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# Change Your Life with these 17 Ways to Increase Barakah



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## INTRODUCTION

# Have you ever felt this way?

Ever wondered why life can be a constant struggle, and why you sometimes feel like you're in a tight space, gasping for air? Or those times when you feel absolutely unaccomplished, unproductive as you doom scroll on your phone throughout the day.

There's no simple answer, but one may say it can be related to the lack of barakah in your time and life.

Finding ways to increase barakah can benefit your life significantly. Not a lot of people understand that barakah is one of the most important things to go after and instil as a mindset and lifestyle.

But before we dive deeper into the hows, let's look at the definition of barakah, what it means, the signs one is lacking barakah, the impact of barakah in your life, and last but certainly not least, the steps to increase barakah in one's life, Insha'Allah.



FIRST OF ALL...

# What is Barakah?

## The Meaning

Linguistically, the verb barakah means 'to kneel down'. The Arabs would refer to a camel which knelt or sat down as 'Barakatil Ibilu', translated as "the camel has knelt down".

According to other scholars' opinions, the word Barakah can also be associated with divine blessing. There are two definitions of the word 'Barakah' as follow:

**1. It is the presence of goodness and its continuity.**

**2. It is the abundance of goodness and its growth.**

In other words, to gain barakah means that Allah Almighty has grant His Divine Blessings on oneself, by making it contain goodness which may continue for some time and perhaps, grow with time.

## Examples

Here are some instances that illustrate the presence of barakah in people's lives:

**Example 1:** A low-income family feeling self-sufficient with their daily sustenance.

**Example 2:** An employee who is highly satisfied with their productivity in a professional setting.

**Example 3:** Someone consistently blessed with abundant rizq beyond their expectations!



# Signs of Diminished Barakah

## **You feel discontented and restless.**

This would indicate a lack of inner peace and satisfaction, leading to feelings of frustration and unease. You might find yourself constantly yearning for more, never truly appreciating what you have.

## **Challenges overwhelm you, and coping is difficult.**

When faced with difficulties, you struggle to find solutions or ways to manage. Instead of overcoming obstacles, you feel defeated and unable to progress.

## **You constantly feel like what you have is insufficient.**

No matter how much you acquire, you always feel it's not enough. This lack of contentment can lead to perpetual dissatisfaction and a sense of inadequacy.

## **You feel uncertain about your purpose or direction.**

You lack clarity about your goals and aspirations, leading to confusion and a sense of aimlessness. This uncertainty can make it hard to find motivation and direction in life.

## **Your efforts seem to lack significant impact on others.**

Despite working hard, you don't see meaningful results or positive changes. Your contributions might go unnoticed, and you may feel that your efforts are in vain.

## **You feel like your faith is distant and unfulfilling.**

Your spiritual connection feels weak or distant. You might find it difficult to engage in regular worship, and your faith may feel less meaningful or fulfilling.

# If You Gain Barakah, You'll Experience These Things...

## **You feel at peace.**

Contentment and peace are clear indicators of Barakah. When your heart is at ease and you feel a sense of inner tranquility regardless of external circumstances, it shows that divine blessings are infusing your life, allowing you to remain calm and centered.

## **You understand your purpose, you feel fulfilled.**

Clarity of purpose and direction in life is a significant sign of Barakah. When you have a deep understanding of your goals and feel guided in your decisions, it indicates that you are receiving divine insight and support in fulfilling your purpose.

## **You feel self-sufficient.**

Barakah makes what you possess sufficient and fulfilling. Whether it's your income, food, or resources, you find that they meet your needs without excess or deficiency. This sense of sufficiency and satisfaction is a hallmark of Barakah in your life.

## **You attain closeness to Allah Almighty.**

A close relationship with Allah is the ultimate sign of Barakah. When you feel a profound connection to Him through your prayers, supplications, and daily actions, it signifies that your life is filled with His blessings, guiding you towards spiritual growth and fulfillment.

## **Your efforts will have a great impact on others.**

When your actions and endeavors positively influence those around you, it's a sign of Barakah. This means your work, kindness, and contributions extend beyond their immediate effects, creating lasting benefits and inspiring others.

# 17 Ways to Increase Barakah



## 1. Make sincere intentions before doing anything.

Intentions shape our actions and their outcomes. By setting a pure and sincere intention for the sake of Allah before any task, you invite His blessings and ensure that your efforts are meaningful and impactful.

“Actions are according to intentions, and everyone will get what was intended.”  
- Prophet Muhammad ﷺ

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## 2. Rely on Allah Almighty.

True reliance on Allah Almighty, also known as Tawakkul, means trusting Him with all your affairs. When you place your faith in His Divine Wisdom and Mercy, you gain inner peace and the assurance that He will provide and protect, bringing Barakah into your life, Insha’Allah!

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## 3. Give Salaam and say Bismillah when you enter your home.

Starting with “Bismillah” (In the name of Allah) and greeting your household with “Salaam” (peace) invokes Divine Blessings from Allah Almighty, fostering a harmonious and blessed environment in your home. Reciting these dhikr is also a means to protect your home from all evils.

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## 4. Enjoying a meal together with loved ones.

Have you ever wondered why there’s always enough food for everyone? It’s Barakah! Sharing meals fosters unity and love among family and friends. This communal act is not only fulfilling but also attracts Barakah, making the food more blessed and nourishing for everyone.

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## 5. Maintain good relations with people around you.

Showing kindness and maintaining good relations build a supportive community and reflect the Prophetic teachings. Positive interactions and empathy for others lead to a life filled with blessings and mutual support. Especially when people make du’a for us, Insha’Allah there will always be Barakah in our daily lives.

# 17 Ways to Increase Barakah



## 6. Recite Istighfar as much as possible.

Seeking forgiveness (Istighfar) cleanses your heart and soul. By frequently asking Allah for forgiveness, you remove obstacles to receiving His blessings and pave the way for continuous Barakah in your life.

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"O God, Thou art forgiving and lovest forgiveness, so forgive me."

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## 7. Make constant du'a.

Supplication (Du'a) is a direct line to Allah Almighty. Regularly turning to Him with your needs and gratitude strengthens your relationship with Him and invites His mercy and blessings into your life.

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَعَافِنِي وَارْزُقْنِي

Allahumma-ighfir li, warhamni, wa-hdini, wa-'afini, warzuqni

"O Allah! Forgive me, have mercy on me, guide me, guard me against harm and provide me with sustenance and salvation."

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## 8. Gratitude, gratitude, gratitude.

Being grateful for your blessings, big or small, opens the doors to more Barakah. Allah the Most Merciful promises more to those who are thankful, making gratitude a key to increasing blessings in your life.

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are thankful, I will give you more," - Qur'an 14:7

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## 9. Avoid wastefulness.

Moderation in spending prevents wastefulness and financial strain. By managing your resources wisely, you maintain a balance that invites Barakah and ensures sufficiency in all aspects of life.

# 17 Ways to Increase Barakah



## 10. Do good deeds and avoid sins.

Good deeds draw Allah's Divine Pleasure and Barakah, while avoiding sins keeps negative consequences at bay. A life filled with righteous actions and abstinence from wrong invites continuous divine blessings.

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## 11. Wake up early.

The early morning is a time of special blessings. By waking up early, you can make the most of this blessed time, starting your day with productivity, peace, and ample opportunities for Barakah.

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## 12. Follow the Sunnah of the Prophet ﷺ.

Emulating the Prophet Muhammad's ﷺ way of life aligns your actions with divine wisdom. His practices are a source of Barakah, guiding you to live a life filled with purpose and blessings. If you can't follow all of them, start small and be consistent!

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## 13. Be honest in trade.

Integrity in business dealings attracts trust and Barakah. Honesty ensures that your earnings are pure and blessed, leading to prosperity and satisfaction in your work and personal life.

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## 14. Be in constant contemplative state.

Reflecting on Allah's creation, His signs, and your own actions keeps your heart and mind aligned with His guidance. This mindfulness fosters a deep sense of peace and a continuous flow of Barakah into your life.

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## 15. Do more, complain less.

Focusing on action and positivity rather than complaints cultivates a productive and optimistic mindset. This approach attracts Barakah as it reflects resilience and trust in Allah's plan.

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# 17 Ways to Increase Barakah



## 16. Make lots of Salawat.

Reciting Salawat upon our beloved Prophet Muhammad (salallahu alaihi wa sallam) holds profound benefits, and as you incorporate this practice into your daily routine, you will, Insha'Allah, begin to notice positive changes. One of the most valuable recitations you can adopt is:

### Salawat Tafrijiyyah

اللَّهُمَّ صَلِّ صَلَاةً كَامِلَةً \* وَسَلِّمْ سَلَامًا تَامًا \* عَلَى سَيِّدِنَا مُحَمَّدٍ الَّذِي تَنَحَّلَ بِهِ الْعَقْدُ \* وَتَنْفَرِحُ بِهِ الْكُرْبُ \*  
وَتَقْضَى بِهِ الْحَوَائِجُ \* وَتُنَالُ بِهِ الرِّغَائِبُ وَحُسْنُ الْحَوَاتِيمِ \* وَتُسْتَسْقَى الْقَمَامُ بِرُجْهِهِ الْكَرِيمِ \* وَعَلَى آلِهِ وَصَحْبِهِ \*  
فِي كُلِّ لَمْحَةٍ وَنَفْسٍ بِعَدَدِ كُلِّ مَعْلُومٍ لَكَ

Allāhumma ṣalli ṣalātan kāmilatan, wa sallim salāman tāman, ‘alā Sayyidinā Muḥammadin illadhī tanḥallu bihi l-‘uqad(u), wa tanfariju bihi l-kurab(u), wa tuqḍā bihi l-ḥawā’ij(u), wa tunālu bihi r-raghā’ibu wa ḥusnu l-khawātim(i), wa yustasqa l-ghamāmu bi-wajhihi l-karīm(i), wa ‘alā ālihi wa ṣaḥbihi fī kulli lamḥatin wa nafasin bi-‘adadi kulli m’alūmin lak(a).

O Allah, send a perfect prayer and complete greeting of peace upon our master Muhammad – the one by whom problems are solved, and anxieties are relieved, and needs are fulfilled, and aspirations are attained and good endings are received, and by whose noble face the clouds give rain – and upon his Family and Companions, with every glance and every breath, by the number of everything that is known to You.

This all-encompassing salutation upon the Prophet ﷺ is well-known in the Muslim world for alleviating difficulties and averting tribulations. [Click here](#) to learn more about other types of Salawat.

## 17. Give Donation

Helping others in need is a powerful way to bring more Barakah into our lives. By sharing our blessings, spreading joy, and lightening the burdens of those around us, we tap into immense spiritual rewards. Embrace the act of giving with an open heart, and trust that Allah will bless you with even more Barakah, Insha'Allah.

## CONCLUSION

# Transform Your Life for the Better

Incorporating these 17 transformative practices into your daily routine can profoundly enhance the quality and blessings in your life. Each step, rooted in sincerity, faith, and mindfulness, opens the door to divine favor and abundance. By making sincere intentions, relying on Allah, fostering good relationships, and embodying gratitude, you invite an overflow of Barakah that permeates every aspect of your existence.

Embracing the early hours, staying honest, avoiding excess, and following the Sunnah of the Prophet ﷺ align your actions with divine wisdom and invite continuous blessings. The journey to gaining Barakah is a holistic one, intertwining your spiritual, emotional, and practical life, creating a harmonious balance that leads to peace, prosperity, and contentment.

Change is within your grasp. By actively choosing to integrate these 17 ways into your life, you set a foundation for a future rich in Barakah, transforming your everyday experiences into extraordinary moments of divine blessings and fulfillment. Start today, and witness the profound impact of living a life filled with Barakah.

