

FARAH

THE MAGAZINE GUIDE TO MUSLIMS

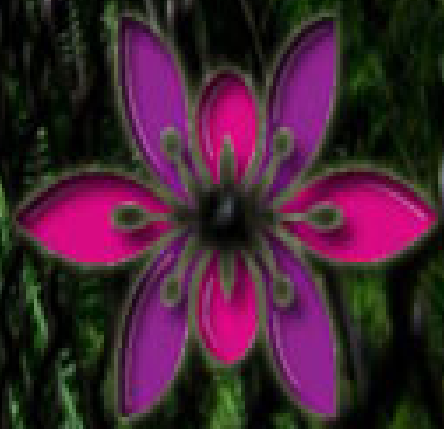
Reflections
Pearls of Wisdom
Islamic Lifestyle Tips
Muslim Parenting

And hold firmly to the rope of Allah all together,
and do not become *divided*, And remember
the *favour* of Allah upon you.
Surah Al-Imran [3:103]

Relationships
Islamic History
Beating Baby Blues
Farah Saeed School



THE FARAH SAEED TRUST



FARAH WITH ME

Introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most kind, the most merciful.

The *Farah Saeed Trust* is an umbrella of all major and minor projects in *Dr Farah Saeed's* name (Sadaqa Jariya).

A flower and one of a kind.
Alhamdulillah for every state.

We ask Allah (Subhana Wa Ta'ala) to continue to have mercy upon our beloved Farah Saeed's soul and grant ease and patience to all her family and friends and colleagues and everyone who knew her.

The Farah Magazine is amongst its projects. It an annual ***FREE*** digital family lifestyle magazine that contains inspiring articles from buzzing writers. It has something for everyone within your household and much more!

Special thanks to Zainab Naqvi for proofreading the articles and Shanita Aktar for designing.

Please visit our website for all our events, photos and updates In Sha Allah.

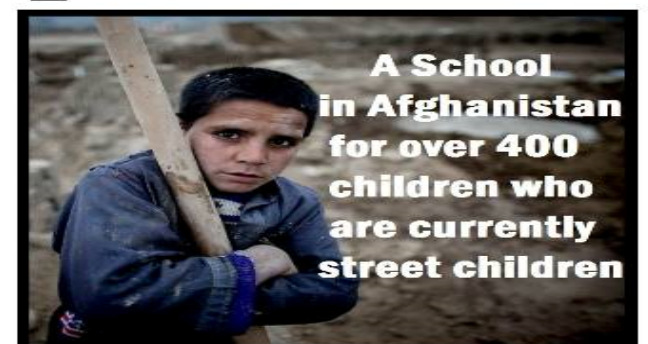
The **Farah Saeed School** is the FST's second major project after the Farah Saeed Masjid.



Presenting FST's
2nd Major Project!



The Farah Saeed School



A School
in Afghanistan
for over 400
children who
are currently
street children

SAHL IBN SA'D REPORTED: THE PROPHET PBUH SAID:
"THE ONE WHO CARES FOR AN ORPHAN AND MYSELF WILL BE
TOGETHER IN PARADISE LIKE THIS." AND HE HELD HIS TWO FINGERS
TOGETHER TO ILLUSTRATE. SAHIH BUKHARI 5659

The school will consist of teaching all subjects as well as teaching them Islamic studies.

Many orphans are unable to go into education because they have to work and look after their families.

Its time to make that change and get them back into education as well as looking after their families whilst they study.

Afghan Orphans is a registered charity that aims to work on long-term development, education, support and protection of the most needy and vulnerable.

Please support our cause.

Please kindly donate via <https://www.justgiving.com/The-Farah-Saeed-Trust-thefst-weebly-com2/>

May Allah accept and reward all those involved.

The Farah Saeed Team

Website: thefst.weebly.com

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THE FARAH SAEED TRUST

R e f l e c t i o n s

I remember messaging a dear friend of mine who is now a Doctor telling her about my eyes. My message involved the words 'going blind, pain, blurry lines' and she responded with the news informing me that she had gastric cancer. If you don't know her, her name is *Farah*.

I'm saddened to say that instead of being met with immediate support or help, people were instead concerned about feeding their own curiosity with questions such as "What is wrong with you exactly?", "So sorry for you" and "How do you know it is true?". Reminding the ill of "hellfire or reaching heaven in a hurry" is not exactly encouraging. Words wound more than the illness itself.

That morning waiting for my surgery, just minutes before my name being called out, Hafsa (a complete stranger to me at that time) arrived. I didn't need to ask her to but she did, as would I if I heard the call of a sister in need. "Rabbina yashfeeki" she repeated over and over again whilst placing her hand over my eyes.

The surgery was over. I was sent home for the healing to begin. It was so difficult with two children because I needed my eyes to see them and take care of them. My husband and family had to do everything for me. The building frustration became too much at one point. I remember shouting at my husband (regretfully) at one point because the water had seeped into the bandage over my right eye whilst he was washing my hair. It wasn't his fault: he's never had to do that before or deal with a woman's hair. Where were one's friends when you needed them? I was expecting a drove of endless visits, assistance, positivity but all I heard were excuses, negativity and above all silence from those that claimed they cared.

If interpersonal solidarity and care between people closest to you isn't of a primary concern, then you can forget about activism as a whole.

the most political act you can do is look after, be there and care for each other when that person is in need. So whilst you are caught in your student, activism and revolutionary bubbles make sure you are looking closer to home too. And please do not let that be in the form of just putting up a facebook status, although that is great for solidarity, it in no way compensates for real, physical presence.

So what do you do when you hear someone you know is sick? Remember that when someone is going through a serious illness they require a positive psychological boost because they are probably bored from sitting in bed all day and they need to be surrounded by people who care. Encourage them in their fight, cheer them up, let them hear you say nothing but endless good prayers, reduce their burdens, play with their children or talk with their family and above all, remind one another of Allah's mercy.

When hearing of anyone who is sick, be that a neighbour or a friend there really needs to be a feeling of community involvement in helping that person to get back up on their feet as quickly as possible, with the will of Allah. In the next few days, I will be setting up a charity to help especially single mothers and women who are terminally ill or living with a disabling condition whereby each of us can visit and be of real use, whether that involve washing dishes, folding clothes or even washing and combing your fellow sister's hair.

Finally I will leave you with the most beautiful words and this perhaps is the crux of it all as I can't reiterate how much of a priority this is. Almighty God explained (in Hadith Qudsi) the importance of and greatness of the reward of visiting the sick. The Prophet said: "On the Day of Resurrection, God the Mighty and Majestic will say: 'O child of Adam! I became sick and you did not visit me!' The person will say, 'O Lord, how can I visit you and you are the Lord of all that Exists!' God will say, 'Did you not know that my slave 'so and so' became sick, and you did not visit him? Did you not know that if you visited him, you would have found me with him?'" (Sahih Muslim)

By Sabiha Mahmood

Saudi Arabia

The Kingdom of Saudi Arabia is about 1,969,000 km² in area, and it's the largest country in the Arabian Peninsula. Saudi Arabia has boundaries with 7 countries and 3 bodies of water include Jordan, Qatar, Iraq, and Kuwait.

Saudi Arabia's geography is diverse, with forests, grasslands, mountain ranges and deserts. The climate varies from region to region. Temperatures can reach over 110 degrees Fahrenheit in the desert in the summer, while in the winter temperatures in the north and central parts of the country can drop below freezing. Saudi Arabia gets very little rain, only about four inches a year on average. Saudi-Arabia's population is about 27 million, including 8.4 million foreign residents (2010 census), and its capital city is Riyadh. Other cities include Riyadh, Jeddah, Mecca, medina, dammam and etc.

Saudi Arabia has an oil-based economy with strong government control over major economic activities. Saudi Arabia possesses 18% of the world's proven petroleum reserves, ranks as the largest exporter of petroleum, and plays a leading role in OPEC, although its influence has waned in recent years.

Saudi Arabia is the heartland of Islam birthplace of its history, is where two holy mosques are located and the focus of Islamic devotion and prayer. Saudi Arabia is committed to preserving the Islamic tradition in all areas of government and society. Islam guides not only the lives of the people, but also the policies and functions of the government. The Holy Qur'an is the constitution of the Kingdom and Shari'ah (Islamic law) is the basis of the Saudi legal system.

Due to the large numbers of immigrants, foreign workers and people visiting the country to perform Hajj, the Saudi cuisine was influenced by a variety of cuisines from different parts of the Muslim world. This introduced the country to food such as Mutabbaq, Manto and Ful.

The Arabian people have consumed the same type of food for thousands of years, Some of the common food items in Saudi Arabian cuisine include wheat, rice, lamb, chicken, yogurt, potatoes and dates. Shawarma and Falafel are two common dishes which are originally Syrian and Egyptian dishes. These two dishes are examples about the influence of foreign residents in Saudi's food. Other Saudi dishes include Al-Ma'soub, Al-Mutabbaq, Al-Silee, Al-Mabshour, and Al-Manto.

Saudi Arabia Tourism:



Masjid al-Qiblatain

In Saudi Arabia usually features at the top of any Saudi Arabia Travel Guide. Located in the holy city of Medina, Masjid al-Qiblatain is visited by devout followers of Islam from all parts of the world. An embodiment of the ancient Culture of Saudi Arabia, the mosque ranks among the most important Tourist Attractions of Saudi Arabia.

b i a



Masjid a Nabawai

Is the second holiest masjid, is built by the Prophet Muhammad (saw) himself next to his house and contains his tomb, and is very beautiful and contains inside it a crucial part of Islamic history.



Mount Uhud

This mountain was where the battle of uhud in 625 CE, Extending from East to west the mount has a slope towards the north and covers a total of seven kilometers in length and three kilometers in breath.

By Asma Ismaaciil



Al Ula

A journey into the past, a trip to Al Ula is always full of excitement and fun, provides the romance of traveling through a beautiful desert landscape. Al Ula is characterized by its attractive natural scenery marked by the reddish sandstone inselbergs carved by natural agencies into beautiful and attractive shapes. Sand dunes and inselbergs combined together to form a wonderful display of thrilling nature. During winter and spring, after the rain, the area turns into green fields attracting the inhabitants and visitors.



Al-Masjid al-Haraam (the Sacred Mosque)

Is situated in Makkah, a city in the Arabian Peninsula 330 meters above sea-level. The history of the mosque goes back to its founding at the time of Ibraaheem (Abraham) and his son Ismaa'eel (Ishmael), peace be upon them both. Makkah is the place where the prophet of Islam, Muhammed (peace and blessings be up on him) was born and where the Revelation began.

F r i e n d s h i p s

Humans are social creatures and are in constant need of companions. As a result, a large portion of our lives, if not all of it, is spent in interaction with others. Friendship plays a very important role in our lives, not only from a religious viewpoint but also a social one. Friends are who we spend the majority of our time with and they have a substantial influence over us. Islam encourages Muslims to interact with others (within the boundaries of Islam).

The Qur'an and Sunnah stress the importance of keeping good company hence why we should all strive to befriend those that are righteous; it will be these ties that keep us on the Sirat-al-Mustaqeem. The Prophet Muhammad Sallallahu Alayhi Wa Sallam said:

'A person is likely to follow the faith of his friend, so look whom you befriend.' [Abu Dawud and Tirmidhi]

It is crucial that we keep company with those that remind us of Allah as these relationships will be blessed by Allah. Often, especially in the society we live in today, it is easy to 'fall in with the wrong crowd'. It is easy to be affected by peer pressure and go against the teachings of Islam. Therefore, it is imperative that we choose our friends wisely as they are capable of bringing us closer to our Creator or leading us astray. The Prophet Muhammad Sallallahu Alayhi Wa Sallam said:

Allah will ask on the Day of Judgment: *'Where are those who loved each other for the sake of My glory? Today, - on a day when there is no shade but mine - I shall shade them with My shade.'* [Muslim].

Such is the importance of maintaining links with pious friends purely for the sake of Allah. Sometimes, we make friends purely for material gain. This should not be the case and any interaction we have with others should be for Allah's pleasure.

This is not to say that we should ONLY be friends with those who are virtuous. Dawwah is also an important aspect of Islam. Wherever possible, we should invite people to the Deen through perseverance and patience. Having said this, we are advised to distance ourselves from those who take Islam in jest and mockery. These are the people who will have a detrimental effect on our Imaan and subsequently lead us away from Allah. It may appear that they are our 'friends' but being in their company will slowly but surely change our morals and overall conduct.

Allah states in the Qur'an: *And (remember) the Day when the Zâlim (wrong-doer, oppressor, polytheist, etc.) will bite at his hands, He will say: "Oh! would that I had taken a Path with the Messenger (Muhammad SAW). "Ah! woe to Me! would that I had never taken so-and-so as a friend! "He indeed led Me astray from the Reminder (this Qur'ân) after it had come to Me. And Shaitân (Satan) is ever a deserter to man In the Hour of need."* [Al-Furqaan, 25 v.27-29]

On the Day of Judgement, when we will be handed our Book of Deeds, every moment we spent in the Dunya will be shown. So, isn't it wise to keep good company so that you are brought closer to Allah through them? Surely good friends are a blessing from Allah as they have been chosen to rightly guide you.

We need good friends in the Dunya because we want the same friends in Jannah.

May Allah make us amongst those who are rightly guided. May He bless us with good friends who will bring us closer to Him and may the company of such friends allow us to reap rewards in the Dunya and the Akhira. Ameen.

Barak'Allahu Feekum.

By Abidah Akhtar

Why?

In July 2006, I was watching the news report on Israel's devastating attack on Lebanon. As I saw the images of severed bodies and heard the cries for help, the frustration and helplessness I felt was overwhelming. So I decided to pray while reciting from the mus'haf (hardcopy of the Qur'an, which is the word of God). As I was reading, I arrived at the verse:

أَمْ حَسِبْتُمْ أَنْ تَدْخُلُوا الْجَنَّةَ
وَلَمَّا يَأْتِكُمْ مَثَلُ الَّذِينَ خَلَوْا مِنْ قَبْلِكُمْ مَسَّتْهُمُ الْبَأْسَاءُ وَالضَّرَاءُ
وَزُلْزِلُوا حَتَّى يَقُولَ الرَّسُولُ وَالَّذِينَ آمَنُوا مَعَهُ مَتَى نَصُرَ اللَّهُ أَلا
إِنَّ نَصْرَ اللَّهِ قَرِيبٌ ﴿٢١٤﴾

“Or do you think that you will enter Paradise while such [trial] has not yet come to you as came to those who passed on before you? They were touched by poverty and hardship and were shaken until [even their] messenger and those who believed with him said, ‘When is the help of Allah?’ Unquestionably, the help of Allah is near.” [Qur'an, 2:214]

And that was the answer. As human beings, we will be tested. But this doesn't mean that we are going to live our lives in perpetual

hardship, because ‘unquestionably, the help of Allah is near.’ So what does it mean when we are going through hardship? Is Allah (SWT) (exalted is He) angry with us? What if there is no way out? (he) angry with us? What if there is no way out?

Whenever we go through hardship, there are things we need to know with certainty. Allah (SWT) tells us in the Qur'an:

لِيُنْفِقْ ذُو سَعَةٍ مِّنْ سَعَتِهِ ۗ وَمَنْ قُدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا
آتَاهُ اللَّهُ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا مَا آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا ﴿٧﴾

[...] Allah will bring about, after hardship, ease.”
[Qur'an, 65:7]

Certain hardships are so consuming that we cannot focus on anything but the difficulty. But we have to remember that if we were to enumerate the blessings of Allah , we would not be able to count them. Reminding ourselves of the other blessings in our lives helps us to see the test within the context of the grand scheme of things. Just the fact that you can make sajda (prostration), and call out, “O Allah!” is a blessing that surpasses all others.



But why?

There is a purpose behind the trial, and this purpose corresponds to our internal state and our relationship with Allah . Allah has 99 Beautiful Names, and it should suffice us to know that He is the Most Merciful, the Most Just and the Most Wise. Your test is not being put upon you by a random being, but by the Almighty Allah, who is closer to us than our jugular vein.

Tests are a way to purify us. The Prophet said, “No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that,” [Bukhari]. Our ultimate aim is to earn Allah’s pleasure and Jannah (paradise), and all of us fall short in truly worshipping Allah as He should be worshipped. Many of us fail to ask for forgiveness regularly, or to reflect on our state and return to Allah . These tests, as burdensome as they are, ease our burden on the Day of Judgment, if we respond with patience. Trials also have a way of reminding us of our purpose. If we are far from Allah , the test is usually to bring us close to Him. Whatever heedlessness we are engaging in, the test should make us realize we have no one, no one at all, but Him.

Sheikh Ratib an-Nabulsi related a story about a man in Syria. This man would always mock Islam. He thought people who ‘wasted their time’ praying were silly. No matter how much da’wah (calling, used to refer to inviting people to learn about Islam) the sheikh gave him, the man remained in this state. He then had a daughter, and this daughter became very sick. He went to so many doctors, even travelling abroad to Europe, but no one could help him. After that, he started praying and turning to Allah . Years later, his daughter was better and healthy. Both his dunya (this life) and akhira (the next life) were saved.

If we are close to Allah , it is to test our resilience. Are we only close to Allah in times of ease, or does our trust extend to the times of hardship? When we are tested, do we leave the good deeds that we used to do? Allah describes such people in the following verse:

وَمِنَ النَّاسِ مَن يَعْبُدُ اللَّهَ عَلَى حَرْفٍ فَإِنْ أَصَابَهُ خَيْرٌ اطْمَأَنَّ بِهِ
وَإِنْ أَصَابَتْهُ فِتْنَةٌ انْقَلَبَ عَلَى وَجْهِهِ خَسِرَ الدُّنْيَا وَالْآخِرَةَ ذَلِكَ
هُوَ الْخُسْرَانُ الْمُبِينُ ﴿١١﴾

“And of the people is he who worships Allah on an edge.

If he is touched by good, he is reassured by it; but if he is struck by trial, he turns on his face [to the other direction].

He has lost [this] world and the Hereafter. That is what is the manifest loss.” [Qur’an, 22:11]

This may seem counter-intuitive, but tests are also out of Allah’s love. The Prophet said, “When Allah loves a servant, He tests him,” [Tirmidhi]. In a hadith qudsi (a hadith relating the words of Allah), Allah tells Jibraeel to delay the response to the du’a’ of a servant because Allah loves hearing his voice [Tabarani]. Sometimes the answer to a test is that need for Allah , those long hours spent in the night, and the tears of sincerity.

May Allah make us of those who constantly turn to Him, in hardship and ease. Ameen.

See more at: <http://www.islamicity.com/Articles/articles.asp?ref=SW1105-4680#sthash.udfdwSRY.dpuf>

By Jinan Bastaki

Looking

after the
Environment

Climate change. Pollution. Conservation. These are amongst the contributing factors that harm the environment and those that live it. Thus, we need to re-evaluate our actions by going to the foundations of Islam: Quran and Sunnah.

In relation to the harm in which mankind causes, Allah subhanahu wa taala says in the Holy Quran:

‘Corruption doth appear on land and sea because of (the evil) which men’s hands have done, that He may make them taste a part of that which they have done, in order that they may return.’ (Quran 30:41)

This emphasises how Allah subhanahu wa taala tries to show that in order to change the environment around us, we need to change our actions. We are in need to care for our environment and change our practices. Look around you. Everything you see is a sign for Allah’s existence. We are not the owners of this planet. Thus, we need to be careful not to destroy anything that does not belong to us. This can be applied to the following example where you are residing at a friend’s house, you cannot tear it apart and would need to respect the house you are in.

Most surely in the creation of the heavens and the earth and the alternation of the night and the day, and the ships that run in the sea with that which profits men, and the water that Allah sends down from the cloud, then gives life with it to the earth after its death and spreads in it all (kinds of) animals, and the changing of the winds and the clouds made subservient between the heaven and the earth, there are signs for a people who under

-stand. [2:164]

Islam teaches that we are all creatures of Allah no matter how small you are like an ant, or how big you are like an elephant. For every living thing serves a purpose:

“There is not an animal (that lives) on the earth, nor a being that flies on its wings, but (forms part of) communities like you.” (Quran 6:38)

Narrated by Ibn Umar radia allahu anhu who said that our beloved Prophet salla allahu alayhi wa salam would curse the one who did Muthla to an animal (cut its limbs or some other part of its body while it is still alive) [Al-Bukhari Volume 7, Book 67, #424]

Dear mankind, we need to strive our best to look after the environment around us as Allah subhanahu wa taala says in the Glorious Quran:

“Man shall have nothing but what he strives for” (Quran 53:39).

We need to maintain the ecosystems that harbours all forms of life amongst these are:

- Reduce, re-use and recycle waste
- Conserve our water use and other natural resources.
- Reverse deforestation
-

At the end of the day, planet earth is our home, now should we not look after our home? Not only for ourselves, but for our future generations as well who will come to inhabit this planet long after we are gone. And Allah Knows Best!

By Hafsa Waseela

Beating Baby Blues

I am in no way claiming to be an expert at Motherhood, in fact far from it. Almost a year down the line, there are still occasions where I feel like ripping out the last bits of my hair and locking myself away in a room and crying. In fact, it almost reminds me of the mini crisis/ pantry cupboard scene Charlotte had from SATC2, except of course, I did not have a hot lesbian nanny.

Nevertheless, having said that, I no longer depend on my Gina Ford's 'Contented Little Baby Books' and of course her 'The Secret to Calm and Confident Parenting' and just so that they were not a complete waste, I decided to sell them to some other poor mum on EBay who I'm sure would have a 'contented little baby' just as I did.

After three years of marriage, two holidays, many trips to the cinemas and meals later, the husband and I decided to settle down, of course it meant moving into a place of our own, saving more and if we were really lucky: cram in another fantastic holiday. Little did we know, nature had already taken its course, and as it intended, just as the two little lines on around 1000 pregnancy test kits confirmed, we were going to have a baby!

Naturally, we were a little shocked, despite the delightful news, it was big, and it was going to be forever. Amongst the congratulations from family and friends, many had also kindly warned us of the late nights, early mornings and all round hard work before adding it was also one of the best things in the world.

Aunts, grand ma, friends and women in general had warned me of the pains of labour, the lovely in- depth details of just how unbearable the contractions, pressure and pushing stages were

nothing an epidural wouldn't solve, they later added.

In fact, what they had forgotten to mention was just how painful it would be after the mental, physical and emotional effects. 'Does my body ever go back to the way it was' I hear you say? Sadly, ladies, no matter what your midwife, GP or some other know it all says, the answer is that it will not. Stretch marks, uneven skin tone, a weak pelvis, and a few extra pounds are just some of the results of our beautiful bundle of joy.

At first, the phone never stopped ringing and the doorbell never stopped chiming, there were lots of 'ooohhs' and 'aaahhs' from people looking down at the Moses basket and our big coffee table had turned into a mini florist and card shop thanks to visits from kind family, friends and pretty much the whole street.

Luckily, mother and both grandmothers were around to help and teach yet I knew it wasn't going to be forever. As grateful as I was, all I wanted to do was crawl up anywhere and sleep. Needless to say, with baby waking up every two hours for a feed and nappy change, I barely slept, showered or brushed my hair. I was exhausted, frustrated and cranky and resembled a zombie, I hardly recognised myself. The husband and I barely uttered two words to each other purely because we couldn't find the time or energy to from the all day, then all night mothering and fathering. The days of long leisurely soaks with magazines and chocolates in the bath were long gone I sighed.....

To make matters worse, it was the middle of winter, long cold dark days and being cooped up in the house with no social life was every new mum's nightmare. I kept telling myself this wasn't going to be forever and just had to suck it up. I had this beautiful little person depending on me, looking up at me, curling its sweet little

fingers around mine and best of all, its smile and laugh even in the early hours of the morning made it all worthwhile. It truly did. The feeling was remarkable. Along with the horror stories of labour, the lovely ladies also told me it did get easier. I often asked myself would I ever be able to be me and relax again. Be 'off duty' just for a little while? If you find yourself asking the same question, the answer is yes! Six months later it DID get easier, baby and I were in a lovely routine, thankfully I was able to sleep a few more hours at night, shower and wash my hair during the day all purely because once I was settled mentally and physically, naturally, so was baby. In fact, I had successfully BEAT those baby blues and with patience, dedication, support, organisation and getting priorities right, so can you.

I realised housework could wait, does it ever end anyway?! Despite my inability to stop cleaning and polishing each and every corner of our lovely home (cluttered house equalled cluttered mind), I decided to not let it 'break' me, which is why when I could afford to, I paid for a cleaner who on the plus side, did massages too! One thing I wasn't prepared to sacrifice however, was 'me time' even if it meant one hour a day, even if it meant savouring the serenity and being able to eat and drink with both hands. Even if it meant going to the loo in peace.

And finally, don't be too hard on yourself, no matter how many kids you have, remind yourself that the mere feeding, nappy changing, dressing and caring for a small human is an amazing achievement, one which I would definitely go through all over again.

Along the way, I seemed to have picked up a few handy tips that I thought I would share. Sharing is indeed caring as they say.

1) Sleep when the baby sleeps. Well, do the fairies come and cook and clean whilst I do I hear you mutter? Even a 30 minute nap will ensure that you are refreshed and energised and sometimes a good decent nap is all it takes to make up for a whole night of broken sleep.

2) Communication is key. Talk to your husband/partner about how you really feel., Do not shut them out:, work and form a partnership and take nightly feeds in turns. After all, it's a joint responsibility.

3) Be organised., Get up before baby does and have your shower and breakfast beforehand., You will find even little things like combing your hair or putting the washing on without any interruptions are bliss.

4) Unless you are Cindy Crawford, do not pressure yourself to lose the baby weight as soon as you walk out of that hospital. Your priority is your baby and not your dress size. Be realistic, it will happen naturally and besides experts recommend allowing your body at least six months to recover. Instead, use this time to really bond with your baby and get settled. These bonding moments will soon be over. They really grow so quick.

5) Invite friends around when you feel up to it. Catch up over cake and coffee so you do not feel you are missing out on your social life.

6) Get yourself and baby into a nice routine, feeding, playtime, bath time and bed times., Not only do babies thrive on routine but it will allow yourself some quality unwinding time with your partner.

7) No matter what the weather is like outside, try to get some fresh air and natural daylight, even if it means simply taking a walk outside in your garden.

8) Try to keep on top of everything, a messy house will only create more work for yourself and make you more flustered., Tidy as you go along, stay on top of important things you usually focus on such as bills etc. Nobody wants to be calling British Gas for the millionth time with a screaming baby in the background.

9) Take some time out for yourself, a hot bath works wonders provided your baby monitor is nearby, put on a bit of makeup, straighten your hair, wear your favourite dress or call up dear family/friends - this. always works wonders for me.

By Hinnah Khalifa

They are the people with whom we bicker, feel jealous of, take care of, share everything with: from clothes, to unfiltered thoughts, to knowledge of family gossip and secrets. These are our supporters, teachers, best friends—these are our siblings. Often, people complain about their brothers and sisters; they talk about how they steal clothes and food, how they always get angry or are overprotective, or how parents and relatives like them more. Here's the thing: your siblings know the raw, crude you. They've been there when you got in trouble with your parents, when you cried after you failed that exam, when you haven't brushed your teeth/taken a shower yet and you're wearing normal clothes with no makeup on. They've seen you, been there, and lived it right along with you for your entire life—a sibling is something no friend could possibly equate to.

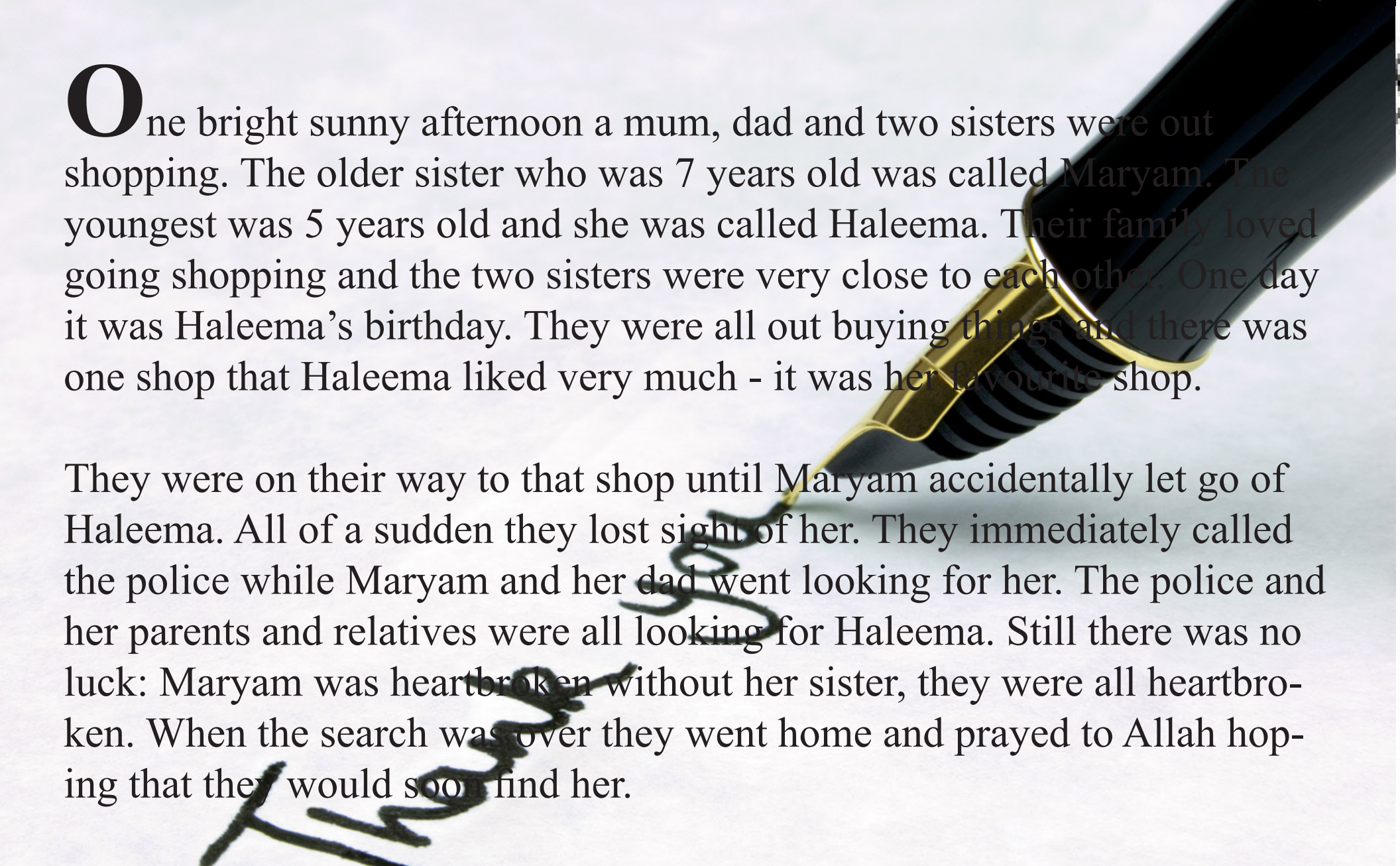
Some people may have fall-outs with their siblings, but it's so important to make amends and forgive each other. In Islam, we must be teachers and friends for our brothers and sisters. The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Allaah says: 'I am al-Rahmaan (the Most Merciful) and this rahm (tie of kinship) has a name that is derived from My name. Whoever uphold it, I will take care of him, and whoever severs it, I will cut him off.'" (Narrated by al-Tirmidhi, 1907; Abu Dawood, 1694; classed as saheeh by Shaykh al-Albaani in al-Silsilah al-Saheehah, 520).

We must take care of our siblings, regardless of whether they are younger or older than us. It's important to take care of our siblings before our friends because they are the ones who have seen us at our worst and will stick with us through everything—they are incomparable to your friends. One of the most important lessons my sibling has taught me is to be happy for someone else instead of keeping jealousy and hatred towards them. It's so easy to get caught up in sibling rivalry and have this mindset that our parents love them more than us, but in reality, our siblings are an integral part of us; if they succeed, we also succeed because we have been a major influence in their lives. Whoever would like his lifespan to be extended and his provision to be increased let him uphold the ties of kinship." (Narrated by al-Bukhaari, 1961; Muslim, 2557) InshaaAllah, even if your sibling may show jealousy or hatred towards you, you must always give them a second chance and a fresh start, if only because they are your kin and in Islam we are told to uphold the connection to our kin in order to strengthen our bond with Allah.



S i b l i n g s

By Amara Majeed



One bright sunny afternoon a mum, dad and two sisters were out shopping. The older sister who was 7 years old was called Maryam. The youngest was 5 years old and she was called Haleema. Their family loved going shopping and the two sisters were very close to each other. One day it was Haleema's birthday. They were all out buying things and there was one shop that Haleema liked very much - it was her favourite shop.

They were on their way to that shop until Maryam accidentally let go of Haleema. All of a sudden they lost sight of her. They immediately called the police while Maryam and her dad went looking for her. The police and her parents and relatives were all looking for Haleema. Still there was no luck: Maryam was heartbroken without her sister, they were all heartbroken. When the search was over they went home and prayed to Allah hoping that they would soon find her.

Still they had no luck they still could not find Haleema. Years went by and still they could not find Haleema. They would still pray day and night. They always wondered where had Haleema gone and who took her? What could she be going through? Every day her parents prayed that Haleema would come back.

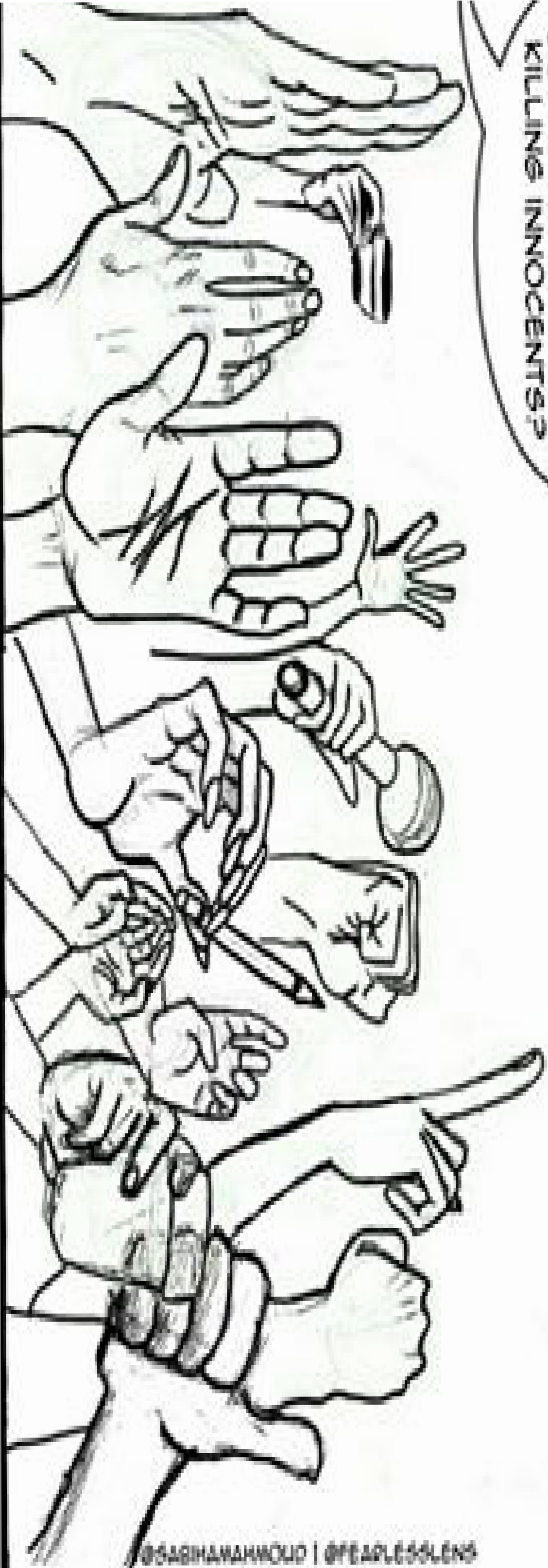
Then the next day they prayed one last time before they were going to go out and search for her. Maryam also went with them and this time she was determined that she will find her sister. Haleema's family was at the door step of the person that took Haleema away. No one was there but the door opened by itself so they inspected the house. Soon they got to the place where they were hiding Haleema.

Finally their prayers came true. Before they never prayed to Allah, they just used to have fun. They had finally found Haleema so they took her home. Haleema was so frightened she didn't know what to do. Once they had taken her home they gave her lots of food because they knew she was starving. She didn't know that they were her family until they showed her true love. Soon she knew that was her family. They also did less shopping and more praying to Allah.

The end.

By Aisha Khanum

HANDS UP ALL THOSE
CONCERNED ABOUT
KILLING INNOCENTS?



HANDS UP ALL
THOSE WHO WERE
CONCERNED ABOUT
IT BEFORE WE ALL
BECAME PARANOID
ABOUT ISLAM?



Paris Shooting Cartoon Speaks a Thousand words By Sagihah Mahmud

The Wife

Marriage is seen as an institution in the Muslim community. The imam (cleric) conducting the Aqd Al-Nikah (Islamic marriage ceremony) will often refer to Islamic texts to reinforce the concept of marriage during the sermon, such as “Marriage is from my tradition, whoever leaves it is not from me” and “Marriage is half your deen (religion)”. Thus, there is much emphasis on marriage being a religious duty. However, from a fiqhi (jurisprudence) perspective, marriage is a contract, based upon conditions agreed by the two parties. An example of a common condition accepted within the marriage contract is that the husband will provide financially for the wife, who in return will be obedient to the husband. Therefore, if the husband is unable to provide for the wife at a future stage, this can be seen as grounds for the wife to seek divorce, and in most cases if she is insistent, she can achieve separation from the marriage. In other words, even though marriage is a religious duty, it does not mean that one cannot be released from a relationship, hence the Prophet said “The most abhorrent of lawful things near God is divorce”. Now I felt it was important to mention some these issues about rights and duties, as often in the beginning of a relationship, or during times of marital discord they can be magnified to the level that marriage becomes mechanical, and the spirit of what the relationship between the husband and wife ‘should be’ is often lost. Thus, for the remainder of this article I will emphasise on the spirit of ‘how’ a husband should have a relationship with his wife.

A Marriage made in Heaven.

“O mankind, fear your Lord, who created you from one soul and created from it its mate and dispersed from both of them many men and women.” This verse explains the nature of where humans came from i.e. Adam (Aadam) and Eve (Hawa), but we need to look to other verses to gain a greater understanding of the

wisdom in God’s creation. First, most classical interpretations of the Quran highlight that Adam was the first of creation, and Eve was created as his spouse. It is said that Adam felt lonely, though he was in the company of the angels in paradise, but they were preoccupied with worshipping God, so one morning Adam woke to find Eve near his head, gazing at him with her beautiful eyes. Now the question to ask is, from all the types of company and relationships that God could have created in this first instance, such as parents, children or siblings, why did God choose the spouse, in this case the wife? This is because the companionship between spouses is one of intimacy, shared responsibilities and aspirations, and as such it is unlike any other relationship.

The Quran mentions “O Adam, dwell, you and your wife, in Paradise and eat therefrom in [ease and] abundance from wherever you will. But do not approach this tree, lest you be among the wrongdoers”. This is the story Adam and Eve in the Garden of Eden, which later leads to the event of eating the fruit from the forbidden tree, an act considered the ‘original sin’ and from a biblical perspective, one in which Eve is blameworthy. However, we find the Quran mentioning that both Adam and Eve turned to God in repentance, as they both shared in eating from the forbidden tree; “Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers”. God accepted their repentance, and said “On earth will be a dwelling place for you [both] and an enjoyment for a time” as a result Adam continues his relationship with Eve on the Earth in the same loving manner as in paradise.

The Prophetic Example

The Prophet (SAW) said, “I am the most God fearing among you... and I marry women”. We can take many lessons from this narration regarding how the relationship should be towards the wife. It is well known that the Prophet remained in a monogamous marriage to his first wife Khadijah until her death; a period

that lasted 25 years and included 10 years of revelation. The Prophet (SAW) never once sought a polygamous marriage during this period, though it was a well established practice in Arab society. In that sense, the marriage to Khadijah is not dissimilar to that of Adam and Eve as mentioned above, one that was built upon love, companionship and shared ideals. After her death, the Prophet (SAW) would have fond memories of Khadijah and he continued to extend respect and hospitality to the remaining members of her family and friends.

Over the next thirteen years, the Prophet (SAW) took take a further ten wives in a polygamous marriage, which included Sawdah, Aisha, Hafsa, Umm Salamah and Safiya. The number of wives permitted to the Prophet (SAW) was an exception for him, as Muslim men are only allowed to marry up to four women at one time, according to the verse “then marry those that please you of [other] women, two or three or four” . The polygamous nature of the Prophet’s (SAW) latter marriages raises the question, how was his relationship with his wives? We find, despite the fact that the Prophet (SAW) had to share his time equitably with his wives, he managed to maintain those core qualities that we discussed were essential in a monogamous marriage; intimacy, companionship and shared ideals. There are many narrations taken from the Seerah (biography) of the Prophet (SAW) which demonstrates these qualities. For example, Aisha mentioned that I would drink from the same cup as the Prophet (SAW), we would bathe together, he would race me, and he received revelation whilst in my chambers. Likewise, the Prophet (SAW) would visit his wife Zaynab bint Jahsh, and he enjoyed a sweet drink that she made particularly for him; thus sharing a special connection not found with the other wives. On another occasion when the Companions felt disheartened by the Prophet’s (SAW) treaty with the Quraish to abandon Umrah (lesser pilgrimage) until the following year; it was Umm Salamah who advised the Prophet (SAW) to complete the rites of Umrah at Hudaiybiyah (an area outside of Makkah) and his companions will surely follow, which indeed they did.

We learn from these incidents that the Prophet (SAW) maintained exclusive intimacy with each wife. The level of companionship he offered his wives was such that they had his support, affection and mutual respect; in addition, the relation-

the relationship saw through the good times and the bad.

Concluding remarks

Globally marriage is still the predominant form of relationship that provides both stability and security in society. For Muslims, it is the only form of relationship that legitimises cohabitation and producing children. Although marriage provides a functional role, one must not forget that the essence of marriage is one of companionship, love and mercy, as the Quran says “And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed, in that are signs for a people who give thought” ; and this should be the basis from which we form a relationship with our wives.

By Ustadh Abu Ibrhaim

Biography of the Author

Ustadh Abu Ibrahim has completed his Alimiyyah (Alim course), BSc, MA Islamic Studies, and is currently completing a PhD in Islamic Law. He is a lecturer of Arabic and Islamic Studies, and an Imam and Khateeb.

J e r u s a

Jerusalem's story is one of hope. It has withstood the test of time up until today and faced many challenges. Although it may seem that brutality and bloodshed has been at the forefront of the history of this city, the city also has a history of peace and unity. It has been able to define what the term 'Brothers in Humanity' really means.

Jerusalem's history began with Adam alayhi salam and the building of the Masjid Al-Aqsa: the second masjid to be built on the Earth and the first Qibla of our Ummah. It is a blessed city that is placed in a land that has been home to the Prophet Ibrahim alayhuma salam and his family and ruled by the Prophet's Dawood and Suleyman alayhuma salam it was later opened to the second Khalifah Umar ibn Al-Khattab radia al-lahu anhu.

Unfortunately, Jerusalem has been ruled by tyrannical people for the majority of its past. At the beginning the city is said to have been established by the Jebusites, a Canaanites tribe that ruled the city of Jerusalem in 2,500 BC. However, rulers of Egypt, known as Hyksos, invaded the city in 1,700 BC and ruled it for 200 years. Later in 1,200 BC the land of present day Palestine was occupied by the Palestinians from Greece. Prophet Dawood alayhuma salam fought the Palestinians, thereafter establishing the Kingdom of Ancient Israel where he reigned as king from Jerusalem.

After the Prophet Dawood alayhuma salam died, his son Suleyman alayhuma salam took over as king and during his lifetime built a house to worship Allah subhanahu wa taala. However, it must be understood that the actual house of worship was destroyed by Nebuchadnezzar, the King of

Babylon in 587 BC. It is sad to state that a genocide occurred and the remaining Jews were exiled or taken as prisoners.

Beforehand, the people were divided amongst themselves as the Kingdom of Ancient Israel had been split into two, with Judea in the south, which maintained Jerusalem as its capital, and Israel in the north. This is an important message to our own Ummah, that there is safety in unity for with unity comes brotherhood, the sense of belonging, trust, care, compassion, security and service of the community.

It is by Allah's will that 400 years of civilisation came to end, during that period, for the Jews. However, in 538 BC the Persian King Cyrus captured Jerusalem and allowed the Jews to return wherein they re-built the Temple of Solomon. Again in 332 BC Jerusalem changed leadership as Alexander the Great conquered the city.

As one can imagine the leadership change of Jerusalem occurred once again when Alexander the Great's Kingdom was destroyed. The Jews were severely persecuted, even being forbidden to practise their religion. However, the Maccabean revolt in 167 BC meant that the Jews regained some control and managed to complete the rebuilding of the Temple. It is important to understand that the Temple should have been a place of worship, however, corruption did occur.

Some Jews were living in utter poverty, whilst many of those that ruled from the Temple were hoarding wealth. This situation is a microcosm of the dangers of unequal distributions of wealth amongst the people and is a symptom of the lack of remembrance of Allah subhanahu wa taala.

Yet, amongst these dark times rose an Ummah t

a l e m

that put fear in the hearts of the oppressors amongst the Jews and the Romans. Isa alayhi salam is known historically to have been amongst the poorest of people when he began to deliver the message of Islam. Alas, Isa alayhi salam had a vision that made him a danger to the oppressors' of his time and he was pursued relentlessly by those intending to take his life.

Umar radia allahu anhu sent an army to capture Jerusalem from the Romans' who had now adopted Christianity.

The Emperor Heraclius did not allow the keys of the city to be given to any other than our second Khalifah radia allahu anhu. When ruling, Umar radia allahu anhu would consult the religious leaders of the Jews and Christians regarding the people when open displays of lewdness had occurred.

Sadly, Jerusalem was overtaken by the Crusaders where Christians were burnt in their Churches and Jews in their synagogues. The Muslims also suffered many atrocities.

However, Salahuddin radia allahu anhu regained control of Jerusalem and he managed this because he was a man of vision, and remembered Allah subhanahu wa taala.

He encouraged the revival of the Ummah by advocating prayer in the night and loved Jerusalem before he had stepped foot inside it, although he was Kurdish and not Arab.

After Ottoman rule, the land of present day Palestine and Israel was divided. In 1948 Al-Nakba occurred wherein Palestinian villages were destroyed by Zionist terror groups and the state of Israel was founded. Today Palestine is under occupation and the Palestinians are split geographically and politically. However, there is still hope, if we can return to the Qur'an and Sunnah, and invite people to goodness, forgive those that have oppressed us, and become 'Brothers in Deen and Brothers in Humanity' once again, Jerusalem may know peace, harmony and justice once again.

Many organisations are striving to help the Palestinians, including Interpal, PSC, and Friends of Al-Aqsa (whose timeline has been used for this article). Following the work of these organisations we must think, why has Allah subhanahu wa taala decreed for us to be here? What positive contributions can we make? Islam is not about ruling the world, it is about sharing the message; that Allah is One and Muhammad salla allahu alayhi wa salam is His slave and messenger. Islam is about encouraging people to build a connection with Allah and His Messenger salla allahu alayhi wa salam and if we can manage that, then Jerusalem will be known as a place of peace again insha'Allah.

By Hanife Moumin

W o r k s h o p s ?

On one hand, we see the hall packed with people attending workshops and seminars on parenting and on the other, it is believed parenting comes naturally to man. Why in this advanced world do we need to know parenting skills? Do animals go through any such workshops to learn how to bring up their young ones? Have we ever heard of similar workshops held a century ago? Won't attending these workshops result in bad parenting?

Most of us would agree that even though our parents faltered whilst raising us, we wouldn't label them as bad parents. We discover in these workshops that on certain occasions, our parents' behaviour towards us wasn't necessarily the right way. Most of their parenting was good so where did they learn these skills?

Most of us turn out to be a replica of our own parents. Knowingly or unknowingly we use the same way of scolding and cursing as we have heard from our parents. Though personally we disliked their nags, we then see ourselves following in their footsteps. The first twenty years of our growth and grasp was spent listening to the repeated dialogue of our parents.

This drilling has to vent out and these subconsciously registered statements are vented out on our children. I remember my brother refusing to buy a bicycle for his 3 year old just because my father refused to grant him one when he was that young. He believed that this is how he learned to value things and so will his son too. Our parents used test and trial methods to decide how to impart values and get the best out of us..

After graduating from parenting workshops and seminars, parents do find them truly beneficial and whilst they leave the hall they vow to be a better parent. After attending such workshops, reading books and even speaking to parents, I have realised that the funda of good parenting boils down to having basic moral values like patience, respect, honesty, empathy, gentleness and compassion etc. and I wonder whether these qualities are the same as those qualities required while dealing with adults as well. I feel that the only difference between handling the young and the adults is that the adults do not need to be given baths and have their diapers changed for them.

The Quran and the Seerah of our beloved Prophet Muhammad peace be upon him is full of commands and incidences recommending honesty, being a good role model, appreciating and thanking people, teaching children life skills and so on. We name the quality and we will find evidence in the Quran or the Seerah of the Prophet peace be upon him. So we as Muslims need to go back to the roots of the Quran and Sunnah to be a good mother or father, husband or wife, brother or sister, son or daughter, friend or foe.

By Umm Muhammad Mayeser

And say

My Lord,
have mercy upon them
as they brought me up
[when I was] small.

(Qur'an 17:24)

[mymuslimworld|tumblr](#)



S a b r

She's always flying off the handle . . . she's so hot headed . . . Boy does she have a short temper! Whatever you choose to call it—not being able to control yourself when you're angry can hamper your success in many realms of your life including marriage, parenting, employment, friendship and most importantly—your religion.

There are numerous recommendations from Quran and Sunnah that encourage us to control our anger and be patient. Here are a few: Only those who are patient shall receive their reward in full, without reckoning. (Quran 39:10) Abu Hurairah (May Allah be pleased with him) reported: Messenger of Allah (PBUH) said, “The strong man is not one who is good at wrestling, but the strong man is one who controls himself in a fit of rage.” (Bukhari and Muslim)

If you are struggling with controlling your temper, here are several empowering tips to get you started on the road to a more tame and controlled temperament.

1. Acknowledge that you have a problem. Well of course I realize that, you might be saying to yourself. But I mean really own up to your anger problem. Tell yourself, No, it isn't right for me to rampage through the house when my husband ignores my complaints. No, it isn't Ok for me to start shouting obnoxious names to my kids when they start bickering and fighting one and another.

You may have a tendency to justify your actions on occasion. You might tell yourself that if it weren't for this or that, you wouldn't have lost your temper. Change this thought pattern. Don't give yourself an excuse for your behavior. If you become weak and resort to acting out your anger, acknowledge that you regressed and make effort to do better next time, insha'Allah.

2. Realize that change doesn't occur overnight. Achieving patience will take consistent effort over time. It is likely that you have found that your unruly behavior has been effective at times in getting you what you desire. After all, who wants to deal with a person who sounds like they've gone mad—it's easier to give in and comply.

We are all affected by those around us. If you were raised in a family in which anger was used as a tool to get others to comply, it's not odd that you have chosen to use this practice as a coping mechanism as well. But don't lose hope. Insha'Allah, you can achieve the noble characteristic of patience and control your angry feelings. With each step of the way, remember success is built upon failure. Each time you revert back into your unproductive manner of behavior, view it as a experience to learn from rather than an additional failure.

3. Begin making dua asking Allah for his help with your anger management problem. There are some things that come easy to you and other things you have to struggle to achieve. If being patient during trials is something you have a problem with, seek help in the One who

can truly grant you success—Your Lord. And when you ask, take note of what the Prophet (saw) has said.

The supplication of a slave continues to be granted as long as he does not supplicate for a sinful thing or for something that would cut off the ties of kinship and he does not grow impatient.” It was said: “O Messenger of Allah! What does growing impatient mean?” He (saw) said, “It is one’s saying: ‘I supplicated again and again but I do not think that my prayer will be answered.’ Then he becomes frustrated (in such circumstances) and gives up supplication altogether.(Muslim)

Never give up asking Allah for his help; it may be that he wants you to grow closer to Him by continually seeking His support.

4. Know the value of being patient. Why do people sacrifice to get a good education, obtain a quality job, or marry a good spouse? They see the benefit in attaining these accomplishments. Knowing the value of being patient can help motivate you to strive your hardest to become more patient. Here are some inspiring points from Quran and hadith that remind us of the rewards of being patient: And be patient. Surely, Allah is with those who are patient. (Quran8:46) Who among us is not in need of having Allah on our side.

Abu Yahya Suhaib bin Sinan (May Allah be pleased with him) reported that: The Messenger of Allah (saw) said, “How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah, and that is good for him; and if adversity befalls him, he endures it patiently, and that is better for him”. (Muslim) What a priceless blessing to be counted among the true believers.

Whosoever would be patient, Allah will give him patience, and no one is granted a gift better and more comprehensive than patience”.

(Bukhari and Muslim)

If you try to be patient and succeed, Allah will give you patience. Masha’Allah, you will be rewarded with the very gift you are searching for.

5. Realize that Allah is aware of your difficulty. Often times your anger is a result of a hardship you are experiencing. Maybe your kids have been nagging you about going somewhere all day and you’re at your wits end with their complaining. Or maybe your husband has been snappy ever since he arrived home from work. May be it’s the pounding headache that won’t seem to go away. When you are feeling angry, hurt, or frustrated, often times you want others to know how you are feeling, in particular those whom you consider to be the cause of your frustration. When others seemingly disregard your observable feelings of exasperation, this is when that angry feeling can really begin to flare up. During these initial moments, remember the following hadith. Let it be a means of consolation for you rather than your resorting to irate outbursts.

Abu Sa’id and Abu Hurairah (May Allah be pleased with him) reported that the Prophet (saw) said: “Never a believer is stricken with a discomfort, an illness, an anxiety, a grief or mental worry or even the pricking of a thorn but Allah will expiate his sins on account of his patience.” (Bukhari and Muslim)

Others may not know of or even consider the difficulty you are experiencing. Take comfort in knowing that Allah The Most Gracious Most Merciful is always aware. And He is most capable of removing your discomfort or compensating you for it.

Controlling your anger can be one of the most difficult goals you aspire to achieve in life. But it is well worth the effort. You want to be among the most righteous; you want to be a true believer; you want Allah to be on your side . . . so strive your utmost to control your anger and reach for patience so you will be amply rewarded.

By Grandma Jeddah

T

Having a problem getting your child up for Fajr? Try these 7 useful tips to help your child slide out of bed in the morning to devote himself to Allah.

First, make sure your child is getting sufficient rest throughout the day. A well rested child is easier to wake up early in the morning than one who is in need of sleep. Try to ensure that he's getting his required hours of sleep per day. Children aged five to ten need daily about 10 to 11 hours of sleep. Youth over ten years need about 8 to 9 hours a day of sleep. Attempt to get your child to bed on time.

Second, use a calm and gentle voice when trying to wake up your child. Who wants to wake up to a harsh, gruff voice shouting at him? All you'd feel like doing is turning over on the other side, crawling up under your covers, and going back to sleep. Third, remove blankets and sheets from your child so he's unable to make himself warm and cozy. This makes him uncomfortable in bed so that his sleep is less enticing.

The fourth thing is to make an incentive chart using stars as rewards for getting up for Fajr. Prior to using the chart, be sure to explain to your child how the chart is to be used. Let him know that when he gets up for Fajr, he will get a star on his chart. On the days he neglects getting up to pray, he gets no star. After he's earned a certain number of stars, give him a treat or take him somewhere special. This might encourage him to even look forward to getting up for Fajr, when he lies down to sleep at night.

Fifth, sprinkle a few drops of water on your child's face after having tried several times to wake him up. This is often very effective.

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Sixth, read stories related to salat from hadith, seerah, and Quran to encourage your child to pray on time. Also, explain to him the benefits of making salat. Let him know that making salat pleases Allah very much and that Allah rewards those who make salat.

The seventh thing to remember is to ensure you make salat regularly. Young children look up to their parents as role models. This admiration develops a desire for the child to model himself after his parents. Use this human characteristic to your advantage. Let's summarize the points:

- 1. Make sure your child is getting sufficient rest.***
- 2. Use a calm voice when waking him.***
- 3. Remove his sheets and blankets.***
- 4. Use an incentive star chart.***
- 5. Sprinkle him with drops of water.***
- 6. Provide your child with Islamic references for making salat.***
- 7. Ensure you make Fajr regulary.***

Now, hopefully you'll have an easier time waking your youngster up for Fajr tomorrow morning when you use these helpful 7 tips, insha'Allah.

Grandma Jeddah is the author of *Discipline without Disrespecting: Discover the Hidden Secrets of How to Effectively Discipline your Muslim Child—And Keep your Peace of Mind While at It*. Subscribe to her free newsletter and receive her free ebook-- 8 tips to Tame Your Muslim Child's Temper at: www.grandmajeddah.com.

By Grandma Jeddah

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Here are 10 principles of success I have learned from working with and observing hundreds of couples:

1. Happiness is not the most important thing. Everyone wants to be happy, but happiness will come and go. Successful couples learn to intentionally do things that will bring happiness back when life pulls it away.

2. Couples discover the value in just showing up. When things get tough and couples don't know what to do, they need to hang in there and be there for their spouse. Time has a way of helping couples work things out by providing opportunities to reduce stress and overcome challenges.

3. If you do what you always do, you will get same result. Wise couples have learned that you have to approach problems differently to get different results. Often, minor changes in approach, attitude and actions make the biggest difference in marriage.

4. Your attitude does matter. Changing behavior is important, but so is changing attitudes. Bad attitudes often drive bad feelings and actions.

5. Change your mind, change your marriage. How couples think and what they believe about their spouse affects how they perceive the other. What they expect and how they treat their spouse matters greatly.

6. The grass is greenest where you water it. Successful couples have learned to resist the grass is greener myth – i.e. someone else will make me happy. They have learned to put their energy into making themselves and their marriage better.

7. You can change your marriage by changing yourself. Veteran couples have learned that trying to change their spouse is like trying to push a rope – almost impossible. Often, the only person we can change in our marriage is ourselves.

8. Love is a verb, not just a feeling. Everyday life wears away the “feel good side of marriage.” Feelings, like happiness, will fluctuate. But, real love is based on a couple's vows of commitment: “For better or for worse” – when it feels good and when it doesn't.

9. Marriage is often about fighting the battle between your ears. Successful couples have learned to resist holding grudges, bringing up the past and remembering that they married an imperfect person – and so did their spouse.

10. A crisis doesn't mean the marriage is over. Crises are like storms: loud, scary and dangerous. But to get through a storm you have to keep driving. A crisis can be a new beginning. It's out of pain that great people and marriages are produced.

By Mitch Temple

Are You Guilty Of The Fajr Salah Stop-Drop-And Roll over? How you prepare for things shows its importance. If it is an important event then you will prepare for it.

Example: You have to be at work or school at 8am, and you live about 10 minutes away from work, so you try to leave your house at 7:45am so that you can drive there, park your car, and be at your desk at 7:59 all ready. If you leave your house at 7:45am, do you wake up at 7:40 and roll out of bed and get ready? No – you don't do that! Typically, how much earlier would you wake up? The average answer is 45 minutes. Why? You would say it is your job and is important. You have to wake up and brush, shower, clean and comb, eat something, pack your stuff and dress nicely. You have to take it seriously.

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That is why you invest the time and give it importance and treat it as something important. Compare this to ṣalāt'l-fajr.

I realise that is the most drastic comparison.

Let me explain to you the proceedings of ṣalātu'l-fajr.

First, before you sleep you have the route from your bed to the sink completely mapped out so that you can get to it with your eyes closed. Why?

When you wake up for fajr, you don't like to turn on all of the lights because it takes the sleepiness away and you want to pray fajr and go straight back to sleep.

You make it to the sink and have perfected the art of the 15 second wudhū' – it's like a magic trick. You make your way back over to your bed, and you pray next to your bed and then engage in a procedure I like to call: Stop, Drop and Roll over. You would pray on your bed if possible.

How sad is that? That is the condition of our prayers. We need to treat ṣalāh like an important part of our day.

Haraam Police Alert!

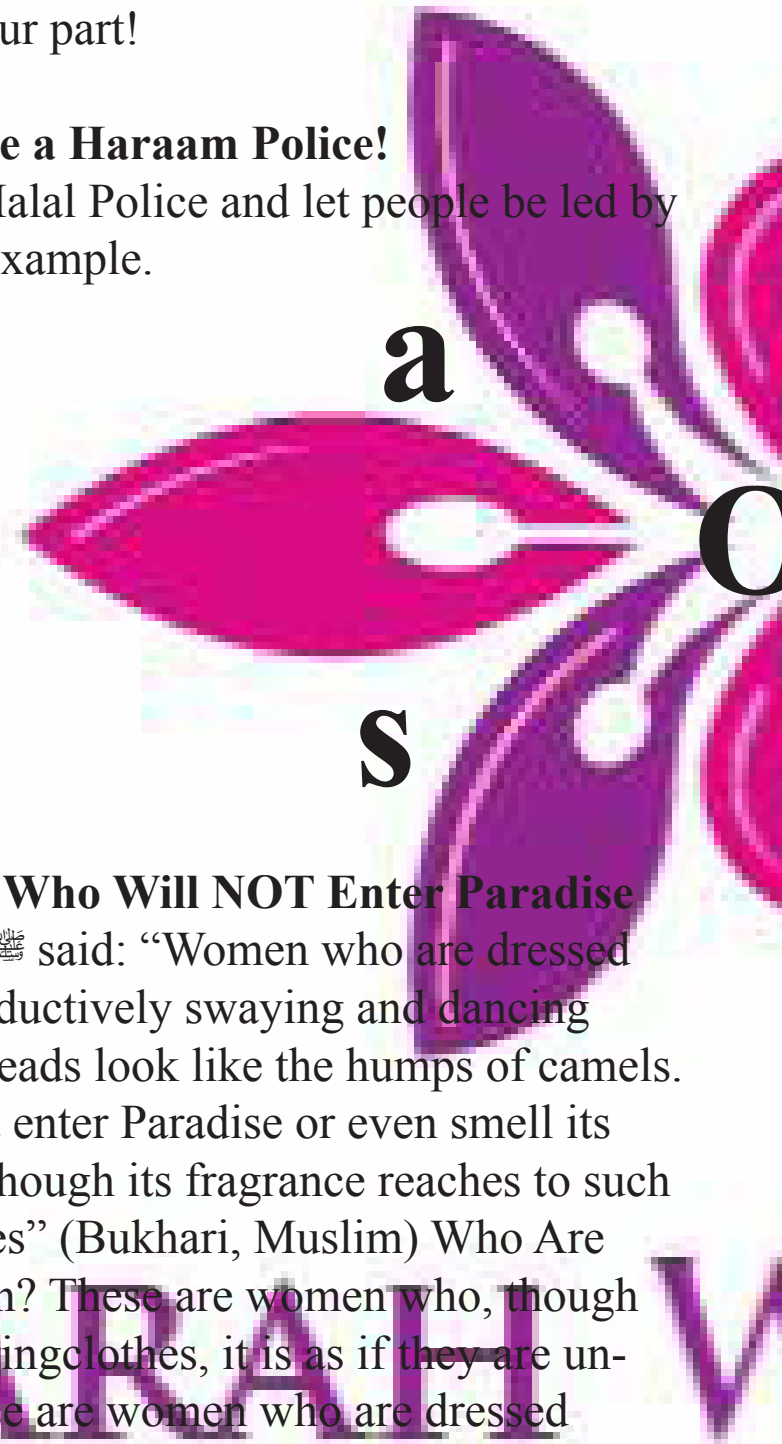
Are you guilty of being the “Haraam Police”? “Haraam!!! This is Haraam!!! Haraam I say!!! Sometimes all you need to do is say some nice words to put your point across. There is no need to constantly repeat “This is Haraam!” like a parrot. Doing this can actually back fire and cause the “accused” in doing the total opposite of good. So chill; say a few kind words of advice; explain the reasoning behind your advice; back it up with evidence and ask Allah to guide you and them to rightful ways! And then you have done your part!

No need to be a Haraam Police!

Rather be a Halal Police and let people be led by your Halaal example.

WOMEN Who Will NOT Enter Paradise
The Prophet ﷺ said: “Women who are dressed but naked, seductively swaying and dancing about, their heads look like the humps of camels. They will not enter Paradise or even smell its fragrance, although its fragrance reaches to such great distances” (Bukhari, Muslim) **Who Are These Women?** These are women who, though they are wearing clothes, it is as if they are undressed. These are women who are dressed but expose their bodily figures because of tight clothes e.g. who wear fitted abayas; tight jeans, trousers and tight tops etc. These are women who wear clothes that are thin and revealing exposing their bodily parts. These are women who wear clothes that do not cover the parts of their body which are considered part of their nakedness. These are women who sway as they walk, swinging their bodily parts trying to catch the attention of men e.g. women who swing their hips side to side. These are women whose head covering is fashioned as an obvious feature of attraction inviting men to gaze at them.

“...these women will be astray and will lead others astray.”
(Muslim)



Sisters Only Vacation - Access All Women

When sisters are on “vacation” and by that I mean on her monthly cycle - we are quite literally on holiday. We are enjoying our week off so much that we forget all about Ibadah!

“Ibadah? Really? I can do Ibadah on vacation?”
My dear sisters, yes you can. There is not only one type of Ibadah as we recognise to be - salah.

Although we cannot perform Salah or read Qu’ran (agreed upon by majority of scholars) during our monthly cycle there are many other forms of worship we can engage in.

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- Dhikr of Allah

- Du’as (supplications)

- Istighfar (seeking forgiveness)

- Listening to Qu’ran recitation

- Memorising Du’as

- Gaining more knowledge e.g. Listening to Islamic lectures or reading the meaning of Surahs

- Getting involved in projects e.g. with more time on your hands you can help charity or dawah projects

- Spending valuable time with family

So next time you’re on “vacation” remember it’s not really a holiday; so spend it wisely!

Wudhu with Make-up On~ Is It Valid? ~

We all enjoy to wear a bit of make-up now and again. But have we given thought to how it affects our wudhu? Did you know that water must reach all of the areas that are washed in ablution including the face in order for it to be valid. If you have a nose piercing, be sure to allow water to reach inside the hole too. If our makeup prevents water from reaching any of the skin or hair of the face, for example (waterproof mascara, primers and liquid foundations etc) it must be removed before performing wudhu. So next time we’re getting ready for a wedding party; visiting family and friends; or just for work; keep in mind there are 5 obligatory prayers in the day and let not our efforts go in vain by invalidating our wudhu just because we wanted to paint our face.....

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Disease Of The Tongue Lies...Lies...and More White Lies...There is not one person amongst us that could say, that we have not lied on a number of occasions. We may lie for a number of reasons:
1. Unable to face the consequences of telling the truth
2. Out of fear of reduction in social status
3. To impress others e.g. we will lie about our cars, where we work, what we earn etc. The Prophet ﷺ said; “Do not ever lie, because lying leads to very abhorrent sins and those in turn lead to hellfire. One keeps on lying and seeks to do that until one is recorded as a liar in the books of Allah” (Ibn Majah) Today, lies roll off our tongue just as fast as a ferrari! It is frequently seen today that our children are instructed to make excuses such as “my mum is in the toilet”, or “my dad is not in” unaware of the negative effect it will have on our child. The parents are in actual fact permitting their children to believe lying is permissible. We should be careful not to lie in trivial matters. Like when we say “I’ll call you back tomorrow” with no such intention and to make it even worse we add “In shaa Allah”. Unfortunately, in our society we have perfected the “art” of lying. {Truly, Allah guides not the one who transgresses and lies}

The Essence Of True Sabr (Patience)

There are some types of grief that weigh on the heart, that if they were to be felt by a mountain, that mountain would crumble to the ground... When Prophet Muhammad ﷺ lost his beloved son Ibrahim, he held his small body in his arms and said “The eyes send their tears and the heart is saddened, but we do not say anything except that which pleases our Lord. Indeed, O Ibrahim, we are bereaved by your departure from us.” Then he turned his face towards the mountain before him and said, “O mountain! If you were as sorrowful as I am, you would certainly crumble into pieces! But we say what Allah has ordered us: (we are the servants of Allah and we will return to Him; we thank Allah, the Creator of the Universe).”

The human heart is just a small, fragile piece of flesh - but with patience, it is able to carry the kind of pain that would cause a mountain to disintegrate. Patience only comes with great struggle and difficulty. It is like trying to grasp and hold onto a strong and fast-swimming fish with your bare hands. You may succeed for a moment or two, but if you are not vigilant, it will escape from grip just as quickly as it came. And how desperate is our need for patience. Patience doesn't mean to just 'wait out' the pain. It doesn't mean burying your head in the sand until the storm has ended and you can be sure safely re-emerge into life. And patience isn't peaceful – at least not at first. True patience is like stepping onto shards of glass and holding back your screams. As you sit and remove the pieces from your skin, tears stinging at your eyes from the pain, you smile and do not say a word.

Patience is like being lit on fire from within, a fire that feels as though it will consume you. And yet you keep walking forward calmly, extending your hand to take cool drinks from those who offer them in order to quell the flame. Patience is like treading water in violent seas after your boat has capsized – you are exhausted, but if you stop trying for a moment, you will drown.

{Say, ‘O My servants who have believed, fear your Lord. For those who do good in this world is good, and the earth of Allah is spacious. Indeed, the patient will be given their reward with-

out account’} [39:10]

Part of Allah's Mercy is that some of the believers who have been tried greatly in this world and who have remained patient will meet Him without any sins in their records at all.

Patience isn't to not feel, or to be unaffected by pain or loss. It isn't so, and it has never been. It is to feel as though you are going to be crushed by the grief, it is to feel as though your body will be consumed by the fire of pain, it is to feel that you will drown in your sorrow. And yet you wake up in the morning and do what needs to be done to take care of yourself and your family. You pray, you work, you live...and you don't say except that which pleases Allah.

Praise and thanks belong to Allah. To Him we belong and to Him we shall return. There is no power or might except that of Allah. Allah is Sufficient for us, and He is the Best Disposer of affairs for us. We have placed our trust in Allah.

Patience will extinguish the fire, lift the weighty burden, and lead you to dry land. Not because you have been exceptionally good or are intrinsically worthy of being healed. Rather, it is because Allah has promised:
{With difficulty, there is ease}

And Allah never breaks this promise to those who honour the covenant.

May we all be able to observe true patience in all situations with the help of our Lord! Aameen

Have You Tasted The Sweetness Of Qiyam-al-Layl?

Waking for the night prayers (Tahajjud) before the start of Fajr salah can feel like the hardest thing in the world. We are so comfy in our beds, all snuggled in, why would we leave this for prayers that are only voluntary?

Our beloved Prophet ﷺ gives us the reason: “The closest that a servant is to his Lord, is in the last part of the night. If you can be among those who remember Allah at that hour then do so.” [Tirmidhee]

How many of us want our Du'as to be answered? I'd say everyone. But how many of us are willing to sacrifice even minutes of our sleep before Fajr, asking Allah?

{They (the believers) forsake their beds, to invoke their Lord in fear and hope; and they spend out of what We have bestowed on them}
[Surah As-Sajdah 32:16]

The Prophet ﷺ said: "Allah, Our Lord, descends (in a manner befitting His Majesty) to the nearest heaven to us of this universe during the last third of the night and says: {Is there anyone to call upon Me so that I shall respond to him (fulfill his prayer). Is there anyone to ask of Me that I may grant his request. Is there anyone to seek My forgiveness so that I shall pardon him (and forgive his sins)}?"
[Al-Bukhaari & Muslim]

I guarantee, once when you have tasted the sweetness of night prayers...Your body will not be able to function without it! You will automatically be alert at the night hour...Your heart will feel alive...And when you stand in front of your Creator whilst everyone else sleeps tears will automatically form. The conversation between you and your Lord will be heartfelt...Your soul will be at ease knowing that Allah is near to answer you!

The Prophet ﷺ said: "The best prayer after those prescribed is (the prayer performed) in the depth of night." [Muslim]

Practical Tips To Wake Up For The Night Prayer

SINCERITY (Ikhlaas)
This is the key to Allah's help and blessings. The help of Allah is needed to accomplish and achieve success in all our affairs. And Allah helps those who are sincere in their hearts.

Therefore, we should have a sincere intention to pray Qiyaam al-Layl; seek the Pleasure of Allah Alone and avoid the desire of praise or fame.

GO TO SLEEP EARLY

Avoid staying up too late unnecessarily after Isha salat. Sleeping early is a healthy habit and it was the practice of our Prophet (SAW) to sleep direc-

tly after performing the Isha prayer. Sleep in a state of tahaarah (purity) - wudhoo. **KNOW THE VIRTUES OF QIYAM-AL-LAYL** Knowing the virtues and rewards of performing worship produces willingness and desire to perform the worship. We have previously mentioned numerous virtues of regularly praying Qiyaam al-Layl.

TAKING A NAP IN THE DAYTIME

Taking a nap before or after Dhur salat will dismiss the stress and thus enable us to get up in the night and stand in front of our Lord.

STRIVE AGAINST YOURSELF

Striving against oneself to get up and pray and suppressing our desires brings about Allah's help and His Pleasure for the slave.

The Prophet ﷺ said: "The Mujahid (one who strives in way of Allah) is the one who strives against his own self for the sake of Allah." [Tirmidhee]

The Prophet ﷺ said: "May Allah have mercy on a man who wakes up at night, prays, and wakes his wife to pray; and if she refuses, he sprinkles water on her face. And may Allah have mercy on a woman who wakes up at night, prays, and wakes her husband to pray; and if he refuses, she sprinkles water on his face."
[Abu Daawood]

What Would You Do If Allah Took One Away From You?

Your eyes are a gift from Allah;

Be careful what you look at!

Your tongue is a gift from Allah;

Be careful what you say!

Your ears are a gift from Allah;

Be careful what you listen to!

Your mind is a gift from Allah;

Be careful what you ponder upon!

Your hands are gifts from Allah;

Be careful what you do!

Your feet are a gift from Allah;

Be careful where you walk towards!

"Ya Allah; we can NEVER thank you enough for all the gifts you have blessed us with. We have truly transgressed and wronged ourselves. Should you not forgive us we will be amongst the wrongdoers.

O Allah; forgive us! We are in need of your infinite Mercy!

Aameen.

DISTRACTIONS IN SALAH

Have you ever felt the whole world on your shoulders as soon as you stand in salah? Making a list in your head of ‘things to do’ as you go down in ru’koo? Thinking of what to eat? Who to text? What to say? Phone bleeps.....”Who could that be?” Suddenly your senses are wide awake. Especially your ears. Ooopps...”Have I done 2 ru’koo or 3?”...

Follow these tips for a “Distraction-Free Salah”
Number 1.

Get rid of your phone. No, not literally! You may think putting it on silent will work; but you will be tempted to check your msgs, fb, emails etc after each unit of prayer. So best to hide it away out of site; better still turn it off!

Number 2.

Opt for a plain prayer mat. Thats right! We often start hallucinating in salat where we tend to make out objects and images from the designs on our prayer mat. Best to stick to plain ones!

Number 3.

Pray salat in a quiet room. Sometimes we start praying salat in a room full of people chit-chatting. No wonder our ears start wondering off. If possible pray in a quiet area with less noise. If not possible, tell the chit-chatters your praying salat so they have to sssshhhhh!

And its perfectly OK to say that! (in a polite manner - of course)

Number 4.

Wear loose clothing. Often enough, we are too busy pulling and tugging our clothes or fixing our scarf as we go down for sujood. And even tripping over our clothes as we get back up from sujood.

To avoid this awkward and most irritating situation wear suitable clothing which is befitting a conversation with your Lord!

Number 5.

Salah is not a chore! Cooking is a chore! Don’t leave your cooking on the stove whilst in salah. This is an automatic, unwanted and dangerous distraction.

Number 6.

Kids! Yes, you become their mini playground in salah. They climb on you and slide down your back when your in sujood. It’s ok. Don’t get annoyed. Don’t shout at them. Embrace it. And if you can, get them to join you by placing for them their own mini prayer mat next to yours!

Number 7.

So as soon as you place down your prayer mat; sudden brainwaves occur; ideas flood into your mind; you remember who ate the last cookie; emotions erupt.

Relax. Take a couple of minutes to sit on your prayer mat and reflect on why you are praying. Who are you praying to? Repent...make dhikr...ask Allah to help and guide you. Get into the zone and then begin your prayer.

These are just a few tips and I’m sure there are plenty more!

What do you do to avoid distractions in salah?

Circle Of Friends

One cannot stress the importance that your friends whom you choose to interact with has a major impact on your behaviour, your actions, your character and in general your life.

It is very important, especially in our social environments today to ‘choose your friends carefully’.

Do not be embarrassed or feel saddened to let go of those friends who are diverting you away from the path of Allah. Who are encouraging you to sin or better still not discouraging you!

Ask yourself will they hold your hand when you stand alone on that Day? Will they agree to share the punishment with you? Will they even recognise who you are on that Day? Do not lose focus of the purpose of this momentarily life. Choose friends who remind you of Allah. Who remind you to keep away from evil. Who stop you when you are engaged in backbiting and gossiping. Who remind you to pray salah on time. Who assist you when you are in need. Who advise you without jealousy and agendas. Who love you for the sake of Allah.

And don’t forget - To be that friend too!

The Road to Success

{The ones who prefer the worldly life over the Hereafter and avert [people] from the way of Allah, seeking to make it (seem) deviant. Those are in extreme error}

[14:3] Let me take you on a short journey on my mini bus.

Jump in.....

....We are driving down the road and pass by an awesome mansion on a hill top. It's huge and spectacular. And behind the mansion is a flowing stream and vast breath-taking gardens The view is Amazing. Parked on the enormous driveway is the best car we have ever laid eyes on. And we happen to see the owner walk into his mansion. I now ask you; "Do you think this man is successful or a failure?"

Presumably from earlier observations, everyone will definitely answer successful.

....We then continue driving down the road and happen to pass by a man who is homeless. His clothes are old and tatty.

I now ask you; "Do you think this man is successful or a failure?"

Again, based on observations, everyone will agree he is a failure.

Now. Who was one of the wealthiest men to live?

Firaun (pharaoh), right? Didn't he have it all? The biggest palaces, fastest transport, vast and enormous land and wealth; even control over the people?

I ask you: was he successful or a failure? A definite failure. He was amongst the worst of creation.

{...And indeed, Pharaoh was haughty within the land, and indeed, he was of the transgressors}

[10:83]

Now lets us take a look at Ibrahim (as). Was he not made homeless because of his beliefs?

Thrown into a cauldron purely because he worshipped one god (Allah)?

I ask you: "Was he successful or a failure?"

A definite success. He is ranked amongst the best of creation.

{Allah keeps firm those who believe, with the firm word, in worldly life and in the Hereafter}

[14:27] What do we learn from this?

Success has nothing to do with Wealth; and Failure has nothing to do with Poverty!

"Our Lord! Grant us good in this world and good in the hereafter, and save us from the punishment of the fire"

The Jumu'ah Khutbah Chit-chatters

Did you know when the khateeb delivers the khutbah on Friday Jummah, it is a part of your salah? Concentrating and internalising the message of the khutbah is the entire purpose of the gathering. Narrated Abu Huraira:

Allah's Messenger ﷺ said, "When the Imam is delivering the Khutbah, and you ask your companion to keep quiet and listen, then no doubt you have done an evil act." So even talking to others to make them quiet is not allowed. This shows you the importance of paying attention and listening to the khateeb. You must not be playing with the carpet or its designs. You must not be text messaging or checking the internet on your phone. Looking around pointlessly diverts your attention. Do your eyes wander in salah? Therefore it should not wander during the khutbah. Any distraction as small as this can nullify your prayer. You must realise that the khutbah is part of the prayer and so respect it the same way one respects their conversation with Allah

Grave Truths: {To Allah we belong and to Him we shall return}

[2:156]

Have you ever questioned:

Whom do you belong to?

Who owns you?

Where will you return?

To whom shall you return?

When shall you return?

We are all servants. You are a servant! And we all have One Master. We have all submitted ourselves to our Master. Who is our Master? Our Master is the One who Created us; Fashioned us; Sustained us; Provided for us; The Most Merciful; Oft-Forgiving; Lord of the worlds!

Have you ever thought who owns us?

Did you know we do not own our bodies. Our bodies are a loan from Allah to use in this temporary world. The day we return to Him, our bodies stay behind in this temporary world; decompose into the soil and earth it was created from; whilst our soul gets separated from our body to be taken away to meet our Master - Ar-Rahman!

So then how should we treat our body....?

With respect; with care; with ease and simplicity. How do you treat your school uniform? Your work uniform? You make sure it's clean and washed. You make sure you don't stain or spoil it. You mend it when it's torn.

The Prophetic Medicine

HONEY

1. Antiseptic

- Use on cuts, burns, bruises and grazes

2. Antibacterial

- Use as part of numerous homemade face masks (e.g. mix with lemon juice and olive oil) for spots, acne, pigmentation
- Use to put on boils/infectious spots
- For eyes infections (place on cotton bud and rub along rim of eye like eyeliner or mix equal parts honey with distilled water to make a solution. Squeeze two to three drops of the solution into the eye. Apply two to three times daily until infection clears.)

3. Antifungal

- Use on cold sores
- For athletes' foot or other fungal infections

4. Antioxidant for cosmetic uses

- For dry, cracked lips
- Use as daily facewash for acne prone skin
- Mix with other ingredients to make hand cream, face masks, shower creams
- Great for cracked heels mixed with glycerin

5. For coughs and colds

(Mix honey with glycerin and lemon)

6. For diarrhoea, indigestion, constipation and other stomach problems

(Consume 1 teaspoon of honey daily)

7. Anxiety, sleeplessness, insomnia

(Consume 1 large teaspoon - a bit at a time - before bedtime)

There are many many more countless benefits of honey all with the help and permission of Allah....

Grave Truths: Are You Scared Of The Dark?

Take a minute before you sleep to lie down on your bed (on your back) and close your eyes. What do you feel? Your comfy bed? Your fresh scented duvets? Your cosy bedroom? Now imagine the soil and dirt you will be laid down into.

The only smell surrounding you will be stale and earthy. Your grave won't feel anything like your bed.

Even now as you close your eyes you can still just about make out the furniture around you. Imagine your grave-dark as black. The 3 dark-nesses surrounding you. The darkness of the night. The darkness inside your tiny grave. And the darkness 6ft under the earth.

Besides you now, you have your loved one-a familiar face.

In your grave it's just you and only you with the undergrowth species and bugs. And you are completely helpless.

Imagine your loved ones lowering you into the pitch black hole; covering you with soil and earth and hearing their footsteps walking away. Leaving you down under - all alone. You cannot move. Cannot talk. Cannot be heard. How terrified will you be? How much of Allah's Help and Mercy will you be in need of?

So next time you feel the urge to rush through salah for your comfy bed or when you become lazy to wake up for fajr, remember you will have plenty of sleep in your grave....

1 Unread Message

Have you ever wondered what is the role of a messenger?

Although we all say Peace Be Upon Him after reading, saying & hearing his beloved name in conversations, but do we know what his task was? A messenger is someone who delivers a message from one to another.

Our Messenger ﷺ delivered the message from Allah to us.

The question I ask...

Have we opened his message? Do we know what it contains?

We are too eager to read the whatsapp messages as soon as our phones beep and respond within seconds, but do we get as excited to read the message of Muhammad ﷺ?

Are we as curious to know what message was sent to us from Allah, our Creator?

The AMAZING QU'RAN is our message....

Have we read it?

Do we understand it?

This important message is valid in our lives up until the end of time.

Do you know what it is all about?

It has solutions to everything that we face in life.

Have we responded to the message?

If not, the message is still waiting for you to open before YOU get deleted.....

What Is Barakah?

We all ask Allah for barakah in our daily supplications.

For barakah in our wealth, our business, in our marriage

So what does this word 'barakah' for which we supplicate to Allah for ourselves and others so often actually mean?

What are we asking Allah for?

The typical definition of 'barakah' you will come across is 'blessings'.

But barakah actually means so much more.

Barakah essentially has 3 meanings:

1. Growth & increase. When something has barakah, it grows & increases beyond expectations.
2. Continuity. When something has barakah it continues to grow & increase.
3. Remains. The final meaning of barakah is something that remains in its place. It doesn't go anywhere.

So when good comes of something far beyond expectation & continues to grow and increase, it is said to have barakah. Allah says His name is full of barakah.

When you start something invoking His name; when you say Bismillahir-Rahmanir-Rahim; your small efforts is mysteriously going to be empowered. Allah will intervene & you will get results you did not expect.

Results you could not have imagined!

It is actually the barakah in the actions which provides us with abundance and peace of mind, contentment and happiness which is the desired end-

-result of all acquisitions.

We need to constantly remind ourselves that it is the barakah that really matters for that is what adds true value to our efforts and we should never forget to supplicate continuously to Allah for it in the many areas in our lives

“O Allah! Put affection amongst our hearts, set right our matters between ourselves, guide us to the ways of peace, save us from the dark-nesses towards the light, save us from all kinds of indecency; the apparent as well as the hidden, and give us barakah in our hearing, our seeing, our hearts, our spouses, our children, and turn in mercy upon us. Indeed You are the One who greatly accepts repentance, One who is repeatedly Merciful.”Aameen.

The Gift Of Guilt

There is a feeling inside of us - a negative emotion called "Guilt". When does someone feel guilty?

When they have done something bad.

Surah al-Qiyamah begins:

عَمَّ أَقْسَمُ بِاللَّيْلِ وَالنَّجْمِ
الْوَالِيَاتِ إِذْ تُسْفَرْنَ
عَنَّهُنَّ وَالسَّجَّادَاتِ

I swear by the Day of Resurrection;

عَمَّ أَقْسَمُ بِاللَّيْلِ وَالنَّجْمِ
الْوَالِيَاتِ إِذْ تُسْفَرْنَ
عَنَّهُنَّ وَالسَّجَّادَاتِ

And I swear by the self-reproaching person (a believer). In these two ayat Allah swears by the day of Qiyamah and Allah swears by the nafs that feel guilt. These two things are connected. How? Allah is telling us an incredible and psychological reality. If you are in a building and you hear an alarm telling you to exit the building because there is a fire in the building. What would you do? You would exit the building. The purpose of an alarm is to warn you of a danger. Would you still react even if you couldn't see the fire? Yes. What is enough for you to react? The alarm that woke you up. Allah created us with an innate sense of good. A predisposition of doing the right thing - fitrah. And when we violate that spiritual programming inside of us; Allah created a security mechanism inside of us - Al nafs al lawwama [the soul that blames/guilt]. Guilt is truly a gift from Allah warning you that you are violating your soul. Your personal alarm warning you. And you don't see the danger of that now. When will you truly see the danger that you were ignoring? You will see it on the day of Judgement. The day of Qiyamah.

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