

«كُلَّمَا قُلْتَ «الْحَمْدُ لِلَّهِ
زَالَ عَنْكَ كُلُّ كَاثَةٍ
،فَهَذَا هُوَ الدَّوَاءُ الْحَقِيقِيُّ
لَا الدَّوَاءُ الْمَادِّي. فَإِنَّهَا
لَيْسَتْ مَرَضًا عَادِيًّا، بَلْ هِيَ
مَرَضٌ يَخْصُ الرُّوحَ
إِنَّ «الْحَمْدُ لِلَّهِ» تَجْلِبُ
الْبَرَكَاتِ عَلَيْكَ وَعَلَى الْأَرْضِ.
وَيُضِيءُ وَجْهَكَ، وَتَلْبِسُ
النُّورَ عَلَى الْقُلُوبِ، فَيُصْبِحُ
«وَجْهَكَ جَدَابًا جَمِيلًا مَحْبُوبًا».

„Kullamā qulta al-ḥamdu li llāh
zāla ‘anka kullu ka’ābah. Fa-
hādhā huwa d-dawā’u l-ḥaqīqī, lā
d-dawā’u l-mādiyy. Fa-’innahā
laysat maraḍan ‘ādiyyan, bal hiya
maraḍun yakhuṣṣu r-rūḥ.
’Inna al-ḥamdu li llāh tajlibu l-
barakāti ‘alayka wa ‘alā l-arḍ.
Wa-tuḍī’u wajhaka, wa-tulbisu
n-nūra ‘alā l-qulūb, fa-yuṣbiḥu
wajhuka jaddāban jamīlan.“

«As much as you say
„Alhamdulillah“ leaves you all
depression. That is the real cure,
not any medicine. It is not an
ordinary illness, it belongs to the
soul. „Alhamdulillah“ brings
blessings on you and on to the
earth. It makes your face lighten
and dresses light on hearts, your
face becomes attractive, beautiful
and lovely.»

(Sultan ul-Awliyya Mawlana
Shaykh Muhammad Nazim al
Haqqani ق)

The Qur‘an begins and ends with
praise. Revelation opens with al-
Fatiha, the prophets praise Allah
upon their success (an-Naml
27:15), and the believers praise
Him when they reach Paradise
(az-Zumar 39:74; Yūnus 10:10).

Whoever recites al-ḥamdu li-llāh
attunes themselves to the rhythm
of all creation—for the beginning,
middle, and end are praise to
Allah.