

For Those **Left
Behind...**

*Guidance on Death
and Grieving*



**Omar
Suleiman**



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Transliteration



A brief guide to some of the letters and symbols used in the Arabic transliteration in this book.

<i>th</i> ث	<i>ḥ</i> ح	<i>dh</i> ذ
<i>ṣ</i> ص	<i>ḍ</i> ض	<i>ṭ</i> ط
<i>ẓ</i> ظ	<i>‘</i> ع	<i>’</i> ء
<i>ā</i> آ	<i>ī</i> ي	<i>ū</i> و



May the peace and blessings of Allah be upon him.



Glorified and Majestic (is He).



May Allah be pleased with him.



May Allah be pleased with her.



May Allah be pleased with them both.



May peace be upon him.



May peace be upon her.



May peace be upon them both.

*To Allah belongs that
which He has taken, and
that which He has given.*



*And everything is with
Allah in accordance with
its prescribed time.*



*So be patient and seek
reward [from Allah].*

Prophet Muhammad ﷺ



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Introduction



Fifteen years ago, I lost the most beloved person in the world to me. My mother, May (also spelled Mai) Hashem Suleiman, died suddenly from a stroke leaving behind my father, my brother, and myself. She was a person of piety who longed for her Lord and left the world at peace with it.

But the turmoil in our hearts was, and still is, deep. I was young when my mom died, just appointed as an Imam of a *Masjid*, and between my nikah and wedding. As I sought to understand why, I also sought to exert myself towards what would be of benefit to her and me.

I dove into the works of Ibn al-Qayyim  and other scholars who spoke of the realm of souls and wondered whether my mom could hear me when I visited her. I wanted so badly to both be connected to her, and to benefit her. I wondered if she knew of my wedding, or now my three children. Many questions flowed through my mind, questions that I would later learn many others shared as well.

Fast forward to 2020, at the peak of the pandemic, many community members passed on. This was especially true of some of our elderly community members who were of course the most vulnerable. As I started to receive question after question, I recognized that

pain in the face of many people who were young like me and who, in some cases, lost both parents within days of each other. I realized we needed to put together a resource to help people through this difficult period. Something that would help anyone who experiences the loss of a loved one, and has questions about what happens next and how to move forward.

Our team at Yaqeen quickly pulled together and decided to record the series, “For Those Left Behind”, to help people navigate this journey of death and connection after. This book is a result of the research that went into making the video series.

I pray Allah accepts it on behalf of my mom, and on behalf of all of those who have preceded us. May Allah have mercy on our loved ones, allow us to follow them in righteousness, and join us together in His reward.

Āmīn.

Dr. Omar Suleiman

President and Founder

Yaqeen Institute for Islamic Research