

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

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INTRODUCTION

SUPPLICATION FOR GUIDANCE

أن النبي صلى الله عليه وسلم كان يقول: "اللهم إني أسألك
الهدى والتقى والعفاف والغنى"

'Abdullah bin Mas'ud (May Allah be pleased with him) reported that the Prophet (صلى الله عليه وسلم) used to say:

"*Allahumma inni as'alukal-huda wat-tuqa wal-afafa wal-ghina*
(O Allah! I ask You for guidance, piety, chastity and self-sufficiency)".¹

¹ Riyadh As Saliheen, Muslim, Book 1, Hadith 71

- We find many treasures and virtues in Surah Al Fatiha. We cannot go through transitions without returning to the Mother of the Book (Surah Al Fatiha). Similarly in the prayer, we transition from bowing, to rising, to prostrating, but then we still go back to Surah Al Fatiha in every unit of prayer.
- When we take all that Allah (سبحانه وتعالى) guides us to then we will be successful.

PATH OF THE TRAVELLER (مدارج السالكين)

SURAH AL FATIHA

1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Entirely Merciful, the Especially Merciful.

2

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

[All] praise is [due] to Allah, Lord of the worlds -

3

الرَّحْمَنُ الرَّحِيمُ

The Entirely Merciful, the Especially Merciful,

4

مَالِكِ يَوْمِ الدِّينِ

Sovereign of the Day of Recompense.

5

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

It is You we worship and You we ask for help.

6

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us to the straight path -

7

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

- Surah Al Fatiha is (الشافية) – the curer. The traveler on the path will see different scenes, and without knowing we can fall sick. Our body falls

sick when something enters it, and our heart can fall sick when we see or hear something that affects it.

- If there is disease, then it slows us down, but we want our heart to keep going. And alhamdulillah, we recite Surah Al Fatiha seventeen times a day. If the heart is sick with disbelief, shirk or sins, then we will not benefit and we will hinder ourselves from benefitting from this beautiful path.
- Surah Al Fatiha cures all types of sicknesses, bodily ailments, mental sicknesses and sicknesses of the heart. Surah Al Fatiha is a cure, regardless of the what the disease may be.

MAIN REASONS WHY WE FALL SICK

1. CORRUPTION OF KNOWLEDGE (فساد العلم)

- Knowledge protects a person from falling sick – body or heart. If a person has knowledge about Allah and the pillars of faith, then the person will know his position and He will know Who is Allah (سبحانه وتعالى).

SURAH TA HA 114

وَقُلْ رَبِّ زِدْنِي عِلْمًا

And say: "My Lord! Increase me in knowledge."

- Knowledge protects a person from falling sick – body or heart. If a person has knowledge about Allah and the pillars of faith, then the person will know his position and He will know Who is Allah (سبحانه وتعالى).

SUPPLICATION FOR BENEFICIAL KNOWLEDGE

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allāhumma innī as'aluka `ilman nāfi`a, wa rizqan ṭayyiba, wa `amalan mutaqqabbala.

O Allah, I ask You for knowledge that is of benefit, a good provision, and deeds that will be accepted.²

- Wrong knowledge can make us sick.
- To do things without knowledge is misguidance. Corruption of knowledge is to do things blindly.

2. CORRUPTION OF INTENTIONS (فساد القصد)

- When our goal is corrupt, meaning if our intention is only for the people, to attain their praise or out of fear of people, then it causes diseases within us.

² Ibn Majah no. 925

- Thus the heart falls sick due to corruption of knowledge and corruption of intention.
- To do things with the wrong intention while knowing, then this brings forth the wrath of Allah (المَغْضُوبِ عَلَيْهِمْ) (سبحانه وتعالى).
- We will be cured when our intention is right. The worst disease is when the intention is corrupt because this will bring arrogance, jealousy and stubbornness. For example, Iblis was jealous of Adam (عليه السلام), and wanted praise for himself, so he was taken out.
- Thus the greatest sicknesses are:
 1. (المَغْضُوبِ عَلَيْهِمْ): anger upon them due to their corrupt intentions.
 2. (الضَّالِّينَ): misguidance due to corrupt knowledge.

- When we are on the Straight Path, then we will be cured the sickness of wrath upon us and misguidance because Allah (سبحانه وتعالى) will correct our intention and He will correct our knowledge.
- Guide us to the Straight Path (اهْدِنَا الصِّرَاطَ) (المُسْتَقِيمَ): is a cure because Allah (سبحانه وتعالى) teaches us purely and corrects our intention.
- We slip and we get caught by hooks because of our diseases.

SURAH AL FATIHA 6 TO 7

6

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us to the straight path -

7

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

MAY ALLAH PROTECT US FROM ALL SICKNESSES. AMEEN.

REFERENCES

1. مدارج السالكين - ابن القيم



ADDITIONAL RESOURCES

SICKNESS AND CURE – INTRODUCTION & RESPONSE

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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