

The Exalted and High

Al-Aliyy is The One who is above and exceeds all others in every way. He is the Highest, the Most exalted. He is The Most High Himself, In His Essence-He rose over the Throne, above the seven Heavens, in a manner that suits His Majesty. He is above all of creation and is not everywhere, but He is with us by His seeing, hearing, knowledge, care and support. All of His attributes are high and and exalted in every single way, and He is above any imperfection. No attribute of any person can resemble His or come close to them.

Reflection: The viewpoint we can stand in can vastly affect how we see our situation, what we feel about it, and how we act when we are limited within that vision. When we are under a cloud of grey skies it's easy to forget that the sun is actually still shining above that cloud layer; it's easy to forget that the sky is still actually blue and beautiful and clear above those grey clouds.

The reality is even when there are clouds there is also sunshine. Those clouds are a momentary blip, they might be obscuring the visibility of the sun in that moment, but your belief tells you that that sun still exists behind it. When we have difficulties let's not live under the cloud of that problem -let us remember instead that the blessings of Allah (SWT) are still present, His help is still present He is the present in our lives.

So, rise above the clouds, rise above what others are doing or saying, rise above the situation you're in the middle of and raise your consciousness rise above the mess on the mud then enjoy the view and notice how small the clouds are in comparison to everything else.

Viewing the world from a height transforms even seemingly huge obstacles into tiny specks.

AFFIRMATIONS

I submit to Al-Aliyy fully with love in every prayer and sajdah, recognising my weakness and need and His Highness above me.

I am deeply grateful to Allah, Al-Aliyy. for...

When I call upon Allaah Al-Aliyy, I do so with (eg love/awe/humility/reverence)...

because He is the One Who...

AYAT

“Allah! There is no god ‘worthy of worship’ except Him, the Ever-Living, All-Sustaining. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who could possibly intercede with Him without His permission? He ‘fully’ knows what is ahead of them and what is behind them, but no one can grasp any of His knowledge—except what He wills ‘to reveal’. His Seat (“kursiyy”) encompasses the heavens and the earth, and the preservation of both does not tire Him. For He is the Most High, the Greatest.”

(Qur'an 2:255)

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Living with this Name:

Think about the Highness of the exalted one whom you are disobeying before you sin- every sin and slip is a slip in our estimation of Him.

Stop elevating the wrong things- and start elevating the right things. We have elevated the approval of others, approval of society, we have elevated status, or wealth or beauty, and perhaps we have even elevated our nafs (ourselves), and our desires.

Raise your standards- elevate what HE has told us to elevate, our salawaat, our duaas, our hope in Him, our behaviour and manners.

Raise your vision for yourself- have uluw al himmah- high aspirations, lofty ambitions, in achieving for yourself, for ALLAH, and raise your ambitions by raising your intentions, and then raising your duaa to Him.

Raise your perception of how you view things- keep your eye on the Highest prize.

Be humble: Remember that the Prophet ﷺ said: Whoever humbles himself before Allah, Allah will elevate him. [Muslim]

Make plenty of sujood: when we prostrate to Him: we are at our physically lowest point, but we are praising He who is far elevated above everything.

Have many good deeds rising to Al-Aliyy.

Make use of the third part of the night when Al-Aliyy descends to the lowest.

Ask for the highest level of paradise and have high aspirations.

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

رَبَّنَا فَاعْفُ رَ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ
رَبَّنَا وَءَاتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَمَةِ
إِنَّكَ لَا تَخْلِفُ الْمِيعَادَ

“Our Lord! Forgive our sins, absolve us of our misdeeds, and join us with the virtuous when we die. Our Lord, and grant us what You promised us through Your messengers and do not disgrace us on the Day of Resurrection. Indeed, You do not fail in [Your] promise.”

(Qur’an 3:193-194)

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-Aliyy is?

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

PERSONAL DUAS

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

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

Is there an area or situation in your life in which you feel that your standards may have dropped, or where you are being called to elevate them so you can present yourself before Al-Aliyy with an exalted character or raised good deeds?

In moments of...

I choose to remember...

What duaa will you ask Allaah for, using His name Al-Aliyy?...