

## THE MOST PRECIOUS COMMODITY

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عَنْ ابْنِ عَبَّاسٍ - رَضِيَ اللَّهُ عَنْهُمَا - قَالَ قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
" نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ، الصِّحَّةُ وَالْفَرَاغُ "

Ibn Abbas (Radhiyallahu anhu) reported that the **Prophet** (*Sallallahu Alaihe Wasallam*) said: "There are two bounties or gifts from Allah in which many among mankind incur loss. They are good health and free time". [*Sahih al-Bukhari Book 81 Kitab-ur-Riqaq Hadith 1*]

### Let us focus on free time

The secret of successful people is in their proper **time** management and **will** power. Other things of this world such as wealth, children, home, health, happiness and sadness, are distributed among people such that some get more and some get less. However, everyone is given **24 hours equally** each day. *Time is like a sword: either you cut it into pieces or it will cut you into pieces!* You should get your nafs (inner self) involved in Haq (truth) otherwise your nafs (inner self) will get you involved in falsehood. Time that has passed is like a dead person in the grave. No matter how much you cry, it will not come back! To waste time is more dangerous than death, because the person who wastes time becomes deprived of the highest levels of Paradise.

### Invest one minute for Hereafter

During this short time period (one minute) one can recite the Salawaat *Sallallahu 'Alayhi wa Sallam* 50 times. For every Salawaat, there are 10 mercies, which means in one minute one receives 500 mercies. One who uses just one minute every day for this deed will, in 20 years, receive 3,600,000 (3.6 million) mercies! To recite *La illaha ilAllahu, WaHdahu la shareeka lahu, lahul Mulku, wa lahul Hamd, Yuhyee waYumeetu ..... wa Huwa ala kulli shaiy'in Qadeer* while in the market or bazar, one receives 1 million virtues. On making Istighfar for all the Muslims (*Allahummagh-firli walil Mu-mineena wal Mu-minat wal Muslimeena wal Muslimat*), one will receive reward equal to the number of all the Muslims in the world! Mountains of virtues in a few minutes! Similarly, reflect on the rewards for inviting to good (Da'wah), serving others (Khidmah), worship ('Ibadah (obligatory (Fara-id) and optional (nawafil)), Quran, Zikr (Allah's remembrance), Tasbeeh (reciting Allah's perfect attributes), Du'a (supplication), acquiring 'Ilm ud Deen (knowledge of Religion), Ikhlaas (sincerity, for Allah's Pleasure), and Taqwa (piety).

In one day, there are 1440 minutes. Every year has approximately half million (500,000) minutes and 60 years has 30 million (30,000,000) minutes. **Every minute is like a gold coin**. How many of these coins did we send ahead to decorate our Hereafter and Paradise and how many coins did we throw away in useless pursuits so that we went empty handed to our graves?

## Three Phases of Life

**Past** (Maadi): Make Taubah (repentance), ask forgiveness (Istighfar) - it may clean up past mistakes.

**Present** (Haal): With patience and gratitude, run towards doing good deeds.

**Future** (Mustaqbil): Make high intentions, and seek refuge in Allah for protection from all kinds of worries and anxieties.

Do not postpone today's work to tomorrow. If it is morning, do not wait for the evening, and if it is evening, do not wait for the next morning. Be always ready to extract the value from time. The key to every good fortune is to be ready and be prepared for it.

The life of this world is very valuable. However, it is like an **examination hall**, where a human being may face difficulties such as mischief, dishonesty, sickness, sorrow, losing a job or losing money in a business or investment, etc. These are all **tests**, and the one who remains **steadfast** and keeps working towards one's goal, will be given a very big reward.

There is blessing in deeds that are done during **early morning**. So, begin each day with Tahajjud, Quran, Zikr, Du'a, and Fajr Salah. Complete important work from morning to afternoon. During the time of 'Asr, the lists of deeds are folded, and new angels arrive on duty. During Maghrib, the new Islamic day begins. After 'Isha Salah, retire to rest early.

This world is a temporary place (like a **hotel**) in which people stay for an average age between 60 and 70 years. *Take care of the hotel's rent in advance*. Every day, allocate time for your meals, prayers, rest, and sleep. Schedule your calendar in advance and take care of the worldly needs before those become urgent.

## Remembrance of Allah every Moment

'Aishah (Radhiyallahu anha) reports that the **Prophet** (*Sallallahu Alaihe Wasallam*) **remembered Allah every moment** and at all times, and was always busy in meditation.

Nothing could hold him back from the contemplation of Allah. Every thing he said would be in remembrance of Allah, mentioning about Paradise and Hell to encourage the desire to do good and excite fear of the consequences of evil deeds – all this was in remembrance of Allah. His every breath, every movement of his heart and tongue, his sitting down and getting up, his standing and his lying down, his moving about, his walking, his riding, his travelling and his staying, his eating, drinking, and smelling – no act, aspect, or circumstance of his life but had the contemplation of Allah inherent in it, whatever its mode might be.

His day and night prayers and devotions from the time the Prophet (*Sallallahu Alaihe Wasallam*) woke up for Tahajjud to the time of going to bed, **at all times** and moments, **in all conditions** and circumstances, **in every practice** and **behavior**, he used to recite prayers. These **Ad'iyaa Ma'thura** (prayers handed down by traditions) comprehend all purposes and needs. He also taught prayers for specific purposes and needs. [*The Ways of the Holy Prophet Muhammad (Sallallahu Alaihe Wasallam) by Dr. 'Abdul Hai Aarfi*]

A blessed life (*Hayatun Tayyibah*) that includes guidance and wellbeing (**peace** and **safety**, **long life** with **good health**, and **easy sustenance**), **happiness** and **tranquility** (protection from disappointment, sorrow and anxiety), is obtained only from the treasures of Allah.

Make a **noble vision** for your life achievements, and in accordance, make effort every day. This may include inviting towards good (teaching the purpose of life), purity of heart, and service to humanity. You should **leave useless** and irrelevant activities, and remove all things that bring worry and fear from your schedule. Be alert and ready. Be **happy** with doing the necessary work and tasks. Make a weekly and monthly schedule. Prepare separate lists for **important** and **urgent** work, and mark useless tasks away. Every day make your own **self-assessment** to evaluate what you gained and how much time you lost.

The result from all the inventions and technological progress achieved in modern society, should have been that all mankind, whether rich or poor, would be able to complete their necessary work (employment, farming, manufacturing, business or other work) in less time (for example, one fourth of their day). They could then spend proper time for their health, rest and personal needs, and taking care of family. After fulfilling the compulsory duties, they may devote their time to prepare for the Hereafter. Unfortunately, however, this did not happen.

In the past centuries food would be cooked using wood and coal. People would ride on camels. It would take several months to travel across continents. Today we have modern kitchens for cooking, and modern cars, ships and airplanes for travel. Then where did we waste the thousands of hours saved above?

## **Waste of time and intellect**

This includes incorrect use of resources and time, running after lust and desires, exceeding limits in luxury lifestyle and enjoyments, engaging in useless and irrelevant things, gossips, quarrels, show off and debates. According to an estimate (in 2016), one fourth of the world human population spends a total of nearly **40,000 years every day** on social media sites!

One day in the Hereafter will be equivalent to 50,000 years of this world, where the people will be standing with embarrassment, drowning in their own sweat. This is a situation to derive lessons from.

The more time and attention we spend on smart phones, web surfing, social media and visual entertainment, the less quality time we will have for **high vision** tasks like learning the purpose of life, serving parents and family, inviting others to the truth, purity of heart, research and inventions, helping the poor and needy, service to humanity, the Quran, remembrance of Allah and supplications, and may end up neglecting them.

## **Time in the Hereafter**

When we will be in the Hereafter and someone asks us **how long did you stay in the worldly life**, we will feel like your 70 years would seem like a morning or an evening. When people realize and understand the value of time, the true value of time, then even the head of a big company sometimes retire early, and a king would give away his kingdom and attach himself to Allah's remembrance. On the Day of Judgment, a believer will wish that he had spent his entire life in Sujud (prostration to Allah).

The constraints of time are special limits of this world. In **Paradise**, there will be no time constraints. There, one could spend 20,000 years enjoying in one garden, or 50,000 years enjoying the luxurious living in one palace, as though the **clock**, the **sun** and the **calendar** have been stopped from moving! A+ students who prepared with time-management - to write their worldly exams carefully, with patience and steadfastness, may **now** enjoy the result and achievements **forever**!