

How to get rid of backbiting? (Pragmatic Steps)

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In the name of Allah the Most Gracious the Most Merciful.

Messenger of Allah (Peace be upon him) said: (The tongue of the son of Adam leads him to commit most of his sins).

(Sahih At-Targhib)

How to get rid of backbiting?

You are welcome. Welcome to your exalted ambition and dauntless courage which made you turn your eyes to this piece of writing to look for the salvation.

I think you're one of those who wish to set himself apart as soon as possible from the mischief of backbiting and the sin of listening to it.

I'm sure you are looking for the easiest way to it.

Certainly, you are an optimistic person, because you can fathom the meaning of the saying of Allah.

ولا يغتاب بعضكم بعضاً، أياحب أحدكم أن يأكل لحم أخيه ميتا فكرهتموه، واتقوا الله
إن الله تواب رحيم
(12:الحجرات)

Neither backbite one another. Would one of you like to eat the flesh of his dead brother? You would hate it. (So hate backbiting). And fear Allah. Verily, Allah is the One who forgives and accepts repentance.

(Al-Hujrat:12)

Well, come on! I'm here to help you with some pragmatic steps to get rid of backbiting and to get deliverance from paying attention to it which is not less sinful than backbiting itself.

Seek help from Allah. Then start with us.

1. It is inevitable for you to have strong commitment and vehement desire to purge your tongue of the backbiting. Keep in mind that the word "impossible" can only be found in the dictionary of weak persons.

It was said to one of the leaders that the mountain of Alab is magnificent enough to impede your progression. He answered: It's necessary for it to be obliterated from the earth.

2- Renew your intention and be sincere to Allah, He will help you get rid backbiting and of the sins which are similar to it.

Allah says :

والذين جاهدوا فينا لنهدينهم سبلنا و إن الله لمع المحسنين
[العنكبوت:٦٩]

As for those who strive hard in Us (our cause) we will surely guide them to Our paths. And verily, Allah is with Muhsinun (good doers)
(Al-Ankabut:69)

Carefully contemplate the word "Strive hard". It requires a lot of efforts against yourself and Satan to achieve what you have intended.

Don't think that it's hard for you to strive to get deliverance from the backbiting. You have strived to achieve many things in your life and you succeeded such as education and earning. Isn't so? Yes it is.

It's said: According to the amount of your efforts your wishes will be fulfilled.

3- Do you know that to abide by Allah verbally and practically as much as possible will take you away from backbiting?

You will say: How?

I will tell you...

We know that the Iman (belief) gets increased when we obey Allah and it gets decreased when we commit defiance. It means that your belief will increase when you increase the amount of your good deeds, and it will make you strong enough to avoid the sins, especially the major sins and the backbiting is also one of the major sins.

4- Before you commit backbiting close your eyes and imagine that you are chewing the perished flesh of a dead man and turning it round your mouth with its stinking smell and filthy blood.

Feeling this abhorrent and despicable test with your tongue will totally take you away from backbiting.

Many a time we have heard of cannibals, however, we don't ever realize that they dwell among us and many a time inadvertently we laughingly participate in their act of cannibalism.

Messenger of Allah (Peace be upon him) said: "During the Mi'raj (the Night of Ascension), I saw a group of people who were scratching their chests and faces with their copper nails. I asked, 'Who are these people, O Jibril?' Jibril replied: 'These are the people who ate flesh of others (by backbiting) and trampled people's honour.'" (Sahih Al-Jame)

5- If you browse through the biographies of successful individuals you will notice that they had not enough time to indulge in the futile discussion about others. Have you

ever seen any great person who wastes his time attending the gatherings and consortiums involved in backbiting? It's said that one of the most pious Tabi'un (Followers, i.e who come in rank after Sahabah) Amir ibne Abd Qais was asked by a man to talk to him something. He replied: Stop the sun if you want me talk.

6- Practice the exercise to emit your physical energy and keep yourself engaged in lawful activities to enjoy the benefits and avoid the harms.

7- By reciting the Quran and repeating the Azkar (remembrance of Allah) fulfill your keen desire to talk. If it is necessary to indulge in the worldly conversations then it should be about pleasing news and lawful activities. It's said that someone had had a difficulty to memorize the Qur'an but when he repented from backbiting, he memorized surah Al-Baqarah and A'l-Imran only within two months.

8- All that you say is recorded and preserved.

Allah(Exalted be He) said:

ما يلفظ من قول إلا لديه رقيب عتيد

(ق:١٨)

Not a word does he (or she) utter but there is a watcher by him ready (to record it).

(Qaf:18)

"Not a word he utters" means what he speaks or throws out of his mouth.

"But there is a watcher by him" means a protector who keeps him under his surveillance.

The word "Atid" in the verse means a ubiquitous entity who accompanies him wherever he goes. It means you should carefully think of the word before you throw it out of your tongue.

9-No one likes bankruptcy for himself, because the wealth is precious to everybody and the good deeds are more precious. Recall the great efforts that were exerted by you to earn these good deeds. All these good deeds will be credited freely just in few minutes to the account of one whom you are backbiting. Then he will be the successful one and you would be of those who lose.

Be an individual with strong belief and iron will. Never allow anybody to take your good deeds freely. It's you who strived to earn them so you it should be your own being who is aptly entitled to enjoy them.

Messenger of Allah (Peace be upon him) said: Do you know who is the bankrupt? They said: The bankrupt among us is the one who has neither money with him nor any property. He said: The real bankrupt of my Ummah would be he who will come on the day of resurrection with Salat, Saum (fast) and Sadqah (charity) because he reviled others, brought calamity against others, unlawfully devoured the wealth of others, shed the blood of others and beat others so his good deeds would be credited to the accounts of those (who suffered at his hand) if his good deeds fall short to clear the account, their sins will enter in his account and he would be thrown in the Hell-fire. (Sahih Muslim)

10- Accustom yourself to save the honors of Muslims. It is a worship that confers on you the great reward, saves you from committing the sin of backbiting and makes the backbiting person not to think again to indulge in backbiting before you. You will be secured from the harmful effort of backbiting person to destroy your good deeds if you listen to him without replying with a single word. The application of this Hadith to your life will automatically make you get rid of backbiting, because to save the honor and to hurt it couldn't be gathered simultaneously.

Messenger of Allah (Peace be upon him) said:

Whosoever saves the honor of his brother from backbiting, Allah will surely liberate him from the Hell. (Sahih Al-Jame)

11- Say to yourself: I will test my strength to overcome myself and to control my desires. I will never commit backbiting, no matter how powerful the motives are. Then I will enjoy the pleasure of conquest over myself and the Satan. This pleasure that is due to your obedience will increase your belief. Whenever you repeat this act you will feel in your heart a certain kind of openness and amusement produced by your obedience to Allah. Don't think that whenever you get rid of the sinful act for the sake of Allah you merely protect yourself against the sin but you will be rewarded as well and your belief will get increased. The sweetness of your belief will be obviously intuitive and tangible to you throughout your life.

12- Pray excessively and sincerely for the person who has been subjected to your backbiting or for whom you intended to backbite him. After doing so Satan will never think of alluring you to the sin of backbiting. Do you know, why is it so? Because you have done just opposite of what he really intended to be done. He wanted you to be destroyed as He himself was destroyed, but in fact it increased your good deeds. Satan's effort to allure you reversely resulted in conclusions which outraged him and made him unhappy. He will disappointedly leave you to look for a naive person to let him go astray.

قال رب بما أغويتني لأزينن لهم في الأرض و لأغوينهم أجمعين، إلا عبادك منهم المخلصين

{الحجر: ٤٠-٣٩}

[Iblis (Satan)] said: "O, my Lord! Because you misled me, I shall indeed adorn the path of error for them (mankind) on the earth, and I shall mislead them all.

Except your chosen,(guided) slaves among them.

(Al-Hijr:39-40)

It means that Satan will endear the evil deed to mankind and entice them to it.

"Except your chosen slaves among them" means except for those whom Allah has purified by the success and guided him. So they are of those upon whom Satan has no authority and power.

13- You should endeavor to fulfill the high ambitions in your life related to your own personality, family and field of your specialization. It will fill your time with beneficial things and divert you from big sins such as backbiting and

other sins which are similar to it. Abdullah ibne Mas'ud (May Allah be pleased with him) said: I never ever regretted anything else as I regretted the day in which the sun was set and I was left with deficiency in my age and with no increase in my good deed.

14- The forgiveness is one of the most powerful causes that kill the backbiting in its cradle. The people who are enemy to each other can hardly protect their tongue against the fire of backbiting, because their hearts have been melted by the searing heat of enmity.

Lesson: Try to eliminate the enmity as soon as possible by forgiveness or negligence because its survival leads to backbiting.

How apt the poet of these lines was!

When I forgave I had no hatred against anybody else.

I got relieved of getting entangled in hostility.

Whenever I see my enemy I salute him to avoid the harms.

I show my happiness to a person whom I hate as if he filled my heart with loves

People are just like disease. Their disease lies in their closeness. The alienation from their company cuts off all the loves.

15- Choose the company of people who are pious and good companions. Such people will not backbite anyone in your presence. So you will be protected from the sin of hearing and indulging in backbiting. Messenger of Allah (Peace be upon him) said: Don't accompany anyone

except believer, don't let anyone eat your food except for the righteous person. (Sahih At-Targheeb)

16- Respect yourself and raise yourself to the highest standard. Your accompaniment with backbiting persons even if you were not involved with them in their acts will degrade your status to the lowest standard and will tarnish your reputation.

The poet said:

When you are to accompany, accompany a noble person.
He will make you an illustrious person.

A person is often defamed by his companion.

17- Don't attend the gatherings of backbiting when you are invited to attend. Scholars have mentioned many conditions to accept an invitation. If these conditions are not followed it's neither obligatory nor optional to attend such a party, but it is unlawful to be there. One of these conditions is: No evil or forbidden action should take place in party. If any evil action takes place in that party and the person who has been invited is able to prevent its occurrence it is mandatory for him to attend it because of two reasons: To fulfill the obligation of accepting the invitation and to alter the evil (into good). If he is not capable of preventing it, it is unlawful for him to attend it.

18- To get rid of backbiting stay away from the wicked persons before that day when they all will desert you and you will be immersed in remorse due to getting acquainted with them and wasting the precious time of your age in their company.

يا ويلتى ليتنى لم أأخذ فلاناً خليلاً * لقد أضلني عن الذكر بعد إذ جاءني و كان
الشيطان للإنسان خذولاً
(الفرقان: ٢٨-٢٩)

Ah! Woe to me! Would that I had never taken so-and-so
as a Khalil (an intimate friend).

He indeed led me astray from the Reminder (this Qur'an)
after it had come to me. And Shaitan (Satan) is to man
ever a deserter in the hour of need.

(Al-Furqan:28-29)

This verse is generally applicable to all the individuals who
are acquainted with each other to join hand in defying
Allah. Be they close relatives, intimate friends or couples.

19- Be cooperative with the person who can warn you
whenever you are about to indulge in backbiting and you
can also warn him when he is on the verge of backbiting.
Allah The Exalted One said:

و تعاونوا على البر والتقوى ولا تعاونوا على الإثم والعدوان واتقوا الله إن الله شديد
العقاب.

(المائدة: ٢)

Help one another in Al-Birr and At-Taqwa (virtue,
righteousness and piety), but do not help one another in
sin and transgression. And fear Allah. Verily, Allah is
Severe in punishment.

(Al-Maidah:2)

20- Place in your home a money box, whenever you
backbit anybody put a fair amount of money in it for
Sadqah (charity). By following this method the backbiting

will dwindle to a meager amount and eventually it will be terminated totally.

21- Forget your prolonged desire and that you are here to live many long years. Remember the sudden death. Wash out the dust of carelessness to obviously see the reality of the world. It will make you ready to leave the world at any moment. That's why you should incessantly renew the repentance from all the evil deeds.

22- Here are some motives of backbiting.

Free time:

Message of Allah (Peace be upon him) said: There are two blessings in which many people incur loss. They are health and free time. (Sahih Al-Bulhari)

Ghabn (the loss) is to sell a precious thing in a very low price.

The lesson: Keep yourself engrossed in the beneficial activities. Never allow free time and free men to wipe out your good deeds and destroy your life.

The envy:

It's narrated by Imam Muslim and Imam Bukhari that Anas ibne Malik (May Allah be pleased with him) reported that The Prophet (Peace be upon him) said: "Do not harbor grudge against one another, nor jealousy, nor enmity; and do not show your backs to one another; and become as fellow brothers and slaves of Allah. It is not lawful for a Muslim to avoid speaking with his brother beyond three days."

All the bad qualities mentioned in hadith lead to the involvement in backbiting in one or another way. So, be far away from the mentioned qualities.

Suspicion

Allah The Exalted one said:

يا أيها الذين آمنوا اجتنبوا كثيراً من الظن إن بعض الظن إثم ولا تجسسوا

(الحجرات: ١٢)

O, you who believe! Avoid much suspicion, indeed some suspicions are sins. And spy not. (Al-Hujurat:12)

Messenger of Allah (Peace be upon him) has also prohibited saying:

Beware of suspicion, for it is the worst of false tales and don't look for the other's faults and don't spy and don't hate each other, and don't desert (cut your relations with) one another O Allah's slaves, be brothers!" (Narrated by Imam Bukhari).

"Don't hate each other" means don't do such deeds which may lead you to hate each other. The backbiting is most probable to lead people to hate each other.

(Free time, the envy and the suspicion). It is necessary for you not to allow these three things to worsen your attachment to Allah. Carefully carry out a treatment to cure these three diseases to improve yourself.

23-Be grateful to Allah for the blessing of tongue and speech.

To be thankful to a blessing means to put it its suitable place for which it is created. I swear by Allah that your tongue is not created to be used in backbiting, abusing,

tale-bearing and cursing. It is created to achieve the noblest and most sublime goals such as recitation, zikra, knowledge, preaching, enjoining the virtue, forbidding the evil, and bidding good words to win the pleasure of Allah in the day when you will meet Him.

24- Work out to build up yourself to be personally well-versed on the topic (Tongue Protection) by carrying out a broad and comprehensive reading procedure to know profoundly about the calamities incurred by the tongue. It will make you apprised of the verses, hadithes and utterances of righteous people corresponding to the topic. To prevent you from backbiting the knowledge aspect is of crucial importance. The ignorant person is not as strong enough to prevent himself from the harmful consequences as the person who knows.

25- Don't carry out a long telephonic conversation and long congenial visits as well. Sometimes long meeting or conversation leads you to hurt Muslims in their honors. Shortening the visit time is one of the rules that should be followed to pay a visit. In Surah Ahzab Allah has admonished some companions of Prophet (Peace be upon him) for their prolonged seating in the Home of Prophet.

26- As you think about yourself that you're not the perfect one, you should have same thinking about others. Withhold your tongue from hurting people except from enjoining the virtue and forbidding the evil. Imam Shafa'i (May Allah have mercy upon him) said:

If you tended to live with your religion protected and your honor secured from doom
Don't let your tongue engage in speaking with vices
You're all filled with vices and people have eyes on you.
Live with people fairly and forgive the one who transgress,
and repel the evil with one which is better.

27- Calm down whenever someone tries to provoke you, don't be outraged. It will enable you to handle the problem beautifully. Be keen on having control over your reactions. The tension and reaction trigger the backbiting and other sins which will subsequently immerse you in remorse.

28- Reciting the Qur'an as much as possible purifies the heart and tongue.

Whenever you are prone to commit the sin of backbiting, your alive heart will sense it and tremble with fear of Allah. You will realize as if your tongue became heavy and dull in taste. Do you know, why?

Because the blessing of Qur'an manifested itself on you to make you glorify Allah and fear Him.

29- When you have to face a family gathering involved in backbiting and you are unable to prevent it. You can invite some venerable person as guest whose presence will prevent them from backbiting. At the same time, be active to cooperate with all to convert their attention to the useful and goal-oriented talks.

30- Don't be over intrigued to know what conversation is going on between two persons. Sometimes when you

approach some people with good intention to participate in their pleasant conversation you may realize suddenly that their conversation appears to be polluted with backbiting and another great sins that bring calamity to tongue which nobody knows except Allah. Allah has condemned the whisper except for the one that is carried out for the cause of virtue and good deed.

لا خير في كثير من نجواهم إلا من أمر بصدقة أو معروف أو إصلاح بين الناس،
ومن يفعل ذلك ابتغاء مرضات الله فسوف نؤتيه أجراً عظيماً

(النساء: ١١٤)

There is no good in most of their secret talks except (in) him who orders Sadaqah (charity in Allah's cause) or Maruf (Islamic monotheism and all the good and righteous deeds which has ordained), or conciliation between mankind, and he who does this, seeking the good pleasure of Allah, We shall give him a great reward.
(An-Nisa: 114)

31- Be firm and steadfast. If a person backbites you, it should not provoke you to backbite him as retaliation. If you do so it will not bring you the loss which was inflicted on the person who backbit you. No one has ever escaped the harms of people's tongue.

The poet Ibne Duraid Al-Azadi said:

No one has ever escaped the harms of people's tongue, even the sacred entity of Prophet (Peace be upon him). If a person is gallant and brave enough, they will say: He is just an idiot.

If he is generous, they will accuse him of being extravagant.

If he is a reserved person, they will say: He is a dumb and voiceless.

If he is well-versed at speaking, they will say: He talks of nonsense.

If he keeps fast and stands for Salat at night, they will say: He is duping people by show off.

Don't care people's slam and complement.

Don't fear anybody except Allah Who is Great.

32- If you fear that if you prevent a backbiting person he will be outraged, then it is better for you to fear that if you listened to him, Allah will be angry with you.

Be clear and explicit in your response to backbiting person. Don't give him chance to proceed forward to complete his backbiting. Clearly say to him: I have earned my good deeds with exhausting efforts and I am immensely concerned about their protection. Explain to him that backbiting is one of great sins. Never be flattering and sycophant to anyone in the matter of your religion.

The poet Baha'uddin Zuhair said:

It is not suitable for me to listen to inappropriate talk, as if it was not said by you and heard by me.

When you accompany noble people they will conceal your vices and reveal your virtues.

33- Never sit beside the person who is known for backbiting. Don't get acquainted with him. Don't spend much time with him if he sits beside you.

You can give him any excuse to leave him and not to come back to him. If it is necessary to come back to him, be seated away from him.

34-To get rid of major sin of backbiting pray as much as possible for the protection of your tongue, ears and heart. How beautiful this prayer is. Messenger of Allah (Peace be upon him) said:

"O, Allah! Place light in my heart, light in my tongue, light in my hearing, light in my sight, light above me, light below me, light on my right, light on my left, light in front of me, light behind me, place light in my soul, and make light abundant for me." (Sahih Al-Jame).

35- To feel that your chest is compressed is one of the chief motives of backbiting. That's why Satan persuades you that you will get relief when you commit backbiting. Your chest gets more compressed if you get allured by Satan because you committed one of the major sins. The only effective solution to get relieved of the compression of chest is to recite the Qur'an that can obliterate the mountain of your sorrows and make you feel the kind of openness and wideness in your chest after which you will never think of getting involved in backbiting and meaningless chit-chat.

36- Whenever are to initiate backbiting, imagine the person whom you want to backbite sitting before you and looking at you. I think such type of imagination will lead you to choose a conversation which is by no means relevant to backbiting.

و تخشى الناس والله أحق أن تخشاه

(الأحزاب: ٣٧)

You did fear the people, whereas Allah had a better right that you should fear Him.

(Al-Ahzab:37)

Above all is your belief that Allah is seeing you.

. ألم يعلم بأن الله يرى

(العلق: ١٤)

Knows he not that Allah sees (what he does).

Be ashamed of your Lord and fear Him.

One of the righteous person said: Tell me, if there were someone with you to apprise the King of what you utter, would you talk something unpleasant about him? They said: No. Then he replied. There is always someone with you who elevates your conversation to Allah.

37- Don't indulge in matters which are irrelevant to you. Engage yourself in the matters relevant to you. Because meaningless irrelevant things are most likely to lead to backbiting. If not so, it is obvious that they will waste your time and age.

It is said: Whosoever knows that his talk is the part of his actions, he talks less.

Messenger of Allah (Peace be upon him) said: O, you who accepted Islam with his tongue, while faith has not reached his heart! Do not harm the Muslims, nor spy on them to expose their secrets. For indeed whoever tries to expose his Muslims brother's secrets, Allah exposes his

secrets wide open, even if he were in the depth of his house. (Sahih At-Targhib)

38- When you sit with a person or group hasten to start a useful conversation apart from indulging in futile talks about people and their private life. It is a practical way to protect tongues of people and yours. You will get the reward of diverting them from major sins and guiding them to the beneficial things.

39- Engage your tongue in chanting with Zikra (remembrance of Allah), it will automatically divert you from talking about His creatures.

Mak'hul said: To remember Allah gives recovery and to remember people causes disease.

40- Try to hold back your facial expressions, lineaments and the movements of your body (such as the eye wink, slandering and chasing) from backbiting.

Allah said:

ويل لكل همزة لمزة

(الهمزة: ١)

Woe to every slanderer and backbiter.

(Al-Humazah:1)

Ibne Abbas said that the word "Humaza and lumaza" in the verse means the person who exaggerates in slandering and finding out the faults of others.

Rabi Ibne Anas said: "Humaza" is a person who slanders someone in his presence and "Lumaza" is a person who slanders someone behind him.

Qatadah said: "Humaza, Lumaza" means the the person who depreciates and condemns with his tongue and eyes and eats the flashes of people and slanders them.

Ibne Kisan said: "Humaza" is the person who hurts his companion with bad comments.

And the "Lumaza" is the person who beckons with his eyes, points with his head and indicates with his eyebrow. The two words (Humaza and Lumaza) are the adjectives of doer.

The word (Wailun) in the verse means derogation, humiliation or torment or woe or it is a valley in the Hell that flows with the purulence and pus of the people who are in the Hell.

41- Join one of the Qur'an memorizing circles. You will not only realize the blessing and imprint of Qur'an in your tongue but in your entire life.

42- I applied the following idea to action and I succeeded. You should also try it.

A panel was hung up in someone's office with a beautifully scribbled line that reads.

"Nobody is allowed to bear other's tale to me. For, I love to be a safe-chest person when I used to be among you".

This unique way helped him get relieved of hearing backbiting and getting involved in it.

You can also apply this idea by hanging up a panel in your home with beautifully scribbled lines.

43- Place a large mirror before you that can obviously reflect your facial lineaments while are indulged in backbiting. If you carefully observe them you will notice that your eye sights have turned to be fierce and intense. The way you breathe and speak will appear to you to bear the frantic imprints of anxiety. Look at your body language, it will sound as if it is brimming with hatred to destroy your world and Hereafter. Immediately stop backbiting and say: "I seek refuge with Allah from the Accursed Shaytan"

إني أخاف الله رب العالمين
(الحشر: ١٦)

44- Imagine yourself in place of the person whom you're backbiting. Would you like to be back bitten even by a single person, rather than being back-bitten by a group of people?

Would you like to be a piece of fun to be ridiculed, joked and cheated in gatherings?

You will never like it, I presume. So you are supposed to like for others what you like for yourself. The honor of Muslims is valuable and great to Allah. Ibne (son of) Umar (May Allah be pleased with both) looked at Kaba and said: How great you are! How venerable your honor is! But a believer's honor is more venerable to Allah than you.

45- "Don't be angry". It's not me who recommended it to you. It was recommended by your Prophet (Peace be upon him). Because the fire of anger will burn out all your good deeds by propelling you to backbiting and to the sins which are similar to it. So be aware. When you feel angry you should ask for the refuge with Allah from the Satan,

perform ablution and calm down. Eventually your anger will be eliminated and you will praise Allah that you withheld your tongue. Your Prophet (Peace be upon him) said: "Withhold your tongue against you" (Sahih At-Targhib)

46- Remember Allah with an audible voice when you observe that someone started backbiting. The remembrance of Allah knocks the heart and makes it tremble. Then you will notice that the backbiting person did not dare to proceed forward to complete the backbiting but he contracted it and did not repeated it again.

47- The day you did not committed backbiting should be considered by you as a valuable achievement to make you look for more and more achievements.

It is said to someone: How you woke up in the morning? He replied: I woke up wishing to have a nice day until night. Then he was asked? Don't had you a nice day today? He replied: A nice day is a day in which I didn't disobey Allah. The day elapsed without your involvement in backbiting is a safe and nice day.

48- Before you talk remember this Hadith, then decide, what you're going to speak whether it is good or not, or it's better for you to remain silent.

He who believes in Allah and the Last Day, must speak good or remain silent".

[Sahih Al-Bukhari]

49- Quit the place where you are unable to prevent backbiting or where you tried to prevent it but in vain. The poet said:

When I'm unable to find out a righteous friend to entertain me, my solitary is far soothed and better than to accompany a wicked friend.

I sit alone to safely perform prayer. It is more cool and comfortable for my eyes than to search for a companion who ought to be avoided by me.

50- You should understand that the company of backbiting persons is of no benefit to you. You will be first to hurt by them, because who backbites other person before you he will surely backbite you before others. Be assured of it. Then it is the matter of your good deeds. So it's necessary for you to be aware of its repercussions before you come across these repercussions in the Hereafter.

51- Someone said that he excessively prays for the protection of his tongue before he gets in touch with people. It provides him with good effect by the mercy of Allah.

52- Don't commit backbiting in your writings. Avoid it in all your writings including your posts on the social media. Say to yourself: It's impossible for me to write backbiting. It will destroy me with sins that will continue to increase in my life and after my death. People will publish it for long years to ridicule a person whom I mocked. Or they will have freak thoughts about a person whom I derogated

with my words. I will fall prey to the destruction of my sins and carrying the burdens of people's sins.

53- Imagine the abhorrent taste of backbiting whenever you intend it. Keep your clean tongue purified of the filthiness of backbiting. It's said: The backbiting is dining table for dogs, soup for evil doers and a deed that keeps transgressors engaged.

54- The knowledge about the hadiths that prevent from backbiting is a strong stimulus to keep you away from backbiting. One of them is the saying of Prophet (Peace be upon him): The most prevalent kind of usury is going to lengths in talking unjustly against a Muslim's honour. (Graded by Albani as Sahih in "Assilsilah As-Sahihah")

The word "Arriba" literally means usury or bonus. The meaning of hadith is that the greatest usury is to backbite Muslim. The backbiting is named as usury because it adds usury or interest against the law of Allah. The usury or interest is not limited only to sale and purchase. The hadith warns of the outcomes of backbiting and tells that it is of major sins and severely restricted unlawful things.

55- Don't be eager to talk about people with others. It often leads to backbiting. But tell them or talk with them of what Allah likes and explain to them what Allah dislikes. For instance ask them: What purpose we have been created for? (For the worship of Allah). Thus there will be no room

left for backbiting. The successful one is the one whom Allah gives success.

56- Remind your companions of their good deeds which they collected with great deal of efforts while they are in the gathering of backbiting or after they left it. Say to them: How lucky the person was whom you backbit! He became satiated with your good deeds and you remained hungry. He became rich and you met poverty. He became prosperous and you faced the torment. Thus you can stop backbiting by reminding them of its consequences.

57- Remember this Hadith to drive yourself to repent from backbiting. The protection of tongue paves the way to Paradise ensured by our Prophet (Peace be upon him) for us. Our Prophet (Peace be upon him) said: "Whosoever gives me a guarantee to safeguard what is between his jaws and what is between his legs, I shall guarantee him Jannah." [Sahih Al-Jame]

58- You can compete with individuals living with you on the topic of this booklet to intrigue their curiosity about the significance of backbiting. It will help them to get deliverance from backbiting and will be the first to get it. If they didn't quit backbiting, at least they won't commit backbiting in your presence. It is a practical and positive step to fetch you a lot of benefits.

59- Regret and express your deep woe at your fault every time you commit backbiting. Seek forgiveness as much as possible and say "La Haula wala Quwwata Illa billah"

(there is no power and no strength except with Allah) and Hasbiyallahu wa nimal wakeel ("Allah (Alone) is sufficient for me , and He is the Best Disposer of affairs (for me)". Seek help from Allah to fight yourself and your destructive desires.

60- Whenever you backbit anyone stand and perform two Raka'ts (units) of Salat to seek forgiveness from your Lord. Messenger of Allah (Peace be upon him) said: When a servant (of Allah) commits a sin, and he performs ablution well, and then stands and prays two rak'ahs, and asks pardon of Allah, Allah pardons him. He then recited this verse: "And those who, when they commit indecency or wrong their souls, remember Allah" (Al-Qur'an 3:135). (This Hadith is graded by Albany as Sahih in Sahih Abu Da'ud).

61- Memorize some effective legal opinions (Fatwa) about the judgment of backbiting to put them forward as a topic for discussion in gatherings where the backbiting is most probable to be practiced in your opinion. So you will be the first to hasten to pull up the evils by the roots before they get irrigated and grow.

Here are some legal opinions on backbiting by Allama Ibne (Son of) Baz (May Allah have mercy on him).

The Question:

Some people are accustomed to some bad habits. These habits are backbiting and tale-bearing. There is no one to forbid them from this evil action. Sometimes I hear them practicing this evil among people. Sometimes I also get

involved in their activity, however I realize that it is unlawful. Then I regret my involvement and avoid them, but some circumstances bring us together. In such a case what should I do? May Allah reward you well.

The Answer:

Tale-bearing and back-biting are of major sins. So it's necessary to avoid it. Allah The Exalted One said:

ولا يغتاب بعضكم بعضاً

[الحجرات: ١٢]

Neither backbite one another.

(Al-Hujurat:12)

And messenger of Allah (Peace be upon him) said:

"During the Mi'raj (the Night of Ascension), I saw a group of people who were scratching their chests and faces with their copper nails. I asked, 'Who are these people, O Jibril?' Jibril replied: 'These are the people who ate flesh of others (by backbiting) and trampled people's honour.'"

(Sahih Al-Jame)

They are backbiting persons.

And the backbiting is as the Prophet (Peace be upon him) said: "talking about your (Muslim) brother in a manner which he dislikes." It was said to him: "What if my (Muslim) brother is as I say." He said, "If he is actually as you say, then that is backbiting; but if that is not in him, that is slandering." (Sahih Muslim)

The backbiting is evil and one of the major sins and the tale-bearing as well.

Allah said:

ولا تطع كل حلاف مهين * هماز مشاء بنميم .

(القلم: ١٠-١١)

And [O, Muhammad (peace be upon him)] obey you not every *Hallaf Mahin* (the one who swears much and is a liar or worthless). A slanderer and going about with calumnies. And the Messenger of Allah (Peace be upon him) said: The tale-bearer shall not enter Paradise. (Sahih Muslim)

"The Messenger of Allah passed by two new graves, and he said: 'They are being punished, but they are not being punished for anything major. One of them was heedless about preventing urine from getting on his clothes, and the other used to walk about spreading malicious gossip.'"

(Sahih An-Nasai)

So it is mandatory for you O, my sister for the cause of Allah! To avoid the company of such people who are involved in backbiting and practice tale-bearing. If you sit with them forbid them and warn them of the worst outcomes. Tell them that it is not allowed and it is evil. If they stop, it's okay. If they refuse go away and avoid sitting with them. Don't participate in their act of backbiting and tale-bearing.

The second legal opinion.

The Question:

Is the supplication for atonement for the gathering is sufficient to atone the sins of tale-bearing and backbiting that take place in gathering?

The Answer:

The Supplication "Subhakallahumma wa bi hamdika
Ash'hadu Alla Ilaha illa anta Astaghfiruka wa Atubu Ilaika"

(Glory be to Thee. O Allah, and I begin with praise of Thee, I testify that there is no god but Thou; I ask Thy pardon, and return to Thee in repentance) is atonement for the gathering, however, it does not atone the backbiting. It is necessary for the person who committed backbiting to reconcile with the person who was subject to his backbiting, to pray for him and to applaud his good behaviors which are known to him in places where he committed the sin of backbiting. The backbiting is violation of the human rights. So it is necessary for him to restore the rights. If the restoration is not possible then it is necessary to commend and applaud what he knows of his good characters in the place where he committed backbiting. He should return to Allah in repentance and regret and seek His forgiveness and firmly determine that he will never commit it again. It's a valid option for him repent the backbiting when he was unable to atone its repercussions.

Before I depart you.

I presume, you are firmly determined right from now to say:

"No" to the wastage of your virtues and good deeds.

"No" to social sycophancy that obliterates the religion.

You are firmly committed to be adapted to an absolutely new version of personality, to be straightforward with all and to firmly say:

"No" to backbiting.

O, Allah! Let my tongue speak with truth and criticize and prohibit the falsehood and safeguard all my organs from unlawful things.

O, my Lord! Keep me doing what pleases, keep me away from what annoys You and grant me sincerity and acceptance.

O, Allah! Send down your peace and blessings upon Muhammad and his family equal to the number of what You have created.

All praises be to Allah Who is All-Praiseworthy.