

Al-Hayy The Ever Living

The One Who is Ever- Living and undying, the one from whom all life arises, the one who always was, is and will always be fully alive. His Life and all His Attributes are perfect. His life is self-sustaining and has no external source, whereas our lives have been granted to us by the Creator. Al-Hayy is the One who calls all life into being and He is the source to which life will return!

Reflection: What does it mean to say that Allah is Alive? Allah being Al-Hayy, means that Allah is always active. In Surat Ar-Rahman He tells us:

“Whoever is within the heavens and earth asks of Him; every day He is in [bringing about] a matter.”
(Quran 55:29)

Every day Allah is active. He is not passive. When Allah creates, He interacts with creation, He is always there, He's always listening, He is always observing. When everyone is asleep and dead, He is alive and He's always listening, “Neither drowsiness overtakes Him nor sleep.” Allah is available 24/7 for all of our requests.

Realise how great the One is in who you trust. Every problem or distress we have in this world, whether it is money, family, health will all end one day. Allah has always been alive and existed before any problem of yours, and He will be here for hundreds, thousands of years after any difficulty and problem of ours today, and He will always be around.

AFFIRMATIONS

I depend completely on Al-Hayy, Al-Qayyum- I acknowledge that He is always providing and acting in my life for my benefit.

I surrender before Al-Hayy Al-Qayyum, the Living and Self-Subsisting, assured that He provides for me, perfectly, in every single way, and that He protects me in the most perfect way.

I am deeply grateful to Allah, Al-Hayy Al-Qayyum for...

AYAT

‘And rely upon the Ever-Living who does not die, and exalt [Allāh] with His praise. And sufficient is He to be, with the sins of His servants, [fully] Aware. “

(Quran 25:58)

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Living with this Name:

Revive the Sunnah of using the Names Al-Hayy, Al-Qayyum. The Prophet ﷺ had a special relationship with these two names of Allah, It is one of the opinions that it is the ismul-a'Tham (the Greatest Name of Allaah).

Ibn al-Qayyim writes, “The Names ‘al-Hayy’ and ‘al-Qayyūm’ are extremely effective in getting one’s du‘ās answered, and one’s calamities removed.

- The Prophet ﷺ used to recite the names Al-Hayy (the Ever-living) and Al-Qayyum (the One who takes care of everything) every morning and every evening in the du‘a:
يَا حَيُّ يَا قَيُّوْمُ ، بِرَحْمَتِكَ أَسْتَغِيْثُ ، أَصْلِحْ لِّيْ شَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ
Yā Hayyu yā Qayyūm, bi-rahmatika astaghīth, aṣliḥ lī sha’nī kullah, wa lā takilnī ilā nafsī ṭarfata ‘ayn.
“O The Ever Living, The Sustainer of all. ; I seek assistance through Your mercy. Rectify all of my affairs and do not entrust me to myself for the blink of an eye.
- Internalise that everything that sustains you in your life comes from al-HAYY- going through your day, see how many things you can connect to Al-Hayy acting in your life, ordering your life for your benefit, protecting you, making things easy for you, guiding you.
- Recognise His actions in your life, constantly attaching your heart to Him, knowing that your dependency on Him is total and complete.

ACTION POINTS

What does your heart call to, where does your attention wander to, that you will now put second because you are willing to affirm that there is no one you love more than Allah, nothing you would sacrifice more for than Allah, there is no one who deserves your attention more than Allaah?

DAILY DU'A

اللَّهُمَّ لَكَ أَسْلَمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَإِلَيْكَ
أَنْتَبْتُ وَبِكَ خَاصَمْتُ اللَّهُمَّ إِنِّي أَعُوذُ بِعِزَّتِكَ لَا إِلَهَ إِلَّا
أَنْتَ أَنْ تَصْلِيَنِي أَنْتَ الْحَيُّ الَّذِي لَا يَمُوتُ وَالْجَنُّ وَالْإِنْسُ
يَمُوتُونَ

“O Allah, I have surrendered to you and I have faith in you. I trust in you and I have turned to you. I have contested my opponents for your sake. O Allah, I seek refuge in your power from going astray, for there is no God but you. You are the Living who never dies, while the jinn and humans die.”

(Sahih al-Bukhari)

ACTION POINTS

What actions do you do when you are aligned with this truth? What thoughts and beliefs do you hold onto? What more can you do to align your actions with this truth?

What thoughts or feelings take you away from living in line with knowing Who Al-Hayy, al-Qayyooml is?

When distractions emerge, how can you remain centred on Al-Hayy, al-Qayyoom and acknowledge Him in moments of both gratitude and need?

PERSONAL DUAS

What duaa will you ask Allah for, using His name Al-Hayy, Al-Qayyoom?

WHERE IN YOUR LIFE CAN YOU LIVE WITH THIS NAME MORE?

Where or with whom in your life has the consciousness of Allah, Al-Hayy, and your reliance on Him to facilitate what is best or provide for you, slipped, and what has been the effect of that ? How can raising and re-connecting to Al-Hayy, al-Qayyoom in your heart and actions shift that dynamic?

Eg When I am...

I choose to remember (a time when Al-Hayy al-Qayyoom took care of something so perfectly for me)...