

# **Manners (Akhlaq)**

## **YEAR 15**

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### **Abbreviations: -**

saww: - Sal lal la ho Allay hay Wa Aal lay he Wasallam

azwj: - Az Za Wa Jalla

asws: - Allay hay Salawat-o-Wass Salam

ajfj: - Ajal Allah farjak (May Allah azwj Hasten the reappearance of the 12<sup>th</sup> Imam<sup>ajfi</sup>)

ra: - Razi Allah<sup>azwj</sup>

la: - Laan Allah<sup>azwj</sup>

## SNEEZING:

Our beloved 8th Imam<sup>asws</sup> said: 'Yawning is from Satan and sneezing is from Allah<sup>azwj</sup>'.<sup>1</sup>

Our sixth Imam<sup>asws</sup> said: 'Sneezing is beneficial to all parts of the body if it is not more than three times. If it is more than three times then it is an illness and disease.'<sup>2</sup>

The Imam<sup>asws</sup> then asked: 'Have you noted that when one sneezes his whole body moves? A person sneezing is safe from death for seven days.'<sup>3</sup>

## Responding to a Sneeze:

Our 5th Imam<sup>asws</sup> said, 'Whenever anyone of you sneezes he should say:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ وَ أَهْلِ بَيْتِهِ

(Al hamdu lillahi rabil Al-ameen wa sala allahoo ala Muhammad wa ahle Bayt)

(All praise belongs to Allah<sup>azwj</sup>, Lord of the worlds and Allah<sup>azwj</sup> has granted favours upon Mohammed<sup>saww</sup> and the Ahl al-Bayt<sup>asws</sup>).<sup>4</sup>

Our Sixth Imam<sup>asws</sup> has said: 'If one hears a person's sneezing and says

فَحَمِدَ اللَّهَ عَزَّ وَ جَلَّ وَ صَلَّى عَلَى النَّبِيِّ ص وَ أَهْلِ بَيْتِهِ ,

(fahumida alaha uza wa julla wa sulla ulunabees wa ahli bayt)

he will not suffer from a toothache or eye trouble.' The Imam<sup>asws</sup> then said, 'When you hear it (sneezing) respond to it even if there is an ocean between you and the person sneezing.'<sup>5</sup>

When a non-Muslim sneezes, say 'God Bless you' and when you sneeze in front of them, put your hands or a handkerchief (tissue) in front of your mouth and sneezes quietly, as Allah<sup>azwj</sup> does not like the sound of a bad sneeze.

1 Al-Kafi, vol. 2, H. 3664, Ch. 15, h, 5

2 Al-Kafi, vol. 2, H. 3679, Ch. 15, h, 20

3 Al-Kafi, vol. 2, H. 3682, Ch. 15, h, 23

4 Al-Kafi, vol. 2, H. 3668, Ch. 15, h, 9 ج الكافي : ص 2 : 655

5 Al-Kafi, vol. 2, H. 3676, Ch. 15, h, 17

Once a man asked our 6th Imam<sup>asws</sup> about the words of Allah<sup>azwj</sup> 'The most undesirable voice is the voice of donkeys.' (31: 19) The Imam<sup>asws</sup> said: 'It is the sound of a bad sneeze.'<sup>6</sup>

## **MANNERS OF LEARNING AND GAINING KNOWLEDGE:**

It is the duty of every Muslim to gain knowledge, and learn as much as one can.

We learn each and every day, from our parents, brothers, sisters, friends and teachers; all this is called 'Knowledge'.

Remember to thank the person who is teaching you.

Use your knowledge to become a better person and also share your knowledge with others (your younger brothers or sisters, and your friends, for example).

## **MANNERS OF SLEEPING:**

Before going to bed, you should do the following things:

- Clean your teeth;
- Perform Wuzu
- Say 'Salam' to your family
- Recite a Surah e Fatiha and Al-Touheed

It is also good to:

Count your good deeds as well as bad ones - thank Allah<sup>azwj</sup> when remembering the good deeds and ask for forgiveness upon remembering the bad ones;

Say sorry to Allah<sup>azwj</sup> for anything bad that you have done, and promise that you will not do it again;

Tell yourself that tomorrow you will say sorry to anyone you have been 'mean' to;

Recite 'Tasbeh-e- Syeda Binte Rasool Allah<sup>asws</sup>', to protect your soul from 'Shiateen' when you go to sleep and your soul rises up and goes to Allah<sup>azwj</sup>,

Our 6th Imam<sup>asws</sup> said, One should recite, prior to going to sleep, 'Ya Allah<sup>azwj</sup>, I submit my soul in Your<sup>azwj</sup> Custody, please keep it at the place which is liked and bless by You<sup>azwj</sup> and return it to me in the state

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<sup>6</sup> Al-Kafi, vol. 2, H. 3680, Ch. 15, h, 21

that it would embrace Eman, which is to recognise the Rights of the Ahl Al-Bayt<sup>asws</sup> (the Imam<sup>asws</sup>) but if You<sup>azwj</sup> do not return it to me (in case of death) then register me with these beliefs.<sup>7</sup> You should then sleep on your right side; it is not good to sleep on your tummy.'

Amir-ul-Momineen Ali<sup>asws</sup> ibn Abi Talib<sup>asws</sup>, our first Imam<sup>asws</sup> says: 'When you want to sleep, you should put the right hand under the right cheek and say: 'In the Name of Allah. I put my side for Allah, on the belief of Abraham, the religion of Muhammad, and the leadership of those whose leadership is imposed on me by Allah<sup>azwj</sup>. Only Allah<sup>azwj</sup>'s will shall occur, and what He does not Will, shall never occur.' He who says this before sleep will be guarded against thieves and ruination, and the angels will ask Allah<sup>azwj</sup> to forgive him until he wakes up.'

Imam Ali<sup>asws</sup> also says: 'As for those whoever recites Sura of Tawhid before they go to sleep, Allah<sup>azwj</sup> will assign fifty thousand angels to guard them on that night.'<sup>8</sup>

### **MANNERS OF WAKING-UP:**

As soon as you wake up, you should say, before you leave the bed,

حَسْبِيَ الرَّبُّ مِنَ الْعِبَادِ حَسْبِيَ الَّذِي هُوَ حَسْبِي مُنْذُ كُنْتُ حَسْبِيَ اللَّهُ وَ نِعْمَ الْوَكِيلُ

(Hussbee a rabminalibaadi hussbee ulzee howa hussbee munzoo kunntoo hussbee allah wa na'mulwakeel)

'Sufficient unto me is the Lord against his servants. Sufficient unto me is He<sup>azwj</sup>. Allah<sup>azwj</sup> is the Sufficient as the best Guardian.'<sup>9</sup>

If you wake up at night, you should gaze at the terminal points of the sky and recite (3:190):

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لآيَاتٍ لِأُولِي الْأَبْصَارِ

(Ina fee khalq issamaa wati wal ardh wakhtila fillaylee wuna haarila ilaayatin lioowaliyil ul baabi)

'Most surely in the creation of the heavens and the earth and the alternation of the night and the day there are signs for men who understand.'<sup>10</sup>

You should then put on your slippers and go to the toilet, perform Wuzu and have a breakfast.

7 Usool-e-Kafi, vol. 5, ch.49, tradition 2.

8 400 Golden Rules by Aliasws, Al-Kasail by Sheikh Sadduq

9 400 Golden Rules by Aliasws, Al-Kasail by Sheikh Sadduq

10 400 Golden Rules by Aliasws, Al-Kasail by Sheikh Sadduq

## SUPPLICATIONS BEFORE LEAVING HOUSE

He who recites Surahs of Tauheed and Qadr and the Verse of Kursi ten times before sunrise will guard his wealth against any threatening matter.<sup>11</sup>

و من قرأ قل هو الله أحد و إنا أنزلناه في ليلة القدر قبل طلوع الشمس لم يصب ذنبا و إن اجتهد فيه إبليس

He who recites Surahs of Tauheed and Qadr before sunrise will not commit any sin even if Iblis exerts all efforts for driving him to commit sins.<sup>12</sup>

Our 6th Imam<sup>asws</sup> (Jafar e Sadiq<sup>asws</sup>) has asked us to recite the following supplication every morning:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اللَّهُمَّ إِنِّي أُجَدِّدُ لَهُ فِي صَبِيحَةِ يَوْمِي هَذَا وَ مَا عِشْتُ مِنْ أَيَّامِي عَهْدًا  
وَ عَقْدًا وَ بَيْعَةً لَهُ فِي عُنُقِي لَا أَحُولُ عَنْهَا وَ لَا أَرْوُلُ أَبَدًا

'In the Name of Allah<sup>azwj</sup> the most Beneficent, the most Merciful.

Ya Allah<sup>azwj</sup>! (Witness) I hereby renew to him<sup>ajfj</sup>, at this very morning and for the days I have lived, the covenant and the contract, and pay allegiance to him<sup>ajfj</sup>, (which) shall (always be) on my neck. I will neither turn away from it nor will I let it lapse.<sup>13</sup>

## RESPECT OF PARENTS:

Allah<sup>azwj</sup> Says in the Holy Quran (2:83): "...Do not worship anyone except Allah and be kind to your parents..."

The Prophet of Islam<sup>saww</sup> said: 'You must obey your parents and be good to them whether living or dead. If they order you to leave your property and family you must do so; it is of Eman (Belief).<sup>14</sup>

Our 6th Imam<sup>asws</sup> (Imam Jafar e Sadiq<sup>asws</sup>) said that Allah<sup>azwj</sup> Wants you to:

- Behave with your parents in a good manner;
- Not wait until they ask for help even if they are self- sufficient;
- Not express to them words which show your slightest disappointment if either or both of your parents should become advanced in age;
- Never raise your voice over them;

11 Ibid

12 400 Golden Rules by Aliasws, Al-Kasail by Sheikh Sadduq

13 Bihar ul Anwar, Vol. 53, pg. 96

14 Al-Kafi, Vol. 2, Chapter 65, h 2.

- Always speak to them with kindness;
- Not express disappointment to them if they say harsh words to you;
- Not shout at them if they beat you;
- Not have an eyeful look at them except with kindness and tender heart;
- Not raise your voice over theirs or your hands over their hands;
- Not walk in front of them.<sup>15</sup>

Also our Prophet<sup>saww</sup> said that the right of the father on the son is that the son must:

- Not address his father by his name;
- Not walk in front of him;
- Not take a seat before him (i.e. must vacate his seat for his parents);

Our 6th Imam (Imam Jafar e Sadiq<sup>asws</sup>) said: 'It is Sunnah (Tradition of Masomeen<sup>asws</sup>) and of great reward to call a father with a 'Kunyah (like Abu, meaning father of, or Ibn).'<sup>16</sup>

Remember your grandparents have even higher rights over you, more than that of your parents.

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ خَالِدٍ عَنْ مَنْصُورِ بْنِ الْعَبَّاسِ عَنْ سَعِيدِ بْنِ جَنَاحٍ قَالَ حَدَّثَنِي أَبُو مَسْعُودٍ عَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ مَنْ قَالَ أَرْبَعَ مَرَّاتٍ إِذَا أَصْبَحَ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ فَقَدْ أَدَّى شُكْرَ يَوْمِهِ وَ مَنْ قَالَهَا إِذَا أَمْسَى فَقَدْ أَدَّى شُكْرَ لَيْلَتِهِ

A number of our people have narrated from Ahmad ibn Mohammed ibn Khalid, who from Mansur ibn al-Abbas, who from Said ibn Janah who has said that he has been told by abu Masud, who has narrated the following from Imam Abu Abd Allah<sup>asws</sup>:

(Imam Jafar-e-Sadiq<sup>asws</sup> said): 'Whoever says 4 times in the morning 'Al Hamdo lillah hay Rabil Alameen' (All Praise belongs to Allah, Lord of the worlds) has completed his thanksgiving for that day and if one does the same thing in the evening, he has completed his thanksgiving for the night.'<sup>17</sup>

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15 Al-Kafi, Vol. 2, Chapter 65, h 1.

16 Al-Kafi, Vol. 2, Chapter 65, h 16.

17 الكافي 2 vol ,503 pg