Power of Surat Ar-Rahman to Instil Gratitude through Repetition

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Background
This past summer I attended the Nikah Majlis of my nephew Hafiz Ismail Miya Loonat convened after the Jumuah Salah at Madina Masjid in Batley, West Yorkshire. Before the Masnoon Nikah Khutbah my nephew Hafiz Zuhair Hanif Daji recited the Holy Quran. The choice of the Surat and the selection of the Verses were interesting coupled with the beautiful, soulful and inspiring recitation. I pray that Allah Ta’ala grant barakah to both of them in all aspects of their lives! Aameen Ya Rabb-ul-Aalameen!

I was attentively listening with my mind and heart to the beautiful, soulful and inspiring recitation of the Holy Quran in the audience and it triggered some inspiring thoughts. It seems the combination of the auspicious day, place and gathering alongside the beautiful, soulful and inspiring recitation in conjunction with my mind and soul being in full listening and receptive mode had triggered these inspiring thoughts underpinned by the mercy of the Creator and the source of these Divine Words.

I have mentioned the ingredients and combinations so all the readers can create these circumstances and avail the immense benefits the Holy Quran has to offer. They are not specific or limited to any individual. It is for all to avail of. However, only those who want and strive for them will achieve.

Motivation
I am penning and sharing these inspiring thoughts on a potent method to develop abundant and bountiful gratitude for the benefit of the readers and fellow believers as I feel it has benefit for every one of us. I hope it catapults the readers to action so they can improve their quality of life. Life is much better, sweeter and happier when it is full of gratitude. I also hope it becomes a means of benefit for me and my parents in the Hereafter. Aameen Ya Rabb-ul-Aalameen!

Frequency of the Holy Quran
The Holy Quran is the Divine Word of Allah Ta’ala. It is without doubt full of immense wisdom and inspiration for every human being till the Day of Judgement. It is unique and unparalleled in every aspect. For the believers reciting or listening to the Holy Quran with an open mind and heart to receive its blessings does wonders on the reciter and listener. To go one step further the Holy Quran also penetrates the hearts of the non-believers even if they are communist or atheist if they listen attentively and are open to it.

Different mediums of communication have different frequencies. To tune into a particular radio station a certain frequency needs to be tuned into to be able to receive and listen. In computer networks both clients on the network need to communicate
using a certain type of transport protocol to receive and transfer messages and packets. For Divine transmission from the Holy Quran to the human being to succeed a certain type of frequency needs to be there.

The frequency the Al-Quran connects at is not just the physical ears. Instead, it is the same frequency the heart connects to and understands. The vibrations of Al-Quran Al-Kareem and Az-Zikr Al-Hakeem will directly connect and impact the heart and the heart will feel the effects if it is still alive or open to receiving. For this connection to happen whenever the recitation is going on, one should stop talking and listen attentively to the recitation with the focus of the body, mind and heart i.e. full devotion and concentration.

Hafiz Zuhair H. Daji had recited from the last Ruku of Surat Ar-Rahman. Surat Ar-Rahman in total has the following Verse repeated 31 times out of the 78 Verses it consists of. This is very powerful form of repetition.

فِيَأَيِّهَا الَّذِينَ آمَنُونَ رَبِّكُمَا نُكْتَذِبُانَ

Then which of the Blessings of your Lord will you both (jinn and men) deny?

I could feel this Verse knocking at the door of my heart due to the constant repetition and asking me “Then which of your Lord's blessings would you deny?”. It was a very powerful experience which I cherish and cultivate. Alhamdulillah!

If there was a scientific experiment conducted on how the listening of the Holy Quran effects people regardless of their faith or age then the scientists and researchers would discover this frequency and the vibrations the recitation of the Holy Quran creates and how it connects to the person’s heart via the medium of their ears. Conversely, in regards to prohibited music the scientists and researchers would also discover there is a different frequency created and a different set of vibrations generated when listening to prohibited music. The frequency and the vibrations music creates are with the Nafs (low desires). Music connects to the person’s Nafs s (low desires) via the medium of their ears and starts its work of creating and developing hypocrisy (Nifaq) in there.

A Bit About Surat Ar-Rahman
Surat Ar-Rahman is the 55th Surat (chapter) of the Holy Quraan. It is a Madani Surat. It is in the 27th Part (Juz/Para) of the Holy Quran. It has 78 Verses in total.

Ar-Rahman is one of the great attributes of our Creator. It means the Most Gracious. Interestingly this beautiful attribute (Ar-Rahman) is also repeatedly used throughout the Holy Quran in particular at the start of each Surat.

Surat Ar-Rahman and its Power to Instil Gratitude
As mentioned above the following Verse is repeated 31 times out of the 78 Verses in this relatively short Surat.
Fa bi ayyi aalai rabbikuma tukazzibaan

Then which of the Blessings of your Lord will you both (jinn and men) deny?

There are two aspects to the Verse that is creating such immense power on the listener or reciter if they are correctly tuned in to the same frequency and are in listening and receptive mode.

**First Aspect**

The first aspect is that the Verse is in the form of a question (Istifhaam) to every human being and jinn. It is not in the form of a statement informing and notifying of something (Ikhbaar). This style makes it even more powerful as the Creator is asking every human being and jinn to soul search and to reflect on their lives at the countless blessings, favours and bounties He is showering each one of us every second of our lives and we need to become aware and mindful of what our responses to them are. Are we showing gratitude to these countless blessings, favours and bounties He is showering each one of us every second and being grateful to the Creator or are we denying any of these countless blessings, favours and bounties even exists or are we constantly complaining and in a state of ingratitude?

**Second Aspect**

The second aspect is that the Verse is continuously repeated throughout the Surat. Through the continuous repetition intertwined beautifully in the Surat whilst discussing some of these blessings, favours and bounties it is knocking at the mind and heart of every listener to force and galvanise them to reflect and to reach this conclusion that they need to urgently start being grateful. Each one of us has countless blessings, favours and bounties we can display gratitude towards and humble ourselves as it is truly humbling.

I intend to write (Allah Willing) on this powerful technique of repetition from an Islamic perspective. Continuous repetition has immense power and effect and is widely used in the Holy Quran, Sunnah, by our Mashaikh, etc. The title would be **“Power of Repetition - An Islamic Perspective”**.

**A Bit About Abundant and Bountiful Gratitude**

Abundant and bountiful gratitude (i.e. Ash-Shukr Al-Jazeel) is the permanent state of the believer where he/she can always think of blessings, favours and bounties they can show their sincere gratitude for regardless of their apparent situation. They are always thanking the Creator directly or indirectly through His servants.

Gratitude (Ash-Shukr) is accepting that all blessings, favours and bounties are from the True Benefactor (Al-Mun’im Al-Haqiqi). The effect and outcome of this is to be truly and sincerely happy with the Benefactor and be always ready to render obedience to Him.

**Link of Ash-Shukr Al-Jazeel with Abdiyyat**
Abundant and bountiful gratitude (i.e. Ash-Shukr Al-Jazeel) is one of the lofty inner characters of the heart in Islam. It is only next to the lofty inner character of Abdiyyat (i.e. total submission and surrender to the Creator at all times). This assertion is apparent from the two Verses mentioned below and the Hadeeth (Prophetic saying).

**Verse 1**

And worship Him (alone), and be grateful to him. (Al-Ankaboot, V17, Part 20)

The above Verse starts with the order to submit and surrender to the Creator and then immediately orders us to be grateful. The link between the two lofty characters is clear i.e. gratitude is a big part of worship, submission and surrender to the Creator.

**Verse 2**

Verily, he (Nuh (Noah)) was a grateful slave. (Al-Isra, V3, Part 15)

The above Verse mentions two noble attributes of Prophet Nuh (peace, salutations and blessings be upon him). The first is being an Abd ( ) and the second is being Shakoor i.e. grateful. The link between the two noble attributes is also strengthened and emphasised here too.

**Hadeeth**

Shall I not be a grateful servant? (Sahih Bukhari)

The above Hadeeth quotes the Holy Prophet Muhammad (peace, salutations and blessings be upon him) saying that should he not display these two noble attributes of being an Abd ( ) and being Shakoor i.e. grateful. The link between the two noble attributes is also greatly strengthened and emphasised here too.

**Hack for Scholars to Retain and Develop Knowledge and Gain Insights to the Holy Quran**

Hack i.e. a creative shortcut for those scholars who are not teaching Uloom-ul-Quraan, Tafseer, etc but would still like to get familiar with knowledge (Ilm), wisdom (Ma’arif), themes of the Holy Quran, style of expression, etc embedded in the Holy Quran is to when they recite the Holy Quran daily (hopefully they do so already, if not start) is to spend some time (briefly depending on what time you have available) pondering and reflecting on the Verses you are reciting daily. Start by just being mindful and aware of what you are reciting and the topic, then you can dwell on some Verses that catch your eye, thereafter you can progress on the style of expression, usage of the various words and how they are combined in a sentence, the link (rabt) between the Verses, etc i.e. use a gradual approach. Over time with practice you will gain an immense depth of understanding and insights to the Holy Quran.
I am not asking you to dwell on each and every word or Verse but at least reflect on some parts when you are reciting and see the enjoyment and benefits you gain. I want you to ease into this and gradually build on this.

You can apply the Uloom Aa’liyah (with Hamzah/Alif) and also the Uloom Aa’liyah (with Ayn) whilst you are reciting. It will help you retain a lot of your knowledge you acquired in your student days in both these categories of knowledge and also develop them further with greater insight through the grace and taufeeq of Allah Ta’ala. Insha Allah!

I can assure you the incredible connection you will gain from spending brief time on this kind of reflective recitation. You will be fulfilling the duty to recite and also the duty to reflect at the same time without even picking up Tafseer related books. This is a hack to get you to gain familiarity and then you can always pick up the Tafseer books to conform what you understood, etc.

**Example 1**
This observation I had actually shared with my colleagues recently. It was an outcome of the practice of recitation coupled with reflection. However, over the years at different intervals I have shared others too.

Al-Aleem (The All-Knowing, The Omniscient) is one of the actual (Zati i.e. from Asma-uz-Zati) attributes of Allah Ta’ala alongside the few others like Al-Hayy, As-Samee, Al-Baseer, etc mentioned in Ilm-ul-Kalam (Discipline that discusses Aqeedah (belief) and related aspects). Al-Aleem is also from the beautiful attributes (Asma-ul-Husna). There is another beautiful attribute Al-Khabeer (The All-Aware, The Acquainted) of Allah Ta’ala.

During my recitation practice I could see a pattern with the usage of Al-Aleem and Al-Khabeer. The attribute of Al-Aleem was being used in places where it denoted eternal knowledge of Allah Ta’ala and Al-Khabeer denoted the knowledge of when the actual act was occurring. Hence, it was used when Allah Ta’ala is describing He is aware of what acts you are committing at any given time.

فَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَأطِيعُوا اللَّهَ وَرَسُولَهُ ۚ وَاللَّهُ خَبِيرٌ بِمَا تَعْمَلُونَ

Then (at least) perform Salat (Iqamat-as-Salat) and give Zakat and obey Allah and His messenger (peace, salutations and blessings be upon him). And Allah is All-Aware of what you do. (Al-Mujadalah, V13, Part 28)

The above Verse indicates the attribute of Al-Khabeer is active when the person is engaged in any act – good or bad. It comes to mind that this great attribute can also be employed as a reminder, an aide and a tool to protect one from sin that Al-Khabeer is watching you at all times wherever you are.
O you who believe! Verily, the Mushrikun (polytheists, pagans, idolaters, disbelievers in the Oneness of Allah and in the message of His Messenger Prophet Muhammad (peace, salutations and blessings be upon him) are impure (spiritual). So let them not come near Al-Masjid Al-Haram (at Makkah) after this year; and if you fear poverty, Allah will enrich you if He wills, out of His bounty. Surely, Allah is All-Knowing, All-Wise. (At-Taubah, V28, Part 10)

The above Verse indicates the attribute of Al-Aleem in the context of Allah Ta’ala knowing about future events.

It should be noted that this is one aspect of these beautiful attributes and not an exclusive account. The point here is to highlight how the hack can help you in during your recitation if applied smartly.

Example 2
This observation is also something I had already shared with my colleagues some time back.

So whoever does righteous good deeds while he is a believer, his efforts will not be rejected. Verily, We record it for him (in his Book of deeds). (Al-Ambiya, V94, Part 17)

“Verse 94 (above) in Surat Al-Ambiya, 17th Para caught my eye today for brief reflection when I was reciting. It briefly touches on some aspects of Sincere Repentance i.e. Taubah Nasooh and it beautifully encourages the need to continue doing good deeds (whether big or small) with Iman as all are accepted and appreciated in a very comforting way. Beautiful!" 

Example 3
Also, the discussion above on Al-Abd and Ash-Shakoor discussed under the section ‘Link of Ash-Shukr Al-Jazeel with Abdiyyat’ is an outcome based on this mechanism and hack too from the practice of recitation coupled with brief reflection.

Practice for Non-Scholars
I have mentioned this hack for scholars only as it requires some level of knowledge, understanding and aptitude of various sciences of the Holy Quran.

However, if you are unfamiliar with those sciences and disciplines then you can still gain familiarity with the Holy Quran that is based on your observations whilst reciting the Holy Quran i.e. what patterns you are seeing, etc. I like to include everyone as much as possible to whatever level suits their needs.
Example 1
One example is my observation a while back when I was reciting this same Surat (i.e. Surat Al-Ambiya) I had noticed a pattern that the ending letter of the Verses (Ayaat) was mostly Noon (۰). Out of the 112 Verses all ended in Noon besides a handful which all ended in Meem (۱). This is the beauty of the Divine Word as it is not poetry and does not follow the rules of poetry. And this is the reason that came to mind as to why a few endings were not with Noon. Allah Knows Best!

Example 2
A similar pattern to above (i.e. Verse letter ending with ۰) I noticed also exists in Surat Al-Muminoon, 18th Para.

Example 3
In Surat An-Najm, 27th Para most of the Verse endings are with ۱.

Example 4
Interestingly in Surat Al-Qamar, 27th Para all the Verse endings are with ر (Raa) and even the name of the Surat ends with Raa too.

These are some patterns you can observe looking at the text of the Holy Quran without requiring the need to understand its meanings and various required disciplines to gain insight into this Word of Allah Ta’ala (Kalam-Allah). Also, enjoy the beautiful style of writing and the immense beauty there is just seeing the Word of Allah Ta’ala (Kalam-Allah).

Hack for being Counted Amongst the Huffaz of the Holy Quran
As an addition to above as it’s related to Al-Quran Al-Hameed I want to include this hack related to the memorisation (Hifz) of Al-Quran Al-Kareem and also a hack on harnessing the Power of Intention. This is something I shared recently at the event to celebrate the complete memorisation of the Holy Quran by my niece.

“Setting and making a firm Intention is a very powerful act. This is the basis for all acts of heroism and great work. What I would like to share and create with all the readers is the possibility that all those who are not Hafiz or Hafizah can also be raised up on the Day of Judgement with the Huffaz (plural of Hafiz) and Hafizaat (plural of Hafizah) if they make the firm intention that they too would like to become a Hafiz or Hafizah. There is space for all to get this recognition and the resources of Allah Ta’ala are infinite and abundant. The only thing required is then to make a conscious effort on a daily basis to try to learn e.g. half a line or whatever you can and continue doing this till you die. Insha Allah looking at the texts (Nusoos - رuo tnedfnoc ma l نصوص Merciful Creator will reward you based on your intention i.e. raise you with the groups of Huffaz and Hafizaat. This is a very simple act and something every one of you can do.”

Take Away Steps
My focus in my writings is to write from a practical approach (i.e. experience based) and to provide practical steps that will help in achieving the required outcome that anyone can follow. Also, the seminars I deliver have this practical element to them too alongside being educational. I believe in keeping a practical element to the seminars wherever possible or at least interaction through question and answers where a practical element is not applicable or practical. This form of learning is the most efficient form.
I am only asking you to practice this **three step approach** in this case in regards to acquiring, developing, inculcating and strengthening abundant and bountiful gratitude to our daily lives. This is a potent method to develop abundant and bountiful gratitude.

I hope it will galvanise the practitioner of these steps into being grateful and to develop **an attitude of abundant and bountiful gratitude**. That (i.e. an attitude of abundant and bountiful gratitude) is a lifestyle revolving around and underpinned by gratitude where it will reside and manifest in our thoughts, attitudes, words, prayers and substantiated through our actions.

**Step 1**  
Repeatedly listen to Surat Ar-Rahman in the voice of a reciter (Qari) you enjoy listening to.

I prefer when listening the recitation is in the form of Tarteel i.e. the speed is not too slow and not too fast but closer to the Hadar (fast) style. You choose whatever works for you.

If you are unfamiliar with the translation of the Surat then you can listen with translation or just remember what this repeated Verse means. Continuously listen with full attention so you tune in to the same frequency and the Verses are knocking on the door of your heart and compelling you to reflect and take action.

**Step 2**  
Take some time out during the day or after listening to the Surat and reflect on the repeated Verse and analyse your life where you see there are gaps in the act of gratitude. Gratitude needs to be done in abundance and in plentiful. There is no scope for stinginess in this department.

Human beings are naturally wired to love those who give with sincerity and have genuine care, well-being and happiness at their heart. And there is no being more sincere, genuine, caring and loving in His giving than the Creator. Where we fail is recognising and overlooking this aspect. Also, as humans we tend to give preferential treatment to negative emotions by default over our positive aspects of our life and the countless blessings, favours and bounties on us all the time. What is needed is creating a conscious systematic awareness of every single blessing, favour and bounty on us starting with for instance the blessings of the breaths we take in or take out countless times a day and night. Without our breaths we will cease to exist.

Remember gratitude can be applied and observed in all situations even if one aspect of the situation requires patience then also the other aspect can be of gratitude. In cases where it is only gratitude then the need for gratitude is obvious and more needed.

**Step 3**  
Try to observe and practice a life that is full of gratitude from the time you wake up until the time you fall asleep. Life should start and end with gratitude as we learn from the Prophetic supplications.

This gratitude could take any form like be it verbal, from the heart or through your actions. This includes the timely practice of the Masnoon (Prophetic) duas for the
various occasions coupled with the Prophetic methods; discharging the Islamic obligations like Salah; abstaining from the prohibitions like unlawful earnings or backbiting; refraining from utilising the countless blessings, favours and bounties in a way that is displeasing to Allah; constantly filling the heart and mind with gratitude towards the Creator for the countless blessings, favours and bounties on you; going the extra mile in pleasing and showing love towards the Creator, the Ash-Shakoor (The Most Appreciative - One Who does not undervalue, overlook, or discount our efforts, One Who accepts our few deeds and gives us greater in return) through optional acts of worship; saying JazakAllah Khairan or thank you or showing appreciation to people, etc.

A specific example is the eye is a great blessing from Allah Most High. Gratitude in relation to the eye is to employ it only in lawful ways, such as reciting the Glorious Quran; looking at the Holy Quran with love; acquiring knowledge; studying the wonderful creation of Allah Ta’ala so as to appreciate and realise the greatness and splendour of Allah Most High, and so forth. The gratitude of the eye further demands that it be restrained from making lustful glances that Allah Most High has prohibited.

**Additional Give Away**
For those who would like to get familiar with the meanings and message of the Holy Quran I would also suggest they read, study, listen to the commentary of Surat Al-Rahman.

One of my underlying aims is to re-connect and strengthen the connection of the readers to Al-Quran Al-Kareem and the Sunnah of the Holy Prophet Muhammad (peace, salutations and blessings be upon him) (Sunnat Al-Habib Al-Mustafa). These two are our foundational and primary sources (Asl-ul-Usool) of guidance and wisdom. There are other two sources of guidance (namely Ijmaa i.e. Consensus and Qiyaas Shar’ee i.e. valid logical reasoning) but they are in reality linked to these primary two sources.

This connection and strength with Al-Quran Al-Majeed will come from the daily recitation of Al-Quran Al-Kareem, study of Al-Kitab Al-Mubeen and reflection on Az-Zikr Al-Hakeem. And this connection and strength with the Holy Prophet Muhammad (peace, salutations and blessings be upon him) will come from the daily practice of all the Sunnah (Prophetic Ways) with love and devotion, study of the Seerat-ul-Habib (peace, salutations and blessings be upon him), study of the Sunnah of the Holy Prophet Muhammad (peace, salutations and blessings be upon him) and excess (Kathrat) of Durood and Salaam on the Best of all Creation (peace, salutations and blessings be upon him).

**Supplication**
O Allah Ta’ala! Open our mind and hearts so they are receptive of Your Divine Word. O Allah Ta’ala! Grant us the taufeeq to reflect on our lives and analyse our current state of affairs. O Allah Ta’ala! Bless us with the taufeeq to develop an attitude of gratitude. O Allah Ta’ala! Give us all a true connection and friendship with this Divine Word and open our hearts and minds for the gems it has within it. O Allah Ta’ala! Strengthen and endure our connection to Al-Quran Al-Kareem and the Sunnah of the Holy Prophet Muhammad (peace, salutations and blessings be upon him) (Sunnat Al-Habib Al-Mustafa). O Allah Ta’ala! Make the Al-Quran Al-Kareem and the Holy Prophet Muhammad (peace, salutations and blessings be upon him) a
guide (مَدَّداً) for us in this world, an intercessor (عَفَفٌ) for us in the grave and on the Day of Judgement.

آمين يارب المعلمين بجاه سيدالمرسلين عليه الصلاة والسلام
و صلى الله على النبي الحبيب الشفيع الرؤوف الرحيم

(17th November 2019 – 20th Rabi-ul-Awwal 1441 A.H)

P:S: I am a graduate of Darul Uloom Deoband. I thought it should be mentioned so it provides some credibility and comfort for those reading.