

Volume 24 - No 6

Jamaadi ul Aakhir 1442 / 2021

الكاوسر

1727 Lenasia 1820 📞 011 854 4543 📞 011 854 7886

He is ALLAH,
The Creator, the Evolver,
the Designer...
His are the Names of Beauty.
Glorified is He
in Heaven and on Earth.
He is the Almighty, the Wise!

Surah Hashr Verse 24

Taking care of yourself during excessive heat

HASINA BEGUM SAYED

The excessive heat can make everyone feel tired and grumpy and staying hydrated is key to navigating the worst of the summer heat. Everyone knows they should gulp down 8-10 glasses of water daily but in excessive heat conditions, but there is more you can do to keep yourself hydrated and healthy – including adding some foods and ways to add more electrolytes to your diet that help hydrate your cells.

Symptoms of early or mild dehydration include (one or more of the following):

- Fatigue and lack of energy and vitality
- Overall muscle weakness
- Dizziness and/or confusion
- Camping in the arms and legs

Eat Watermelon – There's a reason watermelon is a summertime favorite – it's 90% water! Learn some new recipes and try grilled watermelon or watermelon, mint and feta salad to add more watermelon to your diet. Nothing beats a bowl of good old fashioned fresh watermelon!

Eat two-three celery sticks to replenish levels of sodium, potassium, magnesium, and other vital minerals.

Rice – Choose brown over white and enjoy the benefits of additional water absorption thanks to the preparation of rice where each grain acts as a little tiny sponge soaking up water as it cooks.

Cucumbers – at 95 percent water content, a cup of cucumber slices is nearly as thirst-quenching as a glass of water. Cucumbers also provide a little fiber and some vitamin.

Strawberries deliver the most vitamin C of all berries and also provide folate, a B vitamin that's essential for the healthy growth of new cells. And, since they're 91 percent water, they'll contribute significantly toward your overall fluid intake

Electrolyte Supplementation: There are just a few foods rich in electrolytes that people lose when they sweat and need to replenish them to regain energy. You can also add electrolytes to water or your favorite beverages, for example:

Coconut Water – very refreshing drink a high potassium and mineral content

Your body is 75% water and its needs more than just water to keep hydrated! Research shows that eating foods that are full of water helps keep you satisfied on fewer calories. So incorporate fresh fruits, vegetable, other nutrient dense foods and use electrolytes supplementation as needed to keep up our energy level and shape up our waist line not only during the summer months, but all year long!

People at risk during hot weather

Heat can affect anyone, but some people are at greater risk of serious harm from the effects of extreme heat. These include:

- older people
- babies and young children
- people with mental health problems
- people on certain types of medication – ask your doctor if you are at risk
- people with a chronic health condition such as breathing or heart problems
- people who already have a high temperature from an infection
- people who consume alcohol or use illegal drugs
- people with mobility problems
- people who are physically active such as manual workers or sports people

Keep out of the heat

if a heatwave is forecast, plan your day so that you can stay out of the heat when possible avoid going out during the hottest part of the day between 11.00 am to 3.00 pm avoid strenuous outdoor activity such as sport or gardening or do this during cooler times of the day

if you must go out, stay in the shade and wear a hat and loose-fitting cotton clothes

if you are outside, take plenty of water with you don't leave babies or children alone in a parked car

Drink plenty

drink regularly even if you do not feel thirsty – water or fruit juice are best try to tea and coffee as these can cause dehydration eat as you normally would, especially cold food such as salads and fruit.



The Village Bakery
The Home of Quality Bakery Products
Grand Place Shopping Centre,
Gembok Street Lenasia
Tel: 011 852-6573 Fax: 011 854-1778
Avenue Road, Fordsbug
Tel: 011 836-9700/9



SABERA'S
POULTRY SHOP & SUPERETTE
93 Rose Avenue, Ext 2, Lenasia, (Opp. Saaberie Jumma Masjid)
For all your
CUT, CLEANED, WASHED AND DEVEINED CHICKENS AVAILABLE DAILY
WE CATER FOR ALL FUNCTIONS
Call us to place your orders
Tel: 011 852 0649
074 999 1199

Coping Skills During the Covid-19 Second Wave

BY SHIREEN ISMAIL



The overall pattern has been one of increasing cases of Covid-19 with a recent surge. Some locations that experienced a high number of coronavirus infections early on, followed by a decline, are now having a 'second wave' of increased cases.

Recommendations to promote psychological and emotional well-being during the covid-19 second wave.

[1] Awareness of Basic Needs



Maslow's Hierarchy of Needs (a theory about human motivation) explains that it is important to meet the foundational needs of physiology and safety before being able to truly focus on one's psychological needs of belonging, self-esteem, and self-actualization. This means creating a plan to ensure one has proper access to meet basic physiological needs. In other words, creating a plan with your family to ensure you will have sufficient food, water, shelter, finances, means to access treatment, etc should you need to quarantine. When it comes to your health, be well informed of current best practices to stay safe.

[2] Identify, Practice and Master Coping Skills

Recognising and identifying at least three coping skills you can implement in stressful situations. These are things that you do when

you know the stress levels are escalating and self-care is not sufficient, such as additional spiritual activities, breathing exercises, practicing gratitude, a walk outside, a nap or listening to your favourite playlist. Find three and use them regularly.

[3] Lessons Learnt from the First Wave

Your experience, knowledge and information gained from the initial wave could be used to your advantage this time around. Awareness of what you learned and did well to get through the stress of lockdown and what not done that well. Reflect and be proactive, take those steps that you know you needed to do to help sustain you, whether that's social connection or self-care or coping skills.

[4] Honour Your Unique Mental Health Needs

Important to recognize that individuals are all different and require different strategies for handling their mental health. For example, while some people might need regular exercise, others might need to relax with quiet time. What works for someone might not work for you and vice versa.

[5] Monitor Tech

In the event of another lockdown, people will once again be spending more of their time in front of a screen, which can be harmful to their mental health. Develop a schedule to manage screen time and use that time in a productive manner. Choose online activities that are healthy. These are tech activities that lead to meaningful social connection, self-care, creativity, and learning. Limit and monitor the mindless scrolling and avoid negative toxic stressful online experiences.

[6] Practice Self-Care

- Enhance spiritual activities.
- Find fun and new activities.
- Set a routine time for sleeping.
- Make time for exercise.
- Talk about your feelings.
- Plan for the bad days.
- Find a balance between positive events and accomplishments.
- Manage screen time and use personalized coping skills to assist in managing the stresses of a second wave of Covid-19.

EST. 1995

Copper Chimney



AUTHENTIC INDIAN CUISINE

PROMOTIONAL OFFERS ARE AVAILABLE @ THESE BRANCHES ONLY!

LENASIA SIGNET: (011) 079 7479 / 011 852 0043
LENASIA TRADE ROUTE: (011) 854 2508
LENASIA SOUTH: (011) 044 9044

MIDRAND: (011) 029 4822 / 071 3817
BUCCLEUCH: (011) 047 0052/3



Mother-in-Law or Woman Hitler Who are you?

BY MOULANA NASIK AHMED

No doubt there have been various people who have driven themselves to the top of the "Most Famous Villain of All Time" list. However, for many women, all the villains come in second place. So who can be more villainous than villainy itself? You guessed it right! The prize for the "Most Famous Villain of All Time" is none other than the award-winning monster - the Mother-In-Law. Before you run off to my mother-in-law and tell her that I have called her a monster, understand that most of what you will be reading is very much a reality. Many people will agree with this and others may have a different take on this matter. In the end, we have to call a spade a spade. If the shoe fits then you have to wear it.

Nevertheless, every mother in the world wants that her son should find a partner who will look after him like how she has done. When her son does finally get married to a person whom he believes will look after him and be his partner to the best of her ability, the mother starts doing anything to ensure that mummy's little boy never cuts those apron strings. Even if the couple decides to buy food most of the time, the mother-in-law is determined to believe that the daughter-in-law cannot cook and that she is lazy, etc. The best part is that no mother-in-law or any other person can prove from the teachings of Islam that it is the duty of the wife and obligatory upon her to cook for her husband or even for his family.

If she does cook for him/them then it is a rewarding action and there is no sin for not cooking because from an Islamic perspective the husband has to feed the wife. It is said that being a mother-in-law can be harder than being a mother. Perhaps this is because a mother has a natural love for her child since she devoted her entire life to raising her child in the best possible manner. It can be agreed that becoming a mother-in-law is a difficult transition. It is truly a life-changing moment for any mother. Every mother-in-law makes promises of being a better mother-in-law than her predecessor. The amusing part is that all mothers-in-law make this so-called 'promise' but do not realize that it is so much easier said than done.

During a marital counselling session, I had asked the couple to write

down the problem each spouse had with the other. The common denominator was the mother-in-law. Each spouse was then asked to describe their respective mother-in-law, and after carefully looking at the responses gathered it was confirmed that the mother-in-law and daughter-in-law had a very toxic relationship. The daughter-in-law described the mother-in-law as 'the most criticizing, manipulative, evil, fake smile on your face, the vindictive witch who loves to cause family strife'. The most unique universal paradox of marriage is 'Good girls get a bad mother-in-law and bad girl get a good mother-in-law'. Mothers-in-law always feel that they have devoted their lives to their children unconditionally and now she has to accept a girl walking into the life of her son whereby the wife will also be having a privileged exclusivity which the mother had over the son.

When the groom's mother starts thinking that from now on she will no longer be the primary recipient of any news in her son's life, whether good or bad; or that she will not be 'initially' consulted when her son makes plans about his life but rather with the stranger who now holds the key to her son's mind, the as a result of such thinking the mother-in-law will become a 'toxic' mother-in-law. Toxicity in this relationship leads to disrespect. As we know that respect begets respect. Nabi (Sallallahu Alayhi Wa Sallam) has said: "He is not one of us who does not have mercy on the young and does not respect our elders" (Tirmidhi - 1919 & Al-Adab Al-Mufrad - 358).

The world we live in is like a race and if we do not keep up with the pace then we will be doomed in losing the race. As a result of this couples love spending time together whenever they can. The mother-in-law feels that the time her son spent talking to her has now diminished as a result of the 'new person' in his life. Some time into the marriage, the groom's mother starts going into a state of disquiet. The state of anxiety starts clouding her thinking and starts believing that her current predicament is rooted in the arrival of the new daughter-in-law. The mother-in-law then makes it seem that the daughter-in-law is trying to pull her son away from his family.

An innocent mistake made by the daughter-in-law is then considered as willful disobedience. The list is endless, and the daughter-in-law, even though has never heard or directly told a bad word by the mother-in-law, is well aware of the awkward silences, the 'funny' facial expressions, the avoidance of eye-contact, etc. All these cause the daughter-in-law to distance herself from her mother-in-law. This type of mother-in-law can be termed as a NARCISSISTIC mother-in-law because this is a mother-in-law that enjoys ignoring, belittling, and undermining the daughter-in-law as well as using manipulation or guilt-tripping to get her way.

Always remember that as a mother-in-law you are a guest in their marriage and a guest in their home. You have to fold into their rules and their lives if you want to be welcome there wholeheartedly.



Southern African Freight & Transport Co-ordination System

Baboo Moideen
Group CEO

Tel: 031 409 3319
Fax: 031 409 1751
Cell: 082 576 6955
e-mail:s.m.r@absamail.co.za
mmoideen@smrlogistics.co.za

P.O. Box 561451
Chatsworth,4030



THERE IS ALWAYS A PRICE TO PAY FOR BEFRIENDING THE ZIONISTS

African countries should know that whenever you be-friend the Zionists, you will never know peace within your countries or region. This has been proven right wherever it has happened. The so-called normalizations that are currently going on in some Arab and African countries will ultimately prove my theory right. Zionism is an ideology of destruction, pillaging of other people's resources, grabbing of other people's territories and the spilling of innocent blood. I will give you examples of two spots on the continent where this could possibly unfold. And these are Ethiopia-Sudan or Morocco-Western Sahara.

Here is how it could all play out in the above-mentioned countries. After the normalization between Morocco and Israel, trouble is brewing in Western Sahara. There is a possibility of a full-fledged war breaking out between Morocco and the Polisario Front which has the potential of sucking in Algeria on the side of the Polisario Front and Morocco and the US on the other side. For US read Israel. There is evidence already that suggests that Morocco has been receiving arms shipments from Israel since the beginning of the year. Knowing Israel, that will be enhanced to greater heights now that there are full diplomatic relations between the two countries. All this will happen courtesy of the so-called "normalization".

On the Sudan-Ethiopia front, there is a possibility of war there as well. On the 16/12/2020, Sudan's armed forces has said that several of its officers were ambushed by "Ethiopian forces and militias" during a security patrol of the border region.

"During the return of our forces from combing the area around Jabal Abutiour inside our territory, they were ambushed by Ethiopian forces and militias inside Sudanese territory, as a result of which lives and equipment were lost," the army said on Wednesday, adding the attack took place on the previous day. The Sudanese army did not specify how many officers were killed.

Sudanese Prime Minister Abdalla Hamdok also confirmed the incident in a tweet on Wednesday. Residents said that reinforcements were being sent to the area, which is part of the Fashaqa locality where some Ethiopian refugees have been crossing into Sudan. Fighting erupted on November 4 between Ethiopia's government and the Tigray People's Liberation Front (TPLF).

Thousands of people are believed to have been killed and more than 950,000 displaced, some 50,000 of them into Sudan, according to United Nations estimates. Hamdok visited Ethiopia briefly on Sunday and relayed his concerns about threats to Sudan's security along its border with Tigray.

Is it a coincident that this is happening immediately after the countries

involved have just normalized with Israel? The answer is that it is not, it is rather by design. When the Zionists enter the theatre of operation, that is what happens. Because they always come into a scenario with a well calculated plan to inject chaos to enable them to pillage the natural resources of other people by hook and by crook. In the process of achieving that, blood is spilled, and people die. People who were friends end up becoming enemies. One has just to look at what they have done in Palestine. It used to be the land of peace where people lived in harmony. Jews and Arabs used to even intermarry but that is not so today.

Zionism is an ideology based on discrimination, exclusivity and the purity of the Jewish race. If you allow it to take root on the continent there will soon be chaos right at our doorsteps. It will plant divisions and hatred among people of the same colour.

I have heard of people on this continent who say that "my tribe" is the chosen tribe. It is, therefore, superior to the others. In certain African countries, the Zionist ideology is the cause of instability which eventually spills into the political arena and you hear people say: "only my tribe has the right to rule in this country because we are the chosen people".

The ideologies of racism and apartheid all trace their roots to Zionism. That is why you heard the National Party in South Africa during their minority rule justified apartheid from a Biblical standpoint making use of the same verses that the Zionists are using to justify their claims to Palestine. The toxicity of Zionism knows no bounds.

In 2014, the then Labour Shadow Minister in the UK Parliament, Richard Burgon, referred to Zionism as the "enemy of peace".

I also take this opportunity to remind my African brothers and sisters on the continent and in the diaspora, of that infamous Zionist slogan "a land without a people for a people without a land", when referring to Palestine.

The irony of it all is that Zionism will never consider anyone who is not Jewish whether white or black, to be their equal. You remain a gentile, forever condemned to being the lowest of all creation just because you are not white and Jewish. I would like to warn our leadership on the continent to be aware of this cancer called Zionism and treat it with the contempt it deserves. Stay away from it and save your peace and even your thrones. It is an ideology of divide and rule which does not care about people who they even call "our friends". It has all to do with "no permanent friends, or enemies". It is based purely on their interest for that moment.

By: Dr. Mustafa Mheta

The home of handcrafted food

EVERYTHING Edible

Your All in one Quality Home industry Store

SHOP 7-LTA PLAZA - ROSE AVENUE - LENASIA EXT 2
(OPP SAABERIE JUMMA MASJID - ROSE AVE)
082 302 9782 OR 082 301 0461

halal

fourway
logistics solutions | aviation corporation | bulk solutions

Riedwaan Hassiem
Business Partner
+27 83 781 1364 / 086 503 1592
riedwaan@fourway-logistics.com

Rhiaz Hassiem
Business Partner
+27 76 630 3485 / 086 503 1566
rhiaz@fourway-logistics.com

www.fourway-logistics.com
Office 1, No 2 Fairways Lane,
Mount Edgecombe 4305 KZN, RSA
Tel: 031 5022 557 Fax: 031 5024 383



AL-BARAA IBN MAALIK

Al-Baraa Ibn Maalik was one of two noble brothers who sincerely served Islam. His brother was Anas Ibn Maalik, the servant of the Prophet (ﷺ). Anas ibn Maalik served the Prophet (ﷺ) with great devotion being handed over to him (ﷺ) by Anas's mother at the age of ten. This gave Anas the opportunity to play a special role in the cause of Islam. Al-Baraa's life however was no less greater.

Al-Baraa was known for his motto "ALLAH and Paradise." He was a valiant warrior who partook overwhelmingly in every battle and expedition. His aim however was not victory; instead it was "ALLAH and Paradise"- martyrdom! Al-Baraa yearned for martyrdom. It was his greatest desire and lifelong dream. He welcomed death and extended an open invitation to it. He made constant dua for martyrdom. Al-Baraa was determined that he would not die in his bed but on the battlefield – ALLAH could not deprive him of martyrdom. This longing for martyrdom made Al-Baraa a very daring and passionate warrior. Infact he was forbidden by Umar Ibn Al-Khattaab to become a leader as "his boldness, courage and search for death made it a great risk for him to lead other fighters." In the battle of AL-Yamaamah while the Muslims prepared themselves for the battle to start, he carefully scanned the battlefield seeming to be searching for the most suitable place to be martyred. Seconds seemed like years to him as he waited.

The command was eventually given Al-Baraa burst forward swiftly striking down the polytheists like autumn leaves. Musailamah's army was great both in number and in equipment, and posed a serious challenge to the Muslims. Their reply to the Muslim attack was so forceful that it could be transformed into an attack. The Muslims became anxious and were starting to lose courage. The Muslim leaders tried to help them regain spirit with words of encouragement. Khalid bin Walid called out to Al-Baraa and requested "Speak, Baraa." Al-Baraa responded with bold words. "O people of Al-Madinah! Today you have no Madinah, but it's ALLAH and Paradise!"

These words were enough to revive the Muslim army. They were soon back on track and regained the advantage. Musailamah and his army withdrew and hid in a big garden behind a wall. Al-Baraa stood on a hill and pleaded with the army "O Muslims, carry me and throw me over to them in the garden." In this way he could open the gates for the Muslims allowing them victory, and be martyred at the same time

thereby achieving his own ultimate victory. He was so eager that he did not even wait for their decision. Al-Baraa climbed over the wall and jumped into the garden. He opened the gates and let the Muslims in. Al-Baraa's plan had not however completely materialised. Even though he received over eighty strikes from the swords of the polytheists, he was not martyred. As Hazrat Abu Bakr once said, "Strive for death and you will live!" Al-Baraa had to be carefully nursed for a whole month before he began to recover.

He did not however lose hope. He was confident that ALLAH would answer his duas as it had been prophesied by the Prophet (ﷺ) that, "Perhaps there is a person with uncombed, dusty hair that people will not look at, but if he swears by ALLAH, he will fulfil his prayer. Among them is Al-Baraa Ibn Maalik. Al-Baraa anxiously awaited the next battle. He bravely fought the Roman and Persian empires and achieved great victories for Islam. In one of the battles the Persians barbarically used heated chains with hooks, which they threw at the Muslims from their castles. One of their hooks caught hold of his brother Anas. As the chain was boiling hot Anas could not pull the chain away. He was being pulled up the castle wall with the chain. Al-Baraa rushed towards him and without any hesitance grabbed the chain and pulled it till it broke. He had saved his brother but the flesh on both his hands had completely melted away. Even then Al-Baraa did not reach his end. He had to be nursed for another long period of time.

In the battle of Tustur Anas and Al-Baraa Ibn Maalik were amongst those Muslims fighting the Persian army. The Persian army was strong and fighting was tough. Some of the Companions remembered their Beloved Prophet (ﷺ)'s words that the Al-Baraa's duas would be answered. They thus requested to him to supplicate to ALLAH. Al-Baraa raised his hands towards the heavens and asked "O ALLAH, render them defeated and us victorious, and let me catch your Prophet (ﷺ) today." Thereafter he stared for a while at his brother who was fighting nearby as if saying goodbye. The fighting intensified but the Muslim army were indeed victorious – and yes! –Finally -Al-Baraa was martyred. He laid on the battlefield with a smile on his face. His right hand clenched the dust that bore witness to his blood. "Finally the traveller arrived at his home!"



<p>ACTONVILLE 791 Patel Street Tel: 011 845 2420</p>	<p>MAYFAIR Cnr. Church & 6th Avenue Tel: 011 837 2579</p>
<p>LENASIA SOUTH NTN Centre Tel: 011 855 2758</p>	<p>LENASIA 12286 Nirvana Drive Tel: 011 852 3750</p>



Al Waaris Foods Strictly Halaal

Tel: 011 854 2601 / 854 6966/7

Shop 7, Protea Centre,
Protea Avenue, Ext 8 Lenasia

Waaris Chicken
*Grilled or Fried,
Something to be Tried*



INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Jakarta, INDONESIA - State-owned pharmaceutical holding company Bio Farma has confirmed that healthcare workers in this largest Islamic country in the world will be accorded priority during its initial stage of COVID-19 vaccination, but religious leaders will first have to approve its use. Bio Farma President Director Honesti Basyir said he was optimistic that the availability of the COVID-19 vaccine for healthcare workers would offer security and protection to those dealing directly with COVID-19 patients. This is similar to a confirmation by South Africa Health Minister Dr Zweli Mkhize, who said that the first batch of one million vaccine doses expected from India in February 2021 would be used for healthcare workers. But before the mass vaccination programme starts in Indonesia on January 13, a Fatwa is expected from Indonesia's Chief Mufti on whether the COVID-19 vaccine is halaal. Gelatine of pork origin is used as a stabiliser in some vaccines, and especially in Chinese products, from where the vaccines are being imported.

Islamabad, PAKISTAN - Three people have been sentenced to death and a fourth to ten years imprisonment for making social media posts which were deemed to be insulting to Prophet Muhammad (SAW) under the country's blasphemy laws. The convicted persons can appeal the judgment to a higher court or seek clemency from the President. According to the US Commission for International Religious Freedom, Pakistan has dozens of convicts on death row or serving life imprisonment for committing blasphemy.

Kabul, AFGHANISTAN - Many international organisations strongly deplored the terrorist attack that targeted a Quran recitation gathering in the Ghazni province in eastern Afghanistan, which killed dozens of people, including children. Among them was the Organisation of Islamic Cooperation, which reiterated its unwavering rejection of violence, terrorism, and extremism in every form and manifestation and under whatsoever justifications and circumstances.

Riyadh, SAUDI ARABIA - The Riyadh Agreement, which will lead to the formation of a joint Yemeni government between the legitimate Yemeni government and the Southern Transitional Council has been hailed as a decisive step in preserving Yemen's unity and territorial integrity. Organised by the Saudi Government, the French government also welcomed the step, as it emphasised the importance of ending the conflict in Yemen, which requires a cessation of hostilities and the resumption of discussions under the auspices of the United Nations to reach a general and comprehensive political agreement.

Jeddah, SAUDI ARABIA - Preparations have started for hosting an international conference on the biography of the Prophet Muhammad (PBUH). Three organisations will co-host the conference, which was announced by Dr. Salim M. Al-Malik, Director-General of the Islamic World Educational, Scientific, and Cultural Organization). The other two organisations are the Muslim World League and Mohammadia League of Scholars. The conference, which will bring together several intellectuals, will highlight the Prophet's unique virtues and refute allegations and offensive statements made against him. A date for the conference has not been confirmed yet.

Geneva, SWITZERLAND - The International Telecommunication Union (ITU), which is the United Nations agency for information and communication technology; and the National Cybersecurity Authority in Saudi Arabia have signed an agreement to launch a global program to protect children in cyberspace. Secretary-General of the ITU Houlin Zhao said that that children's safety on the internet has become more necessary than ever, indicating that the launch of this program will contribute to reducing crimes, targeting children on the internet, and will contribute to providing the necessary resources and skills for children. The Chairman of the Board of Directors of the National Cybersecurity Authority, Dr. Musaed bin Mohammad Al-Aiban, said that the Authority has worked with the ITU to design this comprehensive global program, which aims to have an impact on increasing international cooperation to enhance the protection of children in cyberspace.

Islamabad, PAKISTAN - The country's exports during December 2020 grew by 18.3 percent to \$2,357 million, compared to \$1,993 million in December 2019, showing an increase of \$364 million, the highest monthly export ever in 2020, said Abdul Razaq Dawood, adviser to Pakistan's prime minister on commerce and investment. He said that the export figures showed the resilience of the economy of Pakistan and was a vindication of the government's policy to keep the wheels of economy running during the COVID-19 pandemic.

NATIONAL INDEPENDENT HALAAL TRUST



"O Mankind ! Eat of the lawful and good things from what is in the earth, and follow not the evil. Surely he is an open enemy to you (S2: V168)



FOR ALL YOUR HALAAL QUERIES CONTACT US ON:

GAUTENG:
TEL: (011) 854-4381 | FAX: (011) 852-4300
EMAIL: niht@halaal.org.za

DURBAN:
TEL: (031) 207-7864 | FAX: (031) 207-7865
EMAIL: nihtkzn@mighty.co.za

Visit our website at: www.halaal.org.za

FARMER'S FURY

BY FAIZEL KHAMKER



In 2018 it was reported through various agencies that the farmers in India were facing a bleak future to the extent that many were committing suicide largely due to the demonetisation policy of the BJP. This was largely because of government action in respect to water rights. The farming industry were the major source of employment and contributed as much as forty percent of the total employment in the country. This industry also contributed between fourteen and eighteen percent of the country's GDP. These figures paint a picture of the importance of this industry.

The Indian government then introduced three new laws which effectively opened the door to the privatisation of the farm industry as well as risking the income of the farmer and creating the room for corporate exploitation by the scrapping of the robust support system prevalent for the purchase of their crops.

These factors together with the government's inability to pay the farmers timeously has resulted in one of the biggest protest actions seen in the world, despite desperate attempts to play this protest action down. The farming community of the Punjab and Haryana area are one of the predominant farming areas in the country and embarked on a protest action since September 2019.

The ultra-nationalistic government has a history of supporting privatisation even when they were the opposition party. Their callous actions against the poor and marginalised is not a new phenomenon for the BJP nor its founder organization the RSS, however when it is targeted at their staunch supporters then the warning signs of a party gone starts to appear.

The governing party has defended its decision and intimated that the acts of law is carved in stone and only a limited amount of change will be entertained. It also followed its normal pattern of intimidating, lying and labelling. Unlike its other controversial law enactment, its propaganda machine was not as effective and was forced to the negotiating table for a seventh time.

Surjeet Kumar Jyani leading the talks for the BJP claims that the protest was a "leaderless agitation" a claim which the facts on the ground disproves. In opposing the legitimate protest, the government went from naïve to absurd claiming an anti Modi action to laying charges of attempted murder for dumping cow dung at the door of one of the

party leaders in the Area. The effectiveness of the despotic actions is now being openly challenged both by the opposition parties as well as members of academia.

The background to the laws which existed prior to the new enactments makes an interesting read. Winston Churchill in 1943 created a massive famine resulting in the deaths of millions of Indians by engineering artificial shortages utilising immoral grain traders. Nehru then introduced the laws now replaced by the Modi government in order to protect farmers and create food security. The reading of the new laws indicate that a similar agenda of Churchill is now being pursued by Modi.

The above example highlights the importance of land and food security, a human right which dared not be endangered and a right which must be defended. It is for this reason that the farming community finds its strength not only from the principle point but because it has the support of the masses globally. In an era where various steps are taken to threaten this food security every one should be vigilant, failing to intervene timeously can have extremely grave consequences.

It also leads to an important question of the dependency we place on the food chain. Should we not be planting our own necessities before a disaster strike? This will reduce our dependency on the food chain, assure us of more natural products and at the same time reduce the burden on the supply chain for food.

Joburg Auto Tech
SPECIALISTS IN AUDI & VOLKSWAGEN

92 Lillian Ngoyi Street, Newtown Johannesburg
web: www.joburgauto.co.za
Email: allyjhauto@telkomsa.net
Tel: 011 839 2695 Cell: 082 815 6624 Fax: 086 627 6913

All major Credit Cards Accepted

SHAMA

SPICE WORLD & SUPERMARKET

011 852 5568

50 Gembok Street
Lenasia, Ext 2, 1827
011 852 5568

12286 Nirvana Drive
Lenasia, Ext 13, 1827
011 852 2768

FOMISS
SERVICE STATION

128, Gembok Street Tel: 011 854 5074

HAZRAT KHWAJA SHAMSUDDIN TURK



Hazrat Khwaja Shamsuddin Turk was a Hasani Sayed and according to "Firdaus al-Wajoub" He was destined to be the only mureed and Khalifa of Sabir Paak due to His lineage. He was born in Turkey/Turkistan and like many of the great Mashaaikh He was a direct descendant of Rasool Allah (Sallallahu Alayhi Wasallam).

Hazrat Khwaja Shamsuddin arrived in the Indian subcontinent where He heard of the greatness of Baba Farid and desired to become His murid. He arrived in Paak Patan on 12 Zil Hajj 658 AH. and went to Hazrat Baba Farid requesting him to enrol them into the silsila. Baba Farid told them "Your share is not with me, go to my Makhdoom Alauddin Sabir. If Allah wishes your share is with him and shall receive it from him. He set out for Kalyar and arrived at the boundary of the 24 miles radius where none could cross. Alimullah Abdaal arrived and requested all of them to continue reciting the name of Hazrat Sabir Paak and took them across safely. There they found Hazrat Sabir Paak t standing in a deep state of istighraaq. They waited for a period of about 22 days waiting for Him to come into a normal state. In that time, the 21 people who accompanied Khwaja Shamsuddin lost their patience and left. He was left all alone and during that period, He says that he was so awe stricken that He forgot to eat and sleep.

When Hazrat Sabir Paak regained consciousness, He said "Shamsuddin you were sent here by Hazrat Baba Farid?" Khwaja Shamsuddin replied, "The master is aware of everything, what is there for me to say."

Hazrat Sabir Paak then said: "The sun of Allah is in the sky and the sun of this faqeer is on earth"

Hazrat Sabir Paak then made Him His murid and told him to stay for a period of 3 days then return back to Baba Farid and remain in his service until Hazrat Baba Farid makes wisaal.

Hazrat Sabir Paak was absorbed beyond description. He stood holding the branch of a goolar tree for 12 years waiting for the revelation of godly presence. The body dried up became thin, and immovable. Only eyes worked until at last he realized the Supreme Being. Baba Farid's inner powers revealed to him Makhdoom Sabir 's state, so he asked his disciples: "Who would go to Sabir and make him sit, I will gave him a gift." Khwaja Shamsuddin agreed to go there. Baba Farid directed him not to stand before Hazrat Sabir but serve him form behind his back.(As it would be dangerous for Khwaja Shamsuddin). Khwaja Shamsuddin was a Hafiz-ul-Quraan, when he arrived in Kalyar he saw Hazrat Sabir Paak in an absorbed state, motionless like a statue, and standing by holding the branch of a tree, and his eyes are up towards the sky. Khwaja Shamsuddin stood behind him. He then began reciting Qur'aan, when Hazrat Sabir

Paak regained consciousness he requested Khwaja Shamsuddin to sit and recite the Qur'aan. Khwaja Shamsuddin said 'how is it that this servant sits while the master stands' after this Hazrat Sabir Paak sat down for the first time in many year and Khwaja Shamsuddin continued reciting the Qur'aan for him and also sang some Sufi song in his charming voice. Hazrat Sabir asked Khwaja Shamsuddin,'How is my Shaykh'? Khwaja Shamsuddin replied: "The Shaykh is well". When Khwaja Shamsuddin reached Pak-Pattan,

and told everything about Sabir Paak to Baba Farid. Baba Farid asked him: "Did Sabir asked about me?" Shamsuddin said: "Yes, he asked 'How is my Shaykh?'" After listening to this Baba Farid went into wajd, and said: "Today I've become a Shaykh". When Khwaja Shamsuddin asked Baba Farid to give him the gift as he promised; Baba Farid replied: "When you eventually go to Ali Ahmed Sabir, he will give you the gift".

Hazrat Khwaja Shamsuddin returned to Kalyar Shareef on 12 Muharram 661 AH after the wisaal of Baba Saheb on 5 Muharram 661 AH. Hazrat Sabir Paak bestowed upon him the Khilafat and granted him the title, 'Shahe Wilayat.' Khwaja Nizamuddin Aulia was present on this occasion when Hazrat Sabir Paak wrote out the authorisation and appointment with His blessed hand. According to the author of Siyarul Aqtaab, besides being the Khalifa of Hazrat Sabir Paak, he is also the Khalifa of his spiritual grandfather, Hazrat Khwaja Fariduddin Shakar Ganj. Hazrat Sabir Paak also revealed to him the Ism A'zam and instructed:

"The Walayat (spiritual kingdom) of Panipat has been allocated to you. After my death proceed to Panipat and take up residence there. Don't stay more than three days here (i.e. in Kalyar)."

During the period that he stayed with Hazrat Sabir Paak , Hazrat Sabir Paak remained in an engrossed state, most of the time. When azaan used to be given by Hazrat Khwaja Shamsuddin, Hazrat Sabir Paak used to regain his normal condition and say:

"Shamsuddin, shariat is such a beautiful thing, that it brings a Saalik from the presence of Allah into the presence of His creation."

Shariah is wonderful, draws one from presence to intimacy.

Khwaja Shamsuddin was taught spiritually by Hazrat Sabir Paak, without any words being uttered.

Hazrat Sabir Paak told Khwaja Shamsuddin that after his wisaal he will see him twice. The first was after the janaza when he saw the face of the person who performed Hazrat Sabir Paak's janaza was none other then Hazrat Sabir Paak himself. The power of that look was such that Khwaja Shamsuddin fell to the ground unconscious disappeared and landed in a city called Firkhour in Turkistan about 2000 miles from Kalyar. The second time was when after Hazrat Jalaaluddin Mahmud Umri Thanetri kabirul awliya his murid and Khalifa completed a 6 month mujaheda of hubse kabeer. A mehfil-e-sama was held in which Khwaja Shamsuddin was ushered into wajd. While in this state, a person came to see him with a veil on his face but seeing him in that state left a message with the congregation to tell him:

"A fakir has conveyed his salaam but found you in an ecstatic state therefore we did not meet again."

When this message was conveyed he became so sad saying, "my Murshid came to see me but I was unaware". Since that day he repented from listening to sama and he commanded that sama should not be held at his grave. Also from that day he spoke to nobody besides Hazrat Jalaluddin kabirul auliya. He remained in this state until his wisaal on the 10th Jamadul Akhir(718 AH/1318 CE).

Franchised Dealers for Mercedes-Benz



Shiraz Auto

Cnr. Nirvana Drive and Protea Avenue, Ext. 8 Lenasia 1827
Tel: 011 213 1100, Fax: 011 213 1180 Email: info@shirazauto.co.za



Hazrat Asiya (RA)

Part - 2

BY SHIREEN ISMAIL

The Perfect Woman of Paradise and Queen of Pharaoh

"And Allah (ﷻ) sets out for the believers an example of the wife of the Pharaoh when she said: 'My Lord, build for me a house with You in Paradise and deliver for me from the Pharaoh and his misdeeds, and deliver me from the unjust people,' (S 66: V 11).

Hazrat Asiya (Radi Allahu Anha), a Woman with perfect Imaan, steadfast believe, unsurpassed strength and tenacious determination is an eternal example to all of mankind. Queen Asiya (Radi Allahu Anha) lived in Egypt in palaces surrounded by green dense trees and the river Nile flowing underneath with clean, pure water.

Her husband, the Pharaoh was an extremely arduous and harsh King. He was particularly merciless to the Banu Israel who lived a wretched life in his country. The Banu Israel were a silent people with great endurance and patience. Hazrat Asiya (Radi Allahu Anha) beseeched Allah (ﷻ) to bring relieve from the cruel Pharaoh and his evil deeds. The Noble Quran Kareem describes Pharaoh's tyranny and the dreadful life of the Children of Israel.

"And recall, when We delivered you from Pharaoh's people who subjected you to cruel oppression, slaying your sons and keeping your women alive. And therein was a great trial from your Lord," (S 2: V 49). The Pharaoh's soldiers had persecuted the Banu Israel until Allah Almighty had saved them from the clutches of those tyrants.

Pharaoh saw in a dream a raging fire coming from the direction of Jerusalem which destroyed the houses of his followers, the Qibtees and the homes of the followers of Bani Israel, who were to become the followers of Nabi Musa (ﷺ), were spared. The interpreters of dreams informed the Pharaoh that there will be a precious son born amongst the Banu Israel who will overthrow his kingdom. The son born from the Banu Israel will destroy him and his followers.

Pharaoh was threatened by this information and he executed an instruction that all male babies should be slaughtered, and the female babies spared. 70 thousand male infants were slain, and 90 thousand pregnancies were terminated. Pharaoh's followers soon realised that

the male population was decreasing rapidly and advised him to limit the massacre. In response to this, Pharaoh decreed that the male infants shall therefore be slain in alternate years. Hazrat Harun (ﷺ) was born in the year when infants were spared while Hazrat Musa (ﷺ) was born in the year in which male infants were to be slain.

The Noble Quran Kareem (S 28: V 7-9) tells us of the role Hazrat Asiya (Radi Allahu Anha) and the role the Mother of Nabi Musa (ﷺ) displayed in saving the life of Nabi Musa (ﷺ).

"And We inspired the Mother of Musa (ﷺ) saying: Suckle him and when thou fear for him, then cast him into the river and fear not nor grieve. Lo! We shall bring him back unto thee and shall make him (one) of Our Messengers,"

"And the family of Pharaoh took him, up, that he might become for them an enemy and a sorrow. Lo! Pharaoh Haman and their hosts were ever sinning,"

"And the wife of Pharaoh said: (He will be) a consolation for me and for thee. Kill him not. Perhaps he may be of use to us, or we may choose him for a son. And they perceived not."

Indeed, Hazrat Asiya (Radi Allahu Anha) saved the life of Nabi Moosa (ﷺ). Insha'Allah the heroic story, pure faith, bravery, and perseverance exemplified by Hazrat Asiya (Radi Allahu Anha) will continue in Part 3.

Motalib's
BUTCHERY and SUPERETTE

*Much More Meat For Your Money
For Quality Meat And Mutton Products*

**Spit Braai Specialist
All Products Are Firstly
M.I.M. Approved**

40 Gemsbok Street Denush Centre Opp. Bus Depot
or new D.B. Cash & Carry
Lenasia 1827 - Tel: (011) 852-4203 / 854-6332



Naz's fabrics

HEAD OFFICE / SHOWROOM
168 Main Reef Road, e/r Bonanza street,
Selby Ext 19 - Johannesburg. Tel: (011) 833-5555
Email: naz@nazfabrics.co.za
Website: www.nazfabrics.co.za

RIAZ
Super Meat
CENTRE

Quality at its Best

Alli's Shopping Centre
Shop 4-6 Circle Road
Eldorado Park
Tel: 011 945 4786
Fax: 011 945 6786
P.O. Box 395 Eldorado Park 1813



Tasawwuf

By: Moulana Mahomed Aslam Suliman

Part Six

In Surah Khaf, Verse Number: 66, we learn the importance of following a "spiritual person". Allah says :- "Hazrath Moosa (alayhee salaam) said to him ie Hazrath Khidralayhee salaam, May I follow you on the condition that you teach me from what you have been taught of sound judgement?"

A Sufi teacher, Muzaffer Ozak, "Sufism without Islam is like a candle burning in the open without a lantern. There are winds which may blow that candle out. But if you have a lantern with a glass protecting the flame, the candle will continue to burn safely." Most Sufis believe that the great religions and mystical traditions of the world share the same essential Truth. The various prophets and spiritual teachers are like the light bulbs that illuminate a room. The bulbs are different, but the current comes from one source, which is God. It is the same light; each of the individual bulbs receives electricity from a single source. The quality of the light is always basically the same, and so is the original source. Because all the great prophets have received their inspiration from the same Source and brought the same light, the same basic truths, to humanity, the Sufis believe that to deny even one of the prophets is to deny their universal message and common Source. When bulbs are arranged in series so that electricity passes through one bulb to get to the next, if one bulb goes out, all the lights go out. Sufism proposes that all the great religious and spiritual teachers were sent by one God. They were all true teachers, and what they taught was true. Their teachings originated from the same Divine Source. There is no fundamental difference among all the spiritual teachers and what they have brought; however, just as some bulbs give more light, some teachers have illuminated more of humanity than others.

The saints are those men and women who interpret the teachings of religion and live by the truth of their religion. The writings and poetry in this book are from some of the great Sufi saints. Though it may be very difficult to recognize who is a saint, one of the signs is that a saint inspires and increases the seeker's devotion to God. The principal characteristic of the saints is that they are loved by God and they love only God. Also, because of their proximity to God, when saints pray for something, it often happens. Many saints are hidden. That is, their outer lives do not look any different from the lives of their neighbors, although their inner lives are radiant with the Divine Presence. It is said that God hides the saints and lovers of God so that people will think that everyone else might be a saint and will therefore love and care for one another.

Hazrath Ebrahim bin Adham (Rahmatullaheelayhee) was a king of his time but eventually left for Nishapur and lived in a cave for nine years. Every Friday, he collected a bundle of firewood and sold it in the market. With the earnings, he bought some bread, giving half of it to a beggar and using the left over to break his fasts in the evenings. Ebrahim's fame spread throughout the lands and he decided to leave for the Hajj pilgrimage to Mecca where he became a disciple of Khwaja Fuzail bin Ayaz and worked as a humble cleaner of the Kaaba.

Once Hazrath Ebrahim bin Adham sat by the Tigris River stitching his robe. Someone came up to him and asked what he had achieved by giving up a kingdom. Ebrahim threw his needle into the water and then asked the river for the needle.

A thousand fish popped up in the river, each carrying a needle of gold, some silver and other fish copper in their mouths. Ebrahim admonished them saying, "I want my own needle". A feeble little fish dived into the water and gave the mystic back his needle. Ebrahim explained the miracle as a small demonstration of Allah's grace on him saying, "This is the least I have gotten by abandoning my kingdom, the rest you know nothing of".

Ebrahim became the first Sufi to classify the stages of piety; teaching that a man could achieve the ranks of righteousness by following a journey of six steps. He must close the door of bounty and open the door of hardships; close the door of dignity and open the door of humility; close the door of rest and sleep and open the door of striving; close the door of sleep and open the door of vigilance; close the door of wealth and open the door of poverty; and finally close the door of worldly expectations and open the door of preparation for the next world.

Hazrath Sultan Bahu (rahmatullahheelayhee) says:- "God doesn't live in the highest heaven nor can he be found in the holy shrine of the Kaaba. No one found him through Learning or by knowing the Scriptures. I never met him through bathing in Holy waters. I roamed far and wide in a fruitless search, but I was rid of all my despair and anguish when I put myself in my master's hand, O Bahu"

SAYYIDINA ABUBAKR AS-SIDDIQ رضي الله عنه

أبو بكر الصديق
رضي الله عنه

As The First...

"The moon traverses the constellations of the zodiac in a single night, so why do you deny the mi'raj (Ascension)? That wondrous, unique Pearl (the Prophet) is like a hundred moons --for when he made one gesture, the moon was split in two. And the marvel that he displayed in splitting the moon was in keeping with the weakness of the creatures' perception. The work and business of the prophets and messengers is beyond the spheres and the stars. Transcend the spheres and their revolution! Then you will see that work and business."
Rumi, Mathnavi.

The Secret was transmitted and flowed from the Master of all Nations, the Messenger of Allah ﷺ to the **first khalif**, Imam of Imams, Abu Bakr as-Siddiq ؓ. Through him the religion was supported and the Truth protected. Allah mentions and praises him in His Holy Qur'an in many verses:

He was the **first** free adult man to accept Islam at the hands of the Prophet ﷺ. He had never joined in the worship of idols practiced by his contemporaries. He came to Islam without any trace of doubt or hesitation. Many years later the Holy Prophet ﷺ recalled: "Whenever I offered Islam to anyone, he always showed some reluctance and hesitation and tried to enter into an argument. Abu Bakr ؓ was the only person who accepted Islam without any doubt or hesitation, and without any argument."

He was **first** in his spiritual support. He remained steadfast in his support throughout the difficult years in Makkah. He was the **first** to speak out when events passed beyond the understanding even of the new Muslims themselves, as in the case of the Night Journey. And later in Madinah when the treaty of Hudaibiya was signed, only Abu Bakr ؓ remained absolutely faithful. He counseled his companions: "Do not be critical, but hold fast to the stirrup (allegiance) of the Holy Prophet ﷺ."

He was **first** in his material support. While others of the Muslims gave large fortunes in support of their faith, Abu Bakr ؓ was the **first** to give everything he had. When asked what he had left for his children he answered: "Allah and His Prophet ." On hearing this Umar ؓ said: "None can surpass Abu Bakr ؓ in serving the cause of Islam."

He was **first** in kindness and compassion to his fellow believers. A very wealthy merchant, he always watched out for the poor and the weak. He freed seven slaves before leaving Makkah, among them Bilal ؓ. He not only spent large amounts to buy them freedom but he then took them into his own household and educated them.

When he assumed the role of khalif he said: "Help me, if I am in the right; set me right, if I am in the wrong. The weak among you shall be strong with me until, God willing, his rights have been vindicated. The strong among you shall be weak with me until, if God wills, I have taken what is due from him. Obey me as long as I obey Allah and His Prophet ﷺ; when I disobey Him and his Prophet ﷺ, obey me not."

In early Islam, interpretation of dreams was considered a spiritual exercise. Only those with pure hearts and spiritual vision could have meaningful dreams; and only those with pure hearts and spiritual vision could interpret them. Abu Bakr ؓ was an acknowledged interpreter of dreams. The Prophet ﷺ himself would consult only him in search for clarity of his prophetic dreams.

His recitation of the Qur'an was so lyrical and charged with emotion that many people came to Islam simply after hearing him pray. The Quraish tried to forbid him to pray in the courtyard of his house in order to prevent the people from hearing him. It is due to his memory that many of the most important Hadiths come to us today. Among them are those indicating the proper form of prayer and those specifying the proper proportions of Zakaat. Yet out of the many thousands of Hadith verified and recorded, only 142 come through Abu Bakr ؓ. The knowledge that Abu Bakr ؓ chose to keep hidden related to the heavenly knowledge, `ilme-ladunni, the source of all saintly knowledge; a knowledge that can only be transmitted from heart to heart.

Although a quiet and gentle man he was also **first** on the battlefield. He supported the Holy Prophet ﷺ in all of his campaigns both with his sword and with his counsel. When others failed or ran he remained at the side of his beloved Prophet ﷺ.

He was of course the **first** to follow the Holy Prophet ﷺ as khalif and leader of the Faithful. He instituted the public treasury (Bayt-ul-maal) to take care of the poor and needy.

He was the **first** to compile the entire Qur'an and call it "Mushaf."

In regard to spiritual transmission, he was the **first** person to give instruction in the method of reciting the sacred Kalima (La ilaha ill-Allah) for purifying the heart by Dhikr, and that is still recited by the Naqshbandi Order today.

Although Allah honored Abu Bakr ؓ by making him **first** in innumerable ways, Allah granted him even more honor when he chose him to be second. For Abu Bakr ؓ was the only companion of the Holy Prophet ﷺ on his flight from persecution in Makkah to shelter in Madinah. Probably his dearest title was "the second of two when they were in the cave" . Umar ؓ said: "I wish all the deeds of my life were equal to his deed of that one day."

Ibn `Abbas ؓ said that one day the Prophet ﷺ was sick. He went to the mosque, wrapped his head with a cloth, sat on the minbar, and said, "If I were to take anyone as my intimate friend (khalil), I would take Abu Bakr ؓ, but the best friend to me is the friendship of Islam." He then ordered all doors of the neighboring houses which opened into the mosque of the Prophet ﷺ to be closed except the one of Abu Bakr ؓ. And that door is still open till this day.

The four Imams and the Shaikhs of the Naqshbandiyya understand from this Hadith that anyone who approaches Allah through the teachings and example of Abu Bakr ؓ will find himself passing through the only door left open to the Presence of the Prophet ﷺ.