



# FARAH

*The Magazine Guide to Muslims*

**THE PURPOSE  
OF LIFE**

**WAKING UP  
IN JANNAH**

**THE LOST GIANT  
-BASHIR OSMAN**

**TEACH YOUR CHILD  
PATIENCE  
BY COUNTING**



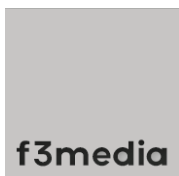
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## *Magazine*



**Head of Farah Saeed Trust:** Hafsa Waseela

**2016 Editor:** Rabiah Khatoon

**Operations Officer:** Hafsa Rehman

**2016 Graphic Designer:** Kawsar Ahmed

**2016 Writers:**

Umm Hudhayfa

Um Ibrahim Ali

Jameelah Ho

Hafsa Waseela

Sabrina Shariff

Sadia Khurshid

Safiyyah

Ayesha Desai

Abdullah Shariff

Shumaysa Faruqi

Anonymous (Admin I)

Sahlah Nayyar

Halaal Recipes

Poets

Hafsa Rehman

Sakina Fletcher

Saeeda Fatimah Younis

Ayesha Desai

Judith Ehiguese

 Website: [thefst.weebly.com](http://thefst.weebly.com)

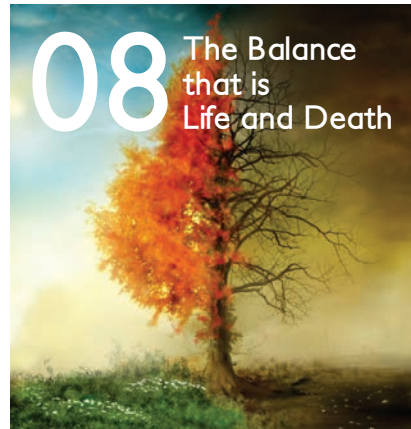
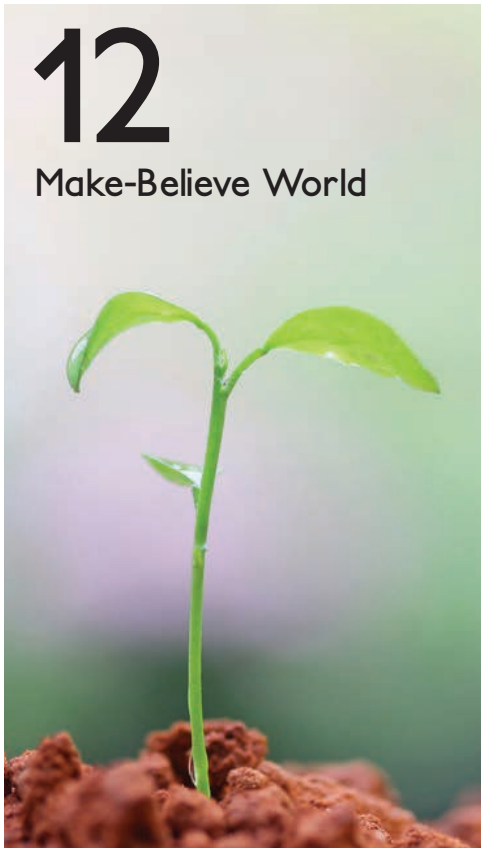
 Facebook: Farah With Me

 Twitter: @farahwithme

Volunteering and other enquiries: [thefarhasaeedtrust@hotmail.com](mailto:thefarhasaeedtrust@hotmail.com)



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# Introduction to Farah Magazine

## Peace to all!

I pray you are all in the best of health and Imaan (faith)!

Welcome to Farah's Magazine Issue 2!

Farah magazine is a FREE, online, vibrant magazine that aims to educate and inspire. We release an annual magazine whereby the theme varies each year. It is part of one of our beacon projects of the Farah Saeed Trust called Inspire Me.

This is our second year running! All Praise to Allah! Our first issue held a focus on relationships. Relationship with Spouse? Relationship with Allah? Relationship with siblings? Relationship with friends? Relationship with the environment? Visit to Islamic sites! Pearls of Wisdom! Reflections! and much more!!

Please have a read, if you have not already done so!

<http://issuu.com/thefarahsaeedtrust6/docs/farah>

Our 2016 theme circulates around Life and Death and how we can raise our children to be good muslims and muslimahs. What is our purpose in life? How can we prepare for our death? How can we cope after losing a loved one?

Our purpose in life is to worship Allah and undertake positive contributions in this world up until our death.

*'You are the best nation produced [as an*

*example] for mankind. You enjoin what is right and forbid what is wrong and believe in Allah. If only the People of the Scripture had believed, it would have been better for them. Among them are believers, but most of them are defiantly disobedient.'*  
[Surah Al-Imran 3:110]

In Islam, amongst the six principles of beliefs that is required for a Muslim to complete his faith is to believe there is life after death. We will return to Allah and be accounted for all of our good and bad actions that we performed in this Duniya (Earth). This will then determine our final abode: Paradise or Hell. May Allah grant us Jannah and forgive us for our previous sins. Ameen.

*'There is no deity except Him; He gives life and causes death. [He is] your Lord and the Lord of your first forefathers.'*  
[Surah The Smoke 44:8]

*'Every soul shall have a taste of death: in the end to Us shall ye be brought back.'*  
[Surah The Spider, 29:57]

Special thanks to Allah (God) first and foremost then our buzzing writers and dedicated Editors for their time and efforts.

Please do email your feedback to [thefarahsaeedtrust@hotmail.com](mailto:thefarahsaeedtrust@hotmail.com)

### **About the Farah Saeed Trust**

Launched on April 1st 2014, the Farah Saeed Trust is a voluntary, non-profit



organisation that was founded by the permission and help of Allah the Most High. We have done various projects in the UK and overseas raising money for UK registered cancer and non-cancer charities as sadaqa jariya (continuous charity) for Farah. May Allah (God) have mercy upon her soul and grant her the highest of Jannah (Paradise).

Farah is a beautiful rose, best sister, friend, daughter, wife, colleague and doctor anyone could ever ask for. She was diagnosed with gastric metastatic cancer in March 2014 and passed away September 2014. She fought bravely with treatment, patience, prayer, courage and determination.

The Farah Saeed Trust aims to by the permission of Allah:

- Alleviate poverty and suffering worldwide.
- Raise awareness of Cancer and other medical conditions.
- To help individuals for shelter, religion, education and health and well-being.
- To educate and inspire others.

In order to achieve our aims, our projects are divided into:

- Community Projects
- Food Aid Project
- Water Aid Project
- Emergency Appeals Projects
- Buildings
- Personal Challenges
- Helping Hands
- Inspire Me
- Health Awareness
- Ramadan

In each project, it is subdivided into events, campaigns and causes.

Please do visit our website to find out more!  
[thefst.weebly.com](http://thefst.weebly.com)

Our current appeal is to build a school for over 400 orphans 100% Donation Policy with charity StreetOrphans worldwide. Please donate generously.

<https://www.youcaring.com/street-orphans-worldwide-387291>

Thank you to Allah then everyone who have supported, volunteered and donated towards our projects. May Allah accept. Ameen!

To view photos from our previous events, please visit our events gallery on our website:  
<http://thefst.weebly.com/event-gallery.html>

Enjoy reading and Keep in Touch!

Warm Regards,

*Hafsa Waseela*

Hafsa Waseela  
Founder and Head of the Farah Saeed Trust

### **Stay in Touch!**

**Website:** [thefst.weebly.com](http://thefst.weebly.com)

**Facebook:** [Farah With Me](#)

**Twitter:** [@farahwithme](#)

**Volunteering and other enquiries:**  
[thefarhsaeedtrust@hotmail.com](mailto:thefarhsaeedtrust@hotmail.com)



A vibrant sky with a rainbow and fluffy white clouds. The sky transitions from a clear blue at the top to a soft, multi-colored rainbow at the bottom. Large, fluffy white clouds are scattered across the scene, particularly in the upper half.

**SECTION ONE:**

▶ **Purpose of Life**





# The balance that is life and death

## Sister Safiyyah

There are very few times in life when you can sit back and look at your life and see the balance; where life is given and life is taken.

People who though weren't present in your life on a daily basis, but were constant and an integral part of it, are no longer there one day. It's not unexpected, people will leave you but when you are faced with the bitter reality that death is, it shakes you up. It leaves you in denial, wondering what life will be like. Saying their name brings a tinge of sadness and regret. You are awash with memories.

It is different when you lose people in your adult life, especially those whom you are accustomed to and have known for your entire life. It is like losing stability; you've become so accustomed to them, you expect them to be there and readjusting to life without them takes time. It's a reminder of the imbalance that life can bring.

Then there is new life which springs, where nothing existed. The ironic thing is that it feels as though it's been there all along. It doesn't fill the void of life lost but makes you hopeful about the future in which everything is a new experience; there is no past only present and future.

It is only when you take a minute to sit and reflect, or when you're forced to take a step back from the grief life can bring, then you see the canvas. Both life and death offer stark reminders of just how temporary life is; in an instant it can be given or taken and it's just a number of days.









# The Purpose of Life

By Admin I

Many people live their lives in a state of repetition. Sleeping, eating, working, shopping, eating, sleeping, and so on; performing these 24 hours a day and wasting time; not really reflecting on what life is about or why we are here at all. Others may pray to God as part of this routine, but still question why they are here. This may be due to a number of reasons, such as trials and tribulations, whether it be on a personal level (family issues) or on a public level (war, famine etc); or even due to a certain level of religious knowledge/commitment.

So what is the purpose of life? It is important for us as Muslims to refer back to the Qur'an, to find out what Allah, the Most High tells us about the purpose of our lives. Allah, the Most High, states:

*'And I did not create the jinn and mankind except to worship Me.'* [Surah The Winds, Verse 56]

But what does this mean and how must we achieve this? Should we go to the masjid and sit there physically praying all day? Or should we stay at home with our families and engage ourselves in the continual recitation of the Qur'an, up until we die? Some people would be surprised to realise that the answer is, No. This is impossible to do, especially for those with family/financial responsibilities for one.

Contrary to popular belief, worship is not just limited to physical acts, such as obligatory prayers, or fasting etc. Worship also encompasses every matter, every kind act or good deed that we do purely for the sake of Allah the Most High alone. Thinking of worship in this way, we realise that Allah the Most High has truly made it easy for us to worship Him.

Worship includes but is not limited to prayer, which enriches our soul and helps us to obtain peace in our lives; fasting, which is highly recommended for those driven by worldly desires; Dua, communicating with Allah the Most High regarding worries/fears etc; reciting Qur'an, reflecting upon the signs of Allah the Most High and using this to purify ourselves; and Dhikr, remembering Allah the Most High constantly and realising that one day we will be returned to Him.

We can now see that there are other forms of worship that can be done during the day, even whilst at work. These may include helping someone in need, donating or raising money for charity, being kind towards others, having good morals and manners, and also aiming to better ourselves and our characters towards others. When we look at worship from this perspective, we realise that our whole lives can be spent in the worship of Allah the Most High through many acts, and not just prayer alone.

There are numerous narrations of hadith that teach us how to behave and act towards others (whether it be family or friends, neighbours or even complete strangers). There are also many hadith which highlight the importance of our duties & responsibilities towards parents and other family members. The Prophet (peace and blessings be upon him) has taught us (through his teachings) about the importance of being merciful towards one another, and of course the rewards attributed to all of these acts are many. We may not see the rewards in this life, but we shall surely receive them as Allah's promise is true;

*'Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward according to the best of*



*what they used to do.'* (Surah The Bee, Verse 97)  
But sometimes we ask, why were we created just to worship Allah the Most High? And Allah the Most High responds:

in Surah Mulk, *'He who created death and life to test you which of you is best in deed - and He is the Exalted in Might, the Forgiving -'* (Surah The Kingdom, Verse 2)

So, Allah the Most High is testing us to see who worships Him in this life, and how we choose to do that. Allah the Most High sees the good and the bad within us all, and He wants us to come closer to Him through these acts of worship, not because our worship benefits Him in any way, rather, these acts of worship are beneficial to us. Sometimes we are tested with trials and tribulations in this duniya, and we may not understand it at the time, but these trials are also acts of worship for us, and a means of gaining nearness to Allah (SWT) providing we deal with them in the best of manners, with patience (sabr) and gratitude (shukr) towards Allah the Most High.

*'And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, Who when disaster strikes them, say, "Indeed to Allah we belong, and indeed to Him we will return.'* (Surah The Cow, Verses 155-156)

*'O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.'* (Surah The Cow, Verse 153)

While the purpose of life cannot be spoken about in great depth in a single article, I really just wanted to highlight some of the main points that many people usually raise. The more you research this topic, the more you realise that almost everything you do, providing it's done with the best intentions, is a form of worshipping Allah the Most High. Even studying a course is worship, as it is an obligation upon Muslims to seek knowledge, not just regarding the deen but also the duniya as well.

When you get a job and are blessed with lawful earnings, and you use this money on your family for food and clothing, or even extra expenses; this is also worship when done for the sake of Allah, the Most High. It is narrated from Abu Mas'ud al-Badri (may Allah be pleased with him) that the Messenger of Allah (peace and blessings be upon him) said, *"Without a doubt, when a Muslim spends money on his family while considering the action as worship, it is an act of charity."* (Hadith reported by Imams Ahmad, Bukhari, and Muslim).

Islam requires that we are balanced in the pursuit of the Akhirah (Afterlife), and the pursuit of what is necessary in the duniya (i.e, starting a family, job etc). We must take time out of our busy schedules in order to fulfil the spiritual side of worship, but also outside of this, we must aim to worship Allah (the Most High) through our positive actions towards each other as well.

I've personally realised that the more you learn, the more you realise that there is no other purpose in life but to worship the One Who created us, and submit to Him. How we survive this life with all of its trials and tribulations is ultimately down to us, but one must take the path of obedience and worship towards Allah (the Most High) alongside this. Constant contemplation and reflection of why we were created, and the realisation that we are all servants of Allah (the Most High), and it is only with His permission that we have the many blessings we have today; we realise that worshipping Allah (the Most High) is not just our duty, but is also beneficial for our lives and the hereafter, for surely we will return to Him one day.

*'O My servants who have believed, indeed My earth is spacious, so worship only Me. Every soul will taste death, then to Us you will be returned.'* (Surah The Spider, Verse 56-57)

*'And those who believe and do righteous deeds - We will surely admit them among the righteous (into Paradise).'* (Surah The Spider, Verse 9).

# MAKE-BELIEVE WORLD

By Shumaysa Faruqi

Humans have not grown up. They are not mature. They have not yet used their full potential. We can see how technology has shot up. How we started from wired phone sets and now we have not just wire-less but even switch-less phone and other gadgets that work just by touch. This is not all. Technology is going further day by day. No stopping. Each new day some or the other upgrade in versions and applications is presented to the buyers. What amazes me is that eventually everything leads humans more toward a false, make-believe world and not much growth in his mentality and nobility!

We all know what kind of games, applications and add-ons are available for the users. You are not growing out of the world of fake characters, feelings and accomplishments. Your kids are not learning values from you directly. This is so because even you are busy smashing fruits, throwing trash and eggs and building a farm; of course this is all unreal. You do nothing to gain points outside of it. In fact, we all are losing on this! Collecting so many gold coins, running frantically to save oneself from those ugly beasts and what not.

Man doesn't want to grow up. He doesn't want to take responsibilities. He wants fun. He wants to live in an imaginary world of fantasy and fun, victory and accomplishments, strength and points, skills and intelligence and all that makes him believe falsely that he is in charge. He gets the feeling that he is smart, intelligent and able. All this is not so in real life. Those who live in a make-believe world are escaping from the realities of life. They are turning a deaf ear to the call of duty.

Make-believe world is made by man himself to keep himself away from realities. He does not want to own responsibilities and just wants to be innocent and ignorant of the fact that he is

answerable for his actions.

The kind of movies, cartoons and ads that we come across, the kind of children's story books and novels that are there all are examples of how we are dwelling in a fake, false and fantasy world.

The fact that we like all that, engage in all that, waste our time, energies and intellect on that is proof enough that we have turned a blind eye to the reality of life.

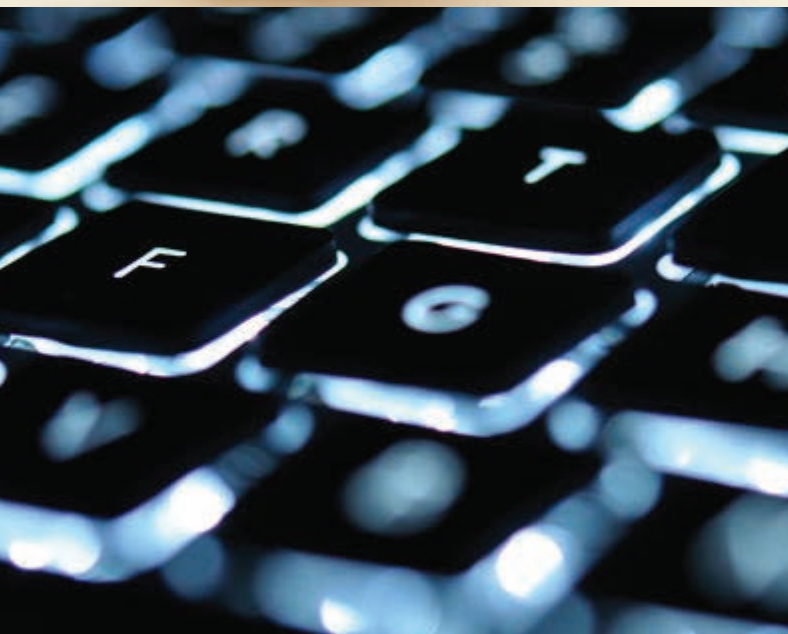
The fact of life is that there is some Supreme power that has Created this World for a Purpose. The fact that we are here not for enjoyment, fun or frolic rather for a limited time period as a test. The fact that we will be rewarded immensely for our efforts, our intentions and our actions if they are done sincerely in line with the Truth. The rewards we will get are far far more pleasurable, enjoyable, lovely and breathtakingly beautiful than those which we have created in our movies and paintings.

We can not imagine the work of the Creator because of our limited capacities.

Those who deny the Presence of a Supreme Power are ignorant of their own being and existence. Those who remain as if they do not know while they are aware and believe in the Power of God are deceiving themselves. Man has himself made false things and is happy in there. He has created that which has no proof of existence and he endorses it like anything, but, he is not ready to believe in the Unseen. He is not ready to believe in the Power that is present all around as the clear signs. He is not moved by the miracles of birth, death, rain, vegetation, night and day but he is impressed by the way sci-fi movies baffle the viewers!

Make-believe world is made by man himself and it is made to distract him from the reality which is out there, because if he ponders on that then it will 'make him believe' the existence of The All Powerful God.







# A Sound Heart

## The Inside and The Outside

**By Abdullah Shariff**

We as humans are never free from blemish. Some days, if not most days we graft, and in this hard physical labour, we return covered in dirt. We are never free from filth, we are never without blemish. The benefit we have is this is not real filth, such dirt can eventually be washed, cleansed and purified. Pure water is a beautiful gift to our skin. **So what of our inside?**

Our inside is where real filth lies, the hatred, the bigotry, the jealousy, the ill manners and selfishness – none can be cleansed by pure water and their existence is detrimental to our being. Sin of any kind is a filth that affects us – the Prophet (peace and blessings be upon him) said *“When one commits a sin, a black speck appears on his heart. If he disowns it and repents, his heart will be purified, but if he repeats the sin, the spot spreads, until it overtakes the entire heart.”*


**Why is this detrimental?** - Because as a believer’s heart becomes black, it becomes hard – it makes him blind and emotionless. He then fails to find peace within himself, he feels little remorse for others and elements of the Deen no longer move him. In many other cases we find that sin keeps one from learning sacred knowledge or memorising the Quran - such benefits abandon him. (Not to mention the decadence and destruction of moral society which occur due to the effects of the sins).

Soon this ‘inside’, this inner self becomes a guest in the abode of Shaytaan whilst the outside is controlled by desires; eventually effecting ones akhira. Allah, the Most High says in the Quran:

*“A day (the day of judgment) in which neither wealth nor children shall be of any benefit, except one who comes to God with a sound heart”*  
(*Sūrah The Poets: 88-89*).

The sound heart (ultimately meaning the pure heart) is what will benefit man. Thus as we cleanse and clean our outside, we must not neglect our inside. Just as we are quick to wash our hands or shower due to an activity which has made us unclean in some way, similarly we must be quick to cleanse our inner self when we commit a sin. And just as we go to the gym or eat healthy or take medicine over a long period of time to better our health/our body, similarly we must develop habits which will cleanse and make sound our heart.

**How do we do this?** We purify ourselves first and foremost by seeking the maghfira and rahma (the Forgiveness and Mercy) of Allah so make Istighfaar, seek forgiveness for the wrong you have already committed and do your utmost to not indulge in it again (ie. Make sincere Tawba). Furthermore fulfil your obligations – pray your 5 daily prayers, complete Ramadhan, be in a state of purity whenever possible (complete wudhu) and make a habit of consistently reading the Quran



every single day. Make lots of dua, do lots of dhikr, make effort to also complete acts of Sunnah or Nawaafil and help others. In the purest and simplest form the Quran summarises by saying: *‘Indeed by the remembrance of Allah do hearts find tranquillity and satisfaction.’ Surah Ar-Ra'ad 13:28*

A sound heart will find peace, benefit those who surround it and bring one closer to Allah (swt). I leave you with a Prophetic hadith on the authority of Abdullah ibn Amr:

*It was said to the Messenger of Allah, “Which of the people is best?” The Messenger of Allah, peace and blessings be upon him, said, “Everyone who is pure of heart and truthful in speech.” They said, “Truthful in speech we know, but what is a pure heart?” The Prophet said, “It is a heart that fears Allah and is clean. There is no sin in it and neither aggression, malice, or envy. ”*  
*Source: Sunan Ibn Majah 4216*

*And Allah Knows Best*

May Allah swt purify and soften our hearts - and accept our hearts on the Day of Judgment. Ameen.



# Preparing for the Hereafter

**By Sahlah Nayyar**

Why are we so lost and indulged in this worldly life? We forget this world is a test and life – a journey.

Our wealth, our children and our possession are too valuable to our hearts; we are obsessed with the worldly life. We forget that these material things will not bring us any good. We forget that we could die the next second. Death could overtake us any time! We forget about the Hereafter. The day – no mother will look at their crying child. Nobody will bother looking at each other. It is the day when the entire humankind will stand in front of their Creator, their Lord. Everyone will be worried, for indeed their book of deeds will be presented to them.

Preparing for that day is very essential. It is on that day – we will be judged and sent to Heaven (Jannah) or Hell (Jahannam). The better we prepare for it, the more chances we have of going to Heaven (Jannah). And in Jannah, we get to be in the most beautiful and best of company. The company of the Prophets and the Sahabahs (Companions)! How exciting would it be to meet our role models... the companions of the Prophet and the Prophet (peace be upon him) himself?

Nevertheless, the question arise; how can one prepare to achieve the best in the hereafter?

Here are some tips!

**1. Build your own house in Jannah.**  
All of us wish to have the best mansions in

the world. How amazing would it be to have a mansion in Jannah.

Aishah (radhiyallahu anha) narrated that Allah's Messenger (peace be upon him) said:

*"Whoever is regular with twelve Rak'ah of Sunnah (prayer), Allah will build a house for him in Paradise: Four Rak'ah before Zuhr, two Rak'ah after it, two Rak'ah after Maghrib, two Rak'ah after Isha, and two Rak'ah before Fajr."*

(Jami` at-Tirmidhi 414)

**2. Learn to recite the Qur'an and memorize it!**

The Qur'an is the book of Allah (Subhanahu wa ta'ala). The more we recite and reflect, it will remind us of the Hereafter. Furthermore, it is the only book in the world which will help us in the Hereafter.

**3. Remind ourselves of death frequently.**

Death is a reality, which we could face any moment. No one knows when they will die, and there is no age limit for a person to die. How many times have we heard of little babies who have passed away? Numerous times, isn't it?

"The Messenger of Allah (ﷺ) said: *'Frequently remember the destroyer of pleasures,' meaning death.*"

You are still breathing and it's not too late! Let's begin preparing for the Hereafter since we do not know how many more days we have remaining to live in this Dunya.

May Allah bless us all good endings and grant us Jannah. Aameen.









# *His Signs*

By Ayesha Desai

When your lips quiver with whispered duaas  
And your heart overflows with gratitude  
And His signs are made manifest  
So clear

When the sun rises again  
And our prayers travel to the heavens  
From the earth  
And your heart beats again  
And you feel secure  
In the embrace of love  
And you breathe again  
And your eyes look to the skies  
When the fragmented wishes  
Become tangible reality

Why then do we dismay  
When of His signs  
Is the Truth  
That this too shall pass  
Why then do we doubt  
When of His signs  
Is the Truth  
That with hardship comes ease

Subhu-hun Qudoos  
Rabbuna wa Rabbul Malaa-ika-tihi  
War-ruh!  
Lord of my Soul!  
Let me trust in your Signs!

A photograph of a mosque interior. A man wearing a white cap and a light-colored robe is sitting on a prayer rug, facing away from the camera towards a small, arched window with a decorative pattern. The mosque has high, vaulted ceilings and several tall, slender columns. The lighting is dim, with a small light fixture visible on the right side of the frame.

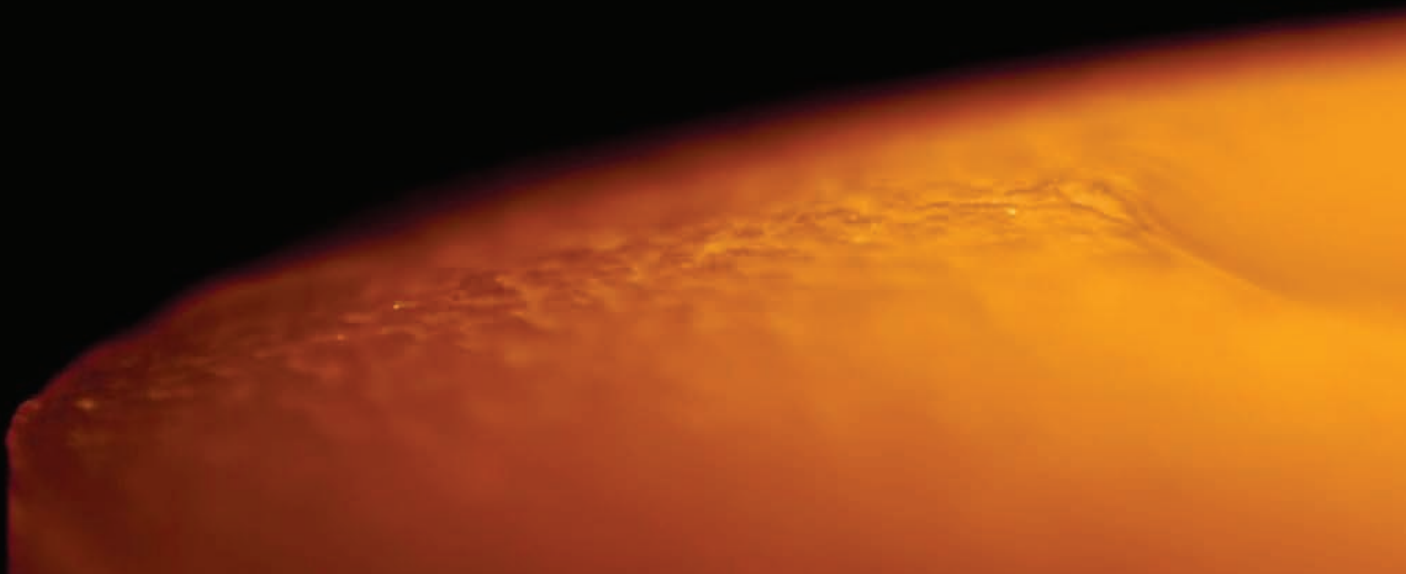
HE FOUND YOU LOST AND GUIDED YOU.

SURAH AD-DUHA, VERSE 7



## SECTION TWO:

# ▶ Death







# DEATH

Some leave this world, Under our dearest  
breath,  
Whilst others lay awake at night,  
Wishing death was never to be met,  
No matter how hard we try to escape,  
We need to understand are souls will be  
gathered, and on the day of judgement we  
shall be displayed.

Legend lies...

There was once a fierce companion of mine,  
A companion I once knew.  
He wasn't like me, and he wasn't like you,  
Allah had created him differently,  
That's how he wanted him to be,  
Now I sit here at dawn and await,  
While his soul wonders free.

When the pain comes unbearable,  
For someone you once knew,  
And their happiness and love was the only  
thing that kept you through,  
You wonder and ask yourself to realise,  
That one day all this and myself will be left  
behind

And so Your soul was to take,  
While mine is Stitched together by  
unforgettable memories that lie me awake.

So as the stars come out and the tides come  
in,

Sweetness surrounds the illusions within,  
My fierce companion that I once knew,  
With eyes that glisten like the emerald seas,  
And fur which reflected ;deep grey blue.  
A connection between us, may not have been  
seen true

But deep within, from a cub you grew,  
Now all is left behind is taboo  
Where there once was a bond, a rope, a  
connection,  
Regardlessly between a creature or creation,  
Is now nothing but a lonely, empty, presence.  
Wrapped around the memories,  
that were meant, but cannot leave,  
So I patiently await till the day that we meet.

Soon you'll come home my friend,  
You will, oh please  
Never thinking there will be a day,  
A day that you'll leave.

You were never from the same species of mine,  
But Without a doubt you knew my heart,

So as tides we are and wonder,  
When times has come,  
we must swim apart,  
Whilst your remembrance will always remain,  
we shall meet in the end ,  
But If by chance we don't meet again,  
Then farewell, farewell my dearest friend.

By Hafsa Rehman







# The Death of a Loved One

By Sabrina Shariff

What is loss? What does it mean to lose someone? To me losing someone has different levels. You may lose a friend or a partner, this loss may only be temporary but then there's loss that's permanent. The death of a friend, partner or loved one. Something about the second one is so final. The chance to repair the friendship or relationship is taken away. You have no control over the situation. To lose someone this way is devastating. We're all going to lose people who we love, someone we can't imagine living without and our hearts will be broken. Nothing or nobody will be able to replace them and you will forever have a void in your life and emptiness in your heart.

The pain doesn't stop even on days when you think you're okay it will creep up on you. New people enter your life but that doesn't change anything because the hole in your heart is the shape of the one you lost – no one else can fill it. You'll carry on with life, you don't know how but you will find the strength to make it through. You'll go on to make memories; graduating, passing your driving test, first car, get married, having children, birthdays & other celebrations. Each of these will be tainted with sadness because you'll find

yourself in these moments wishing that special person were right here beside you to share this happiness.

The fact that the void can never be filled can also in some ways work as a comfort, you should never try to fill it or replace the person that has gone. The emptiness becomes a connection to the other person. Patience transforms the torment into beautiful memories and when you're ready these memories become silent joy. The past can be seen not as a dark memory but as a precious gift hidden deep within that no one can ever take away from you.

In a weird way you become immune to other pain and heartache after losing someone so special. If you've lost the person you couldn't imagine life without how can any trial or tribulation you face compare? It can't. If you've made it through this how can anyone cause you a level of pain on the same scale? They can't. This experience albeit a horrible one strengthens you more than you could imagine.

Losing someone you love alters your life forever, but you have to hold onto the certainty that they live forever in your broken heart.





# Waking Up In Jannah...

By Umm Hudayfah

Dreams are short. Few fleeting moments and you wake up. Just like Life itself. You go through the ups and downs of life, joys and trials, smiles and tears – lots of surprisingly unprecedented moments – yet they never stay for too long. Life happens. Seasons of good and bad come and go; each leaving its trace in your life. Nothing is constant. You go through trials after trials, difficulties after difficulties, and are never exactly sure when they will end, when you will wake up from this bad dream.

The famous verse that many quote where the Lord of the heavens and the earth says:

**“For indeed, with hardship [will be] ease.” (Qur’an 94:5)**

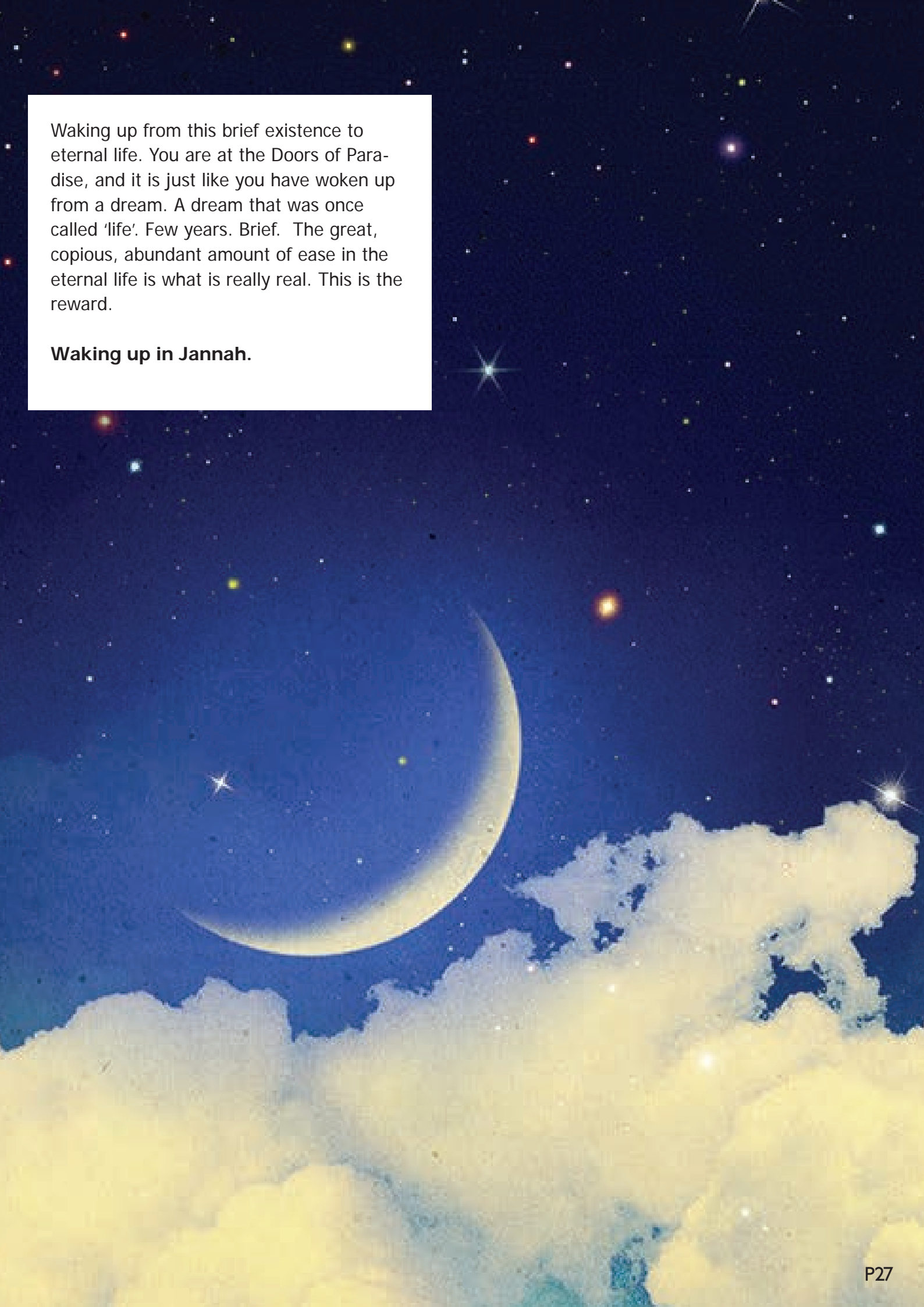
**“Indeed, with hardship [will be] ease.” (Qur’an 94:6)**

The scholars of Tafseer elaborate on these two successive verses; that the believer experiences two types of ease. One is granted in this life, in the form of the difficulty being removed, accompanied by peace and tranquillity. And then there is the other Relief. With a capital R. This is the Eternal Relief. Let me explain it as a dream.

You dream about a stranger chasing you in an unfamiliar creepy forest. You are running as fast as you can, trying to avoid the various obstacles that come your way. Sometimes you falter, sometimes you fall, yet you always get up and run. Until comes a time, when you are hungry, exhausted, no longer having the energy anymore. You can no longer save yourself. Here comes the relief. You look back and cannot find this evil being chasing you. You have outrun it. You finally take a deep breath, and think it’s over. You are home. Surely, this must be the ultimate ease you are craving for, isn’t? To be home. Think again.

The REAL ease is when you wake up from this dream. When you are not in the dream world anymore. When you are no longer in the world that you have no control over. Waking up from this nightmare IS the ultimate ease. What you really needed. Now, consider this life as the dream. Where working hard, striving for your very best as a human being and as an excellent Muslim is a challenge. This is the hardship. But what is the ease? What is the reward for all these trials that you are going through?

**Waking up in Jannah.**

A night sky with a large, glowing crescent moon in the center. The sky is dark blue and filled with numerous stars of various colors and sizes. In the foreground, there are large, fluffy, glowing yellow and white clouds that appear to be illuminated from within, creating a soft, ethereal light. The overall scene is serene and celestial.

Waking up from this brief existence to eternal life. You are at the Doors of Paradise, and it is just like you have woken up from a dream. A dream that was once called 'life'. Few years. Brief. The great, copious, abundant amount of ease in the eternal life is what is really real. This is the reward.

**Waking up in Jannah.**





# Story of Two Souls

By Shumaysa Faruqi

She was a good friend of mine. We had been together all through high school and later during our college days as well. After college she got busy with her higher studies and I got married and moved to another city. We were literally out of touch for a long period of time.

During the year 2004 my father was diagnosed with bone-cancer and was completely bed-ridden. I had an opportunity to visit and serve him during his last days. I was at my parents' home when I came to know that my friend too was diagnosed with blood-cancer and was under treatment for a long time then, going through chemotherapies etc. I wanted to visit her but was told that since I had small children I should not visit the hospital or the patient. But I regretted why I did not plan visiting her leaving my kids at home with the other members of family.

One morning, when my father woke up from his sleep, he told me that he saw one of my friends in his dream telling him that he should not worry about anything and that she would take care of everything for him. I asked him who she was but he said he did not remember

The other morning the phone bell rang and as I picked up the phone it was none other than that old friend of mine suffering from blood-cancer in its last stage! She had called me up to inquire about my father. She said that she had heard about my father and she wanted to help him get treated by the best doctors she knew and that she will send her brother to that hospital to arrange a meeting with the doctors. She asked me to tell my brother to reach the hospital at a particular time with all the files of my father's treatment and diagnoses. My brother went there and met with her brother. The doctors showed some positive response after seeing the reports of my

father who was in the last stage of cancer as well.

But the next day I came to know from a phone call that my friend, who recommended good doctors for the treatment of my father, had passed away! I was shocked as she had talked to my father and touched his forehead and prayed for his speedy recovery.

Later that night we were shocked to hear the news of my father's demise!

*'Every soul shall have a taste of death in the end to us shall you be brought back'* (Quran 29:57)

I was in shock and grief. It took me a long time to come back from that sorrowful time in my life. But later on when I recalled all that happened it always surprised me and got me to think deeply about the connection between souls.



The souls that were nearing their release from the temporary bodies they were breathed into. The souls that were connected some way. We can never unravel the mysteries of the unseen world but this incident made me realise that there surely is some connection between the souls of people. A friend of mine who was herself dying, why was she so interested and caring about another person who was in the same state as her.

Moreover, why did my father get to see a friend of mine in his dream telling him not to worry about anything and that she would take care of everything! Though both were bed ridden, on the verge of death, still had some connection.

Even a layperson would understand that there is something that connects people. There is something that attracts you to or repels you from certain people. You are not comfortable with all kinds of people



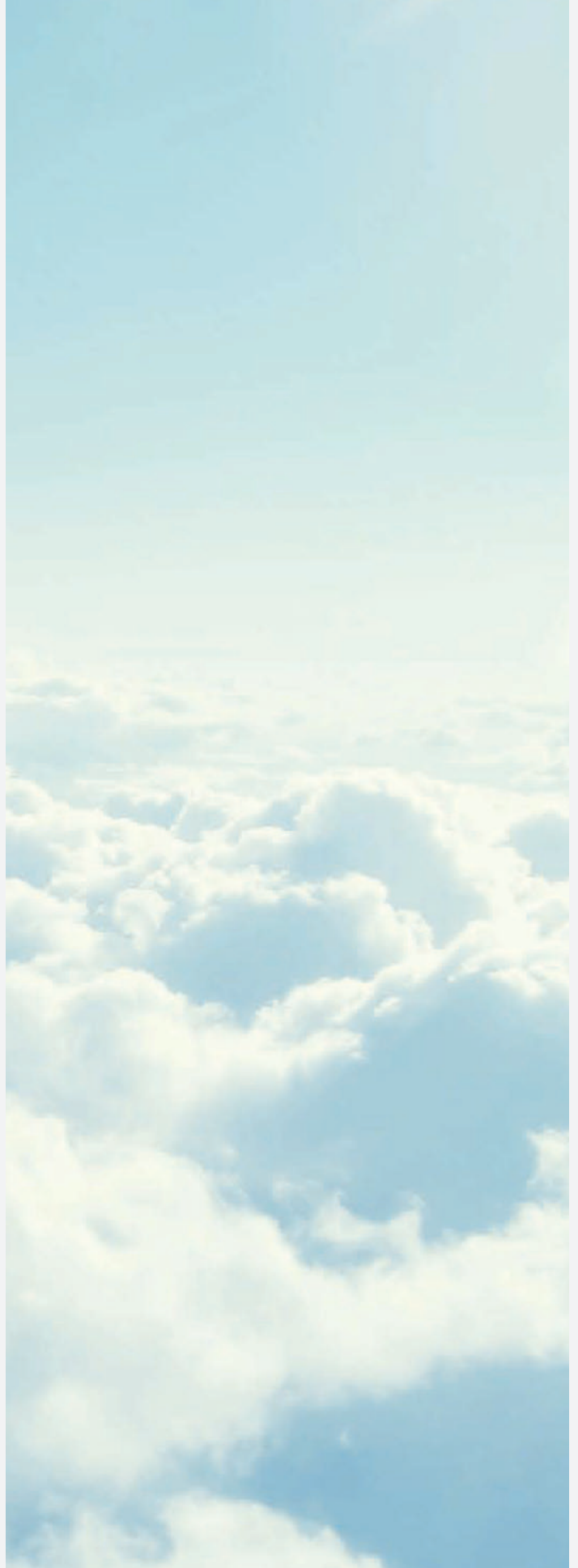


and neither do you get along well with everyone. Sometimes, you do not know someone still you feel as if you know him or her well and you tend to be so positive in their company. These are all the mysteries that cannot be known until we ourselves go into that world...a world of souls...the unseen world...the world of life after death!

*Narrated Aishah (may Allah be pleased with):*

*I heard the Prophet (peace and blessings be upon him), "Souls are like recruited troops: Those who are like qualities are inclined to each other, but those who have dissimilar qualities, differ." [Sahih al-Bukhari 3336]*

*And they ask you, [O Muhammad], about the soul. Say, "The soul is of the affair of my Lord. And mankind have not been given of knowledge except a little." [The Night Journey, verse 85]*









**SECTION THREE:**

**▶ The Lost Giant**







# THE LOST GIANT

Bashir Osman was a 26-year-old graduate engineer, head of the largest Muslim student organisation Federation of Student Islamic Societies (FOSIS) and was a role model to many. He passed away on 4th July 2015 due to a drowning incident in a river in the Landquart District of Graubunden in Switzerland. May Allah make him amongst the Shuhadah (Martyrs) if Allah Wills.

*"There are five kinds of martyrs: One who dies of plague; one who dies of a disease of the stomach or intestines; one who drowns; one who is crushed in a collapsing building; and one who is martyred in the way of Allah." [al-Bukhari, Muslim, Malik]*

He was a determined individual who had a passion in serving his community. Before his death, he was fundraising for Penny Appeal to build 50 wells across Africa. Ma sha Allah.

We at Farah Saeed Trust thought of dedicating a section for this year's issue called The Lost Giant, for indeed we have lost someone who was an integral part of the community. May Allah grant him Jannah Ameen.

Islam has put an emphasis of caring for other and is a natural reaction to give in charity to fulfil our duty to help those in need as a hadith states:





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# – BASHIR OSMAN

On the authority of Abu Hamzah Anas bin Malik (may Allah be pleased with him) - the servant of the Messenger of Allah (peace and blessings of Allah be upon him) - that the Prophet (peace and blessings of Allah be upon him) said:

*"None of you will believe until you love for your brother what you love for yourself."* [Bukhari & Muslim]

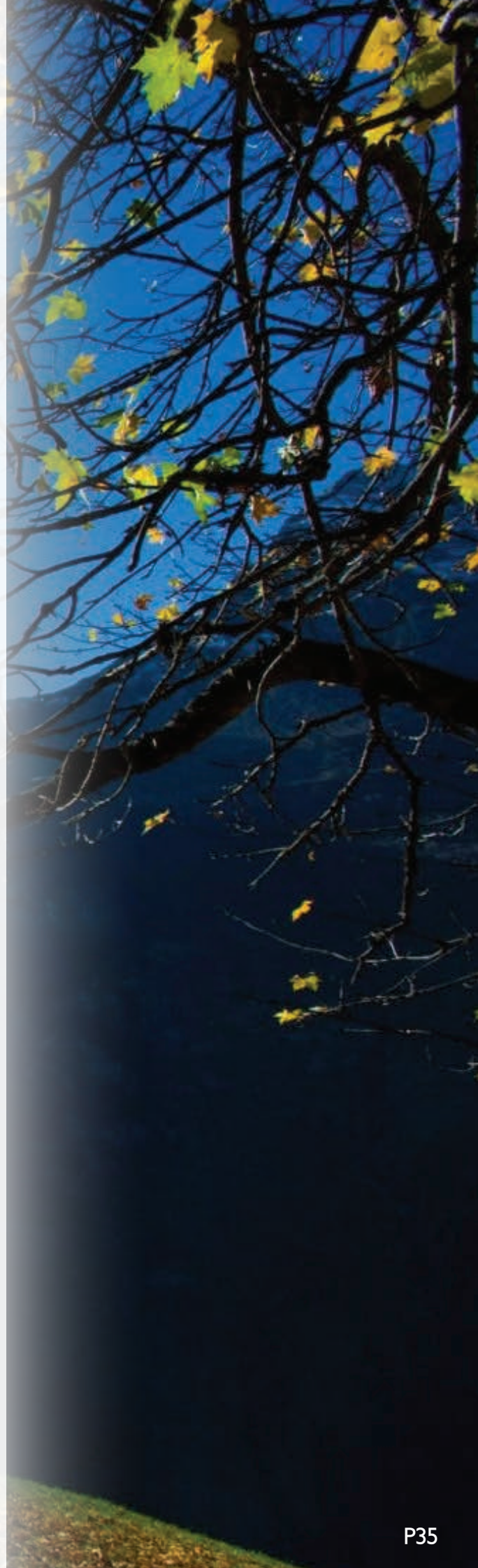
In response, the Farah Saeed Trust performed two events:

Kick it Up for Bash 5-a-side Football tournament  
This took place on the 27th September 2015 at the Power League Yardley. All money raised went to Interpal to provide aid for our brothers and sisters in Palestine as sadaqa jariya for Bashir. The event was supported by Rising Stars Academy, AEC Tuition and Bader Restaurant. It was a brilliant turnout and lots of money raised. Well done to the brothers who organised it! To view the photographs from the event, please visit the link below:

<https://www.facebook.com/palestinetournament/>

Rhyme it Up for Bash Poetry competition  
This entailed writing a poem about Bashir and/or death as a reminder. The entry fee for the competition went to his Penny Appeal cause. It was a difficult choice and therefore, we consider all that entered winners and are all present in this section.

Thank you to everyone's generosity and participation! What a great success and may Allah accept!





# Humble Oak

By Sakina Fletcher

Magnificent Lord, I knock at Your door  
Tall, grand, full of promise  
the skin of my knuckles hum at each reverberation  
my eyes delight in the light hues of its oak  
its musk aroma  
a subtle hint of what lies behind;  
Magnificent Lord, I knock at Your door  
for each time that I found myself impoverished  
destitute, robbed, hungry, lost, desperate,  
I came to This door and returned a Prince  
as You poured forth gold and gemstones  
treasures abundant and limitless;  
Magnificent Lord, I knock at Your door  
I place my ear against the cool wood  
to the quiet sounds of a handle, softly turning.







# I AM BASHIR OSMAN

I am Bashir Osman  
By a mother's love  
By a father's devotion,  
By hearts no longer forlorn  
The gift of a new-born

I am Bashir Osman

Blessed with the gift of Adhan  
The first call to prayer,  
A chosen messenger  
The embodiment of fervour

I am Bashir Osman

Brought into a sinful world  
"As the bearer of good news",  
He loved and cherished  
So that hate may perish

I am Bashir Osman

He underwent 'Tough Mudder',  
A vigorous challenge  
10 miles, no 12 miles of sweat and tears  
To build wells in east Africa,  
A charitable heart that lived & bled for mighty  
Africa

I am Bashir Osman

Providing aid to the less fortunate  
Not for fame, nor for riches,  
But to be an amiable example  
Where alms-giving was trampled

I am Bashir Osman

A leader who led with prowess  
As the president of FOSIS,  
A leader so full of humility

Who mastered the Qur'an as a noble duty

I am Bashir Osman

Nothing could stop his ambition,  
No hateful words or doubtful tongue.  
A heart so full of dreams  
while the mind was wiser than it seemed

I am Bashir Osman

A bear hug and a contagious smile  
that was his signature move.  
You were never left out amidst a crowd,  
Your voice was heard from the one who wasn't  
proud

I am Bashir Osman

We cannot forget his legacy.  
Remember his benevolence and courtesy.  
"To Allah we belong,  
and to him we shall return".

I am Bashir Osman

By Judith Ehiguese





A white canvas is mounted on a wooden easel. The canvas has the title 'Last Canvas' written in a cursive font with a purple-to-orange gradient. Below the title, the author's name 'By Saeeda Fatima Younis' is written in a dark blue serif font. The easel is made of light-colored wood and stands on a wooden surface. The background is a plain, light-colored wall.

*Last Canvas*

By Saeeda Fatima Younis

Handle your speech  
with great care,  
profoundly study each word  
and arrange it  
care-ful-ly,  
as if those words  
would be the final words  
uttered  
from your breath.  
Handle your speech  
with great care,  
like an artist  
who paints his last canvas.  
Thinking,  
thinking before staining.  
Controlling,  
controlling before stroking.  
Carving with comfort,  
sculpting with softness,  
gliding with gentility.  
Handle your speech  
with great care,  
like an artist  
who withdraws his brush  
from falling  
into a palette of harshness  
that causes distortion to the eye  
and discomfort to the heart,  
Handle your speech  
with great care,

like an artist  
whose soul is drawn to a palette  
of pastoral shades;  
subtle, yet strong.  
Discreet, yet deafening.  
A palette of colourful words  
that floods an eye with composed tears  
because of an overflowing heart of joy.  
Handle your speech  
with great care,  
until you are in complete control  
of your brush,  
until care-ful speech  
becomes a natural masterpiece,  
that speaks compassionately.  
A masterpiece  
that welcomes creation from afar,  
a masterpiece  
that infectiously smiles at creation  
even when they do not.  
A masterpiece with decorated words  
that are painted with comfort,  
and stroked with love.  
A masterpiece  
with an everlasting presence  
that lingers  
in the mind  
but lives  
in the heart.



# ON PURPOSE

In memory of the legacy left by a champion and noble leader..

O Slaves of Al-'Aziz!

How many miles you have traversed  
for Your Master!

The many long and winding paths  
you followed for His sake  
Yet the road continues, requiring  
more footfall, more sweat, more  
determination;

O Slaves of Al-'Aleem!

How much knowledge you have  
acquired for Your Master!  
The libraries you devoured, the  
countless lines you memorised  
for His sake  
Yet there are pages left to turn,  
requiring more study, more  
nights, more submission;

O Slaves of Al-Qahhar!

How many mountains you have  
climbed for Your Master!  
The jagged rocks grazed your  
palms and knees for His sake  
Yet the summit remains ahead,  
requiring more strength, more  
grazes, more perseverance;  
For the greater heights that are  
decreed for you to attain  
Keep going

And You will find Him

By Sakina Fletcher





## SECTION FOUR:

# ► Raising the Next





# Generation





# RAISING YOUNG BELIEVERS

## 30 Lessons in 10 Years!

By Ayesha Desai

So a few days ago, my bright, intelligent, wonderful, son reached a huge milestone, his double-digits age indicator! **He is now officially a whole decade old... 10!**

And while its a big deal for him, its equally momentous for me. Its brings my parenting gig to a whole decade too! It has been a decade of wonder, surprises, second-guessing myself, amazement, joy, frustration, and innumerable lessons, and whilst I may not be able to count all the lessons here's a few that stand out!

1. Babies cry! A lot...but they also smell so sweet.
2. Point No 1 is voided in the event of a dirty nappy.
3. Expect to have to clean up poop from places you never imagined, because you never knew baby poop could spread so fast.
4. Breastfed newborns have especially yellow poop, which stains everything from babies vest, to the onsie, and even the blankets at times.
5. Mums of newborns spend a disproportionate amount of time talking about/thinking about/cleaning up baby poop!
6. Sleep becomes a distant memory, but you also amaze yourself at the amount of things you can accomplish whilst being sleep-deprived.
7. This is also the time, you realise that while the baby books and magazines you so religiously bought throughout your pregnancy, might have wonderful airy-fairy ideas of parenthood, such as doing yoga with perfectly ghd'ed hair, whilst holding your baby and that it might make a pretty picture in the magazine, it is a completely unrealistic for a normal mom to do. Having a 5 minute shower, is an accomplishment at this point!
8. The first time your baby rolls over/crawls/smiles/discovers their reflection in the mirror/takes their first step/start talking (insert any achievement) will make your heart flip with joy and overflow with pride.
9. A week later you realise how unprepared you were for aforementioned moment of amazement. This is usually when your newly crawling child almost crawls down the stairs (read as almost falls down)
10. The shock factor when the toddler you thought was asleep in his cot, climbs out without you noticing and then waddles over to you, is absolutely terrifying!
11. The fancy pram with the 'one-hand-fold-up-gadget' isn't really all that easy to fold up, and certainly needs 2 hands to fold up!
12. Also at around this time, you experience another moment of terror, when you acknowledge that about 65% of the things you bought off the 'baby necessity' list at the baby shops (I'm looking at you Reggies and Babies'R'Us!) you've never used, and was an absolute waste of money! So much money... Which wouldve been better spent bribing family to watch said toddler while you nap. (If you have family nearby, that is...which I don't, but still I'd have saved a lot of money!)



13. It is painful weaning your child off the breast. Not just the physical pain but also an emotional one as its saying goodbye to the end of an era!

14. Your child, whilst is off your body, is not yours alone. They might be your son/daughter, but they're also a grandchild, niece/nephew, cousin, older/younger sibling, friend... And whilst your love is by far the strongest (and most important!) Do not ever, never, ever deprive them of the opportunity to receive love from other avenues. In fact, create the opportunities for this to thrive. There really is no such thing as too much love!



15. Learn to embrace your super-powers! Whether it be the ability to kiss a bruised knee better, juggle 3 grocery bags and a half pocket of oranges whilst still holding onto your child (albeit his collar), or being able to ward off the monster in the dark. To at least one little person, you are a super-hero! Own it!

16. I have learnt to pay attention to food like never before. I have also learnt that no matter how you try to disguise the presence of tomatoes or peppers in any food dish, it is a near impossible task! However sometimes attempting to make meals that are healthy and nutritious means adding a few slices of cucumber to the side of the plate! Its green, and a veg (or is it a fruit?)

17. Friends will hurt them, but they will forgive and forget, and be happily playing together again about 10 minutes later. Also friends will come and go, literally...as in through your house, leaving muddy footprints and happy memories behind.

18. All the world will give you advice on every aspect of parenting. This is NOT confined to the pregnancy or baby years. Do not feel undermined, judged, or belittled. Pick what works for you, and smile and wave at the rest.

19. Do not speak things in the presence of your child you don't want them to repeat! They will never hear you say 'pick up the toys' but will quote you word for word on things they were not supposed to hear!





20. Legos are dangerous...for parents I mean! It is not an urban legend. Stepping on a stray Lego truly has the potential to cause \*@#;)#\$ words to involuntarily escape your mouth! Amazingly your child will likely step on a Lego block once in comparison to you stepping on it 38 times!

21. Laugh at their knock-knock jokes! Even when it makes no sense, or rather especially when it makes no sense!

Knock-knock

Who's there?

The frog

The frog who?

NO! Its just a frog!!!



22. Finding a school is an overwhelming mission. Application forms ask everything from your residential address, to your salary, to the reason for your preference of Thai food over Chinese, a blood sample, and IQ and EQ of your paternal great-grandfather... Ok, I'm exaggerating, only slightly, but its overwhelming!

23. Learning to give your child 'space' is a real thing! Its really difficult watching them lose their balance over and over again, whilst trying to perfect roller-blading, but its in the falling and getting up again, that they will eventually master it. Its still hard to do!

24. You know that birthday gift you spent so time and energy choosing, the one that'd be just perfect, the one that he'll love forever... Yeah, that... Understand that to your child it might not be all that wonderful. Sometimes, not often, but sometimes he won't want another toy, and instead will prefer just laying on the grass with you, looking at the shapes of clouds in sky. Cherish these moments!

25. Building a friendly relationship with your childs teacher is always an advantage. But here again, finding just the right line between fun, cool, involved mum and psycho, over-protective parent is a delicate balancing act.

26. School is important, yes, but if they haven't aced a test, its not a train smash. Shouting,

punishing or belittling them doesn't bring on better results in the next test. Encouragement, effort from mum and kid, and a positive attitude however does wonders. This is also very effective at sporting activities. Irrespective of whether the team wins or loses, its important to be standing right there, screaming encouragement, cheering on the wins, and consoling the loses. Just be there!

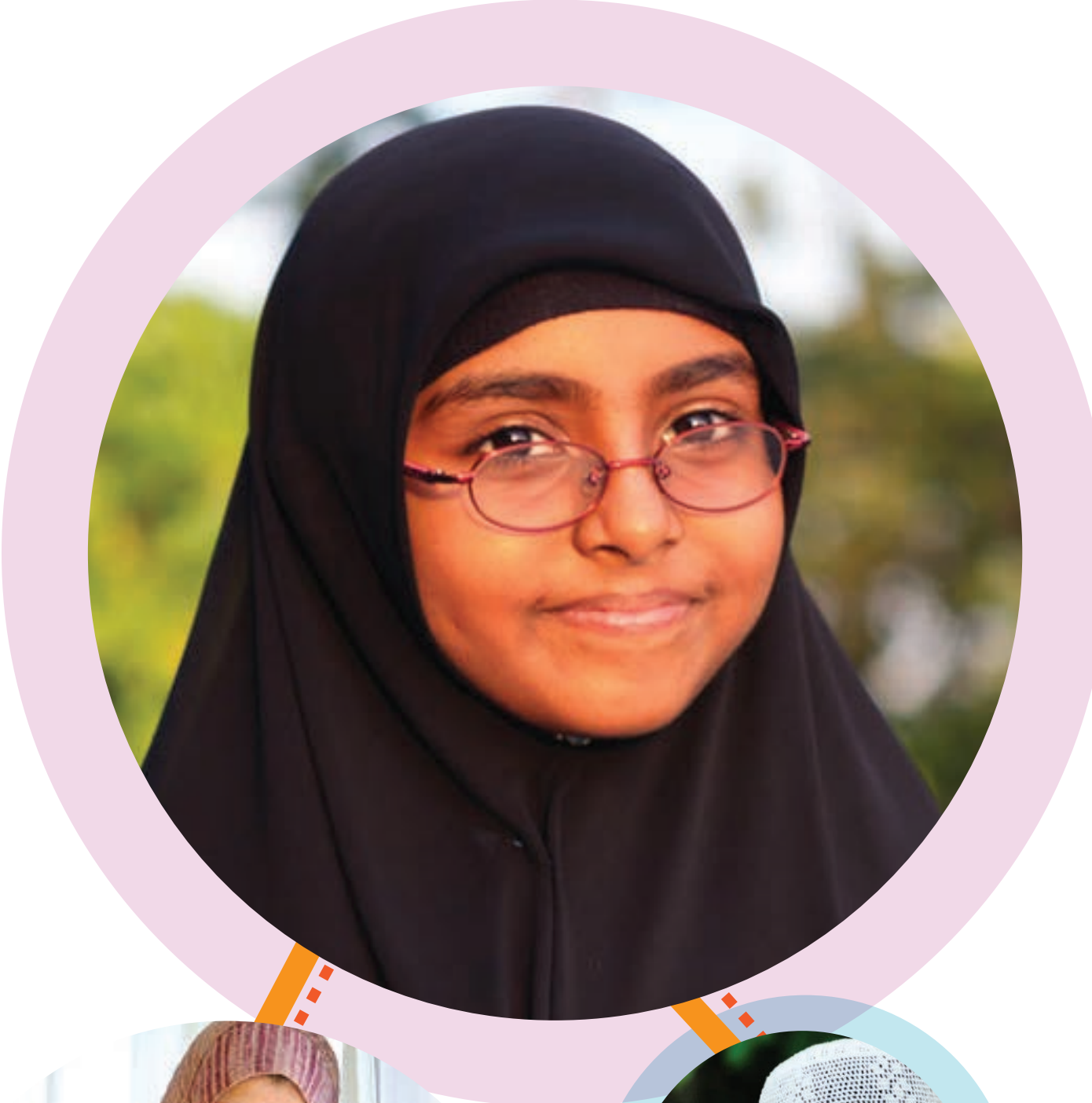
27. Also, it is perfectly acceptable to google answers when you're helping your child with homework! How else are we supposed to know the difference between abstract and compound nouns?!

28. And at odd moments (like trying to wash what was supposed to be water-soluble paint off a tshirt, or pulling a splinter out of a baby toe) you find yourself overwhelmed with new awe and amazement at your own parents. It is only when a parent yourself that you can truly appreciate the extent to which your parents have done for you.

29. The phrase 'Time flies' becomes something of a norm, but it truly does. One moment you have this breathtakingly beautiful baby in your arms, and then it seems like in a flash, he's 10, and you're writing lists about the things you've learned. Too soon the chubby baby cheeks have disappeared and he's now a gangly, colt-ish, all arms and legs pre-teen... hug a little longer, steal every kiss you can, savour the now!

30. Above all else, parenting is a choice, everyday, every moment, to give of yourself, to nurture, to help, to nourish, to guide a once helpless little being, to a life that brings them adventure, growth, wisdom, joy, love, and laughter! To know that the purple crayon design, that is still present on your once newly painted walls are a trivial matter in comparison to the smile on your heart when not-so-little-anymore arms wrap around you and sleepily murmur 'Love you mum!'







# 5 Important Advice for Muslim Teenagers

By Jameelah Ho

Now that my eldest has reached his teenage years, I thought about how I can help him through these years. I thought about my own teenage years and what issues I had and what kept me on track. I came up with five most important ones, I think.

## **1. You are a Muslim.**

This is your identity. If you keep this foremost in your mind then you won't have an identity crisis.

## **2. Know what's right and what's wrong.**

When you know what's the right thing to do and how Allah loves the righteous then you will choose to do what's right regardless of peer pressure.

## **3. Be modest.**

You may be good at many things but know that it is from Allah and Allah can take it away from you. You know what they say about pride? It comes before a fall, and that's a fact.

## **4. Be kind and helpful.**

Not only is it a great Islamic characteristic to have but when you are helpful to others for no particular gain but for the pleasure of Allah, then people will want to help you in return and you will get far.

## **5. Don't doubt that you will always be the apple of your parents' eyes.**

When there are disagreements between you and your parents then know that they still love you. They held you when you were little and precious and they will hold you when you are old, if only you would let them.





# Teach Your Child Patience by Counting

By Jameelah Ho

"I want it! I want it now!" These are probably the most dreaded words coming out of a 2 year old because we all know what happens when he doesn't get his way. Tandrum with a capital t!

When my eldest child was a baby he was the most placid baby there ever was, mashaAllah. Then one day at around 2 years of age, he decided he couldn't wait but wanted immediate gratification. Who was this child? What happened to my even-tempered toddler? I had to get him back!

I thought about how I could teach him patience and since patience is about waiting I had to do something that would get him to wait. It had to be something not too long since he was only two years old. The only thing I could think of was to count to 10.

So the next time my son started to get impatient, I would tell him to be patient and then started to count to 10. At first he didn't know what it meant when I started to count but then he caught on when I ignored his behaviour until I reached 10.

He soon learnt to wait until I'd finished counting. When he got good at waiting until 10, I started to add other languages as well. First I counted in English then I added on Arabic then Indonesian and then Vietnamese. Not long after each one, he started counting with me and not only did he learnt to wait but he learnt to count in different languages as well, mashaAllah.

My second child is completely different to my first child in temperament and whenever he gets impatient I would always tell him to count to 10. It hasn't always worked with him because all his energy cannot seem to be refocused with only counting. I've read that to help with this I needed to get him to fold his hands.

I guess having a child folding his hands gets him to not only mentally (by counting) but also physically to redirect his energies. Sounds like a plan! Each child is different so what works for one may work for another with a bit of adaptation.





# 9

## Ways to Teach Your Child to Be Positive



By Jameelah Ho

"Nothing ever works for me!" cries my youngest child whenever something goes wrong.

The first time it happened, I didn't take much notice of it but when it occurred again and again, I became seriously concerned. Where did this negative attitude come from? And how do I reverse it?

I've always been a positive person because when things go wrong I always try again or find another way to do it. But my son just gives up in frustration. What is a mother to do?

Similarly, as a teacher, I've seen some children like this as well. They're always saying, "I can't do it, Miss" then they give up. What is a teacher to do?

Over at Muslimah Bloggers, the writing prompt for December is positivity. This article is written with that theme in mind for children. Here are nine ways to teach your child to be positive.

### 1. Be a model of positivity in your own life

You've all heard that children learn from seeing those around them. Being positive is one of them. If you're positive then your children will more likely copy this behaviour and way of thinking.

I've always been positive but I've noticed that my husband has a negative outlook. I'm not blaming him because this is a psychological frame of mind that we're born with. But we can work to change it.

Change your way of thinking and put on a can-do attitude so your child can copy it.

### 2. Use positive words to them

When your child says, "I can't do it" or "Nothing ever works for me" then counter it by saying "You can do it" and "Let's try again". The words you use on your child will be internalised by him. He will replay it in his mind over again and it will become his internal self talk. Choose wisely.

Cut back on the negative words and never put your child down. Prophet Muhammad, peace and blessings be upon him, never berated children as reported by Anas ibn Malik: I served the Prophet, peace and blessings be upon him, for ten years. By Allah, he never even said to me "Uff!" and he never said harshly for anything, "Why did you do that?" or, "Why did you not do that?" (Bukhari and Muslim)

When you give instructions then use positive phrasing such as "Please walk" rather than negative ones such as "Don't run!"

### 3. Teach your child some positive self talk and affirmations

The conversation that your child has in his own head influences his behaviour. Just as your child internalises your words to him, teach him some positive self talk that he can use on himself. Teach him to say things like "I can do it when I put my mind to it" or "When I'm patient I can come up with a solution".

It's up to you what affirmation and self talk you want to teach him but look at where he needs help with and formulate one around that. If he gives up too easily then come up with one about not giving up. If he lacks confidence then make up one about having confidence.

### 4. Look for the good in others

When you assume that others have good intentions towards you then you're more likely to act positively towards others. You'll not end up bitter and dwelling on their meanness which can get you down and depress.

One way to teach your child to see good in others is by teaching him to make excuses for them. For example, if someone was mean to your child then ask your child of a good reason why he thinks the other child was mean - it could be because the child had a bad day, he was mistreated at home, he lost his pet, he failed a test and so on.

### 5. Make a gratitude chart for the things that Allah has blessed you with

Make a gratitude wall chart by simply using a star shaped sticky note and writing on each one a reason for being grateful to Allah such as having parents, a home, nice clothes, friends, being able to see and so on. When your child can see all the things that he has or is able to do then he'll feel blessed and be able to be positive about his life.

### 6. Look at others with less than you

Another way to teach gratitude is to teach your child to look at those who are not given as much as him. By doing this he will feel more grateful for the things that he does have and therefore will feel more positive about his life. Abu Huraira reported that the Prophet, peace and blessings be upon him), said: "Look upon one who is below you in status. In this way you will not look down upon the grace of that God bestowed upon you." (Bukhari and Muslim)

### 7. Make a list of the things that your child is good at

Give your child a piece of paper and have him write all the things that he's good at. It can be the big things and the little things. Write everything down. He will see how much he can do well and it will raise his confidence and self esteem and increase his positive self image.

### 8. Encourage your child to take up a hobby that he's good at

Once your child knows what he's good at then get him to take up a hobby based on that. This will further build up his confidence and he will feel more positive about himself.

### 9. When something doesn't go according to plan, think of a positive reason why Allah doesn't want you to have it

You can plan but Allah is the best planner. There was a reason why things don't go according to how you planned it. There is a bigger picture that only Allah knows. Help your child understand this by showing him examples from your life and others. Help him to think of the lessons he can learn from it.





# Negative Effects of Comparing Your Child to Other Kids

By Um Ibrahim Ali

We can all agree as parents we want our children to be the best. We want them to walk, talk and learn the same time as other children their age. We even want them to do better than their peers so we push them to try harder and pressure them so much. And if we see our children being a little behind on some things whether it is learning to read or whatever else, many of us start to panic because we compare them to other children their age and wonder why our children aren't at the same level as some of the other kids their age. It's something many of us do without even thinking about it. I'm guilty of it.

When I had my first child, there was a friend of mine who also had her son around the same time as I had my baby. My son was only a few days older than her son. When our babies were four months old, one day while we were talking she mentioned to me that her son was rolling over front to back. My son hasn't done that yet, he hadn't even rolled over at all. Automatically I started to question myself, *why isn't my son doing that?! Is there something wrong with him? Am I doing something wrong?* I was worried!

For almost two weeks, my poor child had to deal with me trying to make him do something he wasn't ready to do before I finally gave up and decided that he was going to roll over when he was ready. Eventually, he rolled over and learned to sit on his own too. I panicked for no good reason! Forgetting that children's abilities are all different, I compared my son to hers; it was a big mistake.

Comparing your child to other children will most certainly make you worried and stressed out unnecessarily. Out of frustration some parents may even go as far as yelling at their children, telling them how so and so has already memorized this much Quran or is reading chapter books now, is more helpful than you, etc. this type of pressuring and comparing children to others not only makes kids more anxious but they may even become depressed. We know we compare our children out of love and care—we only want them to excel in all that they do, to motivate them—but it really can harm a child in so many ways.

It's very important to try as much as you can to never ever compare your child to other children or even his/her siblings. Constantly pushing and pressuring them can have significantly negative effects. Like adults children have varying personalities, likes and dislikes and abilities.

While there are so many negative effects of comparing children, I've narrowed it down to five. Here are the top five negative effects of comparing your children to other kids!

Comparing children...

## 1. Kills confidence

Being compared to others will even kill an adult's confidence. Think of it this way, it's just another way of calling someone a loser if you compare them to someone else constantly especially when you mention something the other person accomplished, or has; children are





exactly the same way—when we compare them to other kids, they get the message that they are losers; this is especially true for older children who understand more. They will wonder why they can't achieve whatever the kids they're being compared to have achieved. In the long run, it will completely kill their confidence.

## **2. Incites jealousy and hatred for the other child**

Comparing children to each other harbors jealousy and hatred. A child when constantly reminded of how another child can do something he or

she is struggling to learn will definitely feel jealous and may even hate the other child for learning before him/her. Young children will just tell you "I hate so and so" every time you tell them your friend does this or that, or "why can't you be more like her?" They will absolutely hate the other child even if it's their brother or sister.

## **3. Makes kids learn for the wrong reasons**

The more parents compare their children to other kids, the more their children will only want to learn for the wrong reasons. They will lose sight of

the importance of learning. When always compared, children will see the whole concept of learning as just some competition. There's a pressure put on them so they just want to perform better than the next kid and if it doesn't happen, the seed of hate and jealousy gets planted in their little hearts.

## **4. Leads to sadness**

The first people children look to for encouragement and kindness are their family members. If the people around them are always comparing them to other children it will give them the wrong message, a message of 'you're not good enough.' Many children become sad and because they're children it's much more difficult for them to express how they're feeling.

## **5. Leads to withdrawal**

Another negative effect of comparison is withdrawal. Children will not even want to try anymore. They will be afraid to make mistakes or fail, why? Because they know that someone will be doing better than them. That's why some children would rather not even try at all. This is the most damaging to a child's mind and development. All of these five negative effects are related; one leads to the other.

We can certainly motivate, encourage and help our children without comparing them to anyone else. I know we are just human and we can make mistakes at times, but it is important to protect our children from anything that will harm them in any way. May Allah help us to become the best parents for our children. Allahuma Amin!



The image features three wooden spoons of different sizes and finishes (one dark, two light) arranged vertically on a weathered wooden plank background. In the bottom corners, there are hints of fresh produce like a red bell pepper, green chili, and a red apple. The text 'SECTION FIVE: Lifestyle' is overlaid in white, with a white triangle pointing to the right before the word 'Lifestyle'.

**SECTION FIVE:**  
▶ **Lifestyle**







# The Best of Remedies

By Sadia Khurshid

Hijaamah Cupping Therapy; a forgotten Sunnah, a practice which started over 7000 years ago.

After the emergence of Islam, it was highly recommended by our Prophet Muhammad (SalAllahu 'Alayhi wa Sallam).

## How many of us know the incident of Mi'raaj (Night Journey)?

It was during this blessed night, when the Angels prescribed Hijaamah upon the Ummah of RasoolAllah (SalAllahu 'Alayhi wa Sallam).

He, (SalAllahu 'Alayhi wa Sallam) said that on the night of Israa (his ascension to the heavens) he did not pass by an Angel except that it was said to him, **"Oh Muhammad, order your Ummah (nation) with cupping (Hijaamah)."**

[Tirmidhi]

Hijaamah comes from the root words (ha-ja-meem), which means 'to suck', or 'to cup'. It is a procedure in which 'harmful' blood is extracted from the body by using a vacuum, for therapeutic purposes. It is also referred to as 'wet cupping' in modern day times and it is this kind of cupping which is from the Sunnah.

It is recommended that a healthy person have Hijaamah performed every three to four months (three to four times per year) as a means of detox and to prevent any problems later in life, with the permission of Allah. 70% of diseases, pains and ailments are due to the blood being unable to reach certain parts of the body.

Therefore, Hijaamah is beneficial for many ailments, whether it be physical, medical, psychological or spiritual. Hijaamah is for everyone!

Hijaamah rejuvenates the blood, promotes blood circulation, reduces pain levels, removes stress and tension, and increases energy levels and much more.



# MEXICAN MINCE CHILLI CORNE

## Ingredients

1/2 kg steak mince  
1 can of the 4 bean combo in brine (remove from brine and wash out the beans)  
1 onions chopped  
1 green pepper cubed  
2 carrots sliced  
1 can Miami Mexican tomatoes / 3 chopped tomatoes  
2 sachets tomato paste  
1 teaspoon red chilli paste  
1 tablespoon garlic  
1 teaspoon ginger  
1 teaspoon parsley  
1 teaspoon oregano  
1/2 teaspoon pepper  
1 teaspoon jeera  
2 teaspoon dhana powder  
1 teaspoon crushed red chilli  
Squeeze lemon juice

Tortilla crisp / Doritos  
Sour cream  
Chopped:  
Onions

Tomatoes  
Cucumber  
Jalapenos (optional)

## Method

In a pot add some oil as well as the onions carrots and peppers, braise until the onion changes color slightly, now add in the ginger garlic and red chilli paste and braise this until you get the aroma. Lower the heat add in the washed minces and start mixing.

Add all the dry spices cook for 2 minutes now add in the can tomatoes allow this to cook until the water burns out. Now add in the sachet of paste as well as 1/2 cup water and the beans, mix everything together until well combined.

To serve: In a bowl dish out some chilli, add a dollop of sour cream, top with the chopped onion tomato and cucumber mixture. You can also add grated cheese and jalapenos. Eat with crisp or tortilla.

Source: Halal Recipes





# GRANADILLA SNOW CAKES

## Ingredients

4 eggs

1 cup sugar

Beat till fluffy

1 ½ cup flour

3 teaspoon baking powder

Sift tog

½ cup oil

½ cup cold water

Mix in a cup

Add dry ingredients to egg mixture and fold lightly... when almost mixed add water/oil mixture... use a light hand... place in greased cup cake pans... bake at 180 for 15-20 minutes. When cool remove from pan, and leave cakes to stand upside down.

## Method

Beat 1 fresh cream/imatation cream with 2 tablespoon icing sugar till stiff.

Spread sides of cake with cream,dip in coconut.

Pipe rosettes of cream on the top edge of cake.

Fill with granadilla pulp mixed with apricot jam.

Source: Halaal Recipes





**Every soul shall have a taste  
of death: in the end to Us shall  
ye be brought back.**

**[Surah The Spider, 29:57]**







**FARAH SAEED  
TRUST**

