Sayyid Al-Hakeem illustrates eating and drinking etiquette

As part of the Ramadan lecture series, Sayyid Ammar Al-Hakeem, Head of Al-Hikma National Movement, continued his discussion on the Message of Rights by Imam Zain Al-Abidin and the Master of the Prostrators, Imam Ali ibn Al-Husayn (peace be upon them). His Eminence concluded with the eighth right, which is the right of the stomach, highlighting its related insights and reaching the eighth illumination, which is the etiquette of eating. H.E. explained that it falls into three categories: pre-meal etiquette, during-meal etiquette, and post-meal etiquette, elaborating on the manners related to the first category and reaching the fifteenth point of the second category.

16. Patience is advised when eating hot food instead of blowing on it.
17. It is recommended to eat an odd number of dates.
18. It is advised not to mix dates with their pits in a plate.
19. When eating dates with pits, one should not collect the pits in their palm but place them from the mouth directly into the back of the hand.
20. Leftovers from disliked food should not be discarded into the main dish but into a separate container.
21. Drinking during the meal should be moderate unless one is extremely thirsty.
22. Prolonging sitting at the table is recommended.

Imam Ja’far Al-Sadiq (peace be upon him) said “Prolong the food table sitting, as it is an hour not to be counted of your days.”

Regarding the etiquette of drinking:

- One should hold the cup with the right hand, mention the name of Allah, and drink it in sips rather than gulping it down. It is narrated that the Prophet Mohammed (peace be upon him and his family) said, "Drink water sip by sip and do not gulp it down, for if you gulp it down, the liver will be affected."

Also not drink while standing or asleep. The bottom of the cup shall be considered as not to drip on oneself. One shall not burp into the cup nor breathe into it. Rather move it away from the mouth with thanks and praise be to Allah and utter “Praise be to Allah, who made this water sweet and drinkable with his vast mercy, and not salt on our sins”. The cup will spin to the right of every gathering, and to be drunk with three breaths, where Allah is praised at the end of each one. Imam Al-Sadiq(peace be upon him) said, “Man drinks water, stops and moves it away, so he feels the thirst, praise Allah, and drinks again, moves it away, praise Allah, drinks, moves it away, praise Allah Almighty again with it, and may he enters the Heaven”

As for post-meal etiquette:

1. Holding back before feeling full.
2. Licking the plate, as narrated by Imam Ali (peace be upon him), “He who licks the plate, Angels will pray for him and pray for broad goodness, and doubles his blessings.”

3. Licking one's fingers after the meal.

4. Wiping the hands with a napkin.

5. Washing the hands.

6. Picking up food crumbs. It is reported that the Prophet Mohammed(peace be upon him and his family) said, "Whoever eats what falls from the table will live as long as the table is spread and his son will be in good health."

7. Using a toothpick to remove food stuck between teeth. It is narrated that the Prophet Mohammed (peace be upon him and his family) said, "Clean your teeth after eating, for it is cleansing for the mouth and teeth and brings sustenance to the servant."

8. Not swallowing what is removed from between the teeth with a toothpick, except what is collected from the roots of the teeth with the tongue.

9. Rinsing the mouth after using a toothpick.

10. Expressing gratitude to Allah for the food consumed. It is stated in the Quran, "Eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship."

11. Praising Allah after consuming halal food and saying “Praise be to Allah where with his grace all good is made complete and blessings are given, Allah as you fed us good, use us good.” And if eating doubtful food, one should say, "Praise be to Allah in all circumstances; O Allah, do not make it a means of our disobedience to You." After the meal, reciting Surah Al-Ikhlas and Surah Al-Masad is recommended.

12. Not getting up from the table until the plate is lifted first.

13. if one eats someone else’s food one must pray for the food owner.

14. If eating at someone else's place, one should say, "May those who fast break their fast with you, the righteous eat your food, and the angels send blessings upon you."

15. One should seek forgiveness and express sorrow for consuming doubtful food, as it is reported that the Prophet Mohammed (peace be upon him and his family) said, "Every flesh grown from Haram (forbidden) is deserving of the Hellfire." A

16. after consuming milk, one should say, "O Allah, bless us in what You have provided us and give us more of it," and if consuming something else, one should say, "O Allah, bless us in what You have provided us and bless us with more of it."