

# 'Al Kaūṣaān



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مُحَرَّرٌ MUHARRAM 1437/2015

## New Year...New You?

How nice it is to come out clean?

Clean, thoroughly cleansed. A complete change of clothing. Fresh, clean, ironed to perfection. Creams, sprays, perfumes, and you're feeling good. One look in the mirror, a smile, a wink, and you're on your way, ready to take on the world!

Now that's the outward regular make-over image you've been grooming almost daily for most of your life. Have you ever thought about doing the same for your spiritual image? Your soul. The part of you that is less known to yourself but better known to your Creator.

Tazkiya is that process of inner-purification. It is the ablution of the soul. The heart is a hybrid organ, centrally vital to both body and soul. It needs to be in optimum condition at any given time, and medical science has produced detailed guidelines on its maintenance as is necessary for sustaining life. Spiritual science (tasawwuf) equally targets the heart as a reservoir-like link with the soul.

"There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoiled, the whole body gets spoiled – and that is the heart." (Holy Prophet Muhammad ﷺ).

So the heart is foundational to the very being of a person. Every deed or action is based on the state of the heart. Our master and patron Muhammad (ﷺ) declared that "actions are by

intentions." This is the basis of faith and deeds in religion.

"Is he, who laid the foundation of his building on piety to Allah and His Good Pleasure better, or he who laid the foundation of his building on an undetermined brink of a precipice ready to crumble till it crumbled to pieces with him into the Fire of Hell?" (At-Tawbah, 9:109)

Yes Obedience to Allah and His Rasool will always be paramount, and once the heart accepts this the actions will follow.

"And follow not (oh People) that of which you have no knowledge. Verily, the hearing, and the sight, and the heart of each of will be questioned (by Allah)" [al-Israa' 17:36]

The first step is to repent. Repentance is the cleansing of the self from dark stains of sin. Prayer and the zikr (remembrance of Allah) is the cleaning agent.

Muharram has arrived and a new year in our lives. Let us reflect and have the courage to reform our lives. To do a thorough cleansing and present a sparkling new image to our Creator.

May every heartbeat be in the zikr of its Owner and Creator! May Aashura and the whole year ahead be filled with every mercy for the believers, the ummah of Allah's beloved messenger Muhammad (ﷺ)!

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## HAZRAT MUFTI-E-AZAM HIND

Mustafa Raza Khan Qadri also known as Mufti-e-Azam-e-Hind (ﷺ).

Mufti-e-Azam-e-Hind (ﷺ) attained most of his early education from his illustrious family - from his father, Aala Hazrat, Ash Shah Imam Ahmed Raza Khan (ﷺ) the Mujaddid of Islam, whose status and position even at that time cannot be explained in these few lines. He also studied Kitaabs under the guidance of Hazrat Maulana Haamid Raza Khan (his elder brother), Maulana Shah Rahm Ilahi Maglori and Maulana Sayyid Basheer Ahmad Aligarhi and Maulana Zahurul Hussain Rampuri. He studied various branches of knowledge under the guidance of his most learned and blessed father, Aala Hazrat. He attained proficiency in the many branches of Islamic knowledge from among which are: Tafseer; Hadith; Fiqh; Laws of Jurisprudence; Sarf; Nahw; Tajweed; Conduct of Language; Philosophy; Logistics; Mathematics; History etc.; Arithmetic; Aqaid (Belief); Taasawwaf; Poetry; Debating; Sciences; etc.

In the world of poetry, Mufti-e-Azam-e-Hind, Maulana Mustafa Raza Khan was a giant of his time. Most of his poems were in the form of Humd (Praise of Allah), Naat Shareef, Qasidas and Manqabats compiled in the Arabic, Urdu, Persian and Hindi languages. All these poems were compiled into a book which is famously known as "Samaane Bakhshish" which is still available today. Samaane Bakhshish is a treasure chest which flows with pearls of love for Sayyiduna Rasoolullah (Sall Allahu alaihi wasallam). The compilation of Samaane Bakhshish is through the blessings of Sayyiduna Rasoolullah ﷺ.

His spiritual connection was the reminder of the Barkaati Household. His immaculate face was the mirror of The Grand Shaykh of Baghdad. His gentle action was a picture of Sunnah. His remembrance and litanies were a projection of Divine Attention. The whiteness of his clothes reflected the purity of Madina the Pure. His obedience to the Almighty subjugated the Kaaba. His personality was a direct radiation of the Sahaaba and Salaf. His understanding included the scrolls of Unseen. His beauty radiated the light of Ma'arifa. His pen reflected the beam of Abu Hanifa. His silence overcame the orators. His contemplation overcame volumes of jurisdiction. His sight was always insightful. His name is the evidence of his acceptance. His title is the evidence of his authority. His lineage is the evidence of genetic grace - and his

disciples - one and all - are individually the reflection of his serenity - and altogether is an image of one Al-Mufti Al-Azam.

The Grand Shaykh was invited to a Majlis in Mumbai. People were waiting for him. His simplicity was remarkable - because he did not like pomp - as he reached the venue in a humble rickshaw, only with one of his Khaadim. His habit was to ask for everyone's well being - mureeds and non-mureeds. The large number of his Mureeds did not cause him any conceit or concern. He was an epitome of selflessness. One man, however, was not there to greet him. So the Shaykh was concerned and asked for him and his well being. He was told to forget him. The great Shaykh looked at the commentator and said, "How can I forget my Mureed?"

People informed him that his Mureed has become astray as he has joined the company of the heretical Wahaabi congregation. Listening to this, the Shaykh again said, "He is my disciple. How can I forget him?" Immediately he walked back to his transport vehicle and ordered the driver to proceed to a certain destination. Following the command, the driver proceeded. They were now in a slum in a place of Santa Cruz - Mumbai. It had started raining. Monsoon season had started. The rickshaw was guided by the Shaykh to take certain turns. It was the Shaykh's first time to have come to such a place. The rickshaw stopped and the driver said, "Baba, this rickshaw cannot go any further due to the mud and narrow streets". The Shaykh smiled and said, "No worries, In-Sha-Allah, I shall now proceed with my feet". The Shaykh walked along the streets of the slum, in the downpour of the Monsoon rain, with his drenched clothes heavily trailing in the watery street. He came to a stop at a certain shop. He waited until somebody came out. Lo! It was his Mureed - the one who had been astray. Seeing the radiating face of the Shaykh, the Mureed started trembling and fell on his feet - pleading for forgiveness. The Shaykh pulled him up and informed him, "Come with me".

The people at the venue were totally astonished to see the Shaykh with his Mureed, arriving some hours later at the venue. The Shaykh smiled towards them and said, "How can I forget my Mureed?"

This is Huzur Mufti e Azam Imam Mustafa Raza Al Qadiri - the true man of Allah Ta'ala. The loyal Shaykh of his disciples. 14th Muharram - Wisaal of Huzur Mufti e Azam Imam Mustafa Raza Al Qadiri Al Barkaati



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# THE PROMINENCE OF HASANAIN AL-KAREEMAIN

1. It is reported that once, Imam Hasan approached the Holy Prophet - blessings and peace be upon him - and climbed on his shoulders. A person, (who was present) remarked, "O blessed son! What a nice steed you have". In reply, the Holy Prophet declared, "And how nice a rider (too)." [Sunan al-Tirmidhi, Kitab al-Manaqib, Manaqib al-Hasan wa al-Hussain, Hadith no. 3809, Vol. 5, Page 432]

2. Once, when the Holy Prophet - blessings and peace be upon him - was in ritual prostration Imam Hasan wrapped himself on the blessed back of the Holy Prophet - blessings and peace be upon him. Due to this, the Holy Prophet - blessings and peace be upon him - lengthened the ritual prostration so that he (Hasan) would not fall when the Prophet raised his head. [Musnad Abu Ya'la, Musnad Anas bin Malik, Hadith no. 3415, Vol. 3, Page 21]

3. The Prophet - blessings and peace be upon him - declared: "These two sons of mine are the leaders of the youth in Paradise." [Sunan al-Tirmidhi, Kitab al-Manaqib, Manaqib al-Hasan wa al-Hussain, Hadith no. 3793, Vol. 5, Page 426]

4. The Holy Prophet - blessings and peace be upon him - has also stated that, "Their friends are my friends, their enemies are my enemies." [Sunan Ibn Maja, Kitab al-Sunnah, Fadl al-Hasan wa al-Hussain, Hadith no. 143, Vol. 1, Page 96].

5. He has also stated that, "These two are the swords of the heavens." He has also stated that, "Hussain is from me and I am from Hussain. May Allah keep him as a friend who keeps Hussain as his friend. Hussain is a grandchild from among grandchildren." [Sunan al-Tirmidhi, Hadith no. 3800, Vol. 5, Page 429].

6. It is stated that once, the Holy Prophet - blessings and peace be upon him - placed Imam Hussain on his right thigh and his own son, Sayyiduna Ibrahim on his left thigh. Jibra'il appeared to him and said, "Allah will not keep them both with the Prophet, choose one of them." The Holy Prophet - blessings and peace be upon him - could not bear being separated from Imam Hussain and three days later, Sayyiduna Ibrahim passed on to the Divine Lord. After this incident, whenever Imam Hussain came in front of him, he used to kiss him and say, "Welcome to the one for whom I have sacrificed my own son" [Tarikh al-Baghdad, Vol. 2, Page 200]

7. He has also declared that, "They are my sons and the

sons of my daughter. O Allah! I have kept them in my friendship; You also keep them in Your friendship and keep him as Your friend who keeps them as his friends." [Sunan al-Tirmidhi, Kitab al-Manaqib, Hadith no. 3794, Vol. 5, Page 427].

8. He advised his blessed daughter, "Bring me both my sons." He used to then smell them and then hug them to his chest. [Sunan al-Tirmidhi, Kitab al-Manaqib, Hadith no. 3797, Vol. 5, Page 428].

## GEMS OF WISDOM:

Sayyiduna Imam al-Hussain (Radi Allahu Ta'ala Anho)

\* Dishonoured is he, who is a Miser.

\* If you wish to become a leader then make action and movement, toil and labour your business.

\* You are seeing the different types of business dealings shows that the World is changing its colors (becoming more fickle), turning its face away, emptying itself of good, but we still have a little time, a contemptible life is left, danger and fearfulness has enclosed, Alas with regret, can't you see that justice and truth have been placed behind, falsehood is being practiced openly, whosoever hand you grab to rescue he does not want to be rescued towards the everlasting and Almighty creator, nor does he wish to fulfill his duties to his Eternal Lord.

\* I prefer martyrdom, instead of living a life under these oppressors for such a life is also a crime.

\* The World has changed colours and it has been deprived of good, Is there nobody that would stop the oppressor from oppression, The time has come for the Mo'min to come forth and to sacrifice everything for the sake of Allah SubHanuhu wa Ta'ala.

\* Do not fear that which you do not understand, not cannot attain.

\* Do not keep high hopes for any remuneration for work which is more than necessary.

\* If you know the results of a job will be difficult, then do not take its responsibilities upon your shoulders.

\* The highest status amongst the forgiving is of that person who has all the power to avenge himself yet he adopts to forgive.

\* All the people whom I loved have departed from this World and I am left amongst those whom I don't like.

\* The best use of wealth is to modestly and honourably resolve it.

\* When people in need come to you, then think that this is the grace of Allah and fulfill their needs.

\* One who shows kindness will be a leader and one who is miserly will be disgraced.

\* Think of splendor and piety as bounties and strive to achieve this very quickly.

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## DUA-E-ASHURA TO REQUEST ASSURANCE OF LIFE

The recitation of this dua has been proven on many instances. Hazrat Imaam Zainul Aabideen (Radiyallahu Anhu) mentions that whosoever recites this dua on the Day of Ashura anytime from sunrise to sunset or has someone to recite it for them whilst they listen, then Insha-Allah they would be granted the assurance of life for that year.

### دُعَاةُ عَاشُورَاءِ

يَا قَابِلِ تَوْبَةِ أَدَمَ يَوْمَ عَاشُورَاءِ يَا قَابِلِ كَرْبِ ذِي التَّوْنِ يَوْمَ عَاشُورَاءِ يَا جَامِعَ شَمْلِ بَعْقُوبَ يَوْمَ عَاشُورَاءِ يَا سَامِعَ دَعْوَةِ مُوسَى وَهَارُونَ يَوْمَ عَاشُورَاءِ يَا مُغِيثَ إِبْرَاهِيمَ مِنَ النَّارِ يَوْمَ عَاشُورَاءِ يَا رَافِعَ أُذُنَيْكَ إِلَى السَّمَاءِ يَوْمَ عَاشُورَاءِ يَا مُجِيبَ دَعْوَةِ صَالِحٍ فِي النَّاقَةِ يَوْمَ عَاشُورَاءِ يَا نَاصِرَ سَيِّدِنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَوْمَ عَاشُورَاءِ يَا رَحْمَنَ الدُّنْيَا وَالْآخِرَةِ وَرَجِيمَ هُمَاصِلِ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَصَلِّ عَلَى جَمِيعِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ وَأَقْضِ حَاجَاتِنَا فِي الدُّنْيَا وَالْآخِرَةِ وَأَطْلِعْ عَمْرُنَا فِي طَاعَتِكَ وَمَجْتَنِبِكَ وَرِضَاكَ وَأَحْيَا حَيَاةَ طَيْبَةٍ وَتَوْفِقَنَا عَلَى الْإِيمَانِ وَالْإِسْلَامِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ اللَّهُمَّ بَعِزِّ الْحَسَنِ وَأَخِيهِ وَأُمِّهِ وَأَبِيهِ وَجَدِّهِ وَبَنِيهِ فَرِّجْ عَنَّا مَا نَحْنُ فِيهِ ۝

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Ya qaabila taubati Adam Youma Aashura, Ya faarija karbi zin nooni Youma Aashura, Ya jaami'a shamli Ya'qoob Youma Aashura, Ya Saami'a Da'wati Moosa wa Haroone Youma Aashura, Ya mugheethe Ebrahime minan naari Youma Aashura, Ya raafi'a Idreese elas samaaee Youma Aashura, Ya Mujeebe da'wati saaleh fin naaqati Youma Aashura, Ya Naasira Sayyidina Muhammadin Sallallahu Alayhi Wasallam Youma Aashura, Ya Rahmaanud Dunya wal aakhirati wa Raheemahuma Salli Ala Sayyidina Muhammadew wa ala aali Sayyidina Muhammadew wa Salli Ala Jamee'il Ambiyae wal mursaleena waqdi haajatina fid dunya wal aakhirati wa atil umranaa fi taa'atika wa mahabbatika wa ridhaaka wa ahyina hayaatan tayyibataw wa ta waffana alal imaani wal islaami bi rah matika yaa arhamar Raahimeen. Allahuma bi iznil hasani wa akhihi wa ummihi wa abihi wa jaddihi wa banihi far rij anna ma nahnu fi. (Then 7 Times) Subhanallahi mil al mizaani wa muntahal ilmi wa mablaghar ridhaa wa zeenatal arshi laa malja'a wa laa man jaa'a minal laahi illa ilay. Subhanallahi ada dash shaf'ee wal watriwa ada da kalimaatillahit tammati kulliha nas alookas salaamata bi rahamtika yaa arhamar Raahimeen. Wa huwa hasbunaa wa ni'mal wakeel. Ni'mal moula wa ni'man naseer. Wa laa howla wa la quwata illa billahil aleeyal azeem. Wa Sallahu Ta'aala ala Sayyidina Mohammadew wa ala aalihi wa sahabihi wa ala mu'mineena wal mu'minaati, wal Muslimeena wal Muslimaati ada da zarraatil fujudi wa ada da ma'loomatil laahi wal hamdu lillahi rabbil aalimeen

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# One-State or Two States?

## Two – State Solution or Two – State Illusion.

Written by: Ibrahim Vawda Media Review Network

In an effort to distort or hide the real objectives behind its rather ominous designs against its large Palestinian minority, Zionist leaders often use seemingly innocent expressions to imply what they have "in store" for the Palestinians. In his article "A Strategy for Israel in the Nineteen Eighties", Oded Yinon, formerly attached to the Israeli Foreign Ministry, most succinctly described the Zionist strategy for the Middle East. He unambiguously states that for the Zionist state to survive it must become an imperial regional power and it must effect the division of the whole area into smaller states which will form satellite states which will be politically, economically and socially dependent on the mother land, Zionist Israel. (Much like the former Soviet Union.)

Zionists speak of a "two state solution." Some straightforward and frank people might be driven to view this catchphrase as reasonable. However, they would change their minds once they discover that what Israel has in mind is one state, namely "Israel as a state for the Jewish people." This state would occupy most if not all of historic Palestine. The envisaged "State of Palestine" will be an infinitely deformed entity, lacking real authority as well as economic viability.

This devious "plan" was clearly spelt out by Ariel Sharon's senior advisor, Dov Weisglass, who in an interview with Haaretz,(2004), spoke of his "Disengagement Plan".

"The significance of the disengagement plan is the freezing of the peace process," "And when you freeze that process, you prevent the establishment of a Palestinian state, and you prevent a discussion on the refugees, the borders and Jerusalem. Effectively, this whole package called the Palestinian state, with all that it entails, has been removed indefinitely from our agenda."

Needless to say that this deal would mean the total annihilation of the Palestinian cause. For this reason, any delegation visiting the Zionist state in an effort to find a solution to this problem or for whatever reason, must be aware of the Zionist agenda. Hopefully they would have studied the ideology of Political Zionism and uncovered its Apartheid nature.

Zionism was never a benign, humanitarian political movement as the Pro-Israeli lobbyists want us to believe. Since its birth it operated according to a cold logic with no humanity. Humanity was reserved for Zionists and this is where Israel's exceptionalism, discrimination and Apartheid comes in. It set out to establish an exclusionary and colonialist state with no room for Palestinians. This form of homeless nationalism is the ideal recipe for conquest, ethnic cleansing and genocide.

Delegations who visit the Holy Land, sponsored or otherwise, and for whatever reasons, will do well to remember that the Zionists assumption to "Chosenness" bestowed upon them the "God-given" mandate to rid Palestine of its native Palestinian population. It also gives Israel a special rationale to protect itself against supposedly unique threats to its existence. Consequently, Israel's defiance of the dictates of international laws.

Against this backdrop, it is imperative that analysts, opinion formers and foreign policy designers should be aware of the Zionist narrative and its hidden agenda.

This exclusionary colonialism is more than 6 decades old.

Some quotations of the Zionist leadership will illustrate the point:

"How can we return the occupied territories? There is nobody to return them to." Golda Meir, March 8, 1969.

The removal of Arabs bodily from Palestine is part of the Zionist plan to "spirit the penniless population across the frontier by denying it employment...Both the process of expropriation and the removal of the poor must be carried away discreetly and circumspectly." Theodore Herzl, founder of the World Zionist Organization Complete Diaries, June 12, 1895 entry.

"Our race is the Master Race. We are divine gods on this planet. We are as different from the inferior races as they are from insects. In fact, compared to our race, other races are beasts and animals, cattle at best. Other races are considered as human excrement. Our destiny is to rule over the inferior races. Our earthly kingdom will be ruled by our leader with a rod of iron. The masses will lick our feet and serve us as our slaves." - Israeli Prime Minister Menachem Begin in a speech to the Knesset [Israeli Parliament] quoted by Amnon Kapeliouk, "Begin and the Beasts," New Statesman, June 25, 1982.

Virginia Tilley in her book "The One State Solution" categorically states that "THE TERRITORIAL BASIS FOR A VIABLE PALESTINIAN STATE NO LONGER EXISTS". (Ch. 1 p 1).

All efforts over six and a half decades failed to provide a solution. The Oslo Accords, Camp David Talks, Annapolis, Paris Talks, Madrid Efforts all ended in failure. The pro-Israeli lobby as well as the Zionist apologists would blame the Palestinian leadership for the Failures. The above quotations from the Zionist leadership tell a different story. While the "peace efforts" failed, on the ground the Zionists continued to steal more land and developed more settlements to be occupied by illegal immigrants from the collapsed Soviet Union and other Eastern block countries. The Zionist Government never negotiated in good faith. After the attacks on Gaza 2008/9 Operation Cast Lead, 2012 Operation Pillar of Cloud and the 2014 massacre of 2000 Palestinians in Operation Protective Edge, the Two-State Solution lies in the ruins and the devastation of Gaza.

The security of the illegal settlements was of paramount importance to the Zionist design. The illegal apartheid wall was erected to "Bantustanise" the West Bank. The Two-State Solution suited the Zionist narrative and was alive and well only in the Knesset. There was and still there is no genuine process that could lead to a two-state solution to ensure justice and peace for all.

The Zionist design for Palestine will integrate the "occupation" into the plan, the apartheid wall and Zionist only roads must remain, Israel will continue to control the borders, Israel will control economic growth and movement of Palestinians will be restricted. Electricity supply will be under Zionist control.

Hypocrisy spells moral decadence. It is one of the worst human vices. However, when readily practiced by leaders who claim to adhere to a higher standard of morality, it becomes a disastrous trait of immensely wicked proportions.

## HAZRAT BABA FARID-UD-DIN رحمۃ اللہ علیہ

*Dar-e-Janat hai darwaza Farid Uddin Chishti Ka* (The door of Farid Uddin Chishti is the door of heaven). Hazrat Baba Faridudeen Gang Shakar (رحمۃ اللہ علیہ) was one of the most influential and pivotal figures in the Chishtiyyah silsila, and is widely renowned for his intensely rigorous mujahedas in Allah's path. After the premature death of Khwaja Qutubuddin Kaki (رحمۃ اللہ علیہ), only a year after the demise of Khwaja Moinudeen Chishti (رحمۃ اللہ علیہ), the bulk of the work begun by the latter fell upon his shoulders. It was he who, in his 37 years as head of the silsila, ensured the propagation of Islam throughout India and the lands beyond.

Baba Farid al-Din Masaud-Ganj-i Shakkar ('Treasure of Sugar') as he came to be known-was born in Kahtwal, in the district of Multan (present-day southeast Pakistan). His grandfather Qazi Shuoayb, a jurist from the house of Farrukh Shah 'the Just' (whose lineage is traced through Sultan Ibrahim ibn Adham to 'Umar al-Faruq), had left his native Kabul after it was swallowed up by the Ghaznavid Empire. Miraculous events surrounded Baba Faridudeen's (رحمۃ اللہ علیہ) birth. He was born on the 29th Shabaan in 569 AH, the son of a pious alim and a waliah (female saint).

As the night was cloudy, people did not know whether Ramadaan had begun or not. But a dervish told them that a wali had been born who would be the Qutb (spiritual monarch) of his time, and that they must look to the child for their answer. Sure enough, the one-day old Baba Faridudeen (رحمۃ اللہ علیہ) did not touch his mother's milk after sehri, indicating to all that Ramadaan had in fact begun. Baba Faridudeen (رحمۃ اللہ علیہ) was a direct descendent of Hazrat Umar Farooq (رحمۃ اللہ علیہ). After completing his education in Kahtwal, for higher studies Farid al-Din proceeded to the city of Multan, which was then an important center of Islamic learning. In Multan, Farid al-Din lodged at a mosque, where he busied himself with books. One day as he was reading Khwaja Qutb-ud-Din Bakhtiyar Kaki appeared in the mosque.

Farid al-Din recognized at once that this was no ordinary man. As Khwaja Qutb al-Din prayed his namaz, Farid al-Din meekly seated himself nearby. When the Khwaja was finished, he addressed him: 'Masud, what are you reading?' Farid al-Din answered, 'I am reading Nafi' (a legal text, the title of which means 'useful'). 'And do you find it useful?' Farid al-Din confessed, "What is useful to me is the alchemy of your glance." Overcome with emotion, he kissed Khwaja Qub al-Din's feet.

After his education finished, Baba Faridudeen (رحمۃ اللہ علیہ) was ordered by his Pir-o-murshid to begin a tour of all the Islamic countries in order to meet the leading mystics of his time. On this journey, he came into contact with many great sufis. Whilst in Madinah performing Hajj, he was spiritually directed by the Holy Prophet (ﷺ) to go to Baghdad. Doing so, he was welcomed by the son of Hazrat Shaykh Abdul Qadir Jilani (رحمۃ اللہ علیہ) and given khilafah in the Qadriyya silsila, as well as receiving from him various sacred relics such as a turban and wooden food bowl of Rasulallah (ﷺ). After eighteen years of traveling, he returned to Delhi and his Pir-o-murshid, and was given khilafah by Khwaja Qutbudeen Kaki (رحمۃ اللہ علیہ) in the presence of many great sufis.

His great popularity aroused the ire and jealousy of Ajodhan's qadhi, who out of his envy wrote a letter to the leading ulema of the time complaining about Baba Faridudeen's (رحمۃ اللہ علیہ) love of Sama. But the ulema rebuffed

him, saying, 'Baba Farid is the Qutb of our time, and the highest authority on Shariah among all of us. If he says Sama is permissible, then it is.'

His mujahedas were of such rigour that few in the history of sufism have managed to surpass them. Once he was ordered by Khwaja Qutbudeen Kaki (رحمۃ اللہ علیہ) to perform a forty-night seclusion whilst suspended upside down in a well, being pulled up only for salaah and to perform more ordinary devotions. As an initiate Farid al-Din followed the example of his murshid in fasting continuously and practicing the most rigorous spiritual disciplines undertaking even the daunting chilla makus ('inverted retreat'); forty nights of zikr ('remembrance,' invocation) while suspended upside-down in a well. One day when Khwaja Muoin al-Din Chishti, Khwaja Qub al-Din Bakhtiyar Kaki, and Farid al-Din were sitting together, Khwaja Muoin al-Din said to Khwaja Qub al-Din: "How long will you scorch this youth with spiritual exertions? Show him some kindness." Khwaja Qub al-Din assented, and both Shaykhs rose and together gave Farid al-Din the blessing of a glance of kindness.

Baba Faridudeen (رحمۃ اللہ علیہ)'s kindness and forbearance were legendary. Once a soldier came with the intention of killing him, but the great saint merely told him, "Dear brother, I have done you no harm. Why would you kill a dervish and earn the curse of God?" When the man relented, he immediately embraced and forgave him. He was the most humble of men; despite all the vast knowledge he had at his disposal, he would refrain from even correcting those who came to him arrogantly for fear of puncturing their egos. Baba Faridudeen (رحمۃ اللہ علیہ) enjoined the strict adherence to Shari'ah and the necessity of renouncing the pleasures of the world as prerequisites for embarking on the journey towards Allah. His love for the Prophet (ﷺ) was so intense that he would sometimes break down and cry whilst lecturing on him, realising his own worthlessness as compared to that of our beloved Prophet (ﷺ). As with all the great sufis, the object of his life was devotion to Allah and service of mankind.

Death comes to all, even the greatest of saints, but the manner in which we receive it is not the same for all. As Baba Faridudeen (رحمۃ اللہ علیہ) was born in a state of devotion, so too he died in that state. Khwaja Farid al-Din would often lie in prayerful prostration (sijda) for hours on end, reciting, 'I die for You; I live for You.' Having reached his ninety-third year, on the evening of 5 Muarram 664/1265 the Shaykh breathed his last. His last words were, 'Ya Hayyo ya Qayyum.' Upon his death, a divine voice was heard by those gathered to say, 'FRIEND HAS MERGED INTO THE UNITY OF FRIEND.'



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# STAYING HYDRATED

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The most essential nutrient: water  
Nutrients don't only come in the form of food; water is the most important, and often most forgotten, nutrient. You can last for some time without food, but only days without water. Your lean body mass contains about 70 percent to 75 percent water, with fat containing much less: about 10 percent to 40 percent water. Because of increased muscle mass, men's and athletes' bodies contain more water than bodies with proportionately lower muscle and higher fat, such as non-athletic women, people who are overweight and people who are older.

Tips to stay hydrated:

1. Keep a large water bottle handy to encourage you to drink water wherever and whenever.
2. Be sure to eat fruits and vegetables, which are great sources of water, daily not only to stay hydrated, but also to maintain optimal health.
3. Have a glass of water before each meal.
4. After each trip to the restroom, drink a glass of water to replenish your fluids.
6. Add a slice of lemon, lime, and/or mint to your water to give it some flavor without adding any extra calories.

A word of caution regarding energy drinks: because they contain large amounts of sugar and stimulants, they can be counterproductive to maintaining fluid balance. In some instances, they may even be dangerous; researchers found that brands with caffeine and the amino acid taurine significantly raise blood pressure and heart rate. There's no getting around it. Drinking water is always best.

How do I know if I'm properly hydrated?

To measure your hydration status, examine the color of your urine. If you're hydrated, your urine will appear to be a very pale yellow and almost clear (keep in mind that the water in the bowl will dilute it some). If your urine is much darker, like the color of tea or apple juice, this means that your body is dehydrated.

Sadly, many people are chronically dehydrated and don't even know it. Because they have ignored their body's thirst signals for so long, they don't easily recognize them and so they confuse thirst for hunger. Constant snacking, and especially constant sugar cravings, can be one hidden sign of a dehydration imbalance.

Another sign is allergies. With dehydration, histamine levels can increase and the immune system can become imbalanced, creating the perfect storm for dust, pollen, mold, and animal allergies to manifest. Digestive ailments, especially acid reflux and constipation, are another lesser known sign of chronic dehydration. Hydration is essential to keep all functions of the digestive tract running smoothly.

Chronic dehydration may also reduce blood supply and manifest in the brain as mental and emotional imbalances and in extreme cases, temporary mental impairment. The brain relies on a relatively large portion of the body's blood supply. Ongoing stress also increases dehydration in the body with high levels of circulating stress hormones, so dehydration and stress can be a vicious cycle. Stress also causes the body to get rid of fluids, the idea being that in a potential "fight or flight" situation, the body needs to be as light as possible. Staying hydrated and finding healthy ways to relieve stress can help break this cycle.

Illnesses

During periods of extreme temperatures, people are susceptible to three different heat-related conditions.

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat. The American Red Cross suggests a person move to a cooler place when suffering from cramps; once a comfortable position has been assumed, it is best to lightly stretch the affected muscle and gently massage the area. It is best to drink an electrolyte-containing fluid, such as a commercial sports drink, fruit juice, or milk, and if such beverages are not available, water. A person suffering from heat cramps should not take salt tablets.

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion most often affects athletes, firefighters, construction workers, and factory workers but it may also impact anyone wearing heavy clothing in a hot, humid environment. Signs of heat exhaustion include cool, moist, pale, ashen, or flushed skin, headache, nausea, dizziness, weakness, and exhaustion. If someone is suffering from heat exhaustion, the American Red Cross recommends they be moved to a cooler environment with circulating air. Help them remove or loosen as much clothing as possible and apply cool, wet cloths or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid, such as a commercial sports drink or fruit juice, to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes. If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, call an ambulance.

Finally, heat stroke is a life-threatening condition that develops when the systems of the body are overwhelmed by heat and begin to stop functioning. Signs of heat stroke include extremely high body temperature, red skin that may be dry or moist, changes in consciousness, rapid and weak pulse, vomiting, and seizures. Do not hesitate; call an ambulance immediately. While waiting for assistance, immerse the person up to the neck in cold water if possible; if not, douse or spray the person with cold water or cover the person with bags of ice.

# STATUS OF A MARTYR

BY MOULANA AHMED KHOROLO - SAABERIE CHISHTY DAWAH CENTRE

To talk about the status of martyr is like lighting a lamp before the sun, but taking into account its importance as explained by Allah the Almighty in the Holy Quraan and his beloved Prophet ﷺ in many of his traditions.

Allah the Almighty: says in the Holy Quraan in respect of the martyrs. "And do not say about those who are slain in the path of Allah as dead, rather, they are alive, but you are unaware of it."

This verse was revealed in respect of the martyrs. Some people were expressing remorse that martyrdom was depriving them of the blessings of life. In this verse Allah silence such critics by informing them that by sacrificing their mortal lives in Allah's path they are being blessed with immortality an eternal life.

In another verse of the Holy Quraan Allah say: "And if you are slain in the way of Allah or you die, certainly forgiveness from Allah and mercy is better than what they amass" (Aale Imran (3): 157)

"And reckon not those who are killed in Allah's way as dead; nay, they are alive (and) are provided sustenance from their Lord: rejoicing in what Allah has given them out of his grace and they rejoice for the sake of those who (being left) behind them (have not yet joined them) that shall have no fear, nor shall they grieve. They rejoice on account of favor from Allah and His grace, and that Allah will not waste the reward of the believers." (Aale Imran (3): 169 – 171)

The above verse is a proof that the Martyrs are alive along with their bodies and soul and Allah has bestowed them this perfect characteristic.

Hazrat Abdullah ibne Abbas has narrated a tradition from the Holy prophet ﷺ he said: Allah has placed the souls of the Martyrs in the stomach of the green hen, so that they can drink water from the sea of paradise and they move around in the paradise. They eat the fruits of the trees of the paradise and they move around in it wherever they desire. Their aim and their refuge is Allah. Then the Holy Prophet ﷺ said: "When the martyrs see their positions they ask Allah, Oh our Lord! We wish that our near ones and relatives see these positions, a reply will come to them from the side of Allah, we will inform them about it so that they may

become happy", at that time the above verse was revealed.

The status of Martyr is made more explicit in Ahaadith of the Holy Prophet ﷺ. Numerous Ahaadith have been quoted in this regard. We will quote a few of them

- 1) The Holy Prophet ﷺ said: "The best death is Martyrdom"
- 2) "The foremost person to enter paradise is the Martyr"
- 3) "Three groups will seek intercession. They are Prophets then scholars then Martyrs"
- 4) "Seven characteristics will be given to a Martyr by Allah. The seventh characteristic is that the Martyr will turn towards Allah which will be a source of satisfactory for all Prophets and Martyrs"

Narrated by a khalifah of the Holy prophet ﷺ ?

Hazrat Abu-Bakr (May Allah be pleased with him) that: The Holy Prophet ﷺ said: Allah the almighty will bestow each martyr 70 rooms in paradise. The distance between each room will be equal to the distance between Sanaa (Yeman) and Syria. The light in each room will be such, which will illuminate the east and the west. Every room will have 70 doors and every door will have a veil. Every room will have 70 tents. And each tent will have 70 platforms. Its legs will be of sapphire and chrysalides. On each platform, there will be 40 beds. On each bed, there will be two fairies with all their embellishments. Then the man asked Ameerul Momenee to please describe the fairies. He said: they are gorgeous and attractive. They will be having 1000 maids and 1000 slaves. Their face will be like a moon. Their crown will be of pearls and corals. They will have their veils on their shoulders. They will be carrying cups as if it is the Day of Judgment and they are in their places. On the Day of Judgment the martyrs will stand at the place of intercession. Each martyr will intercede on behalf of 70,000 sinners. He will intercede for his family, neighbours and his friends. Two neighbors will argue that they are more entitled for his intercession as he was closer to him.

That is the status of a martyr.

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# UNITED IN CREATING DISUNITY

BY FAIZEL KHAMKAR

Unity is normally characterised by common purpose. This purpose can be for the benefit of humanity, to the detriment of humanity or indifferent to the needs of humanity. When this common purpose is established, the unity from this union does not necessarily translate into a common agenda. Furthermore the beneficiaries of this combined benefactors does not necessarily have to be the same. In the same vein those that are detrimentally affected need not be the same recipients. In principle when common purpose is established but different agendas are play then we should expect chaos, mayhem and instability. When this unity is formed by the powerful against the perceived weaklings it does not necessarily flow that justice in its true sense will prevail. This unity is politically also addressed as a coalition.

Both Russia and France has now publicly declared their interest in participating in bombing operations in Syria. This news is however not surprising as both these nations have been involved in the carnage taking place in that region from the beginning. Both had political agendas and operations taking place even prior to the current mindless violence started some four years ago. Their stated common purpose is the destruction of that prodigal child created by various agendas of the nation states who formed a unity pact. The facade of a common enemy (created by the coalition of common purpose) hides the agenda of political and economic pilferage. Russia needs to prop up the Assad regime and thereby retain their political influence and the resultant economic and political gain. The western allies need to establish a stable puppet government and entrench their political influence in order to gain their benefits. The Saudis and Iranian agendas are simply to entrench their supremacy in the region. The unity of indifference to humanity lies in the fact that the welfare and inherent rights of the ordinary citizen plays an insignificant part in the planning and execution of plans to obtain the goals of the different parties that have become embroiled in this conflict. The chaos, loss of life and sufferings of millions of innocent people are relatively well documented. We need only ask one question in order to obtain clarity on this matter: Are the Libyans better off now than when the late Gadaffi was ruling?

The above relates to potential gain in a country where the suffering people are not of your "own". What possible scenarios would then play out when the potential gains are replaced by actual loss leading to sufferings at different level by your own people? This

question is not to be seen as a hypothetical question. In a recent financial analysis it is estimated that The United States will lose its number one ranking as the economic giant by the year 2025. This estimate places China as number one and India as number two with the United States of America dropping to the third best economy. This would lead to waning political influence and bring a country which is overwhelmed by debt, economic suffering. A complacent populace could now be replaced by a more vigilant and concerned citizenry who will bring about a more vocal activism against both foreign and local policies. In turn this will lead to more legislation curtailing more democratic rights under various guises. The suffering masses may than expand to beyond the dispensable Muslims.

It goes without saying we will then witness more united coalitions fighting both economic and political wars. The economic war has already started with the formation of Trans-Pacific Partnership (TPP) a united economic front in the greater Eastern region of the world created by The United States of America. This formation is intended to serve a similar function as the European Union except that this union is purely economic in nature. China is apparently being marginalized in its

influence. This is in opposition to the Regional Comprehensive Economic Partnership (RCEP) driven by China to create a sixteen nation free-trade area. Furthermore tension between China and one its close economic partner India is being created. Historically military (or political) wars are normally fought after the economic wars have weakened the targeted "enemy". Germany has already witnessed a demonstration by millions against the TPP in anticipation of its economic effect on the German people and economy. In addition to this America has sent a warship to an island whose sovereignty by China is contested.

If this is to become a reality then the suffering of the masses will be at a level not witnessed before. We have to bear in mind that the masses on a global scale are neither organized nor united making them vulnerable to the coalition of the depraved powerful. A coalition which stands up for true justice having the sincere care of the human rights of the masses globally needs to be formed now.



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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Makkah, SAUDI ARABIA - Minister of Health Khalid Al-Falih attributed the cause of the stampede in Mina that left 769 pilgrims dead and 934 more injured to the overcrowding and non-compliance with the instructions issued to pilgrim groups for orderly stoning of the pillars representing Shaitaan. King Salman has ordered a review of the Kingdom's Hajj plans and entire procedures for the annual pilgrimage of Hajj following the stampede. World leaders who offered Saudi Arabia and the Muslim world their heartfelt condolences included Pope Francis who expressed "closeness" with the world's Muslims as he spoke during a packed evening prayer service at New York's St. Patrick's Cathedral. UN Secretary-General Ban Ki-Moon said in a statement that the tragic incident was all the more distressing as it took place on the day of Eid Al-Adha.

New Delhi, INDIA - Police probing the killing of a Muslim villager said that the "trigger" behind it was the announcement by a local temple that beef was being consumed by the victim's family. Police claimed that the cow slaughtering was just an allegation by the assailants. Ten people have been named as accused along with over a hundred unknown assailants. Meanwhile, the family of Mohammad Akhlaq, who was killed by the mob on the night of October 28, and 50 other families of the village were planning to move out of the village. "My children grew up with Hindu neighbours and we were living in harmony for several decades. But on the day of the incident none of them came to our rescue," said Asgari, mother of the deceased. Akhilesh Yadav, chief minister of Uttar Pradesh, increased financial aid for the victim's family from Rs2m to Rs4.5m.

Birmingham, UK - Fragments of the Holy Qur'an believed to be one of the oldest ever found have gone on public display at the University of Birmingham, which announced its discovery in July and revealed that the manuscript is at least 1 370 years old. The pages had remained unrecognised in the university library for almost a century. The manuscript is written in Hijazi script, an early form of written Arabic.

Berlin, GERMANY - The first 20 articles of the country's constitution that outline basic rights and freedoms have been translated into Arabic. The move was made by the German government to assist incoming refugees from the Middle East to integrate into German society. German Vice-Chancellor and leader of the Social Democrats Sigmar Gabriel said that asylum seekers were welcome in Germany, but they have to adapt to the German way of life.

Cairo, EGYPT - The Sheikh of Al-Azhar, Dr Ahmed Al-Tayeb, strongly denounced an exhibition of blasphemous cartoons depicting Prophet Muhammad (peace be upon him), under the name "Stop the Islamisation of Denmark". He stressed that such practices would inflame feelings of hatred as they represent a provocation to Muslims around the world, as well as being incompatible with mutual respect and peaceful coexistence. The Islamic institution called on the international community to condemn such provocative acts which are no less dangerous than the threats posed by some terrorist groups to the world peace.

New York, USA - 14-year-old Ahmad Mohammad Ahmed, whose family

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are from Sudan, made international headlines when he was handcuffed, arrested and fingerprinted by police after a homemade clock he brought to school was mistaken for a bomb. His arrest was widely criticised and the charges against him were eventually dropped. Ahmed received messages of support from a number of high-profile figures, including President Barack Obama, who invited the boy to the White House.

Brussels, BELGIUM - The European Commission has warned that anti-Muslim and anti-Semitism attacks are rising rapidly in Europe, calling for urgent measures to deal with the issue. "Anti-Muslim incidents are multiplying across Europe; we are seeing a huge spike of attacks. The rise of Islamophobia is one of the biggest challenges in Europe," Vice President of the European Commission Frans Timmermans said. Frans made his comments during the EU first seminar on combating anti-Muslim and anti-Semitism hatred.

Makkah, SAUDI ARABIA - The Saudi Project for the Utilization of Hajj Meat (Adahi), managed by the Islamic Development Bank (IDB), slaughtered 505,000 sheep in the first two days of Eid al-Adha. A total of 780,000 sheep were expected to be slaughtered on behalf of Hajjis for distribution to the needy in Saudi Arabia and 23 countries abroad over the next month.

"When a man fears something  
he moves away from it,  
When he fears Allah  
he moves closer to Him"



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DATE	EVENTS 1437/2016
27/28 November	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Urs Shareef Standerton
8 December	Shab-e-Data Wa Mehr-o-Raza (R.A.) Urs Shareef Saaberie Chishty Masjid Lenasia
10/11/12/13 December	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Saaberie Chishty & Jamia Razvia Masjid Lenasia
17/18/19 December	Hazrat Badsha Peer (R.A.) Urs Shareef Overport Secondary School Grounds Durban
19 December	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Rustenburg Meelaad Group
23 Dec. 12th Rabi-ul-Awwal	Eve Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) "Big Night" Subject to sighting of the New Moon
17 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Al Hudaar Foundation Lenasia
21 January	Eve Giyaarwee Shareef-Subject to sighting of the New Moon
23 & 24 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Laudium Mouloud Group
23 & 24 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Quadriya Masjid Roshnee
31 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Mafikeng
30 & 31 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Sham-ul-Islam Lenasia South
13 & 14 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Mansoor Family Sultan Bahu Centre Mayfair
20 & 21 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Madressa Mohamadiya Qadriya Ext13 Lenasia
28 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Zakariyya Park Civic Centre
28 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Giyaarwee Shareef Bawas Toli Benoni
5 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Piet Retief
6 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) Azaadville Civic Centre
25 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Jalsa Saaberie Chishty Dawah Centre Orange Farm
15 April	Hazrat Khwaja Gharib Nawaaz (R.A.) Urs Shareef Buzme Chishtiya - Laudium
23 April	Hazrat Khaak Saar Ali Shah (R.A.) Urs Shareef Baitun Noor Centre Lenasia
29 & 30 April	Saaberie Chishty Urs Shareef Gulistan-e-Sabri Chishty- Sayed Bros Res. Lenasia
4 May	Eve Shabe Meraaj (Subject To Sighting Of The New Moon)
7 May	Hazrat Maqsood Ali Shah (R.A.) Urs Shareef Baitun Noor Centre Lenasia
14 May	Hazrat Jahangir Shah Dada (R.A.) Urs Shareef Zeerust
21 May	Eve Shabe Baraat (Subject To Sighting Of The New Moon)
28 & 29 May	Hazrat Khalid Shah Bawa (R.A.) Urs Shareef Benoni
6 July	Eid-ul-Fitr (Subject To Sighting Of The New Moon)
23 July	Hazrat Ghulaam Jilani Baba (R.A) Urs Shareef Saaberie Chishty Hall Lenasia
30 July	Hazrat Mehboob Ali Shah (R.A.) Urs Shareef Baitun Noor Centre Lenasia
12 Sep	Eid-ul-Adha (Subject To Sighting Of The New Moon)
1 - 10 Oct	1st - 10 Muharram (Nightly Lectures After Esha) Saaberie Chishty & Jamia Razvia Masjid Lenasia
15 October	Hazrat Baba Fareed Urs Shareef Saaberie Chishty Hall Lenasia
16 October	Yaade Shahid-e-Karbala Baitun Noor Centre Lenasia
4 December	Madressa Saabriyya Chishtiyya Jalsa

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**\* Let me tell you the best deeds in Islam. Feed the needy and greet the people even though you may not know them. (Bukhari, Muslim)**

**\* That person is not religious who is not steadfast on his promise.**

### AL KAUSAR 19 YEARS OLD

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**\* On the Balance of Deeds, the best action will be good conduct with people. (Abu Daud, Tirmizi).**

**\* That person who earns his livelihood honestly and according to the principles of religion and thereafter spends it on his wife, children and friends, then on the Day of Judgement he would rise in front of his Lord with a face shining like the full moon.**

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