

Magazine Issue 8  
Ramadan 1443

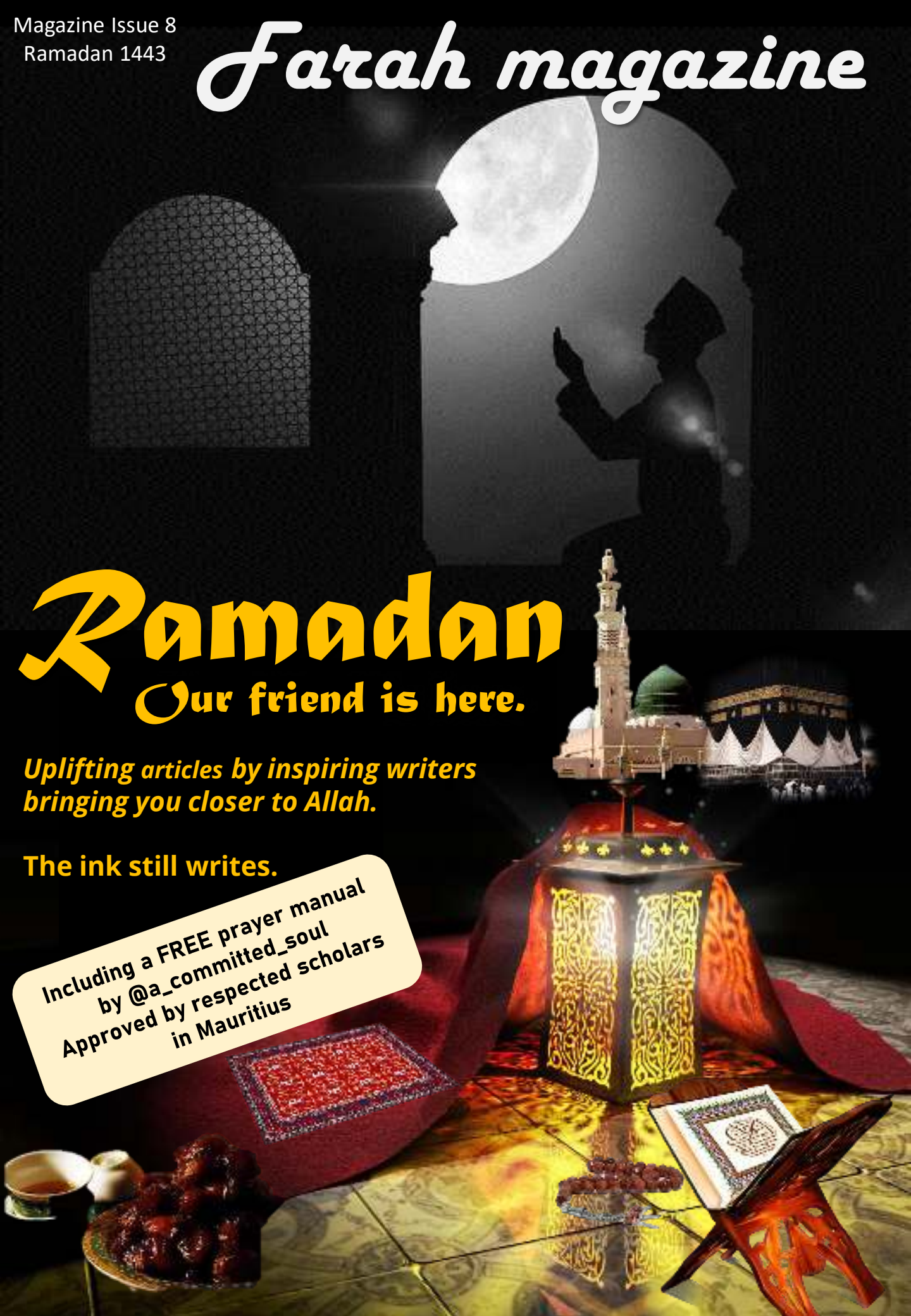
# Farah magazine

## Ramadan Our friend is here.

*Uplifting articles by inspiring writers  
bringing you closer to Allah.*

**The ink still writes.**

Including a FREE prayer manual  
by @a\_committed\_soul  
Approved by respected scholars  
in Mauritius





# Contents

<b>Editorial.....</b>	<b>3</b>
<b>Article Section – Islam.....</b>	<b>4</b>
<b>Nuzulul Quran (The Quran was sent down) poem</b>	
<b>By Asqarini Hasbi.....</b>	<b>5</b>
<b>Ramadan duas with peace and faith.....</b>	<b>10</b>
<b>Ramadan and our hardships By Nusayhah Aumeer.....</b>	<b>32</b>
<b>The Prayer manual By Nusayhah Aumeer.....</b>	<b>39</b>
<b>Ratib - The shield from plagues, disease and fulfilling desires</b>	
<b>By Nisa Ahmad.....</b>	<b>40</b>
<b>Article Section – Health and Wellbeing.....</b>	<b>45</b>
<b>Eating habits in Ramadan in line with Islam By Nusayhah</b>	
<b>Aumeer.....</b>	<b>47</b>
<b>What happens to our bodies when we fast?.....</b>	<b>56</b>
<b>Article section - Home and Lifestyle.....</b>	<b>66</b>
<b>Ramadan recipes.....</b>	<b>67</b>
<b>Puzzles.....</b>	<b>77</b>



A night sky with the Milky Way galaxy, a faint geometric shape, and a silhouette of mountains over a body of water.

# *Islam*



# Nuzul Quran

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When the moon is a bit shine...

At the night of a thousand moons

From Lauhul Mahfudz, it was already written

To the Baitul Izzah, the world's sky

The Universe say tasbih.

Gathering the Lord's revelation

To the most noble human being, yet could not read

In the embrace of the Ruhul Quds

Who reads in the name of Allah.

With a husky, slowly voice, spoken with shivers

But the beauty of the rhythm knocks the door of

the pure heart.

In the highest surrender, Iqra was spoken

The painting of the most beautiful words, His

revelation

The guidance for the believers on Earth.



اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ

Read! In the Name of Your Lord, who has created (all that exists).





شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى  
لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ ۚ فَمَنْ شَهِدَ  
مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ ۖ وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى  
سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا  
يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ  
عَلَىٰ مَا هَدَاكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ

*[Quran, Surah Al-Baqarah (The Cow) 2:185]*





*“The month of Ramadhan [is that] in which was revealed the Qur’an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful.”*

[Quran, Surah Al-Baqarah (The Cow) 2:185]



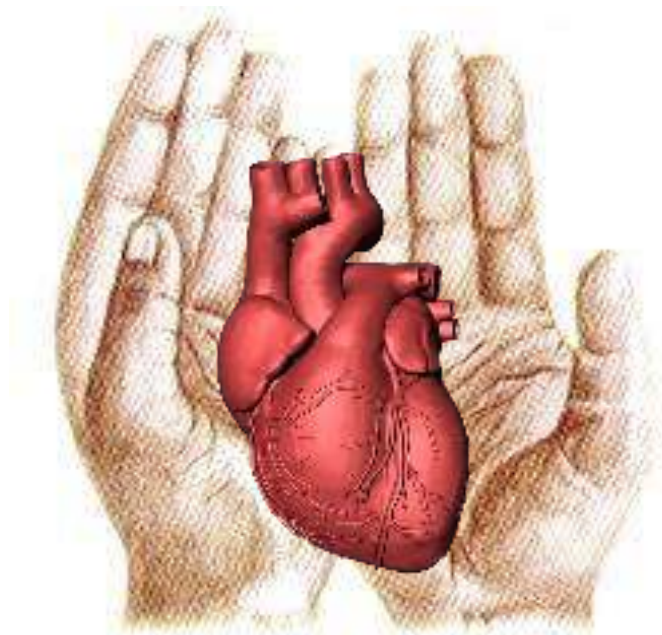
# *Ramadan duas with peace and faith*

*Have you ever had a conversation that involves using the hand  
and heart?*

*This form of conversation is none other than Allah (The Most  
High).*

*He still listens despite He knows what is in our hearts and minds  
before we even say it.*

*The form of conversation is through supplication known as Dua.*



Allah (The Most High) states in the Quran:

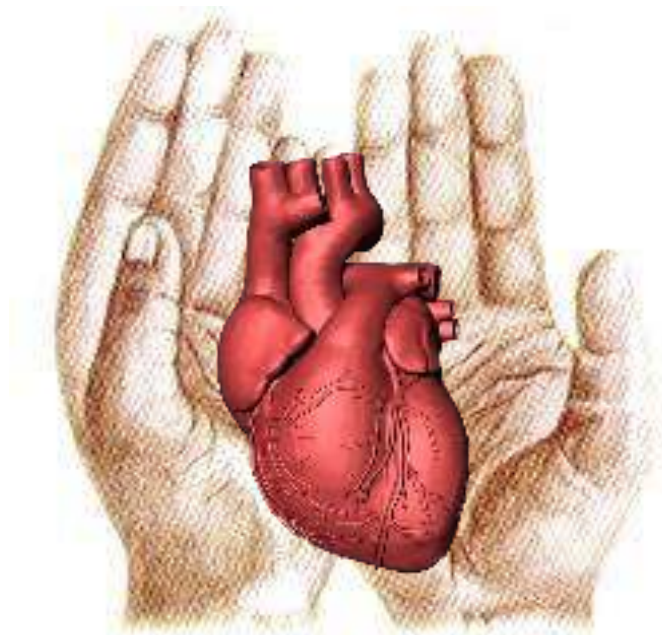
*“And when My slaves ask you (O Muhammad blessings and peace of Allah be upon him) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright.”*

[Surah al-Baqarah (The Cow) 2:186].

One of the respected scholars, ibn Kathir (1/509) said regarding this verse that it is a form of encouragement to make dua especially when one opens their fasts. The most important factor is the mannerism it was said and the sincerity behind it.

*“There are three whose supplication is not rejected: The fasting person when he breaks his fast, the just leader, and the supplication of the oppressed person; Allah raises it above the clouds and opens the gates of heaven to it. And the Lord says: ‘By My might, I shall surely aid you, even if it should be after a while.’ ”*

[Hadith, Al-Tirmidhi]



رَأْسُ جَلَالِهِ  
الرَّحِيمِ

*The Most Merciful  
Al-Raheem*

نَبِيِّ عِبَادِي أَنِّي أَنَا الْغَفُورُ الرَّحِيمُ

*[O Muhammad], inform My servants that it is I  
who am the Forgiving, the Merciful.*

**[Quran, Surah Al-Hijr (The Rocky Tract) 15:49]**

# عَشْرَةَ رَحِمَاتٍ

## Dua for the first ten (Ashra) days of Mercy

There are 30 days in the blessed month, here is a range of duas during the first ten days (the first Ashra) also known as the ten days of Mercy. The second set of ten days (the second Ashra) are the ten days of Forgiveness. The last ten days are the third ashra and can seek refuge from the Almighty from the Hell fire.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Transliteration: Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth

Translation: O Living and Eternal Maintainer! By Your mercy, I seek help!

[Hadith, Al-Tirmidhi]



اللَّهُمَّ ارْحَمْنِي يَا أَرْحَمَ الرَّاحِمِينَ

Transliteration: Allahumma arhamni Ya Arham-mar-Rahimeen

Translation: Oh Allah have mercy upon me, O Most Merciful]

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Transliteration: rabbighfir Warham wa anta khairur-rahimeen

Translation: O my Lord! forgive and have mercy and thou art the best of the merciful one [Surah of Al-Muminoon (The Believers) 23:118]



# عشره مغفرت

## Dua for the second ten days (Ashra) of Forgiveness

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Transliteration: Astaghfirullah rabbi min kulli zambiyon wa  
atoobu ilaiyh

Translation: I ask forgiveness of my sins from Allah who is  
my Lord and I turn towards Him.

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي يَا رَبَّ الْعَالَمِينَ

Transliteration: Allahummaghfirli zunubi ya rabbal  
alameen

Translation: O Allah forgive my sins, O Lord of the worlds

FORGIVENESS



رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

Transliteration: Rabbana faghfirlana zunobana wa kaffir anna sayyi aatina wa tawaffana ma alabrar.

Translation: Our Lord! Forgive us our sins and remit from us our evil deeds and make us die with the righteous

[Al-Quran, Surah Al Imran (Family of Imran) 3:193]

الْغَفُورِ  
جَلِيلِ

## *The Forgiver (Pardoner)*

*“Whoever commits evil or wrongs themselves then seeks Allah’s forgiveness will certainly find Allah All-Forgiving, Most Merciful.”*

[Quran, Surah Al-Nisa (The Women) 4:110]





عشرہ جہنم کی آزادی

*Dua for the third ten days  
(Ashra) for Protection from the  
Hell-fire*





اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Transliteration: Allahuma Ajirni minan aar

Translation: O Allah, save me from the fire (Jahannam)

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي .

Transliteration: Allahumma innaka `Afuwwun TuHibbul `Afwa  
Fa`fu `Annii.

Translation: O Allah, you are the Forgiver, You love to forgive, so  
forgive me.





*When visualising the  
crescent moon.*



اللَّهُمَّ أَهْلَهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ  
رَبِّي وَرَبُّكَ اللَّهُ

[Hadith, Al-Tirmidhi]

Transliteration:

Allahumma ahillahu alayna bil-amni  
wal-iman was-salamati wal-islam.  
Rabbi wa rabbuka Allah.

Translation:

Oh Allah, make it a start full of peace  
and faith, safety and Islam. My lord  
and your lord is Allah.



# Intention to fast

وَبِصَوْمِ غَدٍ نُّؤَيِّتُ مِنْ شَهْرِ رَمَضَانَ

[Hadith, Abu Dawud]

Transliteration:

Wa bisawmi ghadinn nawaiytu min  
shahri Ramadan.

Translation:

I intend to keep the fast for  
tomorrow in the month of Ramadan.

# Opening of the fast

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله

[Hadith, Abu Dawud]

*Dhahaba adh-Dhama' wabtallatil-urooq wa thabatal-ajr in shaa'Allah.*

*Thirst is gone, the veins are wet, and the reward is confirmed by the will of God.*

## Opening the fast in a large group of people.

أفطر عندكم الصائمون ، وأكل طعامكم الأبرار ، وصلت عليكم الملائكة

[Hadith, Ibn Majah]

*“aftara indakum as-saa'imoon, wa akala ta'aamakum al-abrar, wa sallat alaikum al-mala'ikah.”*

*“May the fasting people break fast at your place, and may the pious eat from your food, and may the angels pray for you.”*



*If someone angers you  
when you are fasting*



إني صائمٌ ، إني صائمٌ

[Hadith, Muslim]

*Ini saa'im, ini saa'im*

*I'm fasting, I'm fasting.*

[Al-Bukhari, Al-Asqalani, Fathul-Bari 4/103, Muslim 2/806]

# ليلة القدر





## سُورَةُ الْقَدْرِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۝  
وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۝  
لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۝  
تَنْزِيلُ الْمَلَكِ وَالرُّوحُ فِيهَا  
بِإِذْنِ رَبِّهِمْ مِنْ كُلِّ أَمْرٍ ۝  
سَلَّمَ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۝

نَزَّلْنَا فِي لَيْلَةِ الْقَدْرِ ۝  
وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۝  
لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۝  
تَنْزِيلُ الْمَلَكِ وَالرُّوحُ فِيهَا  
بِإِذْنِ رَبِّهِمْ مِنْ كُلِّ أَمْرٍ ۝  
سَلَّمَ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۝



اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

[Hadith, Al-Tirmidhi]

*Allahuma innaka afuwun tuhibbu al-afwa fa'fu anni.*

*"Oh Allah you are forgiving, and you love forgiveness, so forgive me."*

*Makkah Al Mukaramah, Saudi Arabia*



# *General duas to read during the month of Ramadan.*

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*“Rabbana atina fi'l-dunya hasanah wa fi'l-akhirah  
hasanah wa qina 'adhab al-nar”*

*“Our Lord, give us that which is good in this world  
and that which is good in the Hereafter, and protect  
us from the torment of the Fire.”*

[Quran, Surah al-Baqarah (The Cow) 2:201]

*Masjid Al Nabawi, Saudi Arabia*



عن عائشة -رضي الله عنها- أن رسول الله -صلى الله عليه وسلم- علمها هذا الدعاء: اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَادَ مِنْهُ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَعُوذُ بِكَ مِنَ النَّارِ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضِيَّتَهُ لِي خَيْرًا

[صحيح.] - [رواه ابن ماجه وأحمد.]

“Allahumma inni as'aluka min al-khayri kulihi 'ajilihi wa ajilihi, ma 'alimtu minhu wa ma lam a'lam, wa a'odhu bika min ash-sharri kullihi 'aajilihi wa aajilihi, ma 'alimtu minhu wa ma lam a'lam.

Allahumma inni as'aluka min khayri ma sa'alaka 'abduka wa nabiyyuka, wa a'oodhu bika min sharri ma 'aadha minhu 'abduka wa nabiyyuka.

Allahumma inni as'aluka al-jannata wa ma qarraba ilayha min qawlin aw 'amal, wa a'oodhu bika min an-naari wa ma qarraba ilayha min qawlin aw 'amal, wa as'aluka an taj'ala kulla qada'in qadaytahu li khayran

'Ā'ishah (may Allah be pleased with her) reported that the Messenger of Allah (may Allah's peace and blessings be upon him) taught her this supplication: "O Allah, I ask You for all that is good, now or in the future, what I know and what I do not know.

O Allah, I seek refuge with You from all evil, now or in the future, what I know and what I do not know.

O Allah, I ask You for the good that Your slave and Prophet has asked You for, and I seek refuge with You from the evil from which Your slave and Prophet sought refuge.

O Allah, I ask You for Paradise and for that which brings one closer to it, in word and deed, and I seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And I ask You to make every decree that You decreed concerning me good."

[Hadith, Ibn Majah and Ahmad]

*Masjid Al-Aqsa, Palestine*



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۚ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ٤٠ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ  
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ٤١

“Rabb ij'alni muqima as-salati wa min dhuriyati Rabbana  
wa taqabbal du'a. Rabbana ighfir li wa li waalidayya wa Lil-  
mu'mineena yawma yaqoom ul-hisab”

*“O, my Lord! Make me one who performs As-Salat  
(Iqamat-as-Salat), and (also) from my offspring, our Lord!  
And accept my invocation. Our Lord! Forgive me and my  
parents, and (all) the believers on the Day when the  
reckoning will be established)”*

[Quran Surah Ibrahim 14:40-41].

*Masjid Dome of the Rock, Palestine*



وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا  
لِلْمُتَّقِينَ إِمَامًا

*“Rabbana hab lana min azwajina wa  
dhuriyyatina qurrata a‘yunin waj‘alna lil-  
mutaqeena imama.”*

*“Our Lord! Bestow on us from our wives and  
our offspring who will be the comfort of our  
eyes, and make us leaders for the Muttaqoon  
(the pious)”*

[Quran, Surah al-Furqan (The Criterion) 25:74]

*Masjid Quba, Saudi Arabia*



وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا  
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eyes, and make us leaders for the Muttaqoon  
(the pious)”*

[Quran, Surah al-Furqan (The Criterion) 25:74]

*Baiturrahman Grand Mosque, Indonesia*



# Ramadan and our hardships

By Nusayhah Aumeer



Born and bred in Mauritius, I have always been passionate about writing. I would journal my thoughts in diaries and later felt that my words can be presented publicly.

This led me to create an Islamic Page titled 'A Committed Soul' where I post reminders, which benefit me first and foremost.

I wrote two short stories on Wattpad: 'Forever in my heart' and 'He committed Zina and didn't repent'. I have been collaborating with Farah Magazine since 2019 and am utterly grateful for that, Alhamdulillah.

I work as a part-time Junior Proofread Editor at Kindle/NovelStar. I believe that the religion of Islam and my own experiences will always motivate me to write by the will of Allah.



**A Committed Soul**



**@a\_committed\_soul**





Ramadan is here and many of us may be entering this beautiful month with a heavy heart. Perhaps this year, a close one is not among us or we are struggling in some other ways that make us feel unworthy to welcome the blessed Ramadhan with enthusiasm and happiness. We are all faced with trials that come in different forms and times in our lives. They can make or break us.

At the same time, Ramadan comes only once per year. It is the month of Allah (The Most High) and surely there is Khair (goodness) in it. Perhaps this hardship of ours is not only a means of attaining closeness to Him but it is also happening at one of the most beautiful and blessed moments in time.

There are many ways Ramadhan can help us in going through our hardships.

Let's find out!



## Reflect on the Holy Qur'an

Ramadan is the month of the Qur'an. We may delve into the book of Allah (The Most High) through the recitation of Surah and understanding Quranic verses (ayahs) through Tafseer. The beauty of the Qur'an is to understand it. While reading, we might hit a part that corresponds to our current situation, thus finding solace in our hearts.

Allah (The Most High) tells us in the Quran:

*"Those who believe and whose hearts find comfort in the remembrance of Allah. Surely in the remembrance of Allah do hearts find comfort."*

[Quran Surah Al-Raad (Thunder) 13:28]



## *Serving Iftar to the family and the community*

Serving Iftar to the community during Ramadan is a rewarding experience. The hard work, sacrifice, the spirit of giving back and helping families enjoy time together during this important occasion are amongst the highlights. Also, making others happy makes the heart content at the same time.

The Prophet Muhammad (peace be upon him) said in a hadith:

*“Every act of kindness is charity.”*

[Hadith, Sahih Bukhari, 6021]

Moreover, research has shown that charitable actions can boost endorphins - our ‘feel-good’ brain chemical. The social and active lifestyle often goes hand-in-hand with being charitable to improve our self-esteem as we become immersed in meaningful activities, while also helping us to combat feelings of loneliness and isolation.



## *Fasting itself*

There is power in fasting. It is a form of emotional healing.

Being deprived of food and drink renders us weak, thus making unnecessary activities and thinking unworthy. Just like our body needs the energy to be active, our mind needs that too.

With a lack of energy during the fasting state, we would not want to indulge in unnecessary thinking. Hardships do instil negative thoughts thus, fasting can help in banning them.

prayer & fasting



## Tahajjud Prayer

Tahajjud is a prayer that gives inner strength and mental peace. This act of worship in Ramadhan becomes more precious than ever. We are encouraged to wake up in the third part of the night to stand before Allah (The Most High) especially to seek solutions to our problems. While performing Tahajjud, we place our complete trust in Allah (The Most High) and leave all worldly worries. We submit ourselves to Him and seek relief.

*'The dua made at Tahajjud is like an arrow which does not miss its target.'*

Imam Ash-Shafi'i

May Allah (The Most High) make us successful in our journey back to Him this Ramadhan and may our hardships be wrapped as gifts to us on the Day of Judgment if Allah wills.

**I created the jinn and men  
only to worship Me**

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## ***A manual for Salaat***



Picture source: Pinterest

***Pray before you are prayed upon!***

Written by Mrs. Nusayhah Aumeer Hosany

***This manual written by the inspiring Sister Nusayhah is aimed for all the Muslims who wants to better their conversation with Allah and for reverts who is learning about the religion of Islam.***

***The manual has been proofread by a Islamic teacher and two scholars from Mauritius.***

This can be download for free on [thefst.weebly.com](http://thefst.weebly.com) <sup>39</sup>

# *Ratib - The shield from plagues, disease and fulfilling desires*

*By Nisa Ahmad*

Nisa Ahmad, based from Malaysia. Nisa Ahmad is a blogger, international Writer, Principal of NAIMM Academy and Mutyara Agent. She writes articles sharing her personal journey since 2007 to motivate and inspire. She also enjoys to read and research and creating quotes by observing other people's experiences.



<https://powerofmotivationblog.wordpress.com>



<https://www.instagram.com/chinta.nisa/>



<https://facebook.com/chinta.niesa>



<https://wasap.my/+60198529763/jommutyara>





## *What is Ratib Al-Attas?*

Ratib is the arrangement of remembrance. Ratib Al-Attas is one of the collections of ratib in the Alawiyah Order (The members of the House of the Prophet peace be upon him).

The principles of the Alawiyah Order consist of five principles: Knowledge, Charity, Wara', Khauf (fear) and Ikhlas (sincerity).

Ratib Al-Attas was discovered by the 29th descendant of Muhammad (peace be upon him) called Habib Umar Bin Abd Rahman Al-Attas (d.1072H) in Huraidah, Hadramaut in Yemen. He was a saint of Allah (The Most High) with the title of Qutb al-Anfas.

Habib Umar was brought up and educated by his father, Al-Habib Abdur Rahman bin Aqil. He was blind since childhood and Allah (The Most High) gave him the intelligence of the brain and the sight via the heart to memorize easily anything he heard. He was a descendant of Prophet Muhammad (peace be upon him) and was a great scholar in the land of Hadramaut, Yemen.

Ratib Al-Attas also known as Aziz Al-Manal wa Fathu Bab Al-Wisol (Something hard to come by and key to the connecting door). It contains 17 dhikr sourced from the Quran, hadith and dhikr of the saints of Allah (The Most High).

There are many advantages of Ratib Al-Attas.

1. Longevity And Getting Husnul Khatimah (good ending)

Several Salaf scholars took this ratib as a priority and responsibility to care for nature in the sea and earth and be in Allah (The Most High) protection.

2. All Duas (Supplications) Are Granted

If one has a specific dua, making the intention and reciting the ratib in an open place facing the Qibla (direction of prayer) with performing ablution (Wudhu). The salaf has claimed it is Mujjarab all requests and reciting it 41 times.

### 3. Keeping Homes From Fire And Theft

It keeps the house and 40 neighbouring houses from fire, theft and being affected by magic. Sheikh Ali Baras said: *"When reciting in a village or other places, it secures the members as guarded by 70 warriors on horseback".*

### 4. Forgiven All Sins

Reading of ratib has many advantages, for instance, small sins or large ones forgiven by Allah (The Most High). Whether done intentionally or unintentionally, commitment in practising reading the ratib and inshaAllah (If Allah wills), He will forgive.

### 5. Saved From Magic

Reciting the ratib and practising it, Allah (The Most High) will save us with the blessings of Asma Ul Husna (99 names of Allah), the verses of the Glorious Quran and the Sunnah of Muhammad (peace be upon him).

*“Indeed, it is We Who created humankind and fully know what their souls whisper to them, and We are closer to them than their jugular vein.”*

[Quran, Surah Qaf, 50:16]

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## Surah Ta-Ha

He said: "O my Lord! Open  
for me my chest."

"And ease my task for me;"

"And loosen the knot from  
my tongue

"That they understand  
my speech."

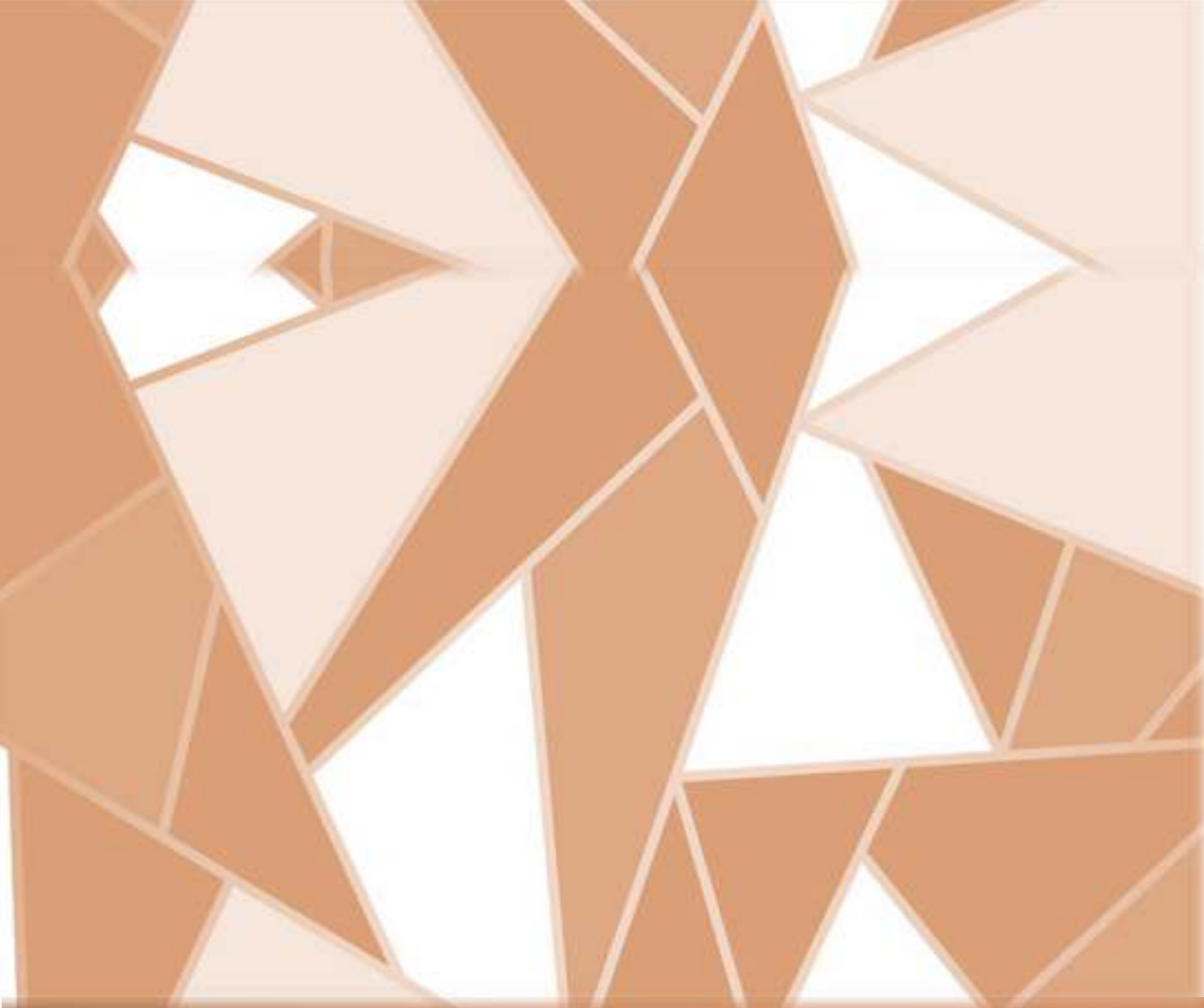
## سورة طه

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي

وَيَسِّرْ لِي أَمْرِي

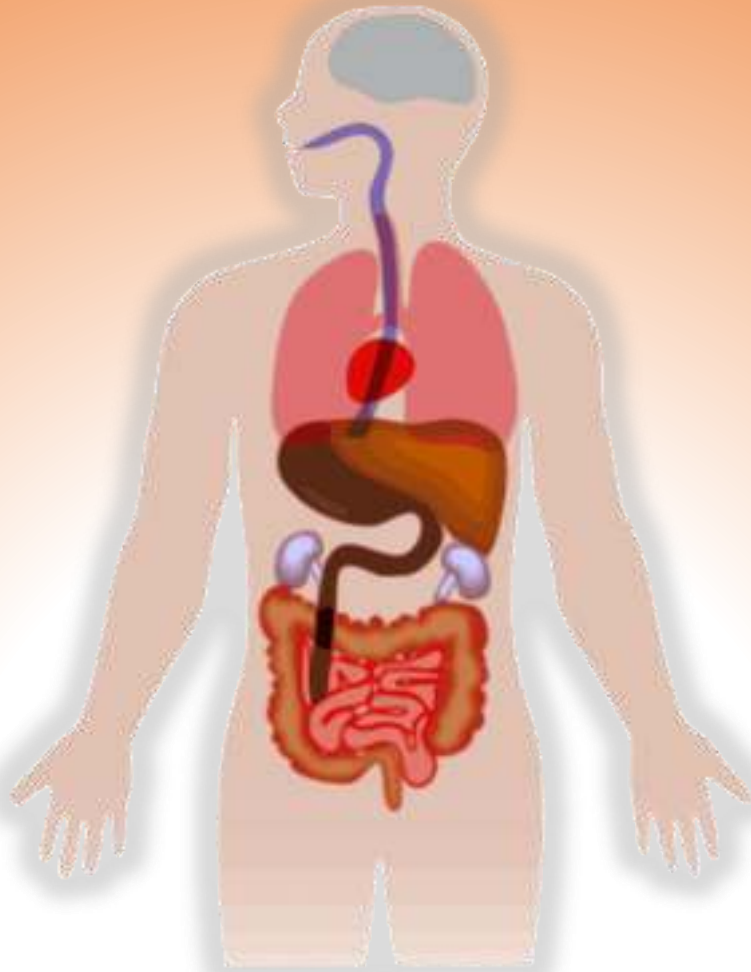
وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي

يَفْقَهُوا قَوْلِي



# *Health and Well-being*





Coping effectively with life and creating satisfying relationships

Recognizing the need for physical activity, diet, sleep, and nutrition

Recognizing creative abilities and finding ways to expand knowledge and skills

Developing a sense of connection, belonging and a well-developed support system,

Expanding our sense of purpose and meaning in life

Satisfaction with current and future financial situations.

Personal satisfaction and enrichment derived from one's work

Good health by occupying pleasant, stimulating environments that support well-being





# *Eating habits in line with Islam*

*By Nusayhah Aumeer*

Born and bred in Mauritius, I have always been passionate about writing. I would journal my thoughts in diaries and later felt that my words can be presented publicly.

This led me to create an Islamic Page titled 'A Committed Soul' where I post reminders, which benefit me first and foremost.

I wrote two short stories on Wattpad: 'Forever in my heart' and 'He committed Zina and didn't repent'. I have been collaborating with Farah Magazine since 2019 and am utterly grateful for that, Alhamdulillah.

I work as a part-time Junior Proofread Editor at Kindle/NovelStar. I believe that the religion of Islam and my own experiences will always motivate me to write by the will of Allah.



**A Committed Soul**



**@a\_committed\_soul**





We all feel excited as Ramadhan approaches our lives. We prepare ourselves physically and mentally to welcome the blessed month. Fasting is among the five pillars of Islam whereby Muslims from around the globe refrain from eating and drinking from dawn to sunset.



Hence, it is incumbent that we practice healthy eating habits so we fast the 30 consecutive days smoothly. It is true that, during Ramadhan, we become inclined to indulge in heavy and rich food that we do not usually consume outside fasting. However, this is how we end up feeling sluggish and tired thus affecting the true essence of worship in Ramadan.





So, here are some healthy tips to consider to obtain a balance into our food regimes in Ramadhan:

The pre-dawn meal: we can have fruits, yoghurt, whole-grain cereals or other starches.

Salaamah Solomon, a registered dietitian at Tygerberg Academic Hospital in Cape Town said:

*“Ramadan is a great opportunity to break the chains of bad eating habits but the majority of people are not reaping the full benefits of this month.”*

It is sunnah to break the fast with dates and water. Dates help lower blood pressure and diminish the risk of heart diseases and colon cancer. It is also a great source of slow-release energy that helps in keeping us going for longer.



Here are food/drink intakes that we need to avoid:

- Avoid caffeine during suhoor that can make us urinate frequently causing dehydration. Instead, drink milk or water.
- Avoid carbonated and soft drinks as they do not have any valuable nutrients and can make us dehydrate easily.
- Deep-fried foods such as fried samosas, spring rolls, fried chicken and potato chips.

Benefits of healthy eating via the Qur'an and Sunnah.

*"saying, ' Eat from the good things We have provided for you, but do not transgress in them, or My wrath will befall you. And whoever My wrath befalls is certainly doomed."*

[Quran, Surah Ta'ha 20:81]





*"And the heaven He raised and imposed the balance. That you not transgress within the balance. And establish weight in justice and do not make deficient the balance."*

[Quran, Surah Al-Rahman (The Most Gracious) 7-9]

Al-Miqdam ibn Ma'dikarib (may Allah have mercy upon him) reported:

The Messenger of Allah (peace and blessings be upon him) said,

*"The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath."*



Overall, to maintain a healthy eating lifestyle inside Ramadhan, our focus should not be entirely on losing or gaining weight but rather be mindful of how we fast and open our fast. This can be advantageous in improving our overall health and maintaining our behaviour. For a long-term goal, we can try to continue this lifestyle post-Ramadan if Allah will.





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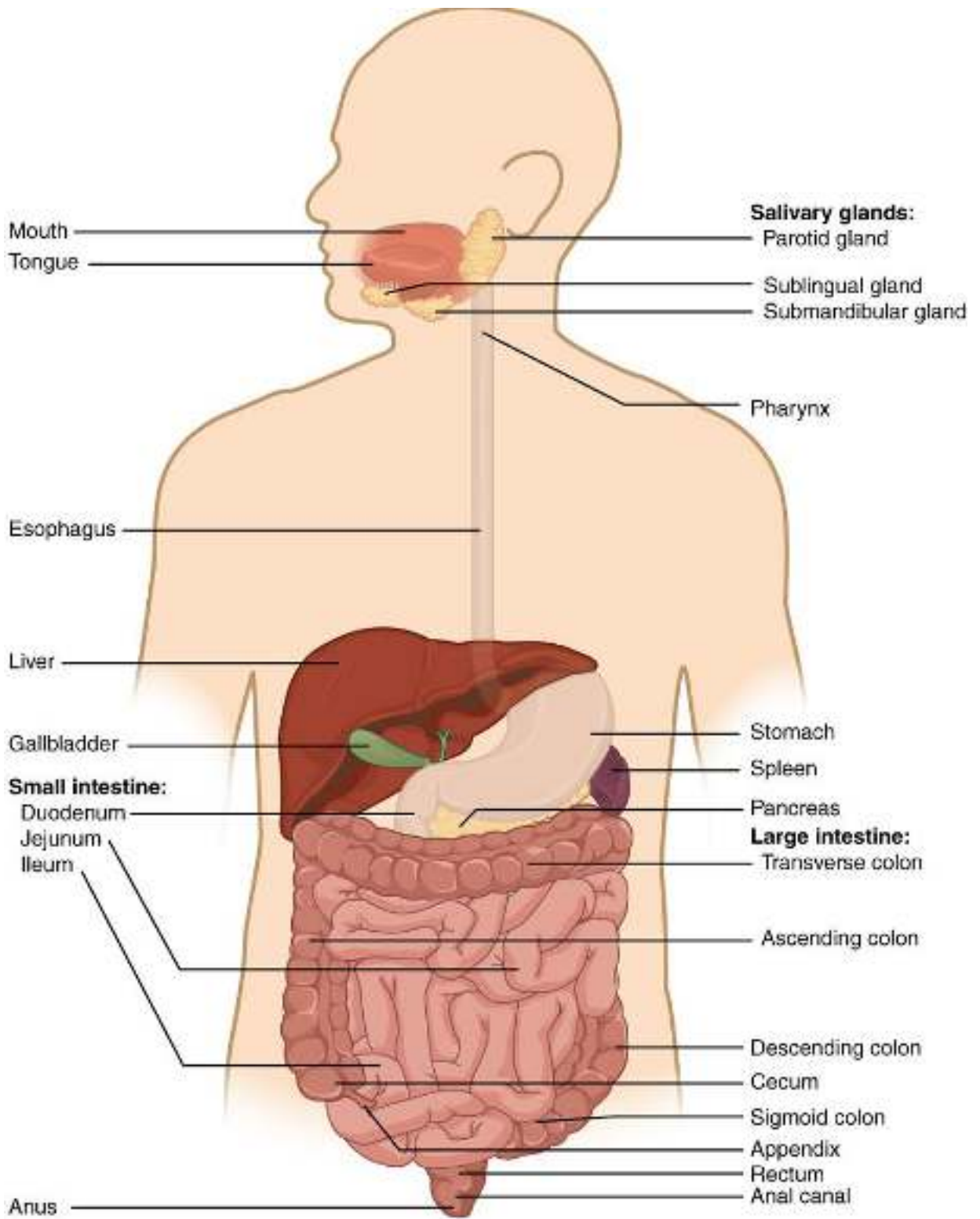
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# *What happens to our bodies when we fast?*

Allah (The Most High) created us in the best form and the human body is fascinating in how the structures function together to respire, grow and move.

In the Quran, Allah (The Most High) says:

*“Verily, We have created the human from a quintessence of clay; then We placed him as a drop in a fixed resting place.*

*We then made the drop into a clot and that into a foetus.*

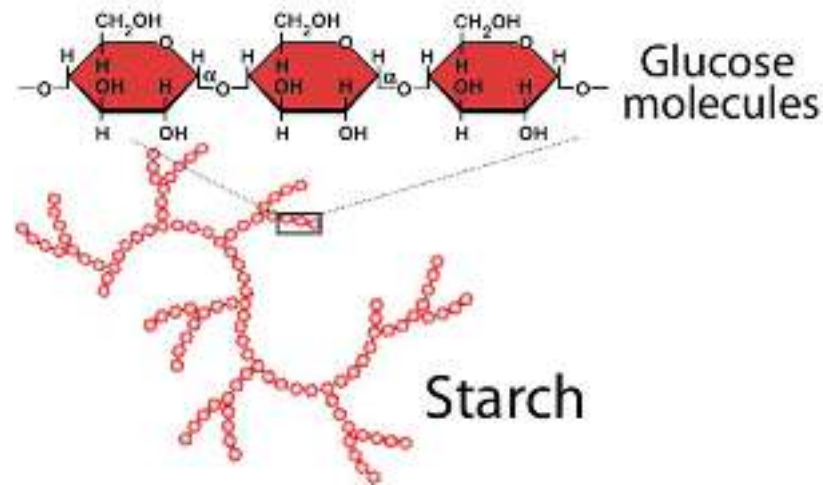
*We then made bones and clothed the bones with flesh and from that brought forth another creation. Therefore,*

*blessed is God, the very best of those who create.”*

[Quran, Surah Al-Muminoon (The Believers) 23:12–14]

*Have you ever wondered what happens to our bodies when we fast?*

# Starch



*According to researchers, after our last meal, our bodies enter the fasting mode for approximately 8 hours which provides sufficient time for the bowel to absorb nutrients from the food.*

*Glucose is a small sugar molecule necessary for many cellular and biochemical reactions in our bodies especially to produce energy. To maintain the glucose levels optimally, extra glucose molecules are stored as glycogen in the liver and the muscles.*

*During fasting, the glycogen is broken down into glucose by enzymes to provide energy. Enzymes are proteins that speed the rate of the reaction. When the glucose stores finish, the fat molecules provide energy. The period where fasting occurs is between sunrise and sunset.*

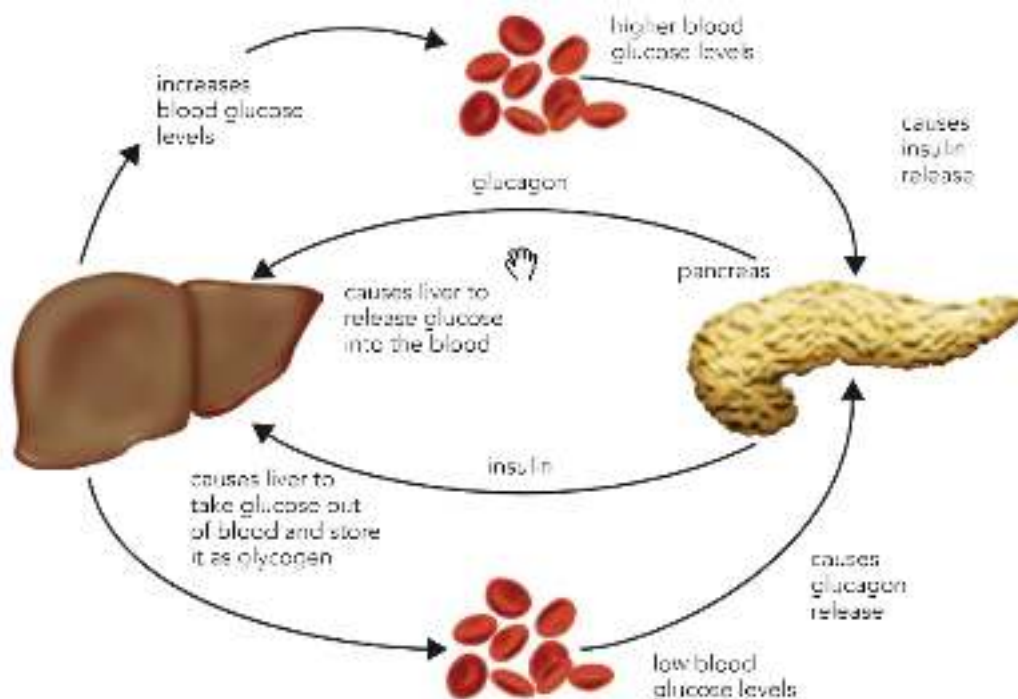
*Suhoor is the morning meal at dawn and; the Iftar is the evening meal at sunset/dusk to refill the energy stores.*

*The use of fat for energy aids in losing weight, building muscle mass and lowering the levels of bad cholesterol in our blood. This allows control of diabetic conditions and lowers the body pressure to the normal range.*

## *How?*

The rate of the metabolic reactions speeds up or increases the number of calories burnt in our bodies. This facilitates in losing weight and maintaining a lean muscle mass. The leaner the muscle mass, the more calories burnt. It is also because there is a limited time to eat which creates a form of discipline.

When there are high levels of glucose in the blood, a hormone called insulin; a chemical messenger released in the blood. It sends a signal to the target cell to convert the glucose molecules into a storage form as glycogen. It can also send a message to fat cells to stop releasing fat when levels are high.



## *What about digestion?*

The process itself requires a digestive system where the body can break down fats and immune cells in the body not needed.

Did you know that after a few days of fasting, happy hormones known as endorphins are released into the blood? They aid in alertness and better mental health and well-being.

Another advantage is the ability to detoxify the body from bad chemicals, the kidneys remove the waste and maintain the amount of water and mineral ions such as sodium and potassium to maintain fluidity.

There are also advantages of fasting on spiritual health, it helps build focus and consciousness in the Almighty of Allah, freeing the mind and heart from worries and remembering Allah, having the discipline and thinking about those who have no food. The month of Mercy is a month of devotion, clarity, prayer, cleansing of our souls from bad habits and renewing ourselves with a positive mindset, improving our character and behaviour.

Allah (The Most High) states:

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.”

[Quran, Surah Al Baqarah (The Cow), 2:183]

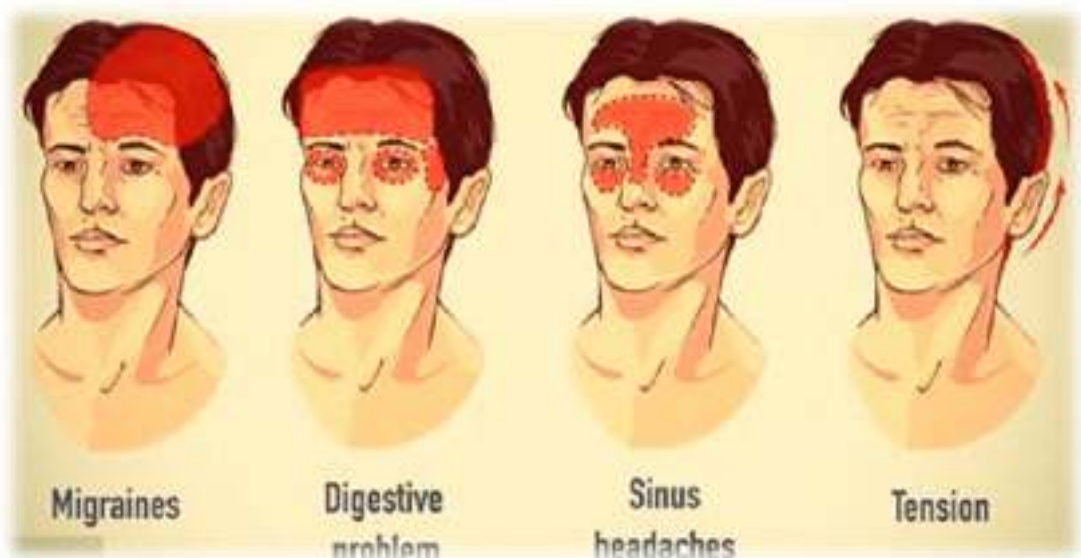
However, it is advised not to fast if one is travelling or unwell.

*[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them] – then an equal number of days [are to be made up]. And upon those who are able [to fast, but with hardship] – a ransom [as substitute] of feeding a poor person [each day]. And whoever volunteers excess – it is better for him. But to fast is best for you, if you only knew.*

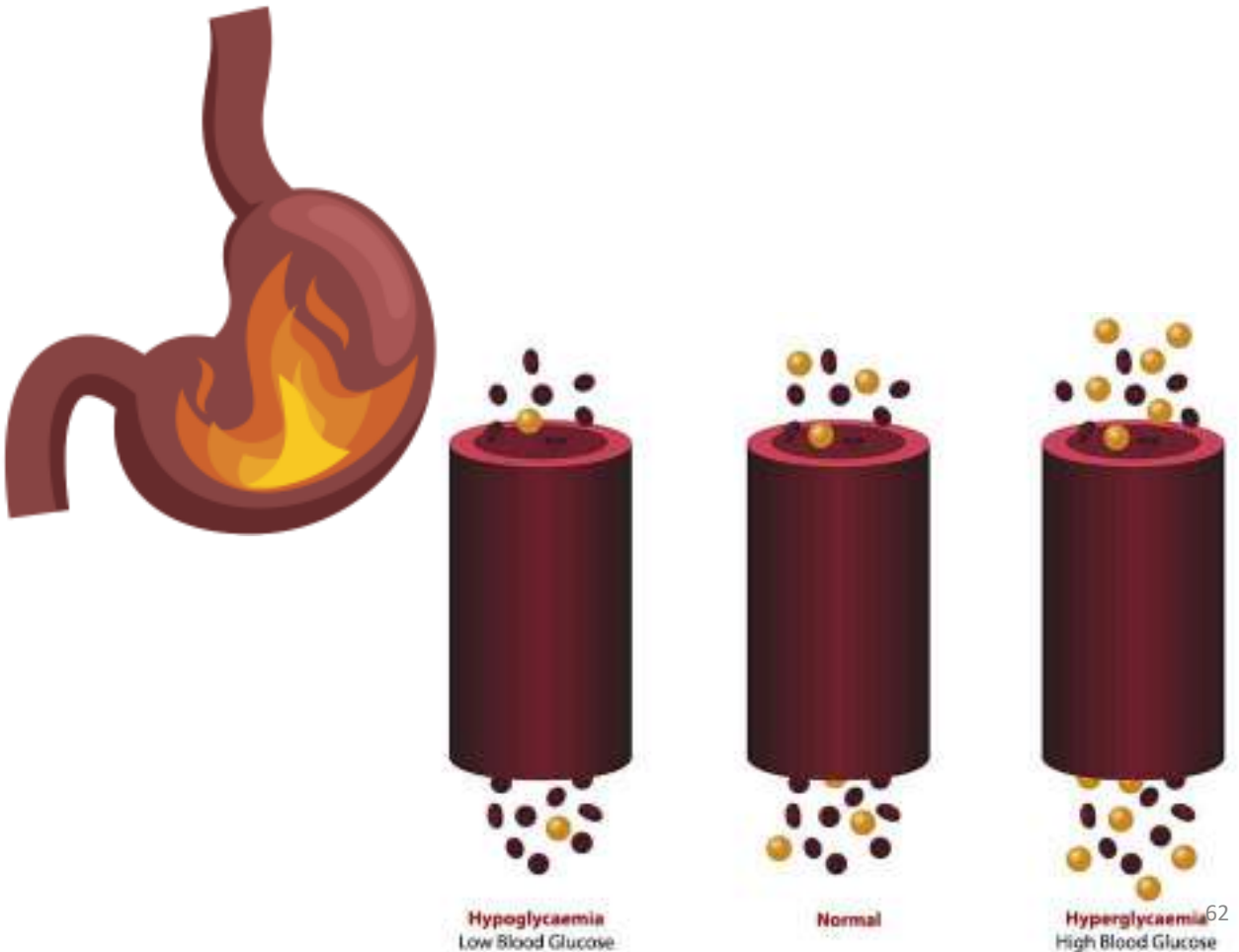
[Quran, Surah Al Baqarah (The Cow) 2:184]

Despite, there are many benefits of fasting, please contact your GP doctor for any symptoms that may arise, the National Health Service's Ramadan guide has provided advice on what would happen if side effects occur.

Name of condition	Description	Solution
<b>Headache.</b>	<p>Possible causes:</p> <ul style="list-style-type: none"> <li>• Hunger</li> <li>• Dehydration</li> <li>• Lack of rest</li> <li>• Caffeine intake.</li> </ul> <p>Effects:</p> <ul style="list-style-type: none"> <li>• Tense muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Balanced diet.</li> <li>• Paracetamol and other painkillers.</li> <li>• Less access to sun and if access then please wear protection e.g., hat, sun cream</li> </ul>
<b>Dehydration</b>	<ul style="list-style-type: none"> <li>• Loss of water and salts via breathing, sweat and as urine.</li> <li>• It also varies with weather on how much water is drunk and hours fasted.</li> <li>• Lethargy</li> <li>• Muscle cramps</li> <li>• disorientated</li> </ul>	<ul style="list-style-type: none"> <li>• Drink water</li> <li>• Diuretics medicine</li> <li>• Sugary drink.</li> </ul>



Name of condition	Description	Solution
Heartburn	The stomach contains an acid that kills bacteria and dissolve the food. Fasting decreases the amount acid made which is compensated by the smell and is processed to allow acid production.	<ul style="list-style-type: none"> <li>• Sleep with head raised up.</li> <li>• Pepper mint oil minimising belching.</li> <li>• Lower caffeine intake</li> <li>• Avoid oily food.</li> </ul>
Diabetes and its complications e.g., retinopathy (eye disease), nephropathy (kidney disease) and neuropathy (nerve disease of hands and feet)	High levels of glucose in blood.	It is advised not to fast. Tablets taken – see GP before fast Monitoring levels of insulin.



Name of condition	Description	Solution
Low levels of glucose Hypoglycaemia	Dizziness arises	Sugar drink. Tablets e.g., Glibenclamide.

Ibn Abbas (may Allah have mercy upon him reported:

Messenger of Allah (peace be upon him) said,

*“Do not drink in one gulp like a camel, but in two or three (gulps). Mention the Name of Allah (i.e.say Bismillah) when you start drinking and praise Him (i.e., say Al-hamdu lillah) after you have finished (drinking).”*

[Al-Tirmidhi]



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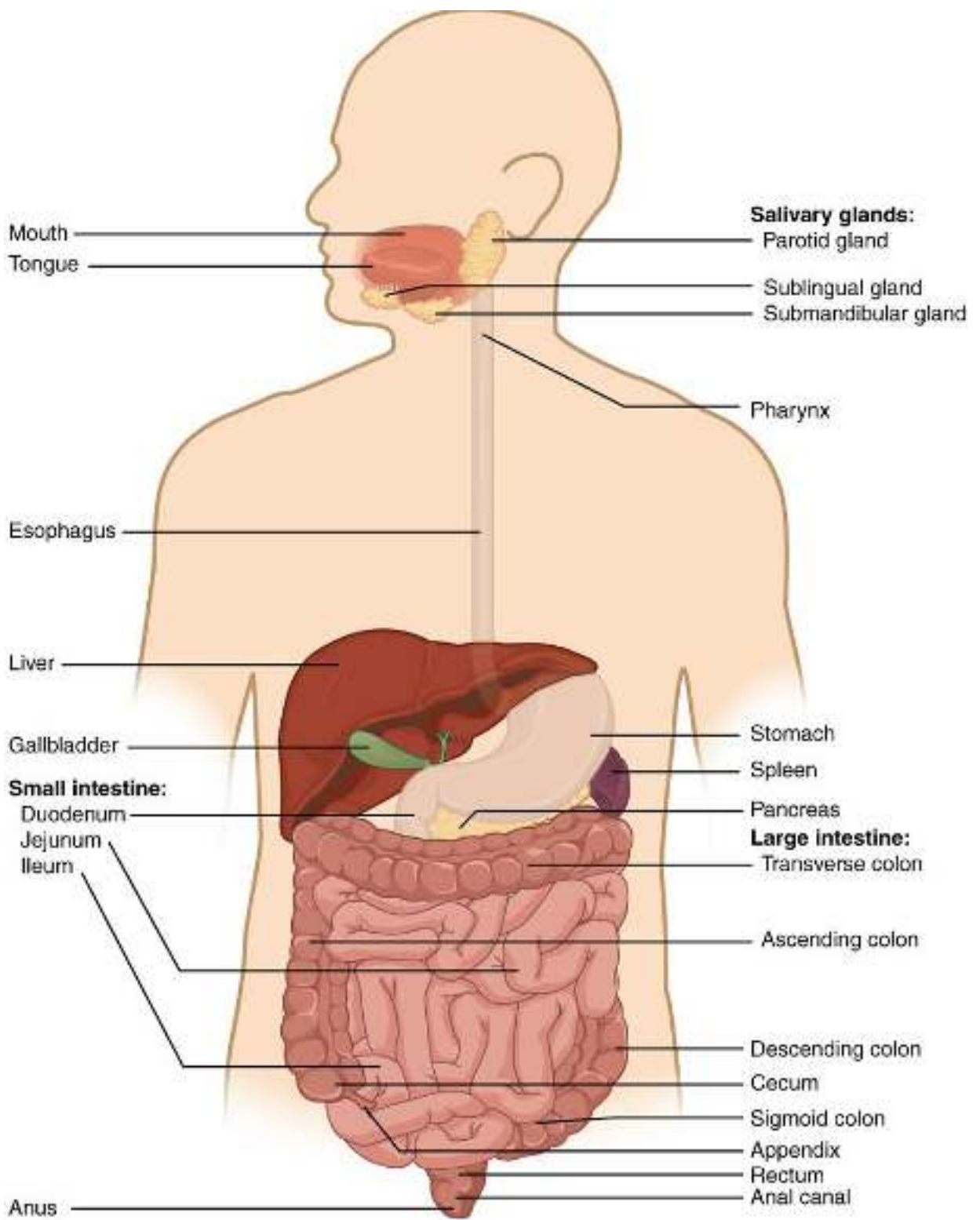
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# *Home and Life-style*



# Ramadan Recipes

## Suhoor ~ Date milkshake.

There are many health benefits of utilising dates. The fruit contains a natural sweetener with a high amount of calcium, potassium, iron, fibre and copper minerals. It facilitates digestion and provides the body with the necessary nutrients.

A hadith narrated by Saad ibn Abi Waqqas where the Prophet (peace be upon him) said:

*“Whoever eats seven ‘ajwah dates in the morning; will not be harmed by any poison or witchcraft that day.”*

[Hadith, Al-Bukhari (5445) and Muslim, (2047)]



# Ramadan Recipes

## What you will need (Ingredients):

- Two cups of Soya milk.
- Seven dates (medjool or ajwa)
- Two tablespoons of oats
- Half a tablespoon of desiccated fine coconut powder.
- Half a tablespoon of ground almond powder.
- One banana
- Cinnamon powder

## Method:

1. Please add two cups of soya milk to the blender.
2. Please remove the seed from the date and cut it into two.
3. Add the date halves into the blender.
4. Please follow this with a banana.
5. Please add the oats, desiccated coconut and almond powder into the blender.
6. Blend them all and add them to the cup.
7. Sprinkle cinnamon powder on top of the milkshake in the cup.



# Ramadan Recipes

## Broccoli and Potato Soup

### What you will need (Ingredients):

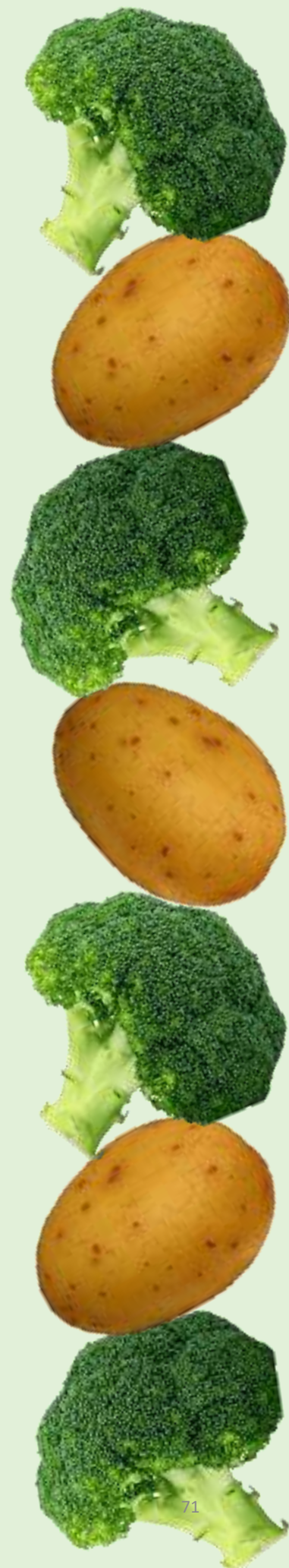
- One broccoli branch.
- One large purple onion.
- Two medium-sized potatoes
- Half tablespoon of black pepper.
- Half tablespoon of salt.
- Mono Immersion Hand Blender
- Metal bowl.
- Elmlea Double cream.
- White vinegar.
- One bay leave

# Ramadan Recipes

## Method

1. In a bowl, add cold water and one spoon of white vinegar.
2. Wash the broccoli in the solution.
3. Sieve the broccoli from the solution.
4. Cut the broccoli in florets.
5. Sprinkle some salt.
6. Steam the broccoli until cooked whilst keeping it green.
7. Dice the onion and add it to a pot containing boiling water. The amount of water should correlate with the number of potatoes added.
8. Please add one bay leaf.
9. Wash and peel the potatoes.
10. Please cut the potatoes into four and add them to the pot containing boiling water.
11. Please add salt.
12. Once boiling, add the mushroom and remove the bay leaves.
13. Sprinkle the salt and black pepper.
14. Mix everything and the mixture into a metal bowl.
15. Using a blender, blend everything until it's a smooth mixture and add it back to the pot.
16. Upon serving, you can add a spoon of double cream to the soup.

*Enjoy*



# Ramadan Recipes

## Chicken with no bone with a nice tone of curry.

### What you will need (Ingredients):

- Two pounds (mass) of chicken.
- Five small onions.
- Five green chillies.
- One tablespoon of salt.
- Five small fresh tomatoes
- One cup of Vegetable oil
- One egg
- Lemon
- Fresh coriander





# Ramadan Recipes

## Method

1. Please wash and cut the chicken into small pieces and leave it overnight with lemon.
2. The following day, add one cup of oil into a pot.
3. Please dice the onions into small cubes and place them into a pot.
4. Cut the green chillis very small and add it to the same pot.
5. Once it is golden brown, please add the chicken pieces and sprinkle salt into the pot.
6. Remove the seeds from the tomatoes and cut them into small cubes.
7. Please add the tomato cubes to the pot.
8. When all the chicken mixture is cooked, please add one egg.
9. Squeeze half a lemon onto the egg.
10. Please mix all the chicken mixture again and leave it for a further five minutes.
11. Cut fresh coriander small and add it on top of the mixture.
12. This can be served with rice or bread.



# Ramadan Recipes

## Date cake

### What you will need (ingredients)

- 100g of butter
- Three medium-sized eggs
- Lemon
- One cup of granulated sugar.
- ½ cup of desiccated coconut (fine) powder.
- Two and a half cups of self-raising flour.
- ½ kilogram of seedless dates.
- One teaspoon of baking powder.
- One teaspoon of bicarbonate soda.
- Milk
- Baking tray.



# Ramadan Recipes

## Date cake

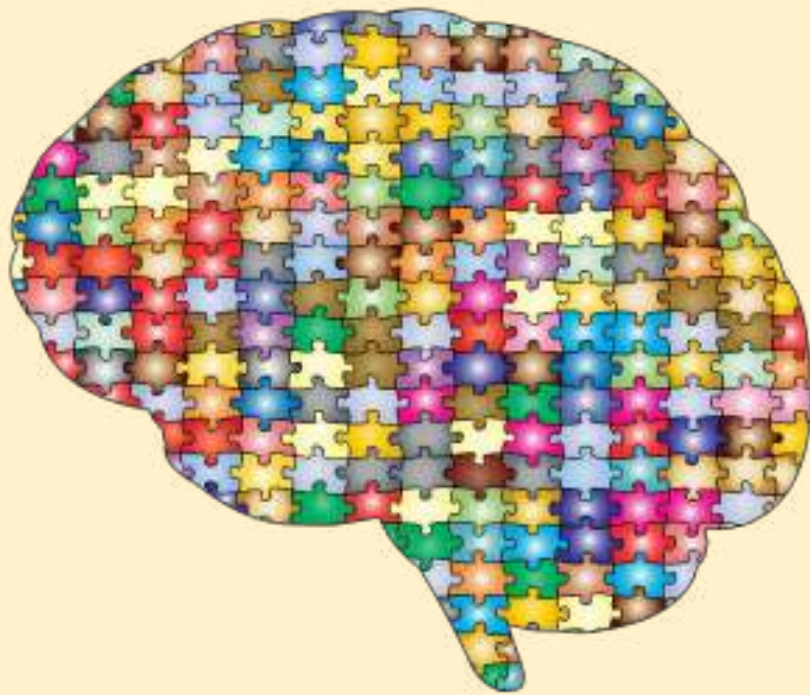
### Method.

1. Turn the oven on using Gas mark 1.
2. Please add the butter and eggs into a bowl.
3. Please beat and mix the sugar and egg mixture.
4. Please add the coconut powder.
5. Please sieve the flour and add it to the bowl.
6. Please further mix.
7. Add the seedless dates into the mixture and further mix together.
8. On the left side of the bowl, please add baking powder.
9. On the right side of the bowl, please add the bicarbonate soda.
10. Gentle mix with a spoon or whisking tool.
11. Please add milk if the mixture is thick.
12. In your baking tin, cover the space with butter and sprinkle a bit of flour around the tin or greaseproof paper is used.
13. On Gas mark 4, allow baking for 40 minutes. Please do not open the oven whilst it is baking.









F O R G I V E N E S S B G R N  
 Q N R E P E N T A N C E N L O  
 X B A S D S R V U Z S J F G I  
 O P Q D U E F H A D U V O J T  
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- Dusk
- Family
- Fasting
- Forgiveness
- Mercy
- Charity
- Dawn
- Dhikr
- Prayer
- Qadr
- Quran
- Ramadan
- Reflection
- Repentance
- Suhoor
- Taraweeh

# Find out the secret message from the FST team

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Code Key:

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p
□	◇	△	▽	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
q	r	s	t	u	v	w	x	y	z						
▽	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇

فِي أَيِّ أَعْيُنِ رَبِّكُمْ تَكْذِبَانِ

So which of the favors of your  
Lord would you deny?

Fabi-ayyi ala-i rabbikuma tukathhiban

Qur'an Surah Al-Rohman 55:13



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رمضان المبارك

