would be
deprived of Allah's **blessings**." ~ Bukhari*

...

DUAS FOR BARAKAH

We are advised to ask Allah *Subhanahu Wa Ta'ala* for Barakah in the early hours of the morning.

Rasulullah *Sallallahu Alayhi Wasallam* has taught us this morning
Dua :

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ ، فَتَحَهُ وَنَصَرَهُ وَنُورَهُ
وَبَرَكَتَهُ وَهَدَاهُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

*Allaahumma innee as-aluka khayra hazal-yawm,
Fathahu wa nasrahu wa noorahu, wa barakatahu, wa hudaahu,
wa-a'oozu bika min sharri maafeehi wa sharri maa ba'dahu*

“O Allah, I ask You for the goodness of this day, its victory, its help, its light, its **Blessings**, and its guidance. I seek refuge in You from the evil that is in it and from the evil that follows it.”

~ *Sunan Abu Dawud*

...

- When someone gets married, a Dua is made at the end of the Nikah for Barakah :

بَارِكْ اللَّهُ لَكَ وَبَارِكْ عَلَيْكَ

“*Baarakallah laka wa Baaraka 'alayk*” ...

“May Allah bless you and shower His **Blessings** (Barakah) on you.” ~ *Tirmidhi*

...

- When we eat at a person’s home we make Dua for the host :

اللَّهُمَّ بَارِكْ لَهُمْ فِيْمَا رَزَقْتَهُمْ ، وَاعْفِرْ لَهُمْ وَارْحَمِهِمْ

*Allaahumma baarik lahum fee maa razaq-tahum,
waghfir lahum war-hamhum*

“O Allah, grant him Your **Blessings** in his sustenance, forgive him and have mercy on him.” ~ *Tirmidhi*

...

HOW TO ACQUIRE BARAKAH

1 ~ By Adopting Imaan and Taqwa

The fundamental ingredients for Barakah are *Imaan* (Faith) and *Taqwa* (Piety).

Allah *Subhanahu Wa Ta'ala* says :

وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ آمَنُوا وَاتَّقَوْا

“Walow Anna Ahlal Qura Aamanu Wattaqaw”

*And if only the people of the cities had believed
and feared Allah, ~ Surah Al A'raaf 7:96*

لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِّنَ السَّمَاءِ وَالْأَرْضِ

“Lafatahna Alayhim Barakaatin Minas Samaai Wal Ardhi”

*We would have opened upon them Blessings from the
heaven and the earth; ~ Surah Al A'raaf 7:96*

The explanation of this is that if the villagers, in all those towns around Makkah brought Imaan, had Taqwa, fulfilled the injunctions of Allah *Subhanahu Wa Ta'ala* and refrained from all sins, then they would have received beneficial rain for their crops to grow.

They would have enjoyed a prosperous life with fresh and abundant produce. However, they rejected Allah *Subhanahu Wa Ta'ala* and hence, He punished them. He totally destroyed them.

In a *Hadith-e-Qudsi*, Allah *Subhanahu Wa Ta'ala* says :

إِنِّي إِذَا اطَّعْتُ رَضِيتُ

Inni Iza Uti'tu Radhitsu ~

“(O my Servants)! When I am obeyed
I become happy (with you)”

وَإِذَا رَضِيتُ بَارَكْتُ

Wa Iza Radhitsu Baaraktu ~

“When I become happy, then I Bless you”

وَلَيْسَ لِبَرَكَتِي نِهَآيَةٌ

Wa Laysa Li Barakatee Nihaayah ~

“There is no limit to My Barakah”

When Allah *Subhanahu Wa Ta'ala* decides to give, then those Blessings come pouring down on a person. There is no limit to those Blessings. This is because Allah *Subhanahu Wa Ta'ala* is the Source of all Blessing. Allah Ta'ala says :

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ

“Tabaarakal lazi Biyadihil Mulk”

Blessed is the ONE in whose HANDS is the Sovereignty

and in another verse :

فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

“Fatabaarak-Allahu Ahsanul Khaliqueen”

So Most Blessed is Allah, The Best of Creators

Allah Ta’ala is the Source of all Blessing. The ability to grow is only from Allah *Subhanahu Wa Ta’ala*. Productivity, being prosperous and having plentiful – not having a life of loss or suffering wretchedness and misery – is a blessing from Allah *Subhanahu Wa Ta’ala* Alone.

He grants it to His Believing, loyal and obedient servants. Imaan, Taqwa and good deeds lead to Barakah in one's life. A sinful person will live a life void of Barakah. He will suffer wretchedness and misery.

Allah *Subhanahu Wa Ta’ala* says in the Qur'aan :

وَمَنْ أَعْرَضَ عَنْ ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا

*And whoever turns away from My remembrance – indeed,
he will have a narrow life ~ Surah Taha 20:124*

That person who turns away from the remembrance of Allah *Subhanahu Wa Ta’ala*, for him is a miserable, narrow and wretched life. He does not enjoy peace of mind, nor serenity, despite having abundant material possessions in his life. His life is narrow and tight. Allah *Subhanahu Wa Ta’ala* deprives him of true Barakah. He is kept far away from the blessings of Allah Ta’ala. Some `Ulama have explained that the opposite of Barakah is L'anat (Curse), i.e. being far away from Allah's Mercy and Blessings. May Allah *Subhanahu Wa Ta’ala* protect us all.

2 ~ *Joining FamilyTies*

Barakah in one's sustenance and life is achieved by joining family ties.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَنْ أَحَبَّ أَنْ يَبْسُطَ لَهُ فِي رِزْقِهِ، وَيُنْسَأَ لَهُ فِي أَثَرِهِ، فَلْيَصِلْ رَحِمَهُ

*Whoever loves that he be granted more wealth and that his
lease of life be prolonged then he should keep good relations
with his Kith and kin.* “~ Sahih Al Bukhari

The meaning of ***Barakah in Rozi*** :

A person may only possess little, but it will suffice all his needs and be of great benefit to him. A little food goes a long way and gives one abundant energy to obey Allah Ta'ala. One will be content and happy with one's little earnings and not become overwhelmed by greed and avarice.

Remember a person's earnings could be meagre, but it could bring him abundant happiness and comfort in his life, if he has been blessed with Barakah.

And, ***Barakah in life span*** :

This does not necessarily mean an extension in his lifespan, rather he will find blessings in his time. When one is able to obey Allah and make great contributions for His Deen within a short and limited lifespan, then he has been bestowed with Barakah. He is able to achieve in a short life, considerable amount of work, that would normally require one to have a very long life span. The examples of our *Salafe Saaliheen* are glaring examples of this Barakah.

3 - *Giving Sadaqah (Charity)*

Giving Sadaqah (Charity) is another way of acquiring Barakah. Allah *Subhanahu Wa Ta'ala* says in the Holy Qur'aan :

يَمْحَقُ اللَّهُ الرِّبَا وَيُرْبِي الصَّدَقَاتِ

“Yamhaqullaahur Riba Wa Yurbis Sadaqaat”

Allah destroys interest and gives increase for charities
- Surah Al Baqarah 2:276

Allah *Subhanahu Wa Ta'ala* destroys interest and increases Sadaqah. In other words the effects of Sadaqah is that there is Barakah in the remainder of your wealth. When you took out money and gave it to somebody, your “eyes” saw your bank balance decreasing, but Allah *Subhanahu Wa Ta'ala* promises *Yurbis Sadaqaat*, i.e. HE will increase the wealth that you have.

You may not see your money increasing, but Allah *Subhanahu Wa Ta'ala* will most definitely place Barakah in what you have. So you will be able to fulfill all your expenses, tasks, responsibilities, and requirements with the money that you have.

On the other hand *Yamhaqullaahur Riba*, if you are indulging in usury and interest, outwardly you are gaining in that your bank balance is rising, but Allah *Subhanahu Wa Ta'ala* says that HE will destroy that wealth. You will be deprived of the Barakah of that wealth. How many a rich person has complained: “*I have all the material possessions in the world, still whatever money I have got is just going into medical expenses, accidents, operations, sickness ... it is just being wasted.*”

Such a person does not enjoy his wealth.

4 ~ *Trading Early in the Morning*

Rasulullah Sallallahu Alayhi Wasallam has said :

اللَّهُمَّ بَارِكْ لَأُمَّتِي فِي بَكُورِهَا

Allahumma Baarik li Ummati Fee Bukuriha

“O Allah! Give Barakah to my Ummah in the early hours of the morning.” ~ Sunan Ibn Majah

A Sahaabi, Hazrat Sakhar bin Wada'ah *Radiyallahu Anhu*, who was a merchant, used to say : “I would dispatch my caravans for trade and commerce early in the morning and they would return prosperous, with lots of gains”.

Thus, the early part of the morning is a time for Barakah.

5 ~ *Seeking Repentance*

Another way of gaining Barakah is through *Istighfaar* (Repentance).

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَنْ لَزِمَ الْإِسْتِغْفَارَ جَعَلَ اللَّهُ لَهُ مِنْ كُلِّ ضَيْقٍ مَخْرَجًا
وَمِنْ كُلِّ هَمٍّ فَرْجًا وَرَزَقَهُ مِنْ حَيْثُ لَا يَحْتَسِبُ

Rasulullah Sallallahu Alayhi Wasallam said: If anyone continually asks for pardon, Allah will make a way out of every distress, a relief from every anxiety, and will provide for him from unseen sources ~ Sunan Abi Dawud

Mun Lazimal Istighfaar : That person who adheres (clings) to Istighfaar, seeks repentance from Allah *Subhanahu Wa Ta'ala*, makes Taubah, has a penitent heart, and turns to Allah *Subhanahu Wa Ta'ala* saying *Astaghfirullah* sincerely - then Allah *Subhanahu Wa Ta'ala* says : “We will make an opening for him from all grief, worry and sorrow and will make an opening for him from all difficult situations”.

Allah *Subhanahu Wa Ta'ala* will even provide for him from unseen sources. We should have full Yaqeen (certitude) in the words of Rasulullah *Sallallahu Alayhi Wasallam*.

An Incident of being Provided from 'Unseen Sources'

When Rasulullah *Sallallahu Alayhi Wasallam* had once gone to the homes of all his wives seeking food as he was extremely hungry. He enquired of his wives if they had anything with them and each replied in the negative. The condition in the homes of Rasulullah *Sallallahu Alayhi Wasallam* was such that they had none!

He then visited his daughter Sayyidina Fathima *Radiyahallahu Anha* thinking that perhaps she may have something. She also had nothing and was herself starving. Shortly after that, a neighbour sent Sayyidina Fathima *Radiyahallahu Anha* two rolls and a little piece of meat. She became elated because she now had something to give to her Beloved Father.

She sent Hazrat Hassan *Radiyahallahu Anhu* and Hazrat Husain *Radiyahallahu Anhu* to call for their grandfather. When he came, She says : “O my father some food has come ... Not much, a little bit of bread and some meat. I desire that I should give it to you”. He instructed her to open the container and when she did, there was abundant food in it - much more than what was sent.

Rasulullah *Sallallahu Alayhi Wasallam* asked her : “O Fathima! What is this? You had said that just a little food had come”. She looked at it and exclaimed :

قَالَتْ هُوَ مِنْ عِنْدِ اللَّهِ

“Qaalat : *huwa min indillahi*”
“It is from my Allah!”

This response made Rasulullah *Sallallahu Alayhi Wasallam* very happy. It was the same reply that Mariam *Alaihas Salaam* gave to Zakariyya *Alayhis Salaam* when he asked her about the out of season fruit she had, had in her possession.

Allah *Subhanahu Wa Ta'ala* provides from unseen sources. This is Barakah!

6 ~ *Partaking of Sehri*

Hazrat Anas bin Malik *Radiyallahu Anhu* narrated that whenever they were fasting, Rasulullah *Sallallahu Alayhi Wasallam* advised :

تَسَحَّرُوا فَإِنَّ فِي السَّحْرِ بَرَكَهً

“Partake of Sehri, for indeed there is a Blessing
in the Sehri.” ~ Tirmidhi

Tasahharu ~ 'Make Sehri' ... because there is Barakah in partaking of Sehri. Even though we may have eaten just a few dates at Suhoor, the blessings of partaking of Sehri, enable one to keep the fast the entire day without getting hungry.

7 ~ *Reciting Bismillah*

When we partake of meals, Rasulullah *Sallallahu Alayhi Wasallam* has exhorted us :

سَمِ اللّٰهَ

Sammillah ~ “Say Bismillah”
~ Bukhari

By reciting Bismillah, one experiences Barakah in the food. It suffices him.

8 ~ *Eating from the Sides of the Plate*

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
إِنَّ الْبَرَكَهَ تَنْزِلُ وَسَطَ الطَّعَامِ فَكُلُوا مِنْ حَافَتَيْهِ وَلَا تَأْكُلُوا مِنْ وَسْطِهِ

Rasulullah Sallallahu Alayhi Wasallam said : “Blessing descends upon food in its middle, so eat from the sides of the vessel and do not eat from its middle.” ~ At-Tirmidhi and Abu Dawud

Amongst the Aadaab (etiquettes) of eating is to avoid eating from the centre of the plate.

In the Hadith, Rasulullah *Sallallahu Alayhi Wasallam* explains that Barakah from Allah *Subhanahu Wa Ta’ala* comes down in the middle (of the plate), and it diffuses to every grain and every type of food you have. If you are going to eat immediately from the middle (of the plate) then Barakah will not be distributed to all the food on the plate. Thus, eat from the side of the plate first.

9 - Eating Meals Together

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
﴿كُلُوا جَمِيعًا وَلَا تَفْرُقُوا فَإِنَّ الْبَرَكَهَ مَعَ الْجَمَاعَةِ﴾

*Rasulullah Sallallahu Alayhi Wasallam said : Eat together,
and not separately, for the Blessing is in being together.”*
~ Sunan Ibn Majah

Eating meals together and not separately, is a means of Barakah and a means of gaining satiety.

10 - Licking One's Fingers and Cleaning the Plate

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
﴿إِذَا أَكَلَ أَحَدُكُمْ فَلْيَلْعَقْ أَصَابِعَهُ فَإِنَّهُ لَا يَدْرِي فِي أَيِّتِهِنَّ الْبَرَكَهَ﴾

*Rasulullah Sallallahu Alayhi Wasallam said : “When any one of
you eats food he should lick his fingers, for he does not know in which
part of the food sticking to his fingers, does the Blessing lie.”*
~ Sahih Muslim

Rasulullah Sallallahu Alayhi Wasallam said that you should lick your fingers after your meals and clean the plate. It is a Sunnah of Rasulullah Sallallahu Alayhi Wasallam, “You do not know in which portion the blessing lies”. There may just be some gravy on your fingers, but if Allah Subhanahu Wa Ta’ala has placed Barakah in that, then it is going to be beneficial for you.

11 ~ Making Salaam when Entering the Home

قَالَ أَنَسُ بْنُ مَالِكٍ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
يَا بَنِي إِذَا دَخَلْتَ عَلَى أَهْلِكَ فَسَلِّمْ يَكُونُ بَرَكَةً عَلَيْكَ وَعَلَى أَهْلِ بَيْتِكَ

*Hazrat Anas bin Malik Radiyallahu Anhu reported:
Rasulullah Sallallahu Alayhi Wasallam said : to me, “Dear son,
when you enter your house, say As- Salamu 'Alaikum
to your family, for it will be a Blessing both to you and
to your family.” ~ Tirmidhi*

Making Salaam upon entering the home, is such an easy manner of attaining Barakah. The words of Salaam themselves mean “Allah’s Peace and Blessings be upon you”.

...

BARAKAH IN RAMADAAN

Rasulullah Sallallahu Alaihi Wasallam said: “Oh people! A very blessed, auspicious and great month dawns over you.

شَهْرٌ عَظِيمٌ مُبَارَكٌ

“Shahr-un Azeemun Mubaarakun”

A month full of blessings, in which there is Barakah in the Rozi (sustenance) and livelihood of the Believer. The Hadith states:

شَهْرٌ يَزَادُ فِيهِ رِزْقُ الْمُؤْمِنِ

“Shahr-un yuzaadu fih rizqul mumin”

The Rizq (sustenance) of a Believer is increased (multiplied) in the month of Ramadaan. We see that the moment Ramadaan commences, our dastarkhaans and tables are filled with an abundance of food. We normally don't see so many different types and quantities of food in other months.

Not only is there Barakah in our sustenance, but there is also an increase in our *Ibaadah* (worship). Normally it is difficult to engage in extra *Nawaafil* (optional) Salaah, but in the month of Ramadaan, Allah *Subhanahu Wa Ta'ala* has made it such that He gives us the strength and the *Himmat* (courage) to excel in Ibaadah. We are focussed with *Tilaawat* (recitation) of the Qur'aan, Zikrullah and Dua (especially at the time of Iftaar, before Maghrib). The atmosphere is filled with Noor (illumination) and one can actually feel and sense the Barakah of Allah *Subhanahu Wa Ta'ala* cascading down.

Furthermore, there is also 'Barakah in the reward', which is significantly multiplied when performing good deeds. One who performs a Nafil act receives the reward equivalent of having performed a Fard act (out of the month of Ramadaan). *Then what about the reward of performing a 'Fard' in Ramadaan?*

The Hadith of Rasulullah *Sallallahu Alaihi Wasallam* states :

مَنْ تَقَرَّبَ فِيهِ بِخَصْلَةٍ مِنْ خِصَالِ الْخَيْرِ كَانَ كَمَنْ أَدَّى فَرِيضَةً فِيمَا سِوَاهُ
، وَمَنْ أَدَّى فِيهِ فَرِيضَةً كَمَنْ أَدَّى سَبْعِينَ فَرِيضَةً فِيمَا سِوَاهُ

Whoever draws nearer (to Allah) by performing any of the optional good deeds (Nafl) in (this month) shall receive the same reward as performing an obligatory deed (Fard) at any other time, and whoever discharges an obligatory deed (Fard) in (this month) shall receive the reward of performing seventy obligations (70 Fard) at any other time.

~ Ibn Khuzaymah

Allah *Subhanahu Wa Ta'ala* multiplies any Fard (compulsory) act performed in the month of Ramadaan by seventy times!

An Insightful Analogy Portraying Barakah in Ramadaan

O u r *Salafe Sawliheen* (pious predecessors) would prepare for Ramadaan well in advance. They would actually sense the Barakah of Ramadaan approaching and await the coming of Ramadaan, long before it commenced.

Rasulullah *Sallallahu Alayhi Wasallam* himself, used to recite this Dua when the moon of Rajab was sighted, in anticipation of Ramadaan :

اللَّهُمَّ بَارِكْ لَنَا فِي رَجَبٍ ، وَشَعْبَانَ ، وَبَلَّغْنَا رَمَضَانَ

*“Allahumma baa-rik-lanaa fee-rajaba wa Sha'baana
wa bal-lig-naa Ramadhaana”*

“O Allah, make the months of Rajab and Sha'baan blessed for us,
and let us reach the month of Ramadhan.” ~ *Tabarani*

The `Ulama have also mentioned : The effect and Barakah of this one month, when spent properly, is such, that it wipes out all the minor sins of the person since the previous Ramadaan. The doors of Allah *Subhanahu Wa Ta'ala*'s Rahmah, Maghfirah and Barakah are widely opened!

Hazrat Moulana Yunus Patel *Rahmatullahi Alayh* gave a beautiful example with respect to Barakah in Ramadaan. He said: “At the time of drought there is scarcity of water and every drop of it is precious. If there is a sudden downpour of rain, people will rush out with their buckets and fill them with this valuable rainwater.

However, if any person goes outside with his bucket turned '*upside-down*', then he will return with a completely '*empty*' bucket. Everyone will ridicule him and call him a fool!"

Similarly, in the month of Ramadaan, Allah *Subhanahu Wa Ta'ala*'s Barakah pours down in torrents. It comes down in full force! We do not possess those spiritual eyes to "see" that Barakah coming down. However, we should treasure and value Ramadaan and not spend a second of it incorrectly, lest the Barakah is lost.

...

SOME INCIDENTS PORTRAYING BARAKAH

1

Rasulullah *Sallallahu Alayhi Wasallam* and his illustrious companions, the Sahaba *Radiyallahu Anhum* were once travelling and the time for Asr Salaah set in. They only had one container of water with which to make Wudhu (ablution) and the Sahabah *Radiyallahu Anhum* naturally became very worried. Rasulullah *Sallallahu Alayhi Wasallam* then took the utensil of water and placed his Mubaarak (Blessed) fingers into it, causing a spring to gush forth. All the Sahabah *Radiyallahu Anhum* then performed ablution with that water. This was a Mu'jizah (miracle) of Rasulullah *Sallallahu Alayhi Wa Sallam* and depicts Barakah.

2

Hazrat Abu Hurayrah *Radiyallahu Anhu* was once asked by Rasulullah *Sallallahu Alayhi Wasallam* : "What do you have with you?". He said : "A little leather bag or purse in which I have got a few dates". Rasulullah *Sallallahu Alayhi Wasallam* said : "Give me

those dates”. He then proceeded to make Dua and told Hazrat Abu Hurayrah *Radiyallahu Anhu* not to open the bag, not to turn it upside down and not to empty its contents. He was told to leave what was inside as it was, and to merely put his fingers into the bag and help himself whenever he was hungry.

Hazrat Abu Hurayrah *Radiyallahu Anhu* kept this bag tied with a belt around his waist and said : “*Wallah!* Whenever I was hungry I would put my hand into this little purse and I would eat from it. I never opened and checked how much was in there. I never counted those dates. I did this during the time of Rasulullah *Sallallahu Alayhi Wasallam*. I did it during the time of Hazrat Abu Bakr *Radiyallahu Anhu* (whose Khilafah was two and a half years), and also during the time of Hazrat ‘Umar *Radiyallahu Anhu* (whose Khilafah was ten years)... so many years had gone by”. Hazrat Abu Hurayrah *Radiyallahu Anhu* said that during the time of Hazrat Uthmaan *Radiyallahu Anhu* he was also enjoying those dates. But the day that Hazrat Uthmaan *Radiyallahu Anhu* was martyred, when he searched for that little purse, it had disappeared!

He would therefore say : “*Linnaasi Hammun Wa Lee Hammaani ...* People were grieving that day, but they had only one grief. However, I (*Abu Hurayrah*) had two griefs : *Hammul Jiraab* (the grief of the lost bag of dates) and *Wa Hammush Sheykhi Uthmana* (the grief of the assassination of Hazrat Uthmaan *Radiyallahu Anhu*)”.

3

If we read the Seerah of Rasulullah *Sallallahu Alayhi Wasallam*, we will encounter the incident of Hazrat Halima Sa’adiyah *Radiyallahu Anha*, the foster mother of Rasulullah *Sallallahu Alayhi Wasallam*. Whilst all the other wet-nurses refused to take him into their care, feeling that he would not benefit them (as he was an orphan), Hazrat Halima Sa’adiyah *Radiyallahu Anha*, then took Rasullullah

Sallahu Alayhi Wasallam in her care.

She immediately saw benefit from having taken this Mubarak baby who was unlike any other. The camel that Hazrat Halima Sa'adiah *Radiyahallahu Anha* was using, was extremely weak and travelled very slowly. The other wet nurses were getting far ahead and they were becoming annoyed with her slow pace. The moment Hazrat Halima Sa'adiah *Radiyahallahu Anha* placed Rasullulah *Sallalhu Alayhi Wasallam* on her camel, it was blessed with Barakah and it began to speed. It outdid all the other camels!

Further, Hazrat Halima Sa'adiah *Radiyahallahu Anha* could not give much milk as there was drought and she was weak. The moment she became wet-nurse to this baby, Allah *Subhanahu Wa Ta'ala* blessed her with so much milk that even her other child began to suckle to its fill.

When they entered her home (which was a simple dwelling), it became filled with Barakah. The gaunt sheep and goats became healthy, so much so, that those very people who refused to take Rasulullah *Sallallahu Alayhi Wasallam* from Makkah, now began taking milk from Hazrat Halima Sa'adiah *Radiyahallahu Anha's* blessed goats.

4

Hazrat Anas *Radiyahallahu Anhu* was a youngster and a Khadim (servant) of Rasulullah *Sallallahu Alayhi Wasallam*. On one occasion Rasulullah *Sallallahu Alayhi Wasallam* made a Dua for him :

“*Allahumma Akthir Maalahu ~*
O Allah! Increase the wealth of Anas.”

After this, it has been recorded that the orchid of Hazrat Anas *Radiyahallahu Anhu* would produce fruit twice a year, whilst all the

other orchids would only produce fruit once a year.

This is Barakah! This is the Blessings of the Dua of Rasulullah *Sallallahu Alayhi Wasallam*. Hazrat Anas *Radiyallahu Anhu* himself mentioned that Allah *Subhanahu Wa Ta'ala* gave him a very long life and that he had very many children and grandchildren. He himself buried more than a hundred of his own children and grandchildren. This is the life of Barakah that Hazrat Anas *Radiyallahu Anhu* enjoyed.

5

There is a famous incident depicting Barakah mentioned in a Hadith. We are all aware of the hardships that Hazrat Ayooob *Alayhis Salaam* had undergone in his life and the *Sabr* (patience) that he exercised during those difficulties.

He had such an illness that he was unable to walk, but he never complained. He exercised complete *Sabr*. After this period of extreme difficulty, Allah *Subhanahu Wa Ta'ala* blessed Hazrat Ayooob *Alayhis Salaam* with complete *Shifaa* (cure), restored his health and gave him a beautiful body.

If the *Ambiya Alayhimusalaam* were not spared trials and tribulations from Allah *Subhanahu Wa Ta'ala*, then you and I have no reason to complain. Trials and tribulations do come upon us, however, we should always ask Allah *Subhanahu Wa Ta'ala* for *Aafiyat* (safety from all types of calamities).

What should do we do, when we are tested? We should contemplate and ponder over how the *Ambiya Alayhimusalaam* handled those situations. Whenever they were confronted with any difficulty they immediately made *Rujoo'ilAllah* (turned their attention to Allah *Subhanahu Wa Ta'ala*) and placed their complete reliance and *Tawakkul* (trust) ONLY in Allah *Subhanahu Wa Ta'ala*. They did

not lose hope in the Mercy of Allah *Subhanahu Wa Ta'ala*.

On one occasion, Hazrat Ayoob *Alayhis Salaam* was bathing alone in a river. Allah *Subhanahu Wa Ta'ala* sent down “pure golden locusts” from the skies. If someone unexpectedly throws “gold” coins at us, we will naturally make every attempt to grab as many as we can.

He began gathering each golden locust. At once, Allah *Subhanahu Wa Ta'ala* announced to Hazrat Ayoob *Alayhis Salaam* : “Have I not made you independent of all this? Have I not given you abundant wealth? What is the need of desirously gathering all these gold locusts?”

Hazrat Ayoob *Alayhis Salaam* said: “Oh my Allah, indeed you have given me plentiful and you have made me independent of all the treasures of this world BUT I am not independent of your Barakah! (I am desirous of acquiring all the Barakah that You are pouring down from the heavens)”.

...

SUMMARY AND CONCLUSION

In order to enjoy Barakah, a person must :

- ~ Have Imaan, Taqwa and do righteous deeds*
- ~ Join family ties*
- ~ Give Sadaqah*
- ~ Accomplish his tasks in the early hours of the morning*
- ~ Make Istighfaar*
- ~ Partake of sehri*
- ~ Say Bismillah when eating*
- ~ Eat meals together*
- ~ Eat from the sides of the plate*
- ~ Lick one's fingers after eating*
- ~ Make Salaam when entering the home*

However, staying away from all sins is of paramount importance, because sins obliterate Barakah.

Living our lives according to the commandments of Allah *Subhanahu Wa Ta'ala* will bring us Barakah in our lives, our time, our actions, our dealings, our wealth, our families, and in all our activities *Insha Allah*.

May Allah Ta'ala grant us Barakah in Dunya and Aakhirah ... Aameen

وآخر دعوانا ان الحمد لله رب العالمين والصلاة والسلام علي
سيد المرسلين و خاتم النبيين و حبيب رب العالمين و علي اله
واصحابه و اتباعه اجمعين برحمتك يا ارحم الراحمين

*All praise is due to Allah,
the Cherisher of the Worlds,
May His Eternal Peace and Blessings
be upon the Master of the Messengers,
the Seal of the Prophets,
the Beloved to the Lord of the Worlds,
Muhammad Sallallahu Alayhi Wasallam,
and Upon his Family and Companions,
and all those who followed him, with Your Mercy,
O Most Merciful of those Showing Mercy.*

TOWARDS REFORMATION OF THE SOUL

ARTICLES
ADVICES
AUDIO
BOOKS
DU'AA
HADITH
ISLAAH
NAATHS
QUR'AAN
SAHABAH RA
RAMADAAN
SEERAH
TAFSEER
ZIKR

can be accessed and downloaded here :

www.veiledgems.com

