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إِذَا زُلْزِلَتِ الْأَرْضُ زِلْزَالَهَا

*When the earth is shaken with
a cataclysmic earthquake*

Ankara, TURKIYE - The Turkish Disaster and Emergency Management Presidency has ended two weeks of frantic searching for survivors of the devastating earthquake that also affected neighbouring Syria. With an estimated 46,000 people killed, hopes of finding any more survivors were seen as nil. Rescue missions from all over the world, including the Gift of the Givers from South Africa, have returned home after being lauded for their efforts. The focus has now shifted to how humanitarian aid can reach the 26 million people that the UN says have been left homeless across the two nations, amid desperate attempts to attend to them ahead of the holy month of Ramdan starting next month.

Jeddah, SAUDI ARABIA - A criminal court has imposed a \$5.3 million fine on the Saudi bin Ladin Group and sentenced seven people to prison over the deadly collapse of a crane during the 2015 Hajj pilgrimage.

Over 100 people were killed when strong winds caused the 1,350-ton crane to collapse onto the Grand Mosque that houses Islam's holiest site, the Ka'aba, slamming slabs of concrete onto the throng of worshippers around it.

Abu Dhabi, UAE - The Taliban has enforced Sharia laws based on their own interpretation of Islam, according to Dubai-based media network Al Arabiya Post. Taliban leaders, however, insist that their policies are based on Islamic jurisprudence. Neighbouring Pakistan is among those Muslim countries that have distanced themselves from the Afghan Taliban's conception and enforcement of

Islamic laws. The Organization of Islamic Cooperation (OIC) reminded the Taliban to reconsider its decision to ban girls and women from schools and universities. OIC said that "the right of women and girls to access all levels of education, including university level, is a fundamental right in keeping with the teachings of the noble Islamic shariah".

Islamabad, PAKISTAN - The country's media regulator blocked Wikipedia services in the country for allegedly hurting Muslim sentiment by not removing purportedly blasphemous content from the site. The move has been described by human rights activists in the country as seriously affecting the rights of citizens to access information digitally.

Preston, UK - The government has approved the construction of a mosque at one of the busiest intersections in the city. This followed an investigation sparked by public objections to the 12-meter high mosque from a design in a Royal Institute of British Architects competition.

It will be known as the Brick Veil Mosque and includes a 30m-high minaret that looks like a Victorian mill chimney, as a reminder of the area's history as an important industrial town.

Islamabad, PAKISTAN - An Islamic calligraphy competition organised by the Punjab Arts Council in collaboration with Ashraf- Ul-Qalam Calligraphy Foundation generated international interest. Interim Minister for Primary and Secondary Healthcare Dr, Jamal Nasir, who was the Chief

Guest of the opening and prize distribution ceremony said Husn-e-Tehreer (calligraphy) was an Islamic civilization cultural heritage. He said this art was related to the Holy Quran.

"Calligraphers add their creative and conscientious spirit by writing Quranic verses or hadiths of the Prophet (PBUH) in a unique style," he said.

Johor Baru, MALAYSIA - Johor Islamic Affairs Committee chairman Mohd Fared Mohd Khalid has instituted research to examine and review the suitability of the traditional Kuda Kepang dance performance at public events. He said this was to ensure that the Kuda Kepang performance does not involve elements of idolatry and worship that could disrupt the faith of Muslims. The University of Tun Hussein Onn Malaysia will conduct the research, which will then be presented to the state Mufti department for final decision. The dance, in which a two-dimensional horse cut-out is used, is believed to have its origins in the arrival of nine Islamic saints, popularly called Wali Songo, who first brought Islam to Java in the 15th century.

Manila, PHILLIPINES - An Islamic banking system will also benefit the country's predominantly non-Muslim population, according to Arifa Ala, Assistant Governor of the Bangko Sentral ng Pilipinas. (BSP). She said many Southeast Asian countries have advanced Islamic financial systems that benefit even non-Muslims. "We expect more Filipinos to better understand and appreciate Islamic banking and finance and we look forward to having an Islamic banking finance ecosystem that can also advance the financial inclusion agenda of the government," Ala said.

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The catastrophic earthquake which struck parts of Turkiye and Syria causing fatalities in excess of thirty thousand and left countless people without homes, financial independence and at risk of their health has left most people in shock. Our sympathies and supplication must be directed to all those affected.

We have witnessed the outpouring of sympathies as well as relief aid both by way of finances and other resources. These acts of compassion for fellow humans clearly indicates that the masses still have strong moral values. Sincere acts of compassion flows as a consequence of having a moral compass. The sacrifices and commitment made must be recorded and applauded. Furthermore, we must be encouraged by the display of moral values by the masses.

At governmental level five Arab nations donated 1.63 billion US Dollars to the cause whilst Europe combined contributed 3.1 million US Dollars. Do not be surprised that the combined aid which came from a country such as South Africa would exceed the donation from the entire European Union.

This points to the fact that political agendas supersede humanitarian and moral values. When comparing the contrasting reactions between the EU government and the masses whose actions were spurred by clear moral values lessons for those walking along the political corridors of power were provided. The Syrian regime had also blocked aid to the Syrian victims of the earthquake simply because it affected areas which were not in their direct control. Pursuing political agendas at the humanitarian expense of the masses must be spurned and it is high time that this unacceptable immoral behaviour be highlighted.

Morality is grounded in spirituality. The earthquake unearthed a number of spiritual experiences which should be recorded for posterity. There were two striking examples highlighting the spirituality which was displayed. The first were the incident where a child was rescued after one hundred and twelve hours and on

being rescued that she informed her rescuers that she was sustained by what can best be described as an angelic being. The second incident was where a mother sacrificed her life to preserve her son's life. Her posture at death incited enough curiosity to ensure that her son was discovered alive. The lesson learned here is that morality, unlike the narratives promoted within certain sectors of society, has real benefits.

The cynical and immoral celebration of the disaster by the French magazine Charlie Hebdo came as no surprise. The moral depravity of the management of this magazine is well known. They can only thrive in a godless society, who in their godlessness are deprived of a stable identity. When under these circumstances they cannot even feign sympathy then we have to appreciate that disasters will end up revealing the true character.

A minister in the Turkiye government had publicly gone on record to claim that the earthquake experienced in Turkiye and Syria were not a natural phenomenon but rather induced by man. This declaration from a person who has access to such information would probably provide credibility to such a claim. Simply to dismiss this as a conspiracy theory would probably cause more harm than good. This claim needs to be thoroughly investigated in an open forum. It cannot be allowed that weapons of mass destruction be entertained simply in the pursuit of power by a handful of morally corrupt people who are inhumane. The potential consequences can be witnessed in the catastrophe we have witnessed. There are some who have attributed the H.A.A.R.P. project under the guise of monitoring weather conditions as been responsible for this disaster. It would be a recommendation that strong action be instituted to have this project be stopped completely until the said investigation is completed and its negative potential is fully established.

The earthquakes have definitely exposed both the negative as well as positive aspects of morality and it is a dire need to ferociously advocate good morals.

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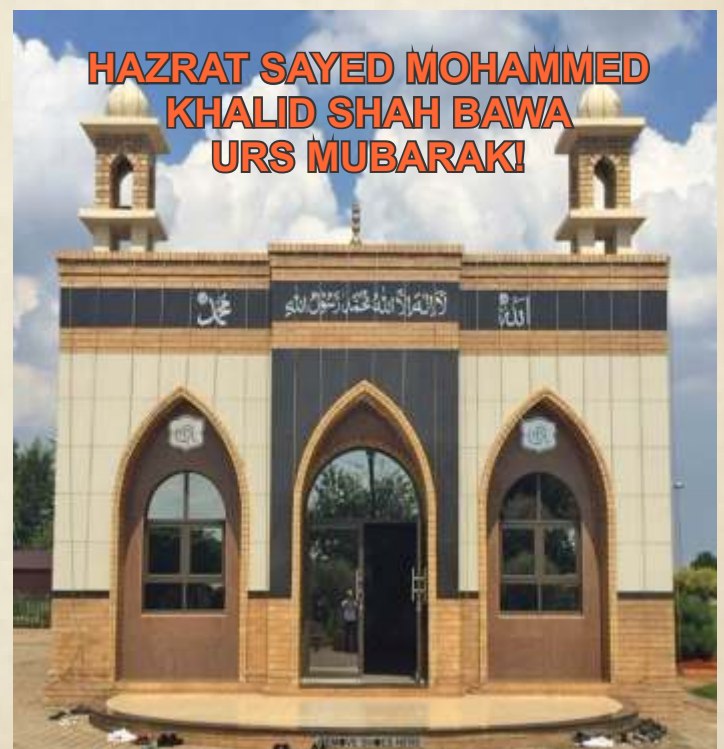
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IS THERE A PLAYSTATION IN JANNAH?



BY UMM ISMAIL

Some years back my 11 year old son asked me if I thought there would be a PlayStation in Jannah(Paradise), because really, if there wasn't going to be one, then he didn't know if he still wanted to go there. While I was gratified to be thought so knowledgeable, I was also aware that my reputation as Oracle-In-Chief was now at stake.

So naturally I thought very carefully about how to respond.

His query reminded me of another, a few decades earlier. I attended Madressah(Islamic School) with an older aunt who graciously conceded to teaching me privately in the afternoons after school. When I started high school, she told me I would have to start wearing the hijab soon. Now this was the 80's – South Africa was in the grip of the last, bloody, grasp of institutional apartheid, the Rainbow nation hadn't yet been born, and a head-scarfed girl at my school wasn't an option.

So being 12 and opinionated, I asked her why, and whether I would have to wear it at school as well. I knew of other girls who wore it, then instantly discarded it at the school gate for the duration of the school day, only to put it on again when they went home. She replied that it would indeed be all right since hijab was for one's protection, and at school girls were protected (from what, I wondered!).

If wearing hijab was compulsory, my teen brain reasoned, then surely there had to be a proper reason. I also questioned why would it be ok to wear the hijab on one side of the school gate and unnecessary on the other side? Silently, I promptly decided never to wear hijab - until aeons later, at 17, when it made perfect sense!

When our children question us about Islamic principles, ethics or concepts, we often find it difficult to address their concerns head-on. We either react with self-righteous indignation, or sometimes we're just amiably dismissive, while pointedly informing them about what's allowed and what's not.

Our children however, are not pint-sized, programmable versions of adults, who after a few basic instructions – pray 5 times daily, learn all your Surahs(Quranic Verses), and don't forget the eating dua (prayer) – will then happily be on their way. Utterly complete human beings, endowed with a healthy curiosity and a growing intellect, they need to be engaged, debated with and have their sometimes misguided views, challenged. Their insecurities, preposterous or profound have to be entertained too.

The Quran constantly encourages us to ponder and use our 'aql (intellect): "And We have certainly left of it a sign as clear evidence for a people who use reason." (Quran:29:35) and again "And it is He who gives life and causes death, and His is the alternation of the night and the day. Then will you not reason?" (Quran23:80). Despite this, we consistently choose not to heed to seek reasoning, nor do we expect our children to. Indeed we expect them, ironically, to do as their forefathers did and inherit the faith we sometimes wear with weary familiarity. Why?

Perhaps it is because we assume that wanting to understand the essence of a Divine instruction is to question its validity. Perhaps, more often than not, we ourselves don't understand its logic and wisdom. But does this have to be so?

As Hazrat Ali (RA) taught us, and echoed by educationist Ken Robinson, we raise our children for a time other than our own, in fact for a future as yet, quite undetermined. In order for them to grow into the Caretakers that Allah SWT intended, their faith must grow organically; because faith, unlike Granny's antique cups, cannot be passed down to future generations.

Their first steps into the world of meaning and values must be infused with the continued appreciation of the Divine Presence. This primal awareness as created beings starts with the athaan (call to prayer) in the new-born's ear, settles in the heart as a fledgling seed, to be delicately nurtured with love and patient understanding (and a healthy dose of humour). Not for nothing did the Messenger of Allah (peace be upon him) spend the first 13 years in Mecca nurturing this seed – its blossoming is what enabled that collective cathartic moment years later when the Muslims were ordered to wash the stain of alcohol out of their lives ... In the words of my teen, how awesome was that?

If we want our children to be of those who "strive hard with their property and their persons" (9:88), who "invite to good and enjoin what is right and forbid the wrong" (3:104), and whom Allah SWT "will love and who will love Him" (5:54), we will need to encourage them to find the answers to their questions from within the Quraan. Let us from the beginning encourage our children to reflect on and be amazed by the universe outside of (and within) us and then weave into that the Qur'anic ethos. This will enable them to view and practice Islam with understanding and love rather than Islam being viewed as sets of mechanical actions or regurgitation of the verses of the Quraan without passion and affection.

There is NO excuse today not to make the effort to educate ourselves. Books, the internet, YouTube, community classes, all abound. Indeed, it's our emphatic duty as parents to be exemplary in the desire for authenticity, to "ponder and reflect" together with our children, and to seek out well-researched, thoughtful answers to their queries like why exactly are we here, If Allah SWT is so merciful, why do people suffer, what happens to good atheists, and ... is there a PlayStation in Jannah?

So back to my son. I explained that not having made that trip, I obviously couldn't give him any specifics, but what I could say for sure was that Jannah is where we will be unimaginably happy and content. I asked him to recall his most satisfying memory, and to multiply that by a gazillion (words like gazillion always make an impact) – and if that included a PlayStation, then a version of a PlayStation would be awaiting him. He nodded sagely and never mentioned it again, satisfied that his mother clearly was the go-to person when weighty matters preoccupied the mind. He's 15 now, and the other day he sheepishly recalled that incident and exclaimed, "Mum, can you believe I actually thought Jannah was going to be full of PlayStations and games", and giggling mischievously, he added, "now I know it's going to be full of beautiful girls!" - and disappeared before I could feign shock-horror. Sigh ... I suspect the "lower your gaze" talk is already overdue ...

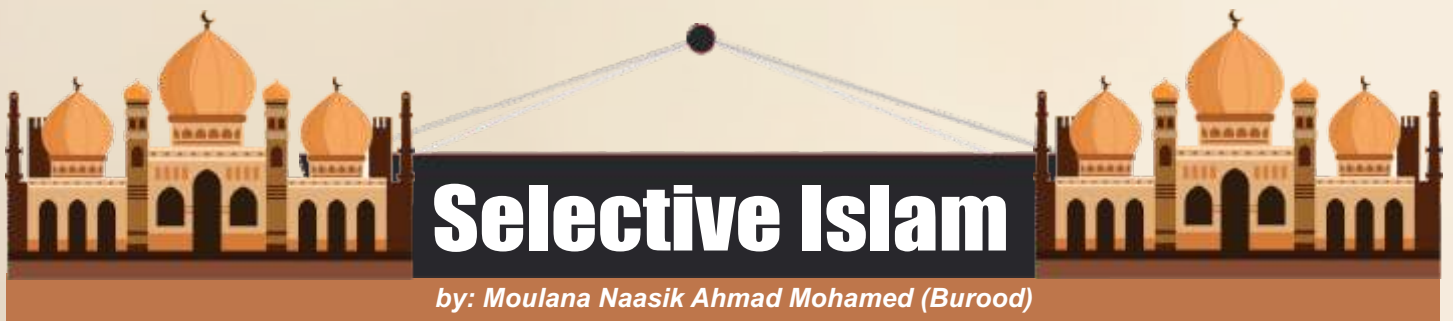
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Selective Islam

by: Moulana Naasik Ahmad Mohamed (Burood)

Allah Almighty mentions in the Holy Quran: "Is it not time yet for those who believe that their hearts should tremble and their hearts filled with awe with the remembrance of Allah Almighty. In addition, they should not become like those who have been given the book (i.e. the Torah, the Zaboor, and the Injeel) a long time ago. A long period passed over them, their hearts became hard and a huge number of them have become corrupt" (S57: V16).

Allah Almighty mentions that for those who have received the previous revelations and were a believing community, something can happen to them or after a long period, they can deteriorate and become rusty. Allah Almighty describes that the heart should be filled with the remembrance of Allah Almighty and not like those who, when given the divinely revealed books and had these Holy Scriptures for thousands of years, their hearts became hard. If we look at this verse, we can see that there is a relationship between the remembrance of Allah Almighty and the hearts becoming hard. There is also a reality that people who claim to believe and have been given the Holy Books, like us who have been given the Holy Quran, are in very real danger that their hearts will become hard even though these divinely revealed scriptures are in our hands. As Muslims, even though we have the Holy Quran in our hands, we recite it with our tongues, and we hear it in our Salaah and various other prayers, we face the very same danger of our hearts being disconnected from Islam. It is sad that in the world we live in today whereby we have the Holy Quran in our hands and wherein we proclaim that we have the Holy Quran in our hearts, we remain disconnected from Allah Almighty and Islam. In the verse, Allah Almighty is asking us if it is not yet time that we start feeling something. The question asked is why is there not something inside you rattled when you remember Allah Almighty? Furthermore, Allah Almighty is warning us that we should not become like those who have come before us when the same thing happened. Allah Almighty mentions in numerous verses in the Holy Quran about the Israelites and what He gave them. Allah described the essence of what the Israelites were given in the Torah. In S2: V74, Allah Almighty mentions that their hearts became like rocks or even harder than rocks.

If we look at the human body, it is made up of many things. Every one of them is very intricate, sophisticated, and complex. Just studying how one finger works is an intricate thing. There are lots of muscles, veins, joints and blood vessels inside and each one is extremely complex. However, if we want to talk about the essence of life, that is the heart and the brain. These are the essential components.

Other parts are there and are valuable, but they are only alive because these things (i.e. heart and brain) are functioning. When the heart stops working, and the person is lying down, from a distance you cannot tell whether the person is dead or sleeping. The hands and face, and all the outer parts of the body are still there. It looks like any other person. However, on the inside, because the heart is gone then everything is gone. When the brain stops functioning then everything is dead even though all the body parts are still there. Therefore, when Allah Almighty says that when the hearts of the previous nations have become hard, even though it looked like they were practicing the religion, the practicing of the religion is dead and is of no value. It is just artificial and is literally like a corpse. Now if that happens to us, as Muslims when we perform Salaah or do other aspects of Islam, and the heart inside is dead, then everything else outside becomes artificial. Others may see us alive but Allah Almighty knows better, what is going on inside our hearts. So we beg Allah Almighty not to make us from amongst those whose hearts have become hard.

Now when we look at the Holy Quran and if we see the fundamentals, from amongst the many, and we hold on to them then the heart will not die. When the heart does not die then everything that Allah Almighty and Nabi (Sallallahu Alayhi Wa Sallam) want for us will automatically fall into place. If the heart is not there then everything else is pointless and futile.

The Holy Prophet (Sallallahu Alayhi Wa Sallam) has said: "Indeed the furthest of people from Allah Almighty is the one with a hard heart" (Tirmidhi – 2411). A heart that is hard like a rock suffers from a spiritual disease that prevents a person from accepting the truth, and from submitting to the commands of Allah Almighty and the teachings of Nabi (Sallallahu Alayhi Wa Sallam).

The rock heart is indifferent to advice and warnings and does not produce any virtuous actions. It is said that the biggest misfortune is the hardness of the heart.

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What causes pain in the heel of the foot?

by: Hasina Begum Sayed



In addition to the 26 bones found in each foot, there are 33 joints and 100 tendons in the entire foot and ankle. The largest bony structure in this area is the heel bone. We take this sturdy bone for granted until heel pain gives us pause.

Most common heel pain causes include:

- * Plantar fasciitis
- * Heel spurs
- * Achilles tendonitis
- * Bursitis
- * Arthritis
- * Plantar fasciitis

Plantar fasciitis is an inflammation of the plantar fascia, the connective tissue that runs from the heel bone to the tip of the foot. This is a common running injury that occurs when the tendon is overstretched.

Heel spurs

Without appropriate heel pain treatments, plantar fasciitis may progress into heel spurs. A heel spur is a bony growth that results when the connective tissue of the foot begins to disintegrate as plantar fasciitis worsens, allowing calcium to build up in the heel. Heel spurs feel like a pin is stabbing into the foot every time weight is put on it, a sensation that can quickly escalate from minor annoyance to major pain.

Achilles tendonitis

Achilles heel pain is located more at the back of the heel but is considered a crucial type of heel pain. This tendon, when injured or inflamed, can severely reduce mobility and cause pain that can be more challenging to treat.

Bursitis

Bursitis is an inflammation of the bursae, the fluid-filled sacs that surround the joints. With 33 joints in the feet, the pain that results from this condition can be excruciating and persistent, even during sleep.

Arthritis

Over time and depending on many factors like activity levels and weight, this pressure can cause wear-and-tear forms of arthritis like osteoarthritis and inflammatory conditions like ankylosing spondylitis.

Heel pain treatments may include:

- * Home remedies like icing or stretching
- * Heel exercises
- * Medication

Visiting a physical therapist for advanced rehabilitation Interventional procedures, like radiofrequency ablation or injections

Surgery for severe cases

Home remedies for heel pain

1. Cold rolling

Freeze a water-filled plastic bottle and roll the affected foot over it for 20 minutes three or four times a day.

2. Foot massage, part 1

Use your thumbs to apply pressure from the heel of the foot to the ball of the foot at the base of the toes, up through the center of the foot.

3. Foot massage, part 2

Flex your foot strongly and use the knuckles of your hand to run up and down the inside arch of the foot. This can be quite painful. Go slowly and pause in areas that are painful. Place slow, steady pressure and breathing into the sensation.

4. Tennis ball massage

Place your heel on the ground and a tennis ball underneath the ball of your foot. Gradually bring your weight forward onto the tennis ball. Hold for 30 seconds. Try to keep your toes from gripping the ball. Move the tennis ball to your heel and place the ball of your foot on the ground. Gradually bring weight into the ball of your foot. Hold for 30 seconds.

5. Foot soak

Use Epsom or arnica salts in heavy concentration and soak your foot in a warm bath.

6. Foot wrap

Soak gauze in warm linseed oil and wrap around your heel.

Heel pain treatment exercises

It's important to do these heel pain treatments on both feet, even if heel pain is only present in one.

1. Wall stretches

Face the wall with one foot forward and one foot back (two or three feet between front and back foot). Place hands flat on the wall and lean forward, bending the front knee and stretching the back heel towards the ground.

Hold for 30 seconds, and then switch sides.

2. Big toe flex

Sit on a firm chair and cross one leg over the other. Hold your big toe and pull it towards you. Hold for 15 seconds and release. Repeat three times, and then move to the other foot.

3. Towel flex

Still seated, wrap a towel around the arch of your foot and hold an end in each hand. Pull the towel toward you as you push the foot away from you. Hold for 15 seconds, repeat three times, and then switch to the other foot.

4. Marble plucking

Stay in your chair but scatter a handful of marbles or small, smooth pebbles on the ground in front of you. Place an empty mug or bowl near the chair. One by one, use your toes to grip each marble or pebble to pick it up and drop into the bowl.

5. Wall squat

Stand and face a wall with both feet together. Place hands flat on the wall (you should be close enough so you don't have to lean forward to do this). Step one foot forward one foot's length.

Inhale, and on and exhale begin to sink hips back and down into a squat until you feel a stretch in both calves and the back of the heel. Hold for 20 seconds, and then press into both feet to stand up. Switch the forward foot and repeat.

6. Calf and heel stretch

Stand on a step with both feet together and one hand on a railing for balance. Allow your heels to overhang the step. Press into your toes to lift up and release to come down (heels can be level with the step or come slightly below for a bigger challenge).

Repeat ten times, completing two or three sets of ten.

7. Flex and point

Before you get out of bed in the morning, wake your feet up with this simple exercise. Stretch legs out in front of you and sit up tall. Flex and point your feet strongly until you feel a stretch both ways. You can circle ankles, too.

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Women of Sufism

Hajjah Amina Adil

by: Shireen Ismail

Hajjah Amina, the wife of Shaykh Muhammad Nazim Adil al-Haqqani, spiritual head of the Naqshbandi-Haqqani Sufi Order, is known as a renowned author, lecturer, and spiritual advisor. Hajjah Amina devoted forty years of her life to assisting, helping, and educating people from around the globe to achieve an improved understanding of Islam. In addition, Hajjah Amina played an important role in educating Muslim women understand and apply the many distinguishing rights Allah Almighty set forth for women in the Islamic faith.

During her marriage of fifty years to Shaykh Muhammad Nazim Adil al-Haqqani, Hajjah Amina travelled the world. Hajjah Amina studied under many scholars of the Middle East and Turkey, including Grandshaykh Abdullah ad-Daghestani an-Naqshbandi and other scholars of Shari'ah. Hajjah Amina as a Shaykha taught thousands of disciples throughout North and South America, Europe, the Middle and Far East, Southeast and Central Asia, and Africa.

Hajjah Amina was born in Russia's Kazan Province and is from the family of Messenger Muhammad (ﷺ). She grew up during the early Communist era at a time when a state wide purge of Jews, Christians and Muslims had been mandated. During this time neighbours would mysteriously disappear. Millions therefore exiled to camps in Siberia where they either froze or starved to death. When Hajjah Amina was a mere toddler the family out of safety fled on foot in the darkness of the night on a perilous journey. Hajjah Amina was too young to recall this long journey which eventually lead them to Turkey.

Family members have narrated about her parents' bravery and deep sense of faith, young Amina's sense of adventure, and a tragic life-threatening fall that left her in a coma from which they feared she would not recover.

After more than a year and with Communist officials in deadly pursuit, the family miraculously made their way to Erzurum in North Eastern Turkey. Thus, at such a tender age, Hajjah Amina was granted the high status of a muhajirah, which means one who migrated from tyranny and religious oppression to a place where they can openly practice their faith. It is said the reward for such an undertaking, rests solely with Allah Almighty.

These early life experiences enhanced Hajjah Amina's love of family, community and travel, her forthrightness in standing for justice, and her love of Islam. However, after twelve years in Turkey, Hajjah Amina's father had a vision in which he was instructed to relocate the family to Sham (Damascus), which had been their original destination upon leaving Russia.

In Damascus they found the life they had been seeking, and settled on Jabal Qasiyun, a high mountain which overlooks the entire city. It was here where the family met Grandshaykh Abdullah al-Fa'iz ad-Daghestani of the Golden Chain of the Naqshbandi Sufi Order, who took particular care in overseeing Hajjah Amina's religious and spiritual development. Under the guidance of Grandshaykh Abdullah, Hajjah Amina studied Tasawwuf (Sufism/Islamic Spirituality) and Fiqh (Islamic Jurisprudence) as well as under notable scholars such as Shaykh Salih Farfour of Syria and Shaykh Mukhtar Alaily, then Secretary General of Religious Affairs of Lebanon. Hajjah Amina's teachers and mentors were always amazed with her 2 acumen, with her high-level of retention, and her ability to grasp and reason complex issues within the framework of Islamic Law, even at a young age.



At age twenty-three, upon the advice of Grandshaykh Abdullah she was engaged to the young Shaykh Nazim; they married a month later and have remained great companions for nearly fifty years. Shaykh Nazim often remarked that his wife seems to him the same as when they first married. Together they have lived and raised their four children between Syria, Turkey and Cyprus and were blessed with many grandchildren and great-grandchildren.

As a young mother and wife of a shaykh in training, Hajjah Amina was often left alone to face the challenges of raising a family while her husband was either in spiritual retreat or travelling for months on end, visiting various regions to spread the word of the Unity of God.

This, coupled with her early life experience, only strengthened her faith and reliance on Allah Almighty. Hajjah Amina has thrice performed Hajj, the Islamic pilgrimage to Mecca. Over the years Hajjah Amina became a much-turned-to advisor of women on a host of issues. She had a wise, practical approach to life and had excellent problem-solving skills. Hajjah Amina spoke fluent Turkish and Arabic and was proficient in English. She was uniquely beloved to heads of state and their ministers, to celebrities, as well as common folk.

Hajjah Amina lived in Cyprus in a comfortable farm house with a spacious garden, where she received thousands of visitors each year from all over the world. She would occasionally accompany Shaykh Nazim on his official visits to other countries and had been a keynote speaker at numerous conferences on Islam and Muslim women. Hajjah Amina's works include the three-volume series, 'Lore of Light', her inimitable narration of stories of the prophets and miracles of the saints and the remarkable 'Muhammad the Messenger of Islam', the life-history of Prophet Muhammad (ﷺ) from classical sources full of rarely-heard spiritual narrations.

Hajjah Amina passed on to the Divine Presence on November 16, 2004. May Allah grant her the Highest Paradise: "All who obey Allah and the apostle are in the company of those on whom is the Grace of Allah - of the prophets (who teach), the sincere (lovers of Truth), the witnesses (who testify), and the Righteous (who do good): Ah! what a beautiful fellowship!" (Surat an-Nisa, 69).

Reference: <https://naqshbandi.org/tariqa/living-masters/hajjah-amina-adil>



HAZRAT



NASIRUDDIN MAHMOOD



(ROSHAN CHIRAG-E-DELHI)

Hazrat Nasiruddin Mahmood was a 14th century mystic-poet and a Sufi Saint of Chishti Order. He was a murid (disciple) of noted Sufi saint, Hazrat Nizamuddin Auliya, and later khalifa, his successor. He was the last important Sufi of Chishti Order from Delhi.

He was given the title, "**Roshan Chirag-e-Delhi**", which in Hindi and Urdu, means "Illuminated Lamp of Delhi".

Hazrat Nasiruddin Mahmood Chiragh Dehlavi or Chiragh-e-Delhi was born as Nasiruddin around 1274, at Ayodhya, Uttar Pradesh. His father Sayed Yahya, who traded in Pashmina, and his grand father, Sayed Abdul Latif, first migrated from Khorasan, north-eastern Iran, to Lahore, and thereafter settled in Ayodhya, in Awadh. His father died when he was only nine years of age, thereafter growing up with his mother, he received his early education from Maulana Abdul Karim Sherwani, and later continued it, with Maulana Iftikhar Uddin Gilani.

At age forty, he left Ayodhya for Delhi, where he became the disciple of Khwaja Nizamuddin Auliya, it was here that he stayed for the rest of his life as his murid (disciple), and eventually after his death, became his successor. In time, he also became a known poet in Persian language.

He died in 17 Ramzan 757 Hijri or 1356 AD. at the age of 82, and is buried in a part of Delhi, India which is known as "Chirag-e-Delhi" after him.

One of his noted disciple was Khwaja Bande Nawaz Gesu Daraz, who later moved to Daulatabad around 1398, owing to the attack of Timur on Delhi, and from where at the invitation of Bahamani King, Firuz Shah Bahamani, moved to Gulbarga, Karnataka, where he stayed for the following 22 years of his life, spreading the Chishti Order in the South till his death in November 1422. The Dargah of Khwaja Bande Nawaz, exists today in the city of Gulbarga, as a symbol, multi-religious unity.

During his stay in Delhi, he continued to visit Ayodhya often, where he made a number of disciples, notably, Shaikh Zainuddin Ali Awadhi, Shaikh Fatehullah Awadhi and Allama Kamaluddin Awadhi.

Dargah:

After his death, his tomb was built by Firuz Shah Tughluq (r. 1351 - 1388), the Sultan of Delhi in 1358, and later two gateways were added on either side of mausoleum. One of noted addition was a mosque built by a later Mughal emperor, Farrukhsiyar, in early 18th century, and popular among both Muslims and Non-Muslims. A humble tomb of the founder of Lodhi dynasty, Bahlul Khan Lodhi (r.1451-89) lies close to the shrine in the present day locality of 'Chirag Delhi' that grew around the tomb, and is still goes by his name, it is very close to the locality of Greater Kailash, in South Delhi.

Chiragh-e-Delhi Dargah is situated in the village of Chiragh Delhi. This township grew up around the Dargah slowly and gradually. The dargah entombs Nasir-ud-Din Mahmud, who was bestowed with the title of "Raushan Chiragh-e-Delhi" (illuminated lamp of Delhi). He was a disciple of Hazrat Nizam-ud-Din and also succeeded him to become the head of the Chishti sect. Nasir-ud-Din Mahmud was a mystic as well as a poet. His compositions have contributed greatly to Urdu poetry. The saint left for the holy abode in the year 1356.

Initially, the main tomb was enclosed within rectangular walls, built of rubble. This chamber was constructed by Muhammad Bin Tughlaq, who later added a small gateway on both sides of the tomb. However, the original Chiragh-e-Delhi Dargah has undergone renovations and repairs a number of times. Now, a twelve-pillared square chamber, enclosed within perforated screens, consists of the tomb of Nasir-ud-Din Mahmud. The chamber has four small domed towers at the corners and is surmounted by a plastered dome, rising from an octagonal drum.

A number of structures, like the Majlis-Khana (assembly hall), Mahfil-Khana (symposium hall), were added to the Delhi Chiragh-e-Delhi Dargah some time back. The structure also comprises of a graveyard, which houses the graves and tombs of several distinguished personalities. Last but not the least, there are a number of mosques situated inside the premises of the dargah. One of these mosques was built by King Farrukhsiyar, in the early 18th century, in the honor of Nasir-ud-Din Mahmud.

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Netanyahu Declaration of Jewish Exclusivity to Palestine Must Be Confronted



by: Iqbal Jassat - Media Review Network

Will South Africa Lead the Charge?

Does the defiant declaration by Benjamin Netanyahu to press ahead with completing Israel's colonial project in Palestine, not challenge the world that regardless of international conventions, his government will continue to defy them?

Knowing full well that Israel has America's back and that western capitals stretching from London to Paris would be petrified to call him out, Netanyahu made this brazen statement:

"These are the basic lines of the national government headed by me: The Jewish people have an exclusive and unquestionable right to all areas of the Land of Israel. The government will promote and develop settlement in all parts of the Land of Israel - in the Galilee, the Negev, the Golan, Judea and Samaria."

It leaves no room for ambiguity: Netanyahu spells out the outcome of the pact agreed to with what has been described as the most extreme right-wing regime he now leads.

And the implications are equally dire for Palestinians who with the stroke of a pen, face the consequences of the Netanyahu regime's ghastly plot to ethnically cleanse them.

His categoric declaration implies that Palestinians either do not exist or that if they do, they have no right to continue living in Palestine, for "the Jewish people have an exclusive and unquestionable right to all areas of the Land of Israel".

And in case some apologists of apartheid Israel try to minimise the damaging impact of Netanyahu's declaration by suggesting that he is referring to the 1967 Green Line, do not be misled.

By spelling out and identifying the Occupied Palestinian Territories (OPT) in Zionist terms "Galilee, Negev, Golan, Judea and Samaria", as "parts of the Land of Israel" earmarked for development of Jewish settlements, is an unmistakable declaration to expand and entrench colonisation of the OPT.

Such unilateral expansionism, is not unique to the current regime because all previous Israeli governments since 1948 have conducted similar illegal and immoral projects including land grabs, forced evictions, and creating "facts on the ground".

Judaization of Palestine has been at the core of Zionism's colonial project. Now that Netanyahu has reiterated his regime's commitment to complete it, he does so in full view of the world's media, brazen and unrepentant.

In doing so he has made clear that all so-called "diplomatic" moves have been and remain mere charades.

Now that he has pulled the rug from under the feet of the United Nations, the question arises as to whether this global institution will react and if so what will its response be?

The same can be asked of Israel's Western allies. Will they continue to behave like the proverbial ostrich by sticking their collective heads into the ground? After all America and Western Europe have been complicit in Israel's war crimes against Palestinians.

The Zionist regime has since the era of British colonialism, which implanted it in the heart of the Muslim world, been a major source of destabilisation, terror and wars in the region and beyond.

In fact as an integral part of the West's military industrial complex, Israel has amassed a massive arsenal of weapons of mass destruction including nuclear bombs, making it extremely dangerous and reckless as evident in Netanyahu's bravado.

However, instead of a comprehensive review and assessment by America to realign its policies on Israel in line with global conventions on human rights, true to form the Biden administration has opted to reward it.

Mitchell Plitnick writing in Mondoweiss,

reminds us of Biden's recent elevation of Israel to a "full military partner" that apart from setting a "dangerous precedent", works against U.S. interests.

His warning is backed up by analyst Paul Pillar who correctly points out that:

"The risks of a closer military relationship with Israel center on Israel's tendency to get involved in deadly scrapes. Israel is the Middle Eastern state that has thrown its military weight around, with multiple attacks on the territories of other nations, more than any other state in the region. Israel has repeatedly initiated wars, including the big one in 1967, which began with an Israeli attack on Egypt. Later came repeated Israeli invasions of Lebanon, multiple devastating military attacks on the Palestinian-inhabited Gaza Strip, an attack on an Iraqi nuclear reactor (an attack that revived and accelerated a covert Iraqi nuclear weapons program), and a later similar attack in Syria."

These warnings may not be treated lightly especially by countries such as South Africa whose foreign policy in respect of Israel needs to undergo radical transformation.

That the ANC-led government has recalled its ambassador and campaigns vigorously at various platforms including the African Union, falls far short of the expectations Palestinians have.

Apartheid Israel has by far outstripped the evils of South Africa's racist regime, yet retains a proud presence in Pretoria with its flag fluttering in the skies of a democratic country.

It is shameful that Israelis are able to travel freely from Tel Aviv to Johannesburg and Cape Town without any hurdles, while Palestinians are burdened with severe Visa restrictions.

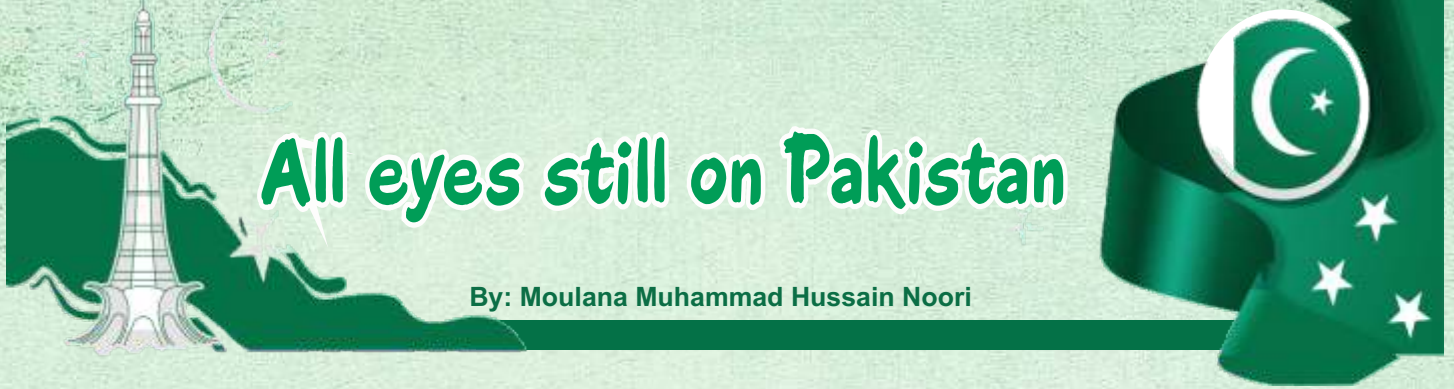
It is equally deplorable that many South African Jewish citizens are deployed in Israel's military. An army of terrorists that's known to be engaged in horrific crimes against Palestinians, in a daily ritual of slaughter.

These facts scream at us via news reports in print media, television broadcasts and social media platforms. And while President Ramaphosa routinely expresses government's dismay, it is hopelessly inadequate.

If South Africa was subjected to sanctions by the UN and isolated by the community of nations for applying apartheid, surely consistency in enforcing the same against Israel is a reasonable expectation?

Netanyahu's declaration is not only a reminder that Israel is a serial violator of international law, it also dares the world to take punitive measures by subjecting his regime to sanctions and isolation.

Will South Africa step up to confront his challenge?



By: Moulana Muhammad Hussain Noori

The Federal Investigation Agency (FIA) had decided to arrest PTI chairman and former Prime Minister Imran Khan in a prohibited funding case with the help of the Lahore police.

On February the 2nd, the Islamabad High Court dismissed a petition filed by Pakistan Tehreek-e-Insaf (PTI) against the Election Commission of Pakistan's ruling in the prohibited funding case. The Investigation Agency had registered a case and 10 others over accusations of receiving foreign funding, which had been registered by the FIA Corporate Banking Circle. The First Information Report (FIR) stated that the accused including the former premier had violated the Foreign Exchange Act and all of the nominated persons were beneficiaries of the private bank account.

The former prime minister and PTI chief Imran Khan has been able to secure a protective bail from the Lahore High Court (LHC) in a case registered at the Sangjani police station. During the hearing, Imran Khan told the bench that his wounded leg has not fully recovered. He said that any shock to his fractured leg would stop him from recovering for three more months. He sought two weeks from the court as his X-ray will be conducted on February 28. The LHC bench approved the protective bail of Imran Khan till March the 3rd.

Pakistan Muslim League-Nawaz (PML-N) senior vice president and chief organiser Maryam Nawaz has questioned the judiciary's 'leniency' towards former prime minister Imran Khan for being given so much leverage and time for court appearances, when her father and party supremo – Nawaz Sharif – were summoned at an hour's notice every time. Maryam Nawaz claimed that the PTI chief was trying to come into power through judiciary's support.

"Imran Khan got historic loans worth Rs24, 000 billion, but did not spend a single penny on development in Rawalpindi," she claimed. She made mention that the PML-N supremo always inherited a crippling Pakistan, and the troubles created by someone else have always been corrected by him. Maryam Nawaz further said that 'son of the soil' Nawaz Sharif will return soon, adding: "but tell me why is he even forced to flee every time?"

The president announced April 9 for election in Punjab and KP under section 57(2) of the constitution. In a letter written to Chief Election Commissioner (CEC) Sultan Sikandar Raja, President Arif Alvi said the constitution does not allow the holding of elections to exceed 90 days after the dissolution of assemblies.

The letter stated that ECP and governor KP and Punjab are not fulfilling their duties to hold elections within 90 days and the president has announced an election date to avoid violation of the constitution. He said that both the constitutional offices are placing the ball in each other's court, which is resulting in delay and creating a serious danger to the constitution.

Earlier, Interior Minister Rana Sanaullah had criticised the president saying that President Arif Alvi should act as a president of Pakistan instead of becoming the spokesperson of Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan. The Interior Minister claimed that the president has no connection with the announcement of the election date and he is interfering in the constitutional jurisdiction of the Election Commission of Pakistan (ECP).



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SHABAAN-AL-MUAZZAM

BY MOULANA SHAH FAISAL KHAN SAHEB

Q) Could you please tell us about the excellence of Shabaan.

A) The way Allah has designed different seasons for our physical upbringing, likewise Allah has designed different spiritual seasons for our spiritual upliftment. Out of all different blessed seasons of our hearts and minds (or spiritual bring) one is the month of Shabaan. Describing the importance of Shabaan, the Holy Prophet ﷺ said, "Shabaan is my month and Ramadhan is the month of Allah." [Al-Jaamius Saghir]

Month of watering the seeds of goodness.

Allama Safoori says, "Rajab is the month of sowing seeds, Shabaan is the month of watering them and Ramadhan is the month of reaping the harvest." Therefore, if someone doesn't sow the seeds of worship in Rajab and doesn't water them with tears of remorse in Shabaan, then he will not be able to reap the harvest of divine mercy in the month of Ramadhan. He further stated, "Rajab purifies the body, Shabaan purifies the heart and Ramadhan purifies the soul." [Nuzhatul Majaalis]

Fasting in Shabaan to respect Ramadhan

The Holy Prophet ﷺ said, "After Ramdhaan, the best for honouring Ramadhan are the fasts of Shabaan." [Shu'abul Iman]

Significance of Shabaan

Sayyiduna Usama bin Zaid stated, "I asked the Holy Prophet ﷺ, Ya Rasoolullah ﷺ, I have seen you fasting in the month of Shabaan so abundantly, that I have never seen you fasting so abundantly in any other month." Rasoolullah ﷺ replied, "This month is between Rajab and Ramadhan. People are heedless of it. It is a month in which people's deeds are presented before Allah Ta'ala, so I wish my deeds be presented while I'm in the state of fasting."

Manifestation of special attribute on the 15th night (Shabe Baraat)

Sayyiduna Ayesha Siddiqah ؓ reports that the Holy Prophet ﷺ said, "Allah reveals his specific attribute on the night of 15th Shabaan. Allah forgives those who asks for forgiveness, and shows mercy upon those who ask for mercy, but leaves those who had malice in their hearts against each other." [Shu'abul Iman]

How should one approach the month of Shabaan

Sayyiduna Anas bin Malik ؓ stated, "When the companions of the Holy Prophet ﷺ would sight the crescent of Shabaan, they would busy themselves in reciting the Holy Quraan and pay Zakaat so that the weak and poor may also prepare for the month of Ramadhan."

The governors would summon the prisoners to enforce sentence to those who were to be sentenced (by Shariah) and set the rest free.

Businessmen would pay their debts and collect their dues (in this way they would become free for worship before the appearance of the moon of Ramadhan) and as soon as the month of Ramadhan would approach, they would perform Ghusal and (some) would take part in I'tikaaf for the entire month. [Gunnyatut Talibeen]

Conclusion and Dua

We make dua that Almighty Allah through the medium of His Most Beloved Prophet ﷺ grant us strength and enthusiasm to have love and respect for this month of Shabaan and get prepared for the great and glorious month of Ramadhan. May divine peace and prosperity be upon all the creation of Almighty Allah! Ameen!

METHOD OF PERFORMING SALAATUT TASBEEH

This is a four (4) Rakaat Salaah with one Salaam. After Takbeer-e-Tahreemah (i.e. The first Allahu Akbar) and Sana read the following **Tasbeeh** 15 times:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ
"Subhanalahi wal Hamdulillahi wa laa ilaha illal laahu wallaahu Akbar."

Thereafter reciting Ta'Awwuz and Tasmiya read Surah Fatiha, and any other Surah, then read the above **Tasbeeh** 10 times before going into Ruku:

Then go to Ruku. Read the tasbeeh of Ruku "Subhana Rabbi'al Azeem" thrice and read the above **Tasbeeh** 10 times.

Stand up from Ruku and after saying "Sami Allahu liman Hamida - Rabbana lakal Hamd", read the above **Tasbeeh** 10 times.

Then go into Sajdah. After "Subhana Rabbi'al 'Ala" thrice read the above **Tasbeeh** 10 times.

Between the two Sajdahs, in the posture of Jalsa read the above **Tasbeeh** 10 times.

Then go for the second Sajdah. After "Subhana Rabbi'al 'Ala" thrice read the above **Tasbeeh** 10 times. This will amount to 75 times in one Rakaat.

The remaining three Rakaats should be completed in the same manner and the reciting of the **Tasbeeh** will amount to 300 in the entire 4 Rakaats Salaah.

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RECOMMENDED WAZIFAS FOR SHABE BARAAT

After Asr Salaah Recite 70 Times:

اَسْتَغْفِرُ اللهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَآتُوْبُ اِلَيْهِ ط

"Astagh Firullah Rabbi Min Kulli Zam Bin Wa A'tubu Elay"

**Thereafter Recite 70
Times Durood Shareef**

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ ط

"Allahumma Swalle Ala Muhammadew Wa Ala 'ale Muhammadew Wa Barik Wa Sallim"

Thereafter Recite 70 Times

يَا حَيُّ يَا قَيُّوْمُ ط

"Yaa Hayyu Yaa Qayyoom"

Just before Sunset Recite 40 Times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط

"Laa Hawla Walaa Quwata Illa Billa Hil Aliyeel Azeem"

Recite the last 3 verses of Surah Hashr once:

Bismillah Hir Rahmanir Raheem

Huwal Laahul Lazi Laailaaha illaahu,
A'alimul Ghaibi Wash Shahadati Huwar
Rahmanur Raheem-Huwal Laahul Lazi
Laailaaha illaahu, Al Malikul Quddusus
Salaamul Mo'minul Muhayminul Azizul
Jabbaarul Mutakabbir, Subhaanal Laahi
Amma Yushrikoon. Huwal Laahul Khaaliqul
Baari-ul Musawwiru Lahul Asthma-ul-Husna
Yusabbihu Lahu Mafis Samaawaati Wal
Ard Wahuwal Azizul Hakeem.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ط
هُوَ اللّٰهُ الَّذِي لَا اِلٰهَ اِلَّا هُوَ ط عِلْمُ
الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمٰنُ الرَّحِيْمُ ط
هُوَ اللّٰهُ الَّذِي لَا اِلٰهَ اِلَّا هُوَ ط الْمَلِكُ
الْقُدُّوْسُ السَّلَامُ الْمُؤْمِنُ الْمُحَيِّمُ
الْعَزِيْزُ الْجَبَّارُ الْمُتَكَبِّرُ ط سُبْحَانَ اللّٰهِ عَمَّا
يُشْرِكُوْنَ . هُوَ اللّٰهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ
لَهُ الْاَسْمَاءُ الْحُسْنٰى ط يُسَبِّحُ لَهُ مَا فِى
السَّمٰوٰتِ وَالْاَرْضِ ط وَهُوَ الْعَزِيْزُ الْحَكِيْمُ ط

Recite the Dua for Shabe Baraat as many times as possible

(Allahumma) A'oozu bi Afwika Min Iqaabika
Wa A'oozu Biradaka Min Sakhatika Wa A'oozu
Bika Minka Jalla Wajhuka Laa Ohsi Sanaa'an
Alayka Anta Kama Asnaita Ala Nafsik.

O Allah I seek protection in Your forgiveness
from Your wrath and I seek shelter in Your
pleasure from Your displeasure and I seek
safety with You from You. Glory be to You I
cannot fully praise You as You have praised
Yourself.

(اَللّٰهُمَّ) اَعُوْذُ بِعَفْوِكَ مِنْ عِقَابِكَ
وَ اَعُوْذُ بِرِضَاكَ مِنْ سَخَطِكَ
وَ اَعُوْذُ بِكَ مِنْكَ جَلَّ وَجْهَكَ
لَا اُحْصِيْ ثَنَاءً عَلَيْكَ اَنْتَ
كَمَا اَتَيْتَ عَلٰى نَفْسِكَ ط