

THE ISLAMIC BULLETIN

Issue 21

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THE ISLAMIC BULLETIN

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HAPPY RAMADAN!

What if we made a resolution to Allah that this Ramadan is the beginning of the new me? As others make their resolutions for New Year, Ramadan would be a starting point as a new resolution for Muslims. What if we approached Ramadan as a whole month to practice this new resolution and work mainly on changing one organ in the body, the heart, and then striving to continue this life-style throughout the year?

Prophet Muhammad (SAW) said that there is one organ in the body and if that organ is in good condition, the whole body is in good condition. If that organ is corrupted, the whole body is corrupted. And that organ is the heart. The heart is the center of man's body and spirit. If the heart does not pump blood to one of the billions of cells, that single cell dies away very quickly. For the continuation of one's life, the heart occupies a unique place among the limbs of the body. This is also proved by the fact that most deaths nowadays happen due to heart attacks and failures. So no one can ignore the significance of the heart in man's biological and physical life.

Now, if we return to the spiritual and Islamic perspective, the same is true. The heart is the center of a good ritual life, which leads one to Paradise. It is our heart that emotionally drives limbs to move towards the good. The brain that is the center of man's intellectual capacity works according to the feelings and emotions of the heart. The Holy Quran elevates the status of the heart in the spiritual realm to a very high degree. The most important act of religious life, belief (iman), is actualized by man's heart before the uttering of the tongue. A good heart is defined very clearly in the Quran:

"Men whom neither merchandise nor sale beguileth from remembrance of Allah and constancy in prayer and paying to the poor their due; who fear a day when hearts and eyeballs will be overturned." (Quran 24:37)

On the Day of Resurrection, only those who come to Allah with a healthy heart will be saved. Allah says:

"The day on which neither wealth nor sons will be of any use, except for whoever brings to Allah a sound heart." (Quran 26:88-89)

In defining the healthy heart, it is a heart cleansed from all things that challenge what Allah commands, or disputes what He forbids. The hearts which fulfill the purpose of their creation always remember Allah and feel His presence. Such hearts are the centers of love for God and all His Prophets (May peace and blessings be upon them all). They do not allow any room for worldly concerns and lusts. Such hearts are classified as sound hearts and are free from evil. These hearts will benefit their owners on the Day of Resurrection, where there will be no helpers, intimate friends, supporters, family, wealth, or riches.

A Muslim with a healthy heart must dedicate it to its journey's end and not base his actions and speech on those of any other person except Allah's Messenger (S). The Holy Prophet (S) said: "Allah does not judge according to your bodies and appearances, but He scans your hearts and looks into your deeds." (Muslim)

Today's life is a speedy world with fast food, instant photos, on-line banking, and a lot more. It is natural that we may get stressed out. Since a healthy heart leads to a healthy life, we should take care to maintain our heart in good health. We should first identify the factors that affect our heart and the factors we need to improve our mental health. To the best of our knowledge, Prophet Muhammad (SAW) is the first person ever to have talked about the importance of a healthy heart. He (SAW) also gave some very good suggestions to maintain a healthy heart. Let us be aware of the way stress affects our heart and in turn affects our body. May Allah give us the knowledge to control stress, before stress controls us. We must remember that Prophet Muhammad (S) said: "The man who is merciful and kind hearted to every relative and to every Muslim will be an inhabitant of Paradise."

LETTERS TO THE EDITOR



Dear Editor:

Asalamu Aleikum

My name is Malik Ali and I am a Cherokee Blackfoot American Indian who is Muslim. I found your August 2000 issue at the Islamic Center of New Mexico, in Albuquerque. I wanted to tell you that I enjoyed it very much. There are other Muslims in our group. For the most part, not many people are aware of the Native American contact with Islam that began long ago by some of the early Muslim travelers who visited us. Some of these Muslim travelers ended up living among our people. For most Muslims and non-Muslims of today, this type of information is unknown and has never been mentioned in any of the history books.

There are many documents, treaties, legislation and resolutions that were passed between the 1600s and 1800s that show that Muslims were in fact here and were very active in the communities in which they lived. Treaties such as Peace and Friendship that was signed on the Delaware River in the year 1787 bear the signatures of Abdel-Khak and Muhammad Ibn Abdullah. This treaty details our continued right to exist as a community in the areas of commerce, maritime shipping, current form of government at that time which was in accordance with Islam.

According to a federal court case from the Continental Congress, we help put the breath of life into the newly framed Constitution. All of the documents are presently in the National Archives as well as the Library of Congress. If you have access to records in the state of South Carolina, read the Moors Sundry Act of 1790. Almost all of the tribes vocabulary include the word Allah. The traditional dress code for Indian women includes long dresses. For men, standard fare is turbans and long tops that come down to the knees.

If you were to look at any of the old books on Cherokee clothing up until the time of 1832, you will see the men wearing turbans and the women wearing long head coverings. The last Cherokee chief who had a Muslim name was Ramadan Ibn Wati of the Cherokees in 1866. Cities across the United States and Canada bear names that are of Indian and Islamic derivation. Have you ever wondered what the name Tallahassee means? It means that He, Allah, will deliver you sometime in the future.

Malik Ali

Dear Editor:

My name is Ali. I'm a 27 year old Mexican American or as some would say a Chicano. I wanted to share the story of how I became a Muslim. My life before was bad. I had no direction in life. I was wasting my life away by dropping out of school in the 11th grade. I would hang out in the streets with my friends 'partying', getting high, drinking alcohol, and selling marijuana.

Most of my friends were gang members. I, myself, was never in a gang. I knew most of them before they were criminals and drug dealers so it was not a problem. Soon afterwards, I began to use harder drugs. I had dreams but they seemed too far away to make them reality. The more I became depressed the more I turned to drugs as an escape. One day a friend told me he knew where to get some marijuana. I was eager to buy some so I agreed to go check it out. We arrived at an apartment where there were a couple of people. We sat, talked for a while and sampled the weed. My friend and I bought some and were starting to leave when my friend said one of the guys was inviting us to his apartment. When we got there, he gave my friend a book and asked him to read it, saying it might help him out with his problems.

On the way home I asked my friend to show me the book. The name of the book was the Qur'an (Koran). I had never heard of it before. So I read some pages and I knew instantly that what I was reading was true. It was like a wake up call. The Qur'an is so clear and easy to understand. I was really impressed and wanted to know more about Islam and Muslims.

The strangest thing is that I used to laugh at people who went to church, and I sometimes said that there was no God. As a child I always went to church. My mother was a Seventh Day Adventist and took my sister and me every Saturday. I never was really religious and stopped going to church when I was about 14 or 15. The rest of my family is Catholic. I had always wondered why we were Seventh Day Adventist and the rest of my family was Catholic. When we would go visit my family back in Mexico, we went to a Catholic Church for weddings and Quenceniras (sweet 16 celebration).

I did months of research on Islam. I decided to go to the library and check out the Qur'an. I began to study it. I learned about Prophet Muhammad (Peace be upon him) and the true story of Jesus son of Mary (Peace be upon him). The Qur'an stressed the fact that God was One and had no partners or a son, this was most interesting to me since I never understood the concept of the trinity. The Qur'an describes the birth of Prophet Jesus (P.B.U.H) and his mission. There is also a Surah (Chapter) called Mary and tells her story as well.

I also studied about World History and Islam's contributions to Medicine and Science. I learned that Spain was a Muslim country for about 800 years and that when the Muslims were expelled from Spain by the Christian King and Queen (Ferdinand and Isabela), the Christian Spainards came to Mexico and forced the Aztecs and others to become Catholic. History and my Islamic roots was all becoming clear to me. After months I could not deny the truth anymore. I had put it off too long, but was still living the life I had been living before. I knew that if I became Muslim I had to give all that up.

One day while reading the Qur'an I began to cry and fell to my knees and thanked Allah for guiding me to the truth. I found out that there was a Mosque by my house so I went one Friday to see how Muslims prayed and conducted their service. I saw that people from all races and colors attended the Mosque. They took off their shoes when entering and sat on the carpeted floor. A man got up and began to call the Adhan (call for prayer). When I heard it my eyes filled up with tears; it sounded so beautiful. It was all so strange at first but seemed so right at the same time. Islam is not just a religion but a way of life. After attending Jumha a few times, I was ready to be a Muslim and say my Shahada, declaration of faith.

I told the Imam (prayer leader) that I wanted to be a Muslim. The following Friday in front of the community I said my Shahada -first in Arabic, then in English: I bear witness that there is no other God but Allah and I bear witness that Muhammad (P.B.U.H) is God's Prophet and Messenger. When I finished, a Brother shouted 'Takbir!' And all the community said 'Allah-Hu Akbar' (God is great!) a few times. Then all the Brothers came and hugged me. I never received so many hugs before. I will never forget that day. It was great! I have been a Muslim since 1997. I'm now at peace with myself and clear in my religion. Being a Muslim has really changed my life for the better -- thanks to Almighty God. I hope my story Insha-Allah (God willing), will attract more Latinos and people of all races to the light of Islam.

Asalamu Aleikum

Ali, El Mexicano

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U.S. POSTAL SERVICE UNVEILS 2001 EID STAMP



The Islamic Bulletin is proud to announce that the United States Postal Service unveiled the 2001 Eid stamp on Monday, November 13th, 2000.

This achievement marks the end of a successful campaign by American Muslim Council to encourage the issuance of a Ramadan stamp. AMC also played a role in the issuance of the Malcolm X stamp in 1999.

We are also grateful to our readers who participated in this effort by flooding the Post Office with expressions of support.

Tom Davis (R-VA) and Dana Rorhrabacher (R-CA) introduced and passed legislation in 1999 expressing that Congress supports a postage stamp to be issued recognizing the Muslim holy month of Ramadan. Tom Davis was honored for his efforts in this legislation with an award at AMC's National Convention this past June.

The resolution (Res. 220) stated that Jewish and Christian holidays have been recognized on US postage stamps, but no Muslim observance is similarly commemorated. The stamp commemorating Eid Al Fitr will be available in October 2001 just before the start of the month of Ramadan, 1422 Hijri.

We encourage the community to contact the U.S. Postal Service in Washington and thank them for making a statement of recognition of the American Muslim community by issuing the Eid stamp.

Mr. William J. Henderson

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A CLINIC IN CRITICAL CONDITION

By Teresa Watanabe, *LA Times*

It began as an audacious vision by a handful of idealistic Muslim medical students: move Islam out of the insular immigrant communities and take the religion's charitable ideals into the streets. Four years and 14,000 patients later, the UMMA clinic on Florence Avenue has drawn widespread attention as the only free medical clinic in South-Central Los Angeles and the nation's first major Muslim foray into health care for the poor.

In this spotless clinic festooned with Koranic sayings and children's colorings of Winnie the Pooh, toddlers such as 3-year-old Anthony Jones sit happily through exams because of what his mother calls the staff's welcoming nature. Vandals and gang members have shown respect by leaving the building largely untouched.

But now the clinic is threatened with closure as its federal and city funds, provided in the aftermath of the 1992 Los Angeles riots, run out this year. To fill the gap, clinic founders are appealing to Muslims in a major fund-raiser aimed at raising the \$240,000 needed to keep the doors open another year.

Clinic director Yasser Aman, 25, and clinic co-founder Mansur Khan, 32, a doctor of internal medicine, represent a new breed of younger Muslims who are diverging from their parents' more insular form to take Islamic social activism to the broader community.

The Muslims met at UCLA's Muslim Student Assn. where it had started programs to tutor youths at juvenile detention camps and inner-city schools. To Aman and Khan, social activism is not an option but an obligation under Islam. Citing the Prophet Muhammad's counsel to fix whatever you see wrong.

The Islamic Bulletin



The UMMA clinic is a case in point. As much of South Los Angeles lay in disarray after the 1992 riots, Khan and a group of about six Muslim students felt moved to reach out. They initially envisioned sponsoring a medical trailer to drive through the city offering blood pressure exams and other services.

The students unabashedly made cold calls to dozens of medical supply companies and, in a year's time, collected \$150,000 worth of donate equipment and supplies: state-of-the-art microscopes, computers, exam tables and EKG machines. As the students searched for a trailer parking site, however Los Angeles City Councilwoman Rita Walters encouraged them to consider a standing clinic instead.

Walters helped the group obtain a \$700,000 grant from federal housing authorities, which it used to renovate an abandoned auto repair shop. Then occupied by homeless people and drug addicts, the slate-gray office now boasts a lab, a cheerful lobby and six examination rooms.

The city kicked in a two-year operating grant of \$680,000, which the bare-bones staff has managed to stretch out over four years. UCLA agreed to make the clinic an official teaching site and now sends dozens of medical students to volunteer as part of their training.

A pool of 20 physicians - both Muslim and non-Muslim - regularly volunteer, treating ailments that are key problems in the surrounding community: hypertension, diabetes and sexually transmitted diseases. The clinic serves an annual patient load of 5,000.

"We wanted to show people that Muslims care about the rest of the community at large," Khan said. He added that the venture appears to be inspiring Muslims nationwide. Not only have donations come in from across the country, but Muslims elsewhere have started three other free medical clinics and have called with questions on how to start homeless shelters and other projects.

For the mostly non-Muslim patients, the UMMA clinic appears to be living up to its name. Although the acronym stands for University Muslim Medical Assn., the Arabic word *ummah* means community. Tasha Jones, a 27-year-old food-service worker who wears an "I love Jesus" key chain around her neck, says the clinic indeed bridges religious and racial divides.

She could take her three children elsewhere, under their government health coverage, but chooses to go to the UMMA clinic because of the time and care the staff gives. "It don't matter if they're Muslim or Christian," Jones said. "They're good people."

U.S. STATE DEPARTMENT LAUNCHES SITE ON ISLAM IN AMERICA

(Washington D.C. Nov. 28) - The U.S. State Department has a new section in its website which focusing on Islam. The new site provides information about the vitality and diversity of the Muslim experience in the United States. American Muslim contributions to every aspect of American life are outlined in addition to sections describing how American Muslims live, work and worship in our country.

The website, entitled, "Islam in the United States," features a fact sheet of facts and figures on the American Muslim population, official speeches from U.S. President Clinton and U.S. Secretary of State Madeline Albright, as well as other government officials. Ms. Albright introduces the website with a personal message.

The site also features articles of relevance to the American Muslim community as well as selected readings, academic programs, related sites and a gallery of pictures of American Mosques.

Visit the website at <http://www.america.gov>.

NEGATIVE FACTORS THAT AFFECT OUR HEART

PRIDE

Most Islamic scholars agree that Pride is the biggest sin after Shirk (associating partnership with Allah).

Prophet Muhammed (SAW) said, **“If a person has even an atom’s weight equivalent of pride, he will not enter Paradise.”**

ENVY

Envy is a very serious factor that affects our hearts. Prophet Muhammed (SAW) said, **“Strictly avoid envy because envy consumes good deeds as fire consumes dry wood.”**

BACKBITING

This is one habit most people knowingly or unknowingly fall into. The Messenger of Allah (SAW) said, **“Do you know what backbiting is?”**

The companions said, “Allah and His Messenger know best.” He (S) said: **“Backbiting is talking about your brother in his absence and about what he hates.”**

One of the companions said, “Messenger of Allah, if there is really that shortcoming in my brother what do I say?”

The Prophet (SAW) replied, **“If what you say is true even then you backbite him and if no such thing exists in him then you brought a false accusation against him.”** (Muslim)

SLANDER

Slander and Backbiting is caused because of our jealousy towards others. The Holy Prophet (SAW) said: **“Slandering one’s parents is a major sin.”** The companions asked, ‘O Messenger of Allah! Could a person slander his own parents?’

He (SAW) answered, **“Yes, if he slanders another person’s father, the latter would in retaliation slander his father; if he slanders another person’s mother, the latter would in turn slander his mother.”** (Bukhari and Muslim)

SUSPICION

“O ye who believe! Avoid suspicion as much (as possible): for suspicion in some cases is a sin: And spy not on each other, nor speak ill of each other behind their backs. Would any of you like to eat the flesh of his dead brother? Nay, ye would abhor it ... But fear Allah: for Allah is Oft-Returning Most Merciful.” (Quran 49:12)

On this same topic of suspicion, the Holy Prophet (SAW) said: **“Avoid suspicion, for suspicion is the greatest lie. Do not be inquisitive about one another, or spy on one another. Do not outbid one another with a view to raising the price. Do not feel jealous and do not hold grudges against one another.**

Do not backbite, but be the servants of Allah like brothers amongst yourselves.” (Bukhari and Muslim)

DISSATISFACTION

Prophet Muhammed (SAW) said, **“If there was one valley of gold for the son of Adam, he would long for another one. A man will never be satisfied, only death will stop him from being greedy. Allah returns to him who repents.”** (Muslim)

The Holy Prophet (SAW) also said, **“Richness does not lie in the abundance of worldly goods but richness is the richness of the soul (heart, self).”** (Muslim)

ANGER

Anger is perhaps one of the biggest factors that affect our hearts. We should learn to control our anger and follow the example of our Holy Prophet (SAW).

He (SAW) said: **“Powerful is not he who knocks the other down. Indeed powerful is he who controls himself in a fit of anger.”** (Bukhari and Muslim)

These are some of the negative factors that affect our healthy heart. We need to analyze ourselves regarding these factors and Insha Allah, try to remove these bad deeds completely in our lives.

May Allah always guide us to the straight path and give us a good, healthy life in this world and in the hereafter. Ameen.

TEN SICKNESSES OF THE HEART...

You believe in the existence of Allah (SWT) but you do not fulfill His Commands.

You say you love the Prophet Mohammed (SAW) but you do not follow his Sunnah (Way).

You read the Holy Qur’an but you do not put it into practice.

You enjoy all the benefits from Allah (SWT) but you are not grateful to Him.

You acknowledge Shaitan (Satan) as your enemy but you do not go against him.

You want to enter Paradise but you do not work for it.

You do not want to be thrown into Hell-Fire but you do not try to run away from it.

You believe that every living thing will face death but you do not prepare for it.

You gossip and find faults in others but you forget your own faults and habits.

You bury the Dead but you do not take a lesson from it.

A true story translated from Arabic.



Her cheeks were worn and sunken and her skin hugged her bones. That didn't stop her though, you could never catch her not reciting Qur'an. Always vigil in her personal prayer room Dad had set up for her. Bowing, prostrating, raising her hands in prayer. That was the way she was from dawn to sunset and back again.

As for me, I craved nothing more than fashion magazines and novels. I treated myself all the time to videos until those trips to the rental place became my trademark.

As they say, when something becomes habit people tend to distinguish you by it. I was negligent in my responsibilities and laziness characterized my Salah.

One night, I turned the video off after a marathon three hours of watching. The adhan softly rose in that quiet night. I slipped peacefully into my blanket.

Her voice carried from her prayer room. "Yes? Would you like anything Noorah?" I said.

With a sharp needle she popped my plans. "Don't sleep before you pray Fajr!"

"Agh...there's still an hour before Fajr, that was only the first Adhan!"

With those loving pinches of hers, she called me closer. She was always like that, even before the fierce sickness shook her spirit and shut her in bed.

"Hanan can you come sit beside me?"

I could never refuse any of her requests, you could touch the purity and sincerity. "Yes, Noorah?"

"Please sit here."

"OK, I'm sitting. What's on your mind?"

With the sweetest mono voice she began reciting: **"Every soul shall taste death and you will merely be repaid your earnings on Resurrection Day."** (Quran 3:185)

She stopped thoughtfully. Then she asked, "Do you believe in death?"

"Of course I do."

"Do you believe that you shall be responsible for whatever you do, regardless of how small or large?"

"I do, but Allah is Forgiving and Merciful and I've got a long life waiting for me."

"Stop it Hanan ... aren't you afraid of death and it's abruptness? Look at Hind. She was younger than you but she died in a car accident. So did so and so, and so and so. Death is age-blind and your age could never be a measure of when you shall die."

The darkness of the room filled my skin with fear. "I'm scared of the dark and now you made me scared of death, how am I supposed to go to sleep now. Noorah, I thought you promised you'd go with us on vacation during the summer break."

Impact. Her voice broke and her heart quivered. "I might be going on a long trip this year Hanan, but somewhere else. Just maybe. All of our lives are in Allah's hands and we all belong to Him."

My eyes welled and the tears slipped down both cheeks.

I pondered my sisters' grizzly sickness, how the doctors had informed my father privately that there was not much hope that Noorah was going to outlive the disease.

She wasn't told though. Who hinted to her? Or was it that she could sense the truth?

"What are you thinking about Hanan?" Her voice was sharp. "Do you think I am just saying this because I am sick? Uh - uh. In fact, I may live longer than people who are not sick. And you Hanan, how long are you going to live? Twenty years, maybe? Forty? Then what?"

Through the dark she reached for my hand and squeezed gently. **"There's no difference between us; we're all going to leave this world to live in Paradise or agonize in Hell. Listen to the words of Allah: "Anyone who is pushed away from the Fire and shown into Jannah will have triumphed."** (Quran 3:185)

I left my sister's room dazed, her words ringing in my ears: May Allah guide you Hanan - don't forget your prayer.

Eight o'clock in the morning. Pounding on my door. I don't usually wake up at this time. Crying. Confusion. O Allah, what happened?

Noorah's condition became critical after Fajr, they took her immediately to the hospital ... Inna lillahi wa inna ilayhi raji'un.

There wasn't going to be any trips this summer. It was written that I would spend the summer at home.

After an eternity. It was one o'clock in the afternoon. Mother phoned the hospital. "Yes. You can come and see her now."

Dad's voice had changed, mother could sense something had gone deathly wrong. We left immediately.

Where was that avenue I used to travel and thought was so short? Why was it so long now, so very long. Where was the cherished crowd and traffic that would give me a chance to gaze left and right.

Everyone, just move out of our way. Mother was shaking her head in her hands crying as she made dua'a for her Noorah.

We arrived at the hospital's main entrance. One man was moaning, another was involved in an accident and a third's eyes were iced, you couldn't tell if he was alive or dead.

We skipped stairs to Noorah's floor. She was in intensive care.

The nurse approached us. "Let me take you to her." As we walked down the aisles the nurse went on expressing how sweet a girl Noorah was. She reassured Mother somewhat that Noorah's condition had gotten better than what it was in the morning.

"Sorry. No more than one visitor at a time." This was the intensive care unit. Through the small window in the door and past the flurry of white robes I caught my sister's eyes. Mother was standing beside her. After two minutes, mother came out unable to control her crying.

"You may enter and say Salam to her on condition that you do not speak too long," they told me. "Two minutes should be enough."

"How are you Noorah? You were fine last night sister, what happened?"

We held hands, she squeezed harmlessly. "Even now, Alhamdulillah, I'm doing fine."

"Alhamdulillah...but...your hands are so cold."

I sat on her bedside and rested my fingers on her knee. She jerked it away. "Sorry... did I hurt you?"

"No, it is just that I remembered Allah's words: 'Waltafatul saaqu bil saaq.' (**One leg will be wrapped to the other leg [in the death shroud]**) (Quran 75:29) ."

"Hanan pray for me. I may be meeting the first day of the hereafter very soon. It is a long journey and I haven't prepared enough good deeds in my suitcase."

A tear escaped my eye and ran down my cheek at her words. I cried and she joined me. The room blurred away and left us two sisters - to cry together. Rivulets of tears splashed down on my sister's palm which I held with both hands.

At home and upstairs in my room, I watched the sun pass away with a sorrowful day. Silence mingled in our corridors. A cousin came in my room, another.

The visitors were many and all the voices from downstairs stirred together. Only one thing was clear at that point: Noorah had died!

I stopped distinguishing who came and who went. I couldn't remember what they said. O Allah, where was I? What was going on? I couldn't even cry anymore.

Later that week they told me what had happened. Dad had taken my hand to say goodbye to my sister for the last time, I had kissed Noorah's head. I remember only one thing though, seeing her spread on that bed, the bed that she was going to die on.

I remembered the verse she recited: "**One leg will be wrapped to the other leg (in the death shroud)**" ...and I knew too well the truth of the next verse: "**The drive on that day we be to your Lord (Allah)!**" (Quran 75:29-30)

I tiptoed into her prayer room that night. Staring at the quiet dressers and silenced mirrors, I treasured who it was that had shared my mother's stomach with me. Noorah was my twin sister. I remembered who I had swapped sorrows with. Who had comforted my rainy days.

I remembered who had prayed for my guidance and who had spent so many tears for so many long nights telling me about death and accountability. May Allah save us all!

Tonight is Noorah's first night that she shall spend in her tomb. O Allah, have mercy on her and illumine her grave. This was her Qur'an, her prayer mat and this was the spring rose-colored dress that she told me she would hide until she got married, the dress she wanted to keep just for her husband.

I remembered my sister and cried over all the days that I had lost. I prayed to Allah to have mercy on me, accept me and forgive me. I prayed to Allah to keep her firm in her grave as she always liked to mention in her supplications.

At that moment, I stopped. I asked myself: what if it was I who had died? Where would I be moving on to? Fear pressed me and the tears began all over again.

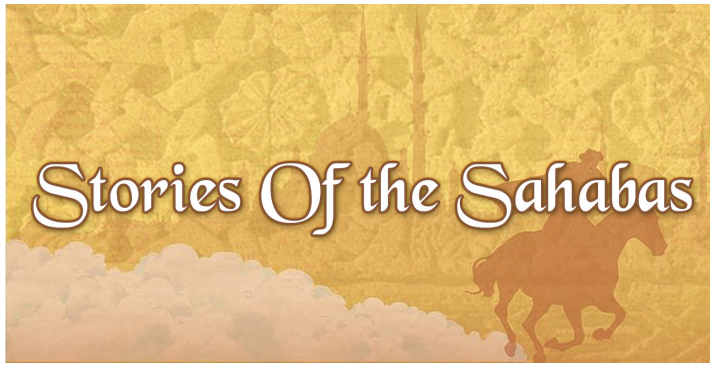
Allahu Akbar, Allahu Akbar...

The first adhan rose softly from the Masjid, how beautiful it sounded this time. I felt calm and relaxed as I repeated the Muadhhdhins call. I wrapped the shawl around my shoulders and stood to pray Fajr.

I prayed as if it was my last prayer, a farewell prayer, just like Noorah had done yesterday. It had been her last Fajr.

Now and insha' Allah for the rest of my life, if I awake in the mornings I do not count on being alive by evening, and in the evening I do not count on being alive by morning.

We are all going on Noorah's journey. What have we prepared for it?



UMAR BIN KHATTAB (RA)
LEFT 18 STATEMENTS OF HIKMAH (WISDOM)

1- When someone transgresses upon your rights (and in doing so disobeys Allah), the way to 'revenge' is to obey Allah in dealing with him (use reason/ rules instead of anger).

2-When something comes to you from your brother, accept it as something good, unless you have overwhelming evidence against it (hush dhann- thinking good of people).

3- Don't take the word of a Muslim as ill. When there is a way of seeing it positively, take it that way. Find one good interpretation out of 10.

4- Avoid positions that will make others doubt you. (i.e. disobey Allah publicly, hang out with people who don't care, at all time and places).

5- Do not blame others. When you have a secret, its under your control, but when you tell someone else, that control is not yours anymore. People fall under different factors and pressures, so do not blame others.

6- Always take care of the brothers and sisters of truth. Be with them always. They will protect you. They are always a beautiful ornament. In good times you will have ease, and in time of difficulty, you will have protection and support.

7- Be strict and careful in choosing your friends.

8- Always be with the truth even against your own life.

9- Don't indulge in that which is meaningless. Every moment of our life is meaningful-use it to worship Allah (SWT).

10- Don't ask about that which didn't happen. You already have enough to deal with, be practical, deal with immediate problems not the future of ghayb (unseen).

11- Don't ask for your need to be fulfilled from someone who wouldn't like your need to be fulfilled. Try to be self-sufficient as individuals and as an ummah, Muslims of early generation were poor but didn't lower themselves. Always be with dignity.

12- Don't be neglectful or careless in swearing by the name of Allah. Otherwise, Allah will bring punishment on you.

13- Don't be in the company of fajaar (those who commit major sins openly and don't care). You WILL be affected. Your own behavior changes little by little. Be in the company of people who remind you of Allah.

14- Be aware of your enemy. Be careful, alert, and prepared.

15- Remember death. Visit the graveyards, try to be in kushuu'. If you can't cry, force yourself to. Try to be humble in front of the Creator, the One who gives life and takes it away.

16- Be HUMBLE in acts of obedience to Allah. No one will protect us but Allah. Seek protection from Allah in Allah.

17- Seek tawbaah (forgiveness) immediately, be determined.

18- Consult in your matters those who have kashiyaah (fear of Allah and always conscious of Him), because those who have kashiyaah are the ones that truly have ilm (Knowledge).



EXPERIENCE OF A CONVERTED HINDU WOMAN

By Sr. Nur

I came from a purely Hindu family where we were always taught to regard ourselves (i.e. women) as beings who were eventually to be married off and have children and serve the husband - whether he was kind or not. Other than this I found that there were a lot of things which really oppressed women, such as: If a woman was widowed, she would always have to wear a white sari (outfit), eat vegetarian meals, cut her hair short, and never remarry. The bride always had to pay the dowry (bridal money) to the husband's family. And the husband could ask for anything, irrespective of whether the bride would have difficulty giving it. Not only that, if after marriage she was not able pay the full dowry she would be both emotionally and physically tortured, and could end up being a victim of 'kitchen death' where the husband, or both the mother-in-law and the husband try to set fire to the wife while she is cooking or is in the kitchen, and try to make it look like an accidental death. More and more of these instances are taking place. The daughter of a friend of my own father's had the same fate last year!

In addition to all this, men in Hinduism are treated literally as among the gods. In one of the religious Hindu celebrations, unmarried girls pray for and worship an idol representing a particular god (Shira) so that they may have husbands like him. Even my own mother had asked me to do this. This made me see that the Hindu religion which is based on superstitions and things that have no manifest proof, but were merely traditions which oppressed women could not be right. Consequently, when I came to England to study, I thought that at least this is a country which gives equal rights to men and women, and does not oppress them. We all have the freedom to do as we like, I thought. Well, as I started to meet people and make new friends, learn about this new society, and go to all the places my friends went to in order to 'socialize' (bars, dance halls, etc.). I realized that this 'equality' was not so true in practice as it was in theory.

Outwardly, women were seen to be given equal rights in education, work, and so forth, but in reality women were still oppressed in a different, more subtle way. When I went with my friends to those places they hung out at, I found everybody interested to talk to me and I thought that was normal. But it was only later that I realized how naive I was, and recognized what these people were really looking for. I soon began to feel uncomfortable, as if I was not myself. I had to dress in a certain way so that people would like me, and had to talk in a certain way to please them. I soon found that I was feeling more and more uncomfortable, less and less myself, yet I could not get out. Everybody was saying they were enjoying themselves, but I don't call this enjoying. I think women in this way of life are oppressed; they have to dress in a certain way in order to please and appear more appealing, and also talk in a certain way so people like them.

During this time I had not thought about Islam, even though I had some Muslim acquaintances. But I felt I really had to do something, to find something that I would be happy and secure with, and would feel respected with. Something to believe in that is the right belief, because everybody has a belief that they live according to. If having fun by getting off with other people is someone's belief, they do this. If making money is someone's belief, they do everything to achieve this. If they believe drinking is one way to enjoy life then they do it. But I feel all this leads to nowhere; no one is truly satisfied, and the respect women are looking for is diminishing in this way

In these days of so called 'society of equal rights', you are expected to have a boyfriend (or you're weird!) and to not be a virgin. So this is a form of oppression even though some women do not realize it. When I came to Islam, it was obvious that I had finally found permanent secu-



urity. A religion, a belief that was so complete and clear in every aspect of life.

Many people have a misconception that Islam is an oppressive religion where women are covered from head to toe, and are not allowed any freedom or rights. In fact, women in Islam are given more rights, and have been for the past 1400 years, compared to the only-recently rights given to non-Muslim women in some western and some

other societies. But there are, even now, societies where women are still oppressed, as I mentioned earlier in relation to Hindu women.

Muslim women have the right to inheritance. They have the right to run their own trade and business. They have the full right to ownership, property, disposal over their wealth to which the husband has no right. They have the right to education, a right to refuse marriage as long as this refusal is according to reasonable and justifiable grounds. The Qur'an itself, which is the Word of God, contains many verses commanding men to be kind to their wives and stressing the rights of women. Islam gives the right set of rules, because they are NOT made by men, but made by God; hence it is a perfect religion.

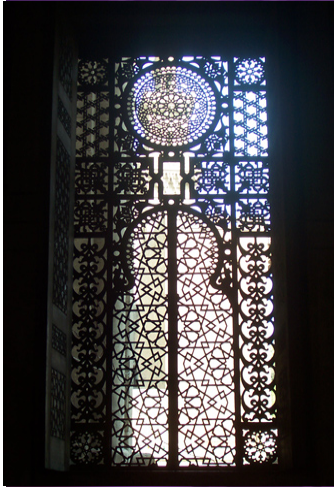
Quite often Muslim women are asked why they are covered from head to toe, and are told that this is oppression - it is not. In Islam, marriage is an important part of life, the making of the society. Therefore, a woman should not go around showing herself to everybody, only for her husband. Even the man is not allowed to show certain parts of his body to none but his wife. In addition, God has commanded Muslim women to cover themselves for their modesty: **'O Prophet! Tell your wives and your daughters and the women of the believers to draw their cloaks (veils) over their bodies (when outdoors). That is most convenient that they could be known as such (i.e. decent and chaste) and not molested.'** (Qur'an 33:59)

Another point I'd like to comment on is that the rules and regulation laid down in Islam by God do not apply just to women but to men also. There is no intermingling and free-running between men and women for the benefit of both. Whatever God commands is right, wholesome, pure and beneficial to mankind; there is no doubt about that. A verse in the Qur'an explains this concept clearly: **"Say to the believing men that they should lower their gaze and protect their private parts (i.e. from indecency, illegal sexual acts, etc.); that will make for greater purity for them. And God is well aware of what they do. And say to the believing women that they should lower their gaze and protect their private parts (from indecency, illegal sexual intercourse, etc.), and that they should not display their beauty and ornaments..."** (Quran 24:31)

When I put on my hijab (veil), I was really happy to do it. In fact, I really want to do it. When I put on the hijab, I felt a great sense of satisfaction and happiness. Satisfied that I had obeyed God's command and happy with the good and blessings that come with it. I have felt secure and protected. In fact people respect me more for it. I could really see the difference in behavior towards me. Finally, I'd like to say that I had accepted Islam not blindly, or under any compulsion. In the Qur'an itself there is a verse which says, **'Let there be no compulsion in religion'**.

I accepted Islam with conviction. I have seen, been there, done that, and seen both sides of the story. I know and have experienced what the other side is like, and I know that I have done the right thing. Islam does not oppress women, but rather Islam liberates them and gives them the respect they deserve. Islam is the religion God has chosen for the whole of mankind. Those who accept it are truly liberated from the chains and shackles of mankind whose ruling and legislating necessitates nothing but the oppression of one group by another and the exploitation and oppression of one sex by the other. This is not the case of Islam which truly liberated women and gave them an individuality not given by any other authority.

HOW TO LOWER OUR GAZE



Sabeel Ahmed

"If I were not a Muslim, I would have contacted AIDS!" proclaimed my friend. "The ayahs in Sura Nur about lowering our gazes don't affect me anymore", expressed another youth, talking about the intense temptations felt by today's youth. Difficulty in lowering the gaze by both the young and old is readily perceived on the street, weddings, parties and even in the Masjids.

What has gone wrong with our Ummah? Why are we adopting the attitudes and routes of the non-believers? How can we rectify ourselves? What follows are a series of practical advice which can work for us and set us free from Satan's stronghold, insha Allah.

Prophet Muhammad (SAW) said: "I have not left a fitnah (trial, calamity or cause for calamity) after me more than (the fitnah) with women for men." (Bukhari and Muslim)

Our Prophet also related: "The world is sweet and verdant, and Allah having put you in it in your turn watches how you act; so fear the world and fear women, for the first trial of the Bani Israel had to do with women." (Muslim)

Being optimistic, a ray of hope was also wisely provided during Prophet's Last Sermon on way to avoid the above pitfall: "If the Ummah hold on to the Quran and the Sunnah, it will not go astray." When Allah created us humans with all the desires and urges, He also revealed to us sufficient and complete guidance to contain them through proper channels. All we need to do is seek this guidance, contemplate on it and implement it.

"This day I have perfected your deen for you, completed my favors upon you and chosen Islam as your deen." (Quran 5:3)

Realize the fact that the great Sahabas were humans beings too. Biologically they were no different from us, they too had desires and temptations of the human species, and yet they controlled them in the best of ways. We can too, insha Allah. To possess sensual passions is Human, to control them is Muslim.

When confronted with a luring situation, like passing by a woman on the street, office, or a school, Satan is constantly tempting us to glare at her with evil thoughts. Satan is probably excitingly saying with a big smile 'Yes', 'Yes', 'Yes', when we steer into the bait he is setting. During these situations immediately and consciously realize that when we give a second or following glances, we are obeying Satan.

"O you who believe, follow not the footsteps of the devil..." (Quran 24:21)

By immediately averting our gazes and disobeying Satan, we are giving him a punch in the face which leaves him frustrated, accursed and defeated. Satan rebelled and was expelled by Allah. Let's all rebel against Satan then and expel him from our hearts. Satan intends to fight a war against the believers, so let's gather our forces behind Quran and Sunnah and defeat him.

Remember that even if no human eye is watching us, the ever watchful Allah is constantly monitoring the innermost regions of our heart. Our eyes, limbs, tongue and private parts will all be witnesses for or against us on the Day of Judgment and not an atom's worth of our deeds will remain unexamined.

Psychologically, our minds are conditioned to associate our thoughts of stealing clothes from a store to being in handcuffs and hauled into a police van. Likewise, we should condition our minds to bring the verses of Surah Nur in front of our eyes during any tempting situation and imagine that during that particular instance Allah (SWT) is speaking to us directly:

"Say to the believing men that they should lower their gaze and guard their modesty, that will make for greater purity for them. Say to the believing women that they should lower their gaze and guard their modesty; O you believers! Turn you all together towards Allah that you may attain success." (Quran 24:30-31)

What a beautiful guidance and what a sublime reward for implementing it. With practice, the above associations and the remembrance of Allah during tempting situations will prevent us from getting stuck by devilish arrows.

Successful controlling of our gaze also depends upon our avoidance of sinful situations. An Islamic idiom (Usul Al-Fiqh) says: "Anything that leads to haram is haram in itself." Therefore cutting any unlawful situation in their bud is what we should strive for. Performance of a pious deed is rewarded and avoidance of a sinful deed is also rewarded, Al-Hamdulillah. One of the biggest culprits which encourage us to disobey the ayahs in Surah Nur, are the movies. In the name of entertainment, to please our peers and children and as an excuse to do something together as a family, we astonishingly allow the development of un-Islamic scenes and dialogues in front of our eyes. Can we ever imagine (Na'udubillah) any Sahaba renting the latest hit from Blockbuster videos, or listening to music with luring lyrics at high volume?

Likewise, we watch news on TV and stare at the anchorwomen, female gymnasts, and female swimmers who are scantily dressed. Thus we are not supposed to stare at the faces of non-Mahrams of opposite gender, be they our fellow students, elders, saleswomen or someone on TV.

Each one of us may have become culprits of not obeying the ayahs in Surah Nur. It is not too late to realize these shortcomings and work at rectifying ourselves. Above all, we should always ask forgiveness of Allah (SWT).

Indeed blessed are those Muslims who are able to check their gazes. Let's contemplate on the above humble advice and constantly make the following supplication: "O Allah help us in controlling our sensual desires until we get married, and after our marriage, let our desires be only towards our spouses ... aameen."

Editor's note: This should apply to both sexes, naturally!

'I feel compelled to respond to the letter that the sister wrote in your last issue on hardly ever reading articles about Muslim men lowering their gaze. The sister is right in reminding brothers to lower their gaze.' ---Sabeel Ahmed

TEN THINGS WE WASTE

1. -Our Knowledge- Wasted by not taking action with it.
2. -Our Actions- Wasted by committing them without sincerity.
3. -Our Wealth- Wasted by using it on things that will not bring us ajr (reward). We waste our money, our status, our authority on things which have no benefit in this life or in the akhirah (hereafter).
4. -Our Hearts- Wasted because they are empty from the love of Allah, and a feeling of peace and contentment. In its place, our hearts are filled with something or someone else.
5. -Our Bodies- Wasted because we don't use them in ibadah (worship) and service of Allah.
6. -Our Love- Our emotional love is misdirected, not towards Allah, but towards something/someone else.
7. -Our Time- Wasted, not used properly.
8. -Our Intellect- Wasted on things that are not beneficial, that are detrimental to society and the individual, not in contemplation or reflection.
9. -Our Service- Wasted in service of someone who will not bring us closer to Allah.
10. -Our Dhikr- Wasted, because it does not affect our hearts.

CULTIVATING YOUR SPIRITUAL LIFE

4 STAGES FOR SUCCESS

By Aquil Abdul Bassar

Throughout the Qur'an, the Holy Book of the Muslims, Allah -to whom all praise is due-speaks of His many 'Signs' which are manifest within creation. These signs are meant to give us insight and guidance for our spiritual lives here on this plane of existence. In one such verse He says:

"For among His Signs is this, that you see the earth barren, but when We send down water (rain) to it, it is stirred to life and growth (of vegetation). Verily, He Who gives it life, surely, (He) is Able to give life to the dead (on the Day of Resurrection). Indeed! He is Able to do all things." (Quran 41:39)

These signs of Allah are meant to provide guidance for us. In this verse Allah gives us an illustration that He has the power to resurrect the "dead heart" just as He can resurrect the dead earth. But why the analogy with the earth? In another verse of the Qur'an, Allah says:

"Wal-lahu anbatakum minal ardi nabaat." - And Allah has produced you from the earth growing (gradually). (Quran 71:17)

The word "nabaat" means "plants, vegetation". In this verse

Allah compares mankind to that of plants. He compared our growth/evolution physically and spiritually to the stage

by stage growth of plants. Plants grow from the earth gradually.

Once they reach a certain stage they are eventually "returned" to the earth via their seeds, pollination, decay etc. The cycle is then repeated. We also come from the earth growing gradually. We will eventually be returned to the earth. And as Allah teaches us in the Qur'an, we will be raised there from. But this verse also refers to our spiritual evolution as well.

Metaphorically speaking, Allah raises us from "earth". "Earth" in scriptural language represents this mortal, worldly life, with all its pursuits and pleasures, as well as materialistic concepts as opposed to the disciplined spiritual life and its concerns. Allah evolves us from being mere "earthly", physicalized, materially oriented beings to spiritually oriented beings. When our father Adam was created, he was created as a physical being first and then Allah blew his spirit into him. We too are created in this fashion. We are first created physically in the womb, then we receive "Ruh" or "spirit" from God. This is a sign of our gradual "growth" here on earth. This lets us know that the "earth" is not without purpose. It is here from which we realize our purpose. It is here where we must achieve sublimation, moving from worldly concepts and concerns to more elevated spiritual ones.

Plants (nabaat), grow from the earth and evolve toward the source of light, but they must be "cultivated". There are four fundamental stages in cultivation. They are:

1. Cleaning or changing the environment. This includes removing weeds (harmful things), internal and external debris from the soil.
2. Breaking up the soil - to prepare for sowing seeds.
3. Sowing / planting seeds.
4. Nurturing - which includes plenty of sunlight and water.

These are the basic steps we must follow when we grow plants, or grow a garden of plants. These four steps can also be applied to us and our spiritual life as Muslims, Catholics, Christians or any spiritual path we may follow. In our spiritual lives it is our souls that we must cultivate. Allah says in the Qur'an:

"By the soul and the order and proportion given to it; and its inspiration as to its wrong and its right; truly he succeeds that purifies it."

In verse nine of the above passage it says: "Qad aflaha man zak-kaaha." Which says, "Truly he succeeds who purifies it." Within that "purification" and within that "success" lies "cultivation". The word 'aflaha' means (in this 4th form of the Arabic verb): to thrive, prosper, have success. But in its first form, "falaha," it means to split, cleave, plow, till, cultivate. We must cultivate our souls if we are to have "success". We cultivate plants in order to have a beautiful garden. Therefore we must cultivate our souls in order to have the most excellent garden, "Jannah" (Paradise). Whether we are cultivating soil or our souls we must follow the proper steps.

The first stage in cultivation is cleaning/changing the environment. This entails removing the "weeds" or harmful things that will hinder our spiritual growth. This was the methodology of the Prophets and Messengers of God. They "cleaned" up the concepts of false gods first. With regards to the mission of the Prophet Muhammad (SAW) we have an excellent example. He (SAW) instructed his companions, when they introduced Al-Islam to people, to first enjoin upon them "Tawheed" (monotheism).

He (SAW) told them to be sure that this concept was understood first before teaching anything else pertaining to the religion. We have a hint of how important this is from the Qur'an itself. Out of 114 surahs (chapters) of the Qur'an, 86 of them were revealed in Makkah. These Surahs primarily deal with the concept of God and man's relationship with Him. The Prophet spent thirteen of the twenty-three years that the Qur'an was revealed, removing the false concepts concerning Allah, and replacing them with correct ones. It is the corrupt ways of thinking that have to be changed first.

With regards to Muslims, the first stage for purifying/cultivating the soul is the "Shahaadah" (Declaration of Faith). The "Shahaadah" is in two parts. One is a statement of negation. We say, "Laa ilaaha..." Literally meaning, "There is no god..." It is more commonly translated and understood as meaning, "There is absolutely nothing worthy or deserving of worship..." This statement removes the "weeds". It includes all false gods, false concepts and anything that we may give excessive devotion to. It is in this stage where we truly succeed or fail with regards to our spiritual evolution. Many of us, when beginning our spiritual journey, don't quite purge ourselves of old concepts. If we don't remove the "weeds" and debris, there will be no successful outcome.

After removing the harmful substances/concepts, we move to stage two. We break up the soil/earth (materialistic, worldly concepts we held as being sacred). We must break up the bad habits of the soul. We remove from our lives customs that are not conducive to proper spiritual evolution. Many of us still have problems because we hold on to old habits and customs; habits and customs that have already proven to be detrimental to our physical, mental, and most importantly, our spiritual well-being.

The breaking of the soil is the stage before sowing the seed. You can't plant seeds without first breaking the soil. Your soil is your soul. Your soul is your soil. Notice the letters that make these words different: "u" and "i"; and it is you and "I" that makes the difference in our cultivation of our souls. But we must follow the stages of cultivation if we are to succeed. There are no shortcuts.

After breaking up the soil/soul we "fertilize" it with the second part of the "Shahaadah". After saying, "Laa ilaahâ"i" "There is nothing worthy of worship..." or "There is no god...", we say "...illallah", which means, "...except the one God, Allah". We remove false concepts with the negating statement and we replace them with true concepts. With the proper concepts of God in place, we can now move on to stage three, sowing/planting seeds.

The seed is that which is the source of development or growth. It has within it the means or stimulus for growing and developing. The "seeds" that are planted in the now fertile soil/soul are the seeds of: Revelation (God's Word), Truth, God consciousness (Taqwa), sincerity, honesty, etc. These seeds are the sources of growth and development for our spiritual lives. In stage three we sow/plant the seeds, and we must understand that we will "reap what we sow" whether positive or negative. Once the seeds are sown we move to stage four which is nurturing. This includes providing plenty of sunlight and water.

"Sun" in scriptural language represents or symbolizes: the light of understanding, the mind, the light of scripture (re-

vealed knowledge). Just as the material seed needs the light of the sun to foster its growth in the soil, the seeds of Revelation, Truth, God consciousness, sincerity, honesty, etc. needs the "light" of understanding, they need the mind to reflect and ponder over. They also need the "light" of scripture. It is worth mentioning here that although God's Word is a "seed" for the soul; a source of growth and development, it also provides nourishment. It is the ongoing study and contemplation of the Word of God that nourishes the "seeds" implanted in the soul.

For Muslims our "light" of scripture, the revealed word from God, is the Qur'an. It is called, "Kitaabun Nur", the "Book of Light". It leads us from the darkness of "the earth" - materialism, worldliness - to light; spirituality (disciplined life.) Allah says:

"A Book which We have revealed unto you, in order that you might lead mankind out of the depth of darkness into light - by the leave of their Lord - to the Way of (Him) the Exalted in Power worthy of all Praise!" (Quran 14:1)

Without light the plant dies. Without the "light" of scripture the "seeds" within the soul dies. They also need water/rain. "Water" in scriptural language represents or symbolizes: scriptural doctrine/teaching, knowledge, moral strength, and moral nature. It is the source of all life. The source of spiritual life is "scripture". "Rain" in scriptural language represents or symbolizes: inspiration, purity/purification, and moral purity. We must bring these to the seeds of Revelation, etc. in order to have success. God sends down rain/water to nourish the earth and foster growth. Allah says:

"It is He Who sends the Winds like heralds of glad tidings, going before His Mercy when they have carried the heavy-laden clouds. We drive them to a land that is dead, make rain to descend thereon, and produce every kind of harvest therewith. Thus shall we raise up the dead. Perchance you may remember. From the land that is clean and good, by the Will of its Cherisher, springs up produce, (rich) after its kind. But from the land that is bad, springs up nothing but that which is scanty. Thus do We explain the Signs by various (symbols) to those Who are grateful." (Quran 7:57-58)

It is the scriptural doctrine/teaching (Qur'an), morality, knowledge, etc. that fosters the growth of our spiritual lives; that cultivates our souls. If you went through the first three stages and your soul/soil is clean and pure, you will benefit. If not and your soul is still full of "weeds" and old concepts and habits you will not benefit. The nourishing is of no benefit to the soul that is still "corrupted" and impure. Allah says:

"Indeed this is a Qur'an most honorable, in a Book well-guarded, which none shall touch except those who are clean." (Quran 56:77-79)

Only the pure/clean soul can derive benefit. You cannot grow/develop plants in soil that is not properly cultivated. The same is true for our soul. We must cultivate it properly. We must remove the "weeds" (garbage), break up the bad and evil habits that we seem to keep holding on to, sow/plant "seeds" (concepts), and nourish it with prayer, charity, fasting, scripture, morality, etc. In the end we will succeed. We will have a beautiful garden, "The Garden" - Jannah!

THE EXCELLENCE OF SOME SURAHS

Al-Fatiha - The Opening - Qur'an Surah 1

The Prophet (S) said that the greatest Surah in the Qur'an was Surat al-Fatiha which contains the 7 verses frequently used in prayers and the Qur'an has been revealed upon me. (B) Al-Fatiha can be recited to invoke God's help for the sick and injured. (B)

Surat ul-Baqarah - The Cow - Qur'an Surah 2

He (S) said: "Do not make your houses as graveyards. Satan runs away from the house in which Surah al-Baqarah is recited." "Rejoice in two lights given to you which have not been given to any prophet before you. Fatiha (Quran 1: 1-7), and the concluding verses of Surah al-Baqarah." (Quran 2:286) You will never recite a letter from them for which you will not be given (a reward)." (M & Ns)

Ayat ul-Kursi - Qur'an Surah 2 Verse 255

He (S) said: "Abu Mundhir, which verse from the Book of Allah is the greatest?" I replied, 'Allah, there is no god but He, the Living, the Eternal.' Thereupon He (S) struck me on my breast and said: 'May knowledge be pleasant for you, O Abu Mundhir.' (M & AD)

Surat ul-Kahf - The Cave - Qur'an Surah 18

He (S) said: "If anyone learns by heart the first ten verses of Surah al-Kahf, he will be protected from the Dajjal (Anti-Christ)." (M & AD & Ns & T) He (S) said: "If anyone recites Surah al-Kahf on Friday, a light will shine brightly for him till the next Friday." (Ns)

Surat Ya-Sin - Qur'an Surah 36

He (S) said: "The heart of the Qur'an is Ya-Sin. Any man who recites it wanting (in love of) Allah and the hereafter will be forgiven. Recite it over your dying men." (Ah & AD & Ns)

Surat al-Waaqi'ah - The Event - Qur'an Surah 56

He (S) said: "Whoever reads Surah Al-Waaqi'ah every night, starvation (poverty) shall not afflict him. (Al Baihiqi)

DU'AAS / PRAYERS

IMPORTANT REMINDER

Muslims should get in the habit of remembering Allah in everything we do. In the following pages, readers will find the supplications (du'aas) for many different things. And who better to follow and learn from than our Holy Prophet (SAW). He (SAW) was the perfect role model because his actions and behavior were exemplary. Prophet Muhammad (SAW) always had the remembrance of Allah in thoughts, actions, and sayings. We, too, should try and emulate his (SAW) behavior by learning how to keep remembrance of Allah in our daily lives. Between the time we get up and the time we go to sleep, there is a du'a for almost every act of our lives. During the holy month of Ramadan, let us spend time memorizing these supplications to ensure that we are constantly thanking Allah for his multitude of blessings on us.

(There is no god but Allah). (T & IM)

"There are two expressions which are light on the tongue but heavy in scale and are dear to the Compassionate One (Allah). These two phrases are:

'Subha-nal-lahi-wa-biham-dihi'

(Glorified be Allah and His is the Praise.)

'Subha-nal-lahil Adeem'

(Glorified be Allah, the Most Exalted)." (B)

"The dearest words to Allah are four:

'SubhanAllah'

(Glory be to Allah)

'Alhamdulillah'

(Praise be to Allah)

'Allahu Akbar'

(God is the Greatest)

'La ilaha illallah'

(There is no god but Allah)

There is no difference in which order you say them (while remembering Allah)." (M)

Once the Prophet (S) left to pray Fajr Salat from (his wife's home) while she was offering prayer. When he (S) returned after Ishtaq prayer, she was still sitting on her prayer carpet. On this he (S) said to her: "Have you been continuously sitting in the same place since I left you?" She replied, "Yes." Thereupon he (S) said: "After I left you, I have recited four sentences three times; and if they could be measured against what you have recited since morning they would prove weightier. These four sentences are:

"Subhanal lahi wa bi ham-di-hi ada-da Khal-qihi wa rida'a naf-sihi wa zina-ta 'ar-shi-hi wa mida-da Kale-mate-hi."

(Glory be to Allah and praise is due to Him, according to the number of His creation and according to His pleasure and corresponding to the weight of His Throne and as much as the ink [used in recording] His words). (M)

"Whoever says,

'La illaha illallah, wah-dahu la sharika lah, Lahul-mulku wa lahu hamd, wa huwa 'ala Kul-li shayin Qadeer.'

(There is no god but Allah, alone, without any partner. The Kingdom and praise belong to Him and He has power over everything.)

...100 times a day, will have a recompense equal to that of freeing ten slaves. Also, 100 good actions are written for him, 100 wrong actions are erased from him, and it is a protection from Satan for that day until the night. No one does anything more excellent than someone who does more than that." (B & M)

"Is one amongst you powerless to get one thousand virtues every day?" Amongst those who had been sitting there, one asked, 'How can one amongst us get one thousand virtues every day?' He (S) said, "Say:

'Subhan Allah'

(Glory be Allah)

...100 times. For (by reciting them), one thousand virtues are recorded (to your credit) and one thousand vices are blotted out." (M)

"Shall I tell you a sentence which is one of the treasures of Paradise?" I said, 'Yes, Messenger of Allah!' He said, "It is...

'La Haula wala Quwwata il-la bil-lah.'

(There is neither strength nor power except with Allah)." (B & M)

"He who says,

'Raditu bil-lahi rabban wabil-islami dinan wabi-Muhammadin nabiyyan salalahi aleihe weselem rasulah.'

(I am pleased with Allah as a God, and Islam as a religion, and Muhammad (S) as a messenger.)

...paradise is his." (AD)

"He who says,

'Subhan Allah Wa Bihamdih'

(Holy is Allah and to Him belongs all praise)

...a date tree is planted for him in Paradise." (T)

Upon Going to Sleep and Waking Up

When the Prophet (S) went to bed at night, he would put his hand under his cheek and then say,

'Allahumma bismeka amootu wa ahiya'

(O Allah, with Your Name I die and live).

When he (S) got up, he would say,

'Alhamdu lil lahillathi ahyana baada ma amatana wa ilaihin-nu-shoor.'

(All thanks and praise to Allah Who has given us life after causing us to die (i.e. sleep), and unto Him is the Resurrection). (B)

Upon Completing Ablution

"If anyone amongst you performs the ablution and upon completing it says,

'Ashhadu ana la ilaha ilalah wah dawho la sharika lawho wa ashadu ana, Muhammadan abduwho wa rasulwho.'

(I testify that there is no god but Allah and that Muhammad is the servant of Allah and His Messenger),

...the eight gates of Paradise will be opened for him and he may enter by whichever of them he wishes."

Upon Going To The Fajr Prayer

The Prophet (S) said upon going to Fajr salat,

'Alahumma ijil fi qelbee nuran, wa fi lisanee nuran, waj-al fi semh-e nuran, wajh al fi beseri nuran, waj al min khelfee nuran, wa min ama mee nuran, waj al min fow qee nuran, wa min tah tea nuran, Alahumma ah'tea nee nura.'

(O Allah, place light in my heart, light in my sight, light in my hearing, light on my right hand, light on my left hand, light above me, light below me, light in front of me, light behind me, and enhance light for me). (M)

Upon Entering The Mosque

'Allahummaa- aftah li abwaba rahmatik.'

(O Allah! Open for me the gates of Your mercy.) (M)

Upon Exiting The Mosque

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'Allahumma-inee ass aluka min fadlik.'

(O Allah! I beg of You of Your Grace.) (M & AD & Ns)

Upon Hearing The Adhan (Call to Prayer) And Iqamah

"When you hear the Mu'adhdhin (the person who calls to prayer), repeat what he says. Then invoke a blessing on me, for everyone who invokes a blessing on me will receive ten blessings from Allah. Then beg from Allah al-Wasilah for me, which is a rank in Paradise fitting for only one of Allah's Servants, and I hope that I may be that one. If anyone asks that I be given the Wasilah, he will be assured of my intercession."

'Allahumma rabba hadihi-d-da wati-t-tammati was salati-l qa'imati, ati Muhammadani-l wasilata wa-l fadilata, wa-b-'athu maqamam mahmudani-l-ladi wa 'adtahu. 'Innaka La Tukhlifu Al-Mi'ad.'

(O Allah, Lord of this perfect call and established prayer. Grant Muhammad the intercession and favor, and raise him to the honored station You have promised him. You never fail in Your promise.) (M)

Enjoining Dhikr After Prayers

When the Prophet (S) finished his prayer, he begged forgiveness,

'Assthegh-frrlah'

(I seek the forgiveness of Allah)

...three times and said:

'Allahuma inta salam, wa minka asalam tebarekta yathel jelaal wel ekram.'

(O Allah! You are Peace, and peace comes from You. Blessed You are, O possessor of Glory and Honor). (M)

When the Prophet (S) finished the prayer and pronounced salutation, he (S) uttered (this supplication):

'La ilaha ilalah wahdawho la sherika lah, la hul mulk wa la hul hamd, wa hua ala kulee shein qedir.'

'Alahumma la maneh li maa aah tait wa la mooh tee li maa menah-t walla yenfah thel jed minka el jed.'

(There is no god but Allah. He is alone, Who has no partner. To Him belongs the sovereignty, to Him praise is due, and He is potent over everything. O Allah! No one can withhold what You give, or give what You withhold, and the riches cannot avail a wealthy person with You.) (B & M)

Never quit saying after each prayer:

'Alahumma a'innnee ala thikrika wa shukrika wa husnee ibadatika.'

(O Allah, help me in remembering You, in offering thanks to You, and in worshipping You properly.)

Supplications After Fajr Prayer

"Whoever recites three times on Friday morning before the Fajr prayer,

'Asstaghfirulah allathe lailaha ila huwa, al hiyoul qaiyoum wa atubu ilay he.'

(I ask forgiveness from Allah who is the Only God, the Living and Qayuum and repent to Him)

...Allah would forgive his sins even if they were as much as the foam of the sea." (Ibn Alsani)

"Whoever prays the Fajr in Jama'ah (group), then remains sitting remembering Allah (Dhikr) until the sun rises, and then prays two rakhas it is as if he performed Hajj and Umrah; complete, complete,

complete.” (T)

“When you finish the sunset prayer (Maghrib), say:

‘Alhumma ajirnee minannar’ seven times.

(O Allah, protect me from Hell.)

If you say that and die that night, protection from it would be recorded for you. And when you finish the dawn prayer (Fajr), say:

‘Alhumma ajirnee minannar.’ seven times.

(O Allah, protect me from Hell.)

If you die that day, you are granted protection from it.” (Ad)

Upon Leaving The House

Upon leaving the house the Prophet (S) recited,

‘Bismillah tawakaltu ‘alallah, Allahumma inni audhu bika an adilla au udalla au azilla au uzalla au azlima au-uzlama au aj-hala au uju-hala ‘alayya.’

(In the name of Allah. I repose my trust in Allah, and there is neither power nor any might except with Allah. O Allah, I seek refuge with You from leading others astray, causing others to slip or being caused to slip by others, doing wrong or being wronged by others, or behaving foolishly or being treated foolishly by others). (Ah & T & Ns)

Supplications for Day & Night

The most superior way of asking for forgiveness from Allah is to recite:

Alhumma anta rebi la ilaha ila ant, khalacktanee, waana abduk, wa ana ala ah-dick wa wah-dick mstata-ht, authu bika min shree ma sana-ht, aboouh laka bi ni‘mateeka aley, wa aboouh bi thenbee faghfirlee fa inawho la yeghfr uthunooba illa ant.’

(O Allah, You are my Lord. None has the right to be worshipped but You. You created me and I am Your slave. I am faithful in my covenant and my promise (to You) as much as I can. I seek refuge in You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.)

The Prophet (S) added that if somebody recites it during the day with firm faith in it, and dies on the same day before the evening, he will be one of the people of Paradise. And if somebody recites it at night with firm faith in it, and dies before the morning, he will be one of the people of Paradise. (B & Others)

“A person who recites 100 times in the morning and in the evening (these words): ‘Subhanalah wa beehamdi he.’

(Glory be Allah and all praise is due to Him.)

would not bring on the Day of Resurrection anything better than this except one who utters these words more often.”

“Any person who recites three times in the beginning of each day and night,

‘Bismillah alethee la yadhuru ma ‘ismuhu sha-e’ feel ardh wa fees sama ‘ wa who was samee’ul aleem.’

(In the name of The Almightyis mentioned nothing on Earth or in Heaven can cause harm, and He is the Hearer, the Knower.)

...nothing will harm him.” In a narration by AD he will not suffer sudden affliction. (AD & T)

Seeking Forgiveness

“By Allah! I ask for forgiveness from Allah and turn to Him in repentance more than seventy times a day.”

‘Astaghfirul lah.’

(I ask for forgiveness.) (B)

A man came to the Prophet (S) and said: ‘Oh Messenger of Allah, I suffered from a scorpion sting last night.’ He (S) replied, ‘If you had said when night fell:

‘A’oothu Bikale-ma-til-lahit-tam-maate min Shar-re ma Khalaaq.’

(I seek refuge with the complete words of Allah.)

it wouldn’t have harmed you.’ (M)

Once the Prophet (S) saw a man from the Ansar called Abu Umamah. He (S) said, ‘What is the matter? Why are you sitting in the mosque when there is no time of prayer?’ Abu Umamah replied, ‘I am entangled in cares and debts, Apostle of Allah.’ He (S) replied, ‘Shall I not teach you words by which, when you say them, Allah will remove your care, and settle your debt?’ The man replied, ‘Why not, Apostle of Allah?’ He (S) told the man to recite both in the morning and evening the following words:

‘Allahumma innee A’oothu bika minal hammi wal hazan, wa a’oothu bika minal ajzi wal kasal, wa a’oothu bika minal jubni wal bukhil, wa a’oothu bika min ghalabatid deyni wa gahri rijal.’

(O Allah, I seek refuge in Thee from care and grief. I seek refuge in Thee from incapacity and slackness. I seek refuge in Thee from cowardice and niggardliness. And I seek refuge in Thee from being overcome by debt and being put in subjection by men.)

Abu Umamah said, ‘When I did that, Allah removed my care and settled my debt.’

Once we asked the Prophet (S): “We have learned how to invoke peace upon you. Now tell us how we should pray for you. He (S) said to say:

‘Allahumma sallee ala muhammad wa ala a’li muhammad, kama sallayta ala ibraheem wa ‘ala aali Ibrahimi innaka hameedun majeed, allahumma barik ala muhammed wa ala ali muhammed kama barakta ala ibrahim wa ala ali ibraheem, innaka hameedun majeed.’

(O Allah, bless Muhammad and his (Muhammad’s) family as You did bless the family of Abraham. Verily You are Praiseworthy and Glorious. Grant favor to Muhammad and the members of his (Muhammad’s) household as You did grant favor to the members of the household of Abraham in the world. Verily You are Praiseworthy and Glorious). (B & M)

Du’a For Protection From Misfortune (The Du’a of Abu-Darda)

A person who repeats certain words in the morning will be safe from all misfortunes until evening. These words are:

‘Allah-humma, anta rabbi, laa ilaaha illaa Anta, ‘alaika tawakkaltu wa anta rabbul ‘arshil kareem maashaa Allahu kaana wa maLam yasha’ lam yakun-wa laa hawla wa lla quwwata illaa bil-Laahil A’liyyil ‘Atheem. A’lamu annallaaha ‘alaa kulli shay in qadiyrun-wa annallaaha qad ahaata bikulli shay in ilmaa. Allah-humma inni a’uthu bika min sharri nafsiy wa min sharri kulli daabbatin ants aakhithum bi naasiyatihaa inna rabiy ‘alaa siraatim mustaqiyim.’

(Oh Allah, You are my Lord. There is nothing worthy of worship except You. I place all of my trust and reliance in You and You are the Lord of the Noble Throne. Whatever Allah wishes takes place, and whatever He does not desire, does not occur, and there is no power and no strength except in Allah, The Exalted, The Mighty. I know that Allah is Powerful over all things and that Allah has knowledge

of all things. Oh Allah, I seek refuge in You from the evil of my nafs (self) and from the evil of every crawling creature. You are master over them. Verily, You are Lord of the Straight Path.) (Ibn Alsani)

Getting Undressed

Allah's Messenger (S) said: "The screen between the eyes of Jinn and the private parts of the sons of Adam as one takes off his clothes is saying,

'Bismillah.'

(In the name of Allah)." (T)

Upon Entering The House

Upon entering the house, the Prophet (S) recited:

'Alahumma inni assaluka kheryil mawlij wakheryil makh'ridge, Bismillah walijna, wa Bismillah kharajna, wa alalah rabana tawakalna.'

(O Allah! I ask you for good both when entering and when going out. In the name of Allah we have entered, and in the name of Allah we have gone out, and in our Lord we count.) (Abu Dawood)

He should then greet his family:

'Asalamu Aleikum.'

(Peace be with you.)

Before Entering The Restroom

When Allah's Messenger (S) entered the restroom, he used to say:

'[Bismillah] Allahuma innee a'oothu bika minal khubthi wal Khabaa'ith.'

(In the name of Allah, O Allah, I seek refuge in You from unclean spirits, [male and female devils].) (B & M)

After Leaving The Restroom

When the Prophet (S) came out of the bathroom (toilet), he used to say:

"Ghufraanak."

(Grant me Forgiveness.) (T & IM)

Upon Going To Sleep

"When anyone of you goes to bed, he should shake out his covers, for he does not know what has come onto it after him. Then he should say:

'Bismika rabbi wada'tu janbi wabika arfa uhu, 'in amsakta nafsi farhamha, wa'in arsaltaha fahfath ha bima tafhathu bihi ibadaka salihin.'

(In Your Name I lay on my side on this bed and with Your Name I will rise therefrom. If You take my soul, bestow mercy on it, and if You release it, protect it as You protect Your righteous slaves.) (B & M)

The Prophet (S) said to Ali (R) and Fatimah (R), "When you go to bed recite:

'SubhanAllah'

(Glory is to Allah) 33 times,

'Alhamdullilah'

(Praise is to Allah) 33 times, and

'AllahuAkbar'

(Allah is Great) 34 times."

Ali (R) said, 'I never stopped doing that since I heard it.' (B & M)

"Whenever you go to bed, perform ablution as you do for the prayer. Then lie down on your right side and say,

'Allahumma aslamtu nafsee ilayka, wa'fawwadtu amri ilayka, wa wajjahtu wajhee ilayka, wa alja'tu dhahree ilayka, ragbatan wa rahbatan ilayka, la malja'a wala manja minka illa ilayka, amantu bikitabika-l-ladhi anzalta wabinabiyika-l-ladi arsalta.'

(O Allah! I submit myself to You, entrust my affairs to You, turn my face to You, and lay myself down depending upon You, hoping in You and fearing You. There is no refuge, and no escape, except to You. I believe in Your Book (the Quran) that You revealed, and the Prophet whom You sent.)

Then if you die on that very night, you will die with faith (i.e. in the religion of Islam). Let the aforesaid words be your last utterance (before sleep)."

Waking Up from a Bad Dream

"If any of you saw a dream which he liked, then that was from Allah, and he should thank Allah for it and tell it to others. But if he saw something else, i.e. a dream that he did not like, then that is from Satan and he should seek refuge with Allah from it and should not tell it to anybody for it will not harm him." (B)

"A good dream is from Allah and a bad dream is from Satan. So whoever has seen (in a dream) something he disliked, then he should spit without saliva thrice on his left side and seek refuge with Allah from Satan by saying:

'A'oothu bilahe minashaitan arajeem.'

(I seek refuge with Allah from the accursed devil.)

Then it will not harm him, and Satan cannot appear in my shape.' (B & M)

Supplication In Distress

'La ilaha illa-llahul Atheem-ul Halim, La ila-ha il-la-la-hu Rabbul 'arshil theem, La ila-ha il-lalla-hu Rabbu Samawate wa rab-bul ardhe wa rab-bul arshil Karim.'

(There is no god but Allah, the Great, the Tolerant. There is no god but Allah, the Lord of the Magnificent Throne. There is no god but Allah, the Lord of the Heaven and the Earth, the Lord of the Edifying Throne). (B & M)

'Ya Hayu Ya Qayoum Birahmetika Astegheeth. Aslih Li Sha'ni Kullahu Wa La Takilni 'Ila Nafsi Tarfata 'Ayn.'

(O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye). (T)

Upon Fearing Someone

'Allahumma inna naj'aluka fee nuhoorihim wa na'udhu bika min shuroorihim.'

(Oh Allah, we ask You to restrain them by their necks and we seek refuge in You from their evil.) (AD & Ns)

Upon Finding Something Difficult

'Allaahuma lasahla illa maja'altawho sahla wa anta tej'aloo alhazna 'idha shi'ta sahla.'

(O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, easy.) (Ibn Alsanni)

To Protect Oneself



"If Allah bestows favors over his slave, whether on his family, children, or property and he says,

'Masha Allah la qwata ila billah.'

(What Allah has willed there is no might except with Allah.) nothing should overcome him." (Ibn Alsanni)

Protection For Children

'Audhukuma bi kalamatillahi tamah min kulli shaitaneen wa hamatin wa min kulli ainin lamatin.'

(I seek protection for you with Allah's perfect words from every Satan and crawling creature and from every evil, harmful, and envious evil eye.)

He (S) also added: 'Your forefather (i.e. Ibrahim) used to seek protection with Allah for Isma'il and Isaac with these same words.' (B)

Supplications and Visiting the Sick

He (S) used to treat some of his family members by passing his right hand over the place of ailment and saying,

'Allahumma Rabbin nas adhabal ba'sa, ashfi wa anta shafee, la shifa' illa shifa'uka shifa' la yughadiru saqma.'

(O Allah, the Sustainer of mankind! Remove the illness and heal the patient, for You are the healer. No healing is of any avail but Yours; healing that will leave behind no illness.) (B & M)

When Someone Sneezes

"If anyone of you sneezes, he should say:

'Alhamdulillah'(Praise be to Allah.)

And his (Muslim) brother or companion should say to him:

'Yarhamukallah'(May Allah bestow his Mercy on you.)

When the latter says 'Yarhamukallah', the former should say, 'Yahdikumullah wa yuslih balakum.'

(May Allah give you guidance and improve your condition.)" (B)

'Barak allaho laka wa baraka alaika wa jamaa ainakuma fee khair.'

(May Allah bless you and shower His blessing upon you and keep you in a happy union.)

What To Say Before Marital Relations (Sexual Intimacy)

"If any one of you, before having sexual intercourse with his wife,

says:

'Bismillah. Allahumma jannibnash shaitaana, wa jannibish shaitaana ma razaqtana.'

(In the Name of Allah. O Allah, protect me from Satan, and protect what you bestow on us [i.e. offspring] from Satan.)

And if it is destined that they should have a child, then Satan will never be able to harm that child." (B & M)

Upon Leaving Any Gathering

"If anyone sits in an assembly in which fruitless talking takes places and if that person before leaving says:

'Subhana kalla-humma wa bi hamdika ash-hadu al-la ilaha illa anta astaghfiroka wa-atubu ilaika.'

(O Allah! Holy are You and all praise is for You. I testify that there is no god but You. I ask for Your forgiveness and turn to You in repentance.)

such person will be forgiven for his participation in such a company." (T)

Upon Getting Angry

Once two persons abused each other in the presence of the Prophet (S) and the eyes of one of them became red and the veins in his neck were swollen. Thereupon the Prophet (S) said: "I know of a wording that if he were to utter, his fit of rage would subside. If he says,

'Aootho bilahee mina shaytaan irajeem.'

(I seek refuge with Allah from Satan, the accursed.)

...his anger would subside."

"Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution." (AD)

Upon Entering the Marketplace

"If anyone says on entering the marketplace,

'Laa 'ilaaha 'illa-laaahu wahdahu laa shareeka lahu lahul-mulku wa lahul-hamdu yuhyee wa yumeetu wa huwa hayyun laa yamootu biyadihi-l-khairu wa huwa 'ala kulli shai 'in qadeer.'

(There is none worthy of worship except Allah, alone, Who has no partner. For Him is the Dominion and to Him is the praise. He gives life and He brings about death. He is living and does not die. In His hand is all good and He has power over all things.)

...Allah will record for him a million good deeds, obliterate from him a million evil deeds, and raise him a million degrees." (T)

Some Supplications

Aishah (R) says that the Prophet (S) loved the short but comprehensive, meaningful supplications more than others. Following are some of these supplications, which are a must for every believer.

'Allahumma Rabbana Atina fid-dunya hasanatan wafil- Akhirati hasanatan waqina athaban nar.'

(O Allah, our Lord, give us all the good of this world, and the good of the life hereafter, and save us from the punishment of the hell-fire.) (Muslim)

He (S) said:

'Alahumma a'inee ala thikrika wa shukrika wa hus nee ibadatika.'

(O Allah, assist me in remembering You and being grateful to You and performing Your worship in an excellent manner.) (M)

Abu Bakr (R) said: "I once asked the Prophet (S) to teach me a supplication which I should recite in my Prayer. Thereupon the Prophet (S) said to recite:

'Alla-humma innee thalamtu nafsee thulman kathee-ra wala yaghfiru thunouba ila anta, faghfirlee maghfiratan min 'indika, warr hamnee innaka antal Ghafoor-ur Raheem.'

(O Allah! I have wronged myself very much, and none can forgive sins, except You only. Grant me forgiveness, and have mercy upon me; indeed You are the Most Forgiving, Ever Merciful.)" (B & M)

The Prophet (S) used to supplicate:

Allahumma ashlehee deeni al lathee huwa 'ismato amree wa asleh lee dunya ya allati feeha ma'ashi wa asleh lee aakhiratee allati feeha ma'adi waj al hayata zeeya-datal-li fee kullee khairan Waj-al mawta ra hatan lee min kullee sharree.'

(O Allah! Correct for me my faith, which is the guard of my affairs, make better my world where I have my livelihood, set right my hereafter where I have to return ultimately, make my life long, in every type of virtue, and make my death a comfort against all evils.) (M)

Upon Traveling (Taking a Trip)

"Whoever wants to travel should say to those whom he leaves behind, 'Astawdi'ukum-l-laha l-ladi la tadi'u wada'i'uh.'

(I entrust you to Allah, to Whom anything entrusted shall never be lost.)" (Ibn Alsanni)

Bidding Farewell to Someone

When bidding someone farewell. the Prophet (S) would say, 'Astawdi' laha deenaka wa'amanataka wa khatima amaleek.'

(I entrust to Allah your belief, what you are responsible for, and your final deeds.) (T)

Starting A Journey

Before starting a journey, the Prophet (S) would say:

'Allahumma haw-win alaina safar rana hatha watwee anna bodahu, Allahumma anntas sahibu fis safari wal khalifatu fil ahli, Allahumma inni aoothubika min-wa-sa-issafari wa kabatil manzari wa su-il munqalabi fil mali wal ahli wa-walud.'

(O Allah, we seek virtue and piety from You on this journey of ours, and the act which pleases You. O Allah, lighten this journey of ours, and roll up for us the distance thereof. O Allah, You are (our) companion during the journey, and guardian of (our) family. O Allah, I seek refuge in You from the hardship of this journey, from beholding a miserable sight and of evil chances in my wealth, household and my children.)

Supplication for Riding (or Driving)

Whenever the Prophet (S) mounted his camel he said, 'Bismillah'

(In the name of Allah.)

And when he (S) got on the back of the animal he said:

'Alhamdullilah'

(Praise be to Allah.)

And then, he (S) said,

'Allahu Akbar' 'Allahu Akbar' 'Allahu Akbar'

(God is Great), (God is Great), (God is Great)

And then he (S) said,

'Subhanalathi Sakharalna Hatha wa maakuna lahu mughrenin, wa ina ilarabbina lamunqaliboon.'

(Glory is to Him Who subdued for us this [means of travel] as we were not ourselves powerful enough to use it as a mount, and we are going to return to our Lord.) (AD & T)

Returning from a Journey

The Prophet (S) uttered (these words), when returning from a journey:

'Aebuna ta eebuna abeeduna lee rabbina hamiddoon.'

(We are returning repentant, worshipping our Lord and praising Him.) (M)

Upon Entering A City

Upon entering a city, the Prophet (S) recited the following:

'Allahumma bariklaana feeha, Allahumma bariklaana feeha, Allahumma bariklaana feeha. Allahuma arzuqna Janaha, Allahuma habbibna eela ahleeha wa habbib salihree ahleeha eelaina.'

(O Allah, bless us in it. O Allah, bless us in it. O Allah, bless us in it. O Allah, grant us sustenance from its fruits, put our love in the hearts of its people, and put the love of the righteous people in our hearts.) (Attabarani)

Upon Eating & Drinking

"Mention the name of Allah (Bismillah) eat with your right hand, and eat from what is near to you." (B & M)

"When one of you eats, he should mention the name of Allah before beginning.

'Bismillah'

(In the name of Allah.)

And if he forgets, he should say,

'Bismillah awaluu wa akhuru.'

(In the name of Allah in the start and the end.)" (AD & T)

Upon Breaking the Fast

'Allahuma laka sumtu wa ala rizqeeka aftartu.'

(O Allah! It is for You that I observe fast and it is with Your provision that I break it.)

Upon Finishing a Meal

'Alhamdu lilahlil-athi at'amana wasaqana waja Alana Muslimin.'

(Praise be to Allah Who has given us food and drink and made us Muslims.) (AD & T)

'Alhamdo lil-lahlil lathi at'amani haatha wa razaqanii-hi min ghair-e-haulimmin-ni wala Quw'wah.'

(Praise be to Allah Who has fed me with this food and provided me without any effort or power on my part.)

...he will be forgiven for his past sins. (T)

What The Guest Says To His Host

'Aftara endakoom as'sa-imuna wa akala ta amakumul abraru wa sallat alaikomul mala-ikah.'

(May the fasting (men) break their fast with you, the pious eat your food, and the angels pray for blessings on you.) (AD)*****

AL ASMAA AL HUSNAA
THE BEAUTIFUL ATTRIBUTES OF

ALLAH

مَوْلِدُ الَّذِي لَا إِلَهَ إِلَّا هُوَ



اللَّجْبَابُ AL JABBAAR THE POWERFUL THE RESTORER	الْعَزِيزُ AL 'AZEEZ THE ALMIGHTY	الْمُهَيْمِنُ AL MUHAYMIN THE GUARDIAN	الْمَوْمِنُ AL MU'MIN THE GRANTER OF SECURITY / FAITH	السَّلَامُ AS SALAAM THE SOURCE GIVER OF PEACE	الْقُدُّوسُ AL QUD-DOOS THE MOST PURE/HOLY	الْمَلِكُ AL MALIK THE OWNER/RULER	الرَّحِيمُ AR RAHEEM THE MOST MERCIFUL	الرَّحْمَنُ AR-RAHMAAN THE MOST GRACIOUS	اللَّاهُ ALLAAH ALLAH
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الْعَلِيمُ AL ALEEM THE ALL KNOWING	الْفَاتِحُ AL FAT-TAAH THE OPENER, REMOVER OF DIFFICULTIES	الْرَّزَّاقُ AR RAZ-ZAAQ THE EVER PROVIDING	الْوَهَّابُ AL WAH-HAAB THE GIVER OF ALL	الْقَاهِرُ AL QAH-HAAR THE ONE WHO HAS CONTROL OF ALL	الْغَفَّارُ AL-GHAFFAAR THE EVER FORGIVING	الْمُصَوِّرُ AL MUSAW-WIR THE FASHIONER OF FORMS	الْبَارِئُ AL-BAARI' THE MAKER	الْخَالِقُ AL KHAALIQ THE CREATOR	الْمُتَكَبِّرُ AL MUTAKAB-BIR THE MAJESTIC
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الْعَادِلُ AL 'ADL THE JUST	الْحَكَمُ AL HAKAM THE JUDGE	الْبَصِيرُ AL BASEER THE ALL SEEING	السَّمِيعُ AS SAMEE' THE ALL HEARING	الْمُذَكِّرُ AL MU-ZHIL THE GIVER OF DISGRACE	الْمُؤِزُّ AL-MU'IZZ THE GIVER OF HONOUR	الرَّافِعُ AR RAAFI THE EXALTER	الْخَافِضُ AL KHAAFID THE ONE WHO HUMBLES	الْبَاسِطُ AL BAAST' THE EXPANDER / RELIEVER	الْقَابِضُ AL QAA BID THE RESTRAINER
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الْمُقِيتُ AL MUQEET THE NOURISHER	الْحَفِيزُ AL HAFEEZ THE PRESERVER	الْكَبِيرُ AL KABEER THE MOST GREAT	الْعَلِيُّ AL ALIYY THE MOST HIGH	الشَّكُورُ ASH SHAKOOR THE GRATEFUL	الْغَفُورُ AL GHAFOOR THE ALL FORGIVING	الْعَظِيمُ AL-'AZHWEEM THE GREAT	الْحَلِيمُ AL HALEEM THE FORBEARING, THE INDULGENT	الْخَبِيرُ AL KHABEER THE ALL AWARE	اللطيفُ AL LATEEF THE GENTLE, THE SUBTLY KIND
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الْبَاقِثُ AL BAA'TH THE RESTORER OF LIFE	الْمَجِيدُ AL MAJEED THE ALL GLORIOUS	الْوَدُودُ AL WADOOD THE LOVING/KIND ONE	الْحَكِيمُ AL HAKEEM THE ALL WISE	الْوَالِيعُ AL WAAST' THE ALL ENCOMPASSING	الْمُجِيبُ AL MUJEEB THE ONE WHO RESPONDS / ANSWERS	الرَّقِيبُ AR RAQEEB THE WATCHFUL	الْكَرِيمُ AL KAREEM THE GENEROUS	الْجَلِيلُ AL JALEEL THE MOST HIGH/HOUNOURABLE	الْحَسِيبُ AL HASEEB THE RECKONER OF JUDGEMENT
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الْمُعِيدُ AL MU-EED THE RESTORER	الْمُبْدِيُ AL MUBDI' THE ORIGINATOR OF ALL	الْمُحْصِيُ AL MUSHEE THE ASSESSOR	الْحَمِيدُ AL HAMEED THE ALL PRAISEWORTHY	الْوَلِيُّ AL WA-LIYY THE PROTECTING FRIEND, PATRON AND HELPER	الْمُتِينُ AL MATTEEN THE FIRM	الْقَوِيُّ AL QA-WIYY THE MOST STRONG	الْوَكِيلُ AL WAKEEL THE ONE IN CHARGE	الْحَقُّ AL-HAQQ THE TRUTH	الشَّهِيدُ ASH SHAHEED THE WITNESS
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الْقَادِرُ AL QAADIR HE WHO HAS AUTHORITY AND IS MOST ABLE	الْصَّمَدُ AS SA-MAD THE EVERLASTING AND SELF SUFFICIENT	الْأَحَدُ AL 'AHAD THE ONE AND ALL INCLUSIVE	الْوَالِدُ AL WAHID THE ONE AND UNIQUE	الْمَاجِدُ AL MAAJID THE NOBLE AND ILLUSTROUS	الْوَالِدُ AL WAAJID THE FINDER	الْقَيُّومُ AL QAY-YOOM THE SELF SUSTAINING PROVIDER OF ALL	الْحَيُّ AL HAYY THE EVER LIVING	الْمُمِيتُ AL MUMEET THE GIVER OF DEATH	الْمُحْيِيُ AL MUHYI THE GIVER OF LIFE
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الْبَرُّ AL BARR THE SOURCE OF ALL GOODNESS AND KINDNESS	الْمُتَعَالِيُ AL MUTA 'AALI THE MOST EXALTED	الْوَالِيُ AL WAA LI THE GOVERNOR	الْبَاطِنُ AL BAA TIN THE HIDDEN AND EVIDENT	الظَّالِمُ AZ ZHWAHIR THE MANIFEST, THE ALL VICTORIOUS	الْآخِرُ AL 'AAKHIR THE LAST	الْأَوَّلُ AL 'AW-WAL THE FIRST	الْمُؤَخَّرُ AL MU'AKH-KHIR THE DELAYER	الْمُقَادِرُ AL MUQAD-DIM HE WHO ADVANCES AND DEFERS	الْمُقْتَدِرُ AL MUQTADIR THE ONE WITH FULL POWER
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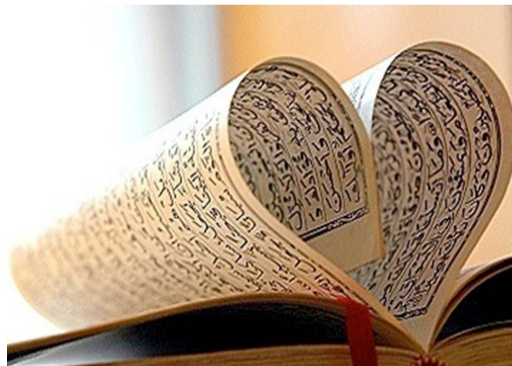
الْمُغْنِيُ AL MUGHNEE THE ENRICHER	الْغَنِيُّ AL GHA-NIYY THE INDEPENDENT THE SELF-SUFFICIENT	الْجَامِعُ AL JAAMI THE GATHERER	الْمُقْسِطُ AL MUQSIT' HE WHO IS JUST	ذُو الْجَلَالِ وَالْإِكْرَامِ DHUL-JALALI WAL-IKRAAM THE LORD OF MAJESTY AND GENEROSITY	مَالِكُ الْمُلْكِ MAALIKUL MULK THE OWNER OF ALL SOVEREIGNTY	الرَّؤُوفُ AR RA'OOF THE COMPASSIONATE	الْعَفُوفُ AL-'A-FUWW THE PARDONER / FORGIVER	الْمُنْتَقِمُ AL MUN-TAQIM THE AVENGER	التَّوَّابُ AT-TAW-WAAB THE EVER ACCEPTING OF REPENTANCE
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الْبَدِيعُ AL BADEE' THE INCOMPARABLE	الْهَادِيُ AL HAADI HE WHO GUIDES	النُّورُ AN NOOR THE LIGHT	النَّافِعُ AN NAAFI' THE BENEFACITOR HE WHO BRINGS FAVOUR	الضَّارُّ AD DAARR HE WHO ALLOWS DISTRESS TO AFFLICT	الْمَانِعُ AL MAANI THE ONE WHO PREVENTS
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الصَّبُورُ AS SA-BOOR THE PATIENT	الرَّشِيدُ AR RASHEED THE TEACHER / GUIDE TO THE RIGHT PATH	الْوَارِثُ AL WAARITH THE SUPPORTER THE INHERITOR OF ALL	الْبَاقِيُ AL BAAQI THE EVERLASTING
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It has been narrated by Abu Hurairah ؓ that Allahs Messenger ﷺ said:
Verily Allah ﷻ has ninety-nine names, hundred but one, he who memorises them will enter Paradise
[Bukhari & Muslim]





Ours is an era of space probes computer chips, laser surgeries and cloning. If we were to label any book as a revelation from God, we couldn't help but to scrutinize this Scripture using modern scientific knowledge. It could not be that a revelation, proclaiming itself from God, could constitute aspects contradicting established scientific facts. How could we assume otherwise, when God is the one who created the universe and the laws operating within it.

The Quran was revealed 1400 years ago to the last Prophet of God, Prophet Muhammad (peace be upon him) as a guidance for all humanity. The entire Quran has been committed to memory by millions of Muslims around the world and has been preserved by God from any interpolations, for continuing guidance. Although the Quran is a religious book with a total of about 6600 plus verses dealing with many aspects of a person's life, about 1000 of those verses are of scientific nature, none contradicting established scientific facts.

Dr. T.V.N. Persaud¹, professor of Anatomy, says: "You have an illiterate person (Prophet Muhammad) making profound statements that are amazingly accurate, of a scientific nature ... I personally can't see how this could be mere chance, there are too many accuracies and like Dr. Moore, I have no difficulty in my mind reconciling that this is a divine inspiration or revelation which lead him to these statements."

Besides providing guidelines in personal, social, moral and spiritual spheres of humanity, the Quran touches upon diverse scientific topics like astronomy, geology, embryology, genetics, biology, archeology, etc. Some of these are mentioned below to prove the Quran's Divine origin.

THE BIG BANG!

Currently, the Big Bang model of the origin of the universe is the cosmological paradigm most widely accepted by astronomers. It holds that about 15 billion years ago the universe began with the explosive expansion of a single, extremely dense matter, the primordial mass. Only after the development of radio telescopes in 1937 that the necessary observational precision was achieved in order for astronomers to arrive at the above conclusion. What does the Quran say about our universe's origin?

"Do not the unbelievers see that the Heavens and the earth were joined together, then We split them apart." (Quran 21:30)

EXPANDING UNIVERSE

In 1925, Edwin Hubble (after whom the Hubble Space telescope is named) provided the observational evidence for the expansion of the universe. Stephen Hawking (author of 'A Brief History of Time') states: "The universe is not static, as had previously been thought, it is expanding." So what did God reveal in the Quran, 1400 years ago?

"And the firmament, We constructed with power and skill and verily We are expanding it." (Quran 51:47) ('We' is the Arabic plural of respect, not the Christian plural of 'trinity'.)

THE EXISTENCE OF SUN'S ORBIT

Ancient people used to believe that the Sun revolved around the earth. Later, Nicholas Copernicus in 1512 laid his Heliocentric Theory of Planetary motion, which placed the sun motionless in the center of the solar system with all the planets revolving around it. Modern science tells us now that the sun too is not still, but is in motion.

The sun traveling at roughly 150 miles per second takes about 200 million years to complete one revolution around the center of our Milky Way Galaxy and 25 days to make one complete rotation around its own axis. See how beautifully and accurately God revealed this phenomenon in the Quran:

"It is He who created the night and the day, and the sun and the moon, all (the celestial bodies) swim along, each in its orbit with its own motion." (Quran 21:33)

CONQUEST OF SPACE BY HUMANS

Human exploration and the conquest of space began with the launching of the Russian Satellite, Sputnik I on Oct. 4, 1957. Then followed the launching of humans into space, which eventually led to a manned space flight to the Moon on July 20th, 1967. Thus the dream of humanity since the dawn of civilization to go beyond the earth to the heavens was realized.

The Quran, 1400 years ago, clearly predicted human's advancement and the possibility of space flight.

"O assembly of Jinns and humans, if you can penetrate the regions of the heavens and the earth, then penetrate them! You will not penetrate them save with a power (of God)." (Quran 55:33)

THE PROTECTIVE ATMOSPHERE

Earth is constantly bombarded by meteoroids that disintegrate upon the atmosphere and by lethal rays emitted by the suns UV radiation is absorbed by the Ozone layer forming the outer fringe of our atmosphere.

Thus our atmosphere along with its Ozone layer is a protective covering for us. Life possibly could not have existed without it. How meticulously does our Lord sustain and protect us against this atmospheric destruction.

"And We have made the atmosphere a protective roof, yet do they turn away from the Signs which these things point to." (Quran 21:32)

EMBRYOLOGY

The Dutch naturalist Anthony van Leeuwenhoek (1632-1723) produced lenses powerful enough to prove that many tiny creatures are not spontaneously generated but are produced from eggs. The science of Embryology as we know it today did not discover many of the detailed aspects of human embryonic development until the 1970s, using powerful microscopes, ultra sound and fiber optics technology. See how the Quran described the stages of embryonic development.

"God fashioned man from a small quantity (of sperm)." (Quran 16:4)

Fertilization takes place with only one sperm among several tens of million produced by man: **"Then We placed him as a drop in a place of rest."** (Quran 23:13)

Implantation of the blastocyst in the uterus: **"Then We made the drop into a leech-like structure..."** (Quran 23:14)

This resemblance of the human embryo to a leech is an appropriate description of the human embryo from days 7-24, when it clings to the endometrium of the uterus: **"And He (God) gave you hearing (ears), sight (eyes), and feeling and understanding."** (Quran 32:9)

The internal ears appear before the eyes and the brain (the sight of understanding) differentiates last. Dr. E. Marshall Johnson² Professor of Anatomy, concluded after studying verses

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The internal ears appear before the eyes and the brain (the sight of understanding) differentiates last. Dr. E. Marshall Johnson² Professor of Anatomy, concluded after studying verses from Quran: “The Quran describes not only the development of external form but emphasizes also the internal stages - the stages inside the embryo of its creation and development, emphasizing major events recognized by contemporary science... so I see nothing in conflict with the concept that divine intervention was involved...”

GENDER DETERMINATION

The concept of ‘Gender Determination’ as being described by geneticists, is one of the outstanding informations revealed to us in the Quran. This information is now a known fact, that sperms are the deciding factors in determining the type of gender (male or female) in the new embryo. This determination through the male sperm is due to the fact that sperms have an X and Y chromosomes, while the female ovum has only X Chromosomes (X, X). Through the Quran, The Almighty informs us that it is the male sperms that determine the type gender for the new offspring:

“Does man think that he will be left uncontrolled (without purpose)? Was he not a drop of sperm emitted (in humble form)? Then did (God) make and fashion (him) in due proportion. And of him He made two sexes, male and female...” (Quran 75:36-39)

EXISTENCE OF PAIRS IN ALL CREATION

Before the dawn of the modern era, humans conceived that only animal life was divided into two genders, male and female. Then the discovery was made that this phenomenon was present in plants and vegetation too. We have found this reality existing in every creation, animate as well as inanimate, though in different forms. In electricity, these two genders can be classified as positive and negative. North and South pole describe it in magnetism, electron and proton in atoms, matter and antimatter etc. Even bacteria could be positive or negative, while the truth is, this creation is made of pairs. At the time the Quran was being revealed in the 7th century C.E., we knew of pairing in animals and plants only, but the Quran describes the phenomenon in the most lucid manner:

“Hallowed is He, Who created pairs in all things, those that grow from the earth and of themselves, and what they know not.” (Quran 36:36)

The Quranic Statement: **“...And what they know not” is as true today, as it was when the Holy Quran was revealed.**

Dr. Keith Moore³, Professor of Embryology, after analyzing the

**“And of everything
We have created pairs.”
[Az’Zariyat 51 : 49]**

verses of the Quran for three years comments: “It has been a pleasure for me to help clarify statements in the Quran about Human Development. It is clear to me that these statements must have come to Muhammad from God or Allah because almost all of this knowledge was not discovered until many centuries later.”

Dr. Maurice Bucaille⁴, French Physician, after studying Quran and comparing it with modern science, addressed the French Academy of Medicine in 1976 and proclaimed: “Our knowledge of these disciplines is such, that it is impossible to explain how a text produced at the time of the Quran could have contained ideas that have only been discovered in modern times.”

Dr. Joe Leigh Simpson⁵, Professor of Obstetrics and Gynecology, proclaims: “...these Hadiths (sayings of Muhammad) could not have been obtained on the basis of the scientific knowledge that was available at the time of the writer (7th century) ... It follows that not only is there no conflict between genetics and religion (Islam) but in fact religion (Islam) may guide science by adding revelation to some of the traditional scientific approaches... There exist statements in the Quran shown centuries later to be valid which support knowledge in the Quran having been derived from God.”

Dr. Tejatet Tejasen⁶, Professor of Anatomy, attending the Eighth Saudi Medical Conference, stood up and likewise announced: “From my studies and what I have learnt at this conference, I believe that everything that has been recorded in the Quran 1400 years ago must be true. That can be proved the scientific way.”

These men of knowledge, in their unbiased studies of the Quran, all proclaimed its truthfulness as a Revelation of Almighty God. “Soon we will show them Our Signs in the (furthest) regions (of the earth) and in their own soul, until it becomes manifest to them that this is the Truth...” (Quran 41:53)

Guidance to humanity proclaimed in the Quran is complete and applicable to all societies and all times. Whether we are living in the Stone Age or the Space Age, riding in horse pulled carriages or flying in Space Shuttles, we haven’t changed a bit. We still possess physical and emotional desires, we live in societies, interact with one another, establish social, political and economic systems; thus the relevant need for guidance by our Creator in all these spheres of our life. Islam is the only religion which is totally compatible with scientific facts and provides complete, explicit and clear guidance in all spheres of life. The Quran was revealed in Arabic, but translation of its meaning are available in English and other languages for non-Arabs. Likewise Islam is not restricted to people, it is a universal religion revealed for all of mankind.

We invite all sincere humans to study Islam with an open mind. Don’t blindly follow the whims and paganistic influences of the environment around us. God bestowed upon us this superb mind to seek and live the truth; for we all will be accountable on the Day of judgment for our beliefs and deeds.

References:

1. Dr. T.V.N. Persaud, Prof. and Head of the Dept. of Anatomy, Univ. of Manitoba, Canada, received in 1991 the most distinguished award presented in the field of Anatomy, the J.C.B. Grand Award.
2. Dr. E. Marshall Johnson, Prof. and Chairman of the Department of Anatomy and Developmental Biology, and the Director of the Daniel Baugh Institute, Thomas Jefferson University, Philadelphia, USA.
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5. Dr. Joe Leigh Simpson, Prof. and Chairman of the Department of Obstetrics and Gynecology at the Baylor College of Medicine, Houston, Texas, and the President of the American Fertility Society.
6. Dr. Tejatet Tejasen, Prof. and Head of Department of Anatomy, Faculty of Medicine, University of Chiang, Thailand.

RAMADAN'S DIET



This article provides useful advice on how to avoid some common problem encountered in Ramadan. If followed, it would enable one to fast comfortably and enjoy fully the spiritual benefits of Ramadan.

During the holy month of Ramadan, our diet should not differ very much from our normal diet and should be as simple as possible. The diet should be such that we maintain

our normal weight, neither losing nor gaining.

In view of the long hours of fasting, we should consume slow digesting foods including fiber containing foods rather than fast-digesting foods.

Slow digesting foods last up to 8 hours, while fast-digesting foods last for only 3 to 4 hours. Slow-digesting foods are foods that contain grains a seeds like barley, wheat, oats, millet, semolina, beans, lentils, flour, unpolished rice, etc. (called complex carbohydrates).

Fast-burning foods are foods that contain sugar, white flour, etc. (called refined carbohydrates). Fiber-containing foods are bran-containing foods, whole wheat, grains and seeds, vegetables like green beans, peas, spinach, fruit with skin, dried fruit especially dried apricots, figs and prunes, almonds, etc.

The foods eaten should be well-balanced, containing foods from each food group, i.e. fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products. Fried foods are unhealthy and should be limited. They cause indigestion, heartburn, and weight problems.

AVOID

Fried and fatty foods. Foods containing too much sugar. Overeating especially at suhur (pre-dawn meal). Too much tea at suhur. Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day. Smoking cigarettes. If you cannot give up smoking, cut down gradually starting a few weeks before Ramadan. Smoking is unhealthy and one should stop completely.

EAT

Complex carbohydrates at suhur so that the food lasts longer making you less hungry. Dates are excellent source of sugar, fiber, carbohydrates, potassium and magnesium. Almonds are rich in protein and fiber with less fat. Bananas are a good source of potassium, magnesium and carbohydrates.

DRINK

As much water or fruit juices as possible between iftar and bedtime so that your body may adjust fluid levels in time.

CONSTIPATION

Constipation can cause piles (hemorrhoids), fissures (painful cracks in anal canal) and indigestion with a bloated feeling.

Causes: Too much refined foods, too little water and not enough fiber in the diet.

Remedy: Avoid excessive refined foods, increase water intake, use bran in baking, and brown flour when making bread.

INDIGESTION AND WIND

Causes: Over-eating. Too much fried and fatty foods, spicy food and foods that produce wind i.e. eggs, cabbage, lentils, carbonated drinks

like cola also produce gas.

Remedy: Do not over-eat, drink fruit juices or better still drink water. Avoid fried foods.

LETHARGY ('Low Blood Pressure')

Excessive sweating, weakness, tiredness, lack of energy, dizziness, especially on getting up from sitting position, pale appearance and feeling faint are symptoms associated with 'low blood pressure'. This tends to occur towards the afternoon.

Causes: Too little fluid intake, decreased salt intake.

Remedy: Keep cool, increase fluid and salt intake.

Caution: Low blood pressure should be confirmed by taking a blood pressure reading when symptoms are present. Persons with high blood pressure may need their medication adjusted during Ramadan. They should consult their doctor!

HEADACHE

Causes: Caffeine and tobacco-withdrawal, doing too much in one day, lack of sleep, hunger usually occur as the day goes by and worsens at the end of the day. When associated with "low blood pressure", the headache can be quite severe and can also cause nausea before Iftar (break-fast).

Remedy: Cut down caffeine and tobacco slowly starting a week or two before Ramadan. Herbal and caffeine-free teas may be substituted. Reorganize your schedule during Ramadan so as to have adequate sleep.

LOW BLOOD SUGAR

Weakness, dizziness, tiredness, poor concentration, perspiring easily, feeling shaky (tremor), unable to perform physical activities, headache, palpitations are symptoms of low blood sugar.

Causes in non-diabetics: Having too much sugar i.e. refined carbohydrates especially at suhur (predawn meal). The body produces too much insulin causing the blood glucose to drop.

Remedy: Eat something at suhur and limit sugar-containing foods and drinks.

Caution: Diabetics may need to adjust their medication in Ramadan. Consult your doctor!

MUSCLE CRAMPS

Causes: Inadequate intake of calcium, magnesium and potassium foods.

Remedy: Eat foods rich in the above minerals i.e. vegetables, fruit, dairy products, meat and dates.

Caution: Those on high blood pressure medication and with kidney stone problems should consult their doctor!

PEPTIC ULCERS, HEART BURN, GASTRITIS AND HIATUS HERNIA

Increased acid levels in the empty stomach in Ramadan aggravate the above conditions. It presents as a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, coffee, and Cola drinks worsen these conditions. Medications are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadan!

KIDNEY STONES

Kidney stones may occur in people who have less liquids to drink. Therefore, it is essential to drink extra liquids so as to prevent stone formation.

JOINT PAINS

Causes: During Ramadan, when extra salah are performed the pressure on the knee joints increases. In the elderly and those with arthritis this may result in pain, stiffness, swelling and discomfort.

Remedy: Exercise the lower limbs before Ramadan so that they can be prepared for the additional strain. Being physically fit allows greater fulfillment, thus enabling one to be able to perform salah with ease.



YEMENI COFFEE - QISHR

Mocha coffee takes its name from the Yemeni port city called Mocha. Until just over one hundred years ago, it was a small port in Yemen on the Red Sea. Some four centuries ago small quantities of this coffee with a very fine flavor, grown on the hillsides surrounding the town, were exported through this port. It was the first coffee enjoyed by Europeans. Soon after, all imports from Arabia were classified as Mochas.

Yemeni Coffee (Qishr)

Servings: 4 servings

Ingredients:

- 1 cup cold water
- 6 teaspoons sugar
- 2 teaspoons ground ginger
- 6 teaspoons powdered coffee, not instant

Instructions:

1. Place water in a long handled Arabic coffee pot (a small saucepan may be used).
2. Add remaining ingredients.
3. Over medium heat bring this mixture to a boil.
4. Remove from heat until the bubbles disappear.
5. Bring to boiling.
6. Repeat this process 3 times.
7. Pour into demitasse cups. Serve!



IF YOU WANT TO DISOBEY ALLAH...

A man asked Ibraheem Ibn Adham for advice that will help him stop and realize of his sinful actions. He was told:

1- If you want to disobey Allah, then don't eat from His rizq (provision).

The man said: Then where am I to eat when every provision is from Allah?

Ibraheem said: O such a person! Is it honorable and good to disobey Allah, and eat from His provision?

The man said: Give me the second advice.

2- If you want to disobey Allah, then do not live on Allah's property.

The man said: Then where am I to live if not on Allah's property?

Ibraheem said: Is it good then, to eat from His provision, live on His property, and disobey Him?

The man said: Give me the third one.

3- If you want to disobey Allah, then disobey Him in a place where He will not see you.

The man said: How am I to do this when He not only sees what others see, but what is in the hearts?

Ibraheem said: O you such a person, how do you eat from His provision, live on His property, and disobey Him openly?

The man said: Give me the fourth one.

4- If you want to disobey Allah, when the Angel of Death comes to you, tell him to come back later, after you repent.

The man said: He will not accept this from me!

Ibraheem said: O you such a person, when you cannot delay death, how do you expect a savior?

The man said: Give me the fifth.

5- If you want to disobey Allah, then after death comes to you, on the Day of Judgment, when the Angels of Hell come to drag you into Hell, refuse to go with them.

The man said: They will not accept that from me!

Ibraheem said: Then how do you expect to be saved?

The man said: Enough! Enough! I seek forgiveness in Allah! 'AstaghfirAllah wa a'tubuu ilayk!' He made sincere tawbaah (repentance), and left all his acts of disobedience, and he died in such a state.

THE TRICKS OF SHAYTAAN AGAINST YOU

1. He obstructs you from doing acts of obedience. Repel him, by realizing that you are in need of these acts of obedience in order to gather them from this life to the next, which will have no ending.

2. He commands you to procrastinate in acts of obedience. Repel him, by realizing that your appointed time is not in your hands and that you could die at any moment.

3. He commands you to rush in acts of obedience by suggesting to you, "Hurry! In order that you can do so-and-so!" Repel him, by realizing that few acts of obedience done with perfection is better than many done incompletely.

4. He commands you to perfect your worship in order to be seen of men. Repel him, by realizing that the sight of Allah is enough for you over the sight of men.

5. He whispers arrogance and pride in your heart by saying, "Who is greater and more precise than your obedience?" Repel him, by realizing that your acts of obedience to Allah is a blessing from Allah, not from yourself. If it were not for the bounty of Allah, you would not be able to establish any act of obedience.

6. This is the greatest of his tricks. He says to you, "Make strenuous effort in keeping your obedience of Allah secret. Soon He will make your acts manifest before the world!" Repel him, by remembering that you are a slave of Allah and that He alone is your Master. If He wills, He will manifest you and if He wills, He will keep you concealed. If He wills, He will make you important, and if He wills, He will make you insignificant. That is for Him to decide, and you should not care whether He manifests your good deeds to people or not, because there is nothing in their hands worth seeking after.

7. He suggests in your heart, "There is no need for you to perform acts of obedience to Allah. Truly, if you were created and destined to be among the people of bliss, then there is no danger in you neglecting the acts of worship. And if you were created and destined to be among the people of wretchedness, then there is no benefit in doing them." Repel him, by realizing that you are a servant of Allah. And that it is the duty of a Muslim to obey the command of Allah.

HELP SUPPORT THE ISLAMIC BULLETIN

We at the Islamic Bulletin are involved in numerous projects. Some of these include: producing and distributing almost 11,000 copies of this publication both here and abroad; providing Qur'an's and other Islamic materials and literature to prisons and inmates all over the United States; supplying school and public libraries with quality editions of the Holy Qur'an; keeping various hospitals and their chapels supplied; and sending Spanish Islamic materials for "forgotten Muslims" such as those in Nicaragua and elsewhere. Not only are we faced with purchase, production, printing, mailing, and postage expenses for the Bulletin, but also the many Qur'an's sent to prisoners

and the ever increasing number of new converts. Won't you as fellow Muslims help with these worthy projects?

We are completely self-supporting, which means that we do not receive any grants or funding except from you, our readers, nor do we take any commercial ads in order to retain the purity of the publication. It is with this in mind and the need for support that we are putting out a very strong appeal for all of you to please do what you can to help. We have put together several plans which provide different levels of involvement. Islam is growing in America...won't you do your part to help with one of the following options?

1. We have recently received a very generous offer from the publishers of Amana Books and from the Foundation for Islamic Knowledge. When you order any of their excellent editions through the Islamic Bulletin, the proceeds will go directly to our efforts. This is definitely a "win-win" situation for all of us...you receive the highest quality Islamic books and cards at excellent prices, your contributions are used for spreading the word of Allah, and we get to continue with our efforts. Please see insert for a listing of their exceptional books.

2. We are pleased to announce our association with MEF. When you sign up through The Islamic Bulletin and MEF for AT&T Long Distance service, 5% of your monthly bill is contributed to us in your name. If you already use AT&T, it's even easier... just sign up! This is a great way to offer your support without directly donating. It is contributed from AT&T on your phone bills of \$25.00 or more. No cost to you! EXTRA BONUS! If you switch to AT&T you'll receive \$180 in discounts on your next 6 months phone service! Easy, free and a great way to help. Please fill out the coupon below and return to us.

3. With your contribution to The Islamic Bulletin we would like to send you a THANK YOU gift! We are offering a variety of Sponsorship levels. Please be generous in helping us spread Islam in America.

\$ 25 Sponsorship: One Year Subscription to The Islamic Bulletin

\$ 50 Sponsorship: Subscription plus The Glorious Qur'an (Yusuf Ali)

\$ 100 Sponsorship: Subscription plus Three Amana Children's Books

\$ 150 - \$250 Sponsorship: Subscription plus Yusuf Islam Video (Excellent!)

\$ 250 and up Sponsorship: Subscription plus High Quality Islamic Adhan Watch

\$ Other: Please Be Generous

Spend (on charity), O son of Adam, and I shall spend on you.

4. Can you help the many prisoners in American jails wanting to learn about Islam in order to change their lives? These inmates need our continuing support and encouragement to effect the necessary changes when they are returned to society. Won't you make a direct contribution on their behalf for Qur'an's, "How to Pray" books, and other much needed items. Please be generous and help guide someone to Islam.

To Parents And Grand-Parents



Children are quite used to us parents always lecturing them on how to become better people. We often get the feeling that we are really not getting through to them and that all our nagging and preaching is to no avail. Surprisingly though, our young children can often leave us flabbergasted when they point out something so true, that they literally hit the nail on the head. They do after all have more insight than we often give them credit for.

Islam is the second largest religion in the Netherlands and is practiced by 4% of the population. The small city of Bergen op Zoom is in the south of the Netherlands and has a population of about 65 000 of which a small percentage is Muslim. The Muslim community organized an event to raise funds for the erection of a Mosque.

This speech was presented by a ten year old boy on behalf of all the children of the city. He reverses the roles that we are traditionally used to when he implores that everyone give a donation toward the improvement of their community.

How else are the children to learn? Providing food and entertainment is not enough. Children, like sheep, need their shepherd so that their spiritual needs can be fulfilled; thus ensuring that they grow up to be fine examples in their community. In order for them to learn Arabic, the Qur'an and the correct way to practice Islam, things that cannot be provided by the education system or by the internet, they need to be provided with a Mosque to see to these spiritual needs. This is his speech:

In The Name of Allah, The Beneficent, The Most Merciful.

Dear Brothers and Sisters,

On behalf of Muslim children in Bergen op Zoom, Netherlands I turn to parents, grandparents, and all those jealous about Islam, and to all Islam-Channel TV viewers, and to those present "I say to you: Thank you to our parents and grandparents because you were the reason why we came into this world. You celebrated our birth, you feed and clothed us, and you sheltered us.

You spent sleepless nights for the health of our bodies. In return for all of that, you want us to have a prosperous future to return the good that you have done for us. But I fear that what you ask is too much in return for what you have given us so far. I ask you, on behalf of these friendly faces, are We, children, like animals who only need to eat and play? You will then ask us, what do you lack?

I say on behalf of all your children: We do not want to be those on whom The Quran says:

"But those who disbelieve enjoy themselves and eat as grazing livestock eat, and the Fire will be a residence for them."

(Quran 47:12)

"You are all shepherds and every shepherd is responsible for his flock."

(We seek refuge in Allah).

We want to be protected from the Fire of Hell We want you to obey Allah, The Exalted, Who says in His Book (The Quran):

"O you who believe! Save yourselves and your families from a fire..."

(Quran 66:6).

And, we are from your family! We need your protection against the Fire (of Hell). Are you not responsible for us?

The Prophet, Peace Be Upon Him, said:

"You are all shepherds and every shepherd is responsible for his flock."

You are responsible for your children, in particular, and responsible for the children of Muslims in this country, in general.

And I say: Oh fathers, mothers, and grandparents, Yes, you have taken much care of our bodies, but many of you have ignored the spiritual aspect in us, and, as a result, we exhausted you with our bad behavior, and perhaps some of you hated the day you had children. What is the cause?

Does the Quran not say:

"Wealth and children are but an adornment of the life of this world" (Quran 18:46).

Some of us have become a disgrace (a loss) to our parents, and society is falling apart as a result. What is the cause? I repeat, oh parents and grandparents! You have taken much care of our bodies, but you must also take care of our spirits, our souls. And how do you do that? Teaching us about Islam; correctly. And, do not forget that you are in a country that is not Muslim. Therefore, it is not logical to expect that a non-Muslim teacher will teach us our religion, or that we can learn it on the internet it is not necessary that every parent be a scholar, Alim (religious scholar), or university professor.

But since this is the case, where we will learn our religion then?

In the street? **NO!**

In bars and night clubs? **NO!**

In public schools? **NO!** A thousand times, **NO!**

Where, then? The place is the masjid (mosque).

The only institution in this country that oversees and cares for us as Muslims. It is the place that unites the Muslim community despite our differences in language, skin color, and customs. It is the unique place from which emerged the great scholars and educators in the past.

So, parents and grandparents do not exhaust yourselves by constructing lots of buildings and houses and places for entertainment and think that this is the way to secure our future. But, I say, on behalf of those kind and innocent faces, what will you leave behind for us, we will struggle for it, after your death Who will get more? And the result will remain.

Quran, says:

“And you have certainly come to Us alone as We created you the first time. And you have left whatever We bestowed upon you behind you....”

(Quran 6:94)

So, what are we asking you? We ask you to build for you and us, a house in Paradise and, can this be possible??

The Messenger of Allah (peace and blessings be upon him), said:
“Whoever builds a mosque for Allah, Allah will build for him a house in Paradise. ”

So, collaborate with us in building this mosque that will remain forever in history. (A place) to worship Allah alone and it will be for you a permanent (ongoing) charity, because anyone who recites the Quran, and every child who learns a Surah, will do it here (in the mosque) and you will have the reward of Allah, Allah willing.

So, I ask you to build for us this mosque where we learn the Arabic language, the Qur'an and the correct Islam and it is Islam that nourishes the soul and body equally and simultaneously So if you help us to build this mosque, we will be able to benefit from it before your death...because you took care of our needs before.

May Allah bless your lives and you must not obey what Satan suggests to you, for Satan runs in the blood of human beings.
As the Quran says:

“Satan, threatens you with poverty and orders you to do immoral things. While Allah, promises you forgiveness from Him and bounty. And Allah is all-Encompassing and Knowing.” (2:268)

And not to be of those on whom the Quran says:

“Do you order righteousness to people and forget yourselves while you recite the Scripture? Then will you not reason?” (2:44)

Therefore, I will also collaborate together with you, with a modest sum of money and as you know, I'm not as Abu Bakr, who gave in charity all the money he possessed, and I am not like Omar Ibn Al-Khattab, who gave half of what he owned.

I want to ask you...

*Have you ever seen someone who gave for the construction of a mosque and then became poor? **NO!***

I also gave all my money, and I do not fear poverty. But, I am not like Abu Bakr or Omar.

Finally, I want to thank the members of this institution that organized this event and let me say these humble words, and thanks to Islam TV channel and to all audience, as well as the supporters of Islam.

As-salamo 'aaleikomwarahmato-llahwabarakatoh

(Peace and blessings of Allah be with you)

See the original video speech in Arabic with translation into English and Spanish:

<http://www.islamicbulletin.org/videos/kids/kids.mp4>

The Islamic Bulletin would also like to thank all of the volunteers who assisted in this production and its translation in English and Spanish. We ask Allah (SWT) to accept it and may He (SWT) make it a source of guidance and blessings to everyone who will benefit from it and share it. Please keep the Islamic Bulletin staff members and their families in your duas.

