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## MUHARRAM MESSAGE

Muharram to most is New Year in Islam and it is never celebrated except in the most sober and responsible manner.

It is also highly popular because of Youmul Aashura, 10 Muharram, a day commemorated by the Rasool ﷺ himself, within his entire society.

Perhaps this was and remains the most favoured reason for reverence of this month which was declared 'holy' by none other than the Prophet ﷺ himself.

Then there is Karbala. A battlefield that brought down the grandson of the Prophet ﷺ and his small army of family and supporters. Imam Hussein ﷺ confronted Yazeed, the unpopular leader of the time and ended his own life with martyrdom.

By any standards no battle in Islamic history can be compared to any battle in which the Holy Prophet ﷺ himself participated. Endorsed by al-Quran, the Battle of Badr, the first battle of Islam, is described as 'Youm-ul-Furqaan' (the Day of the Criterion). By that criterion alone it should be offered more consideration than any other.

All the martyrs of Islam, since Badr until the Last Day are recognised and praised by Allah, and by Quranic revelation are 'immortal' and honoured.

Imam Hussein ﷺ and the Martyrs of Karbala, will always occupy a special value because it was fought almost exclusively by the household of the Prophet ﷺ. It is hard for any true muslim to endure the details related about it, due to absolute love for the beloved Messenger of Allah. It was the Prophet ﷺ, himself, who declared 'love' for him as the scale of measuring faith.

Understandably then, Karbala touches hearts and emotions rise to an inferno at the image of the severed head of the beloved grandson of the Prophet ﷺ, his noble blood splashed over the dry desert sand. Surely Imam Hussein did not die in vain and the statement he made is as relevant in our day and age as it was then.

Most certainly, it could not have been the intention of the great Imam to lead the ummah towards any path away from the already final and perfect religion of Islam established by his own grandfather, the Mercy unto all creation, our Nabi Muhammad Mustafa ﷺ.

May Allah bless the souls of all the Martyrs who surrendered their valued lives for Truth, and inspire the ummah of Nabi Muhammad ﷺ to establish and defend the Truth until the last day!

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## IMAM ZAIN AL-'ABIDEEN عليه السلام

Muharram is attached to the remembrance of the sacrifices made by the blessed Ahle Bait, especially at Karbala. Muharram is also the wisal of one such member of that illustrious family - Sayyiduna Abu al-Hasan Ali, Imam Zain al-'Abideen- the son of Imam Hussein, grandson of Hazrat Ali. He is the fourth Imam and Shaykh of the Silsila Aaliyah Qaadiriyyah Barakaatiyyah Razviyyah Nooriyyah. He was one of the greatest Aabids of his era. Imam Zuhri رضي الله عنه says, (In my era) I have not seen any Quraysh more excellent than Imam Zain al-'Abideen رضي الله عنه. Hadrat Ibn Abbas رضي الله عنه used to look at Imam Zain al-'Abideen رضي الله عنه and refer to him as the Beloved of the Beloved.

Abu Haazim says, I have not seen any Jurist more exalted than him. Zahbi and Ainiyah have said, we have not seen any Quraish more exalted than him. Hadrat Imam Malik رضي الله عنه says, He is from the Men of Excellence. Ibn Abi Shaiba says, In Hadith, the most exalted chain of transmission is that which is narrated from Imam Zain al-'Abideen, رضي الله عنه where he narrates from his father Imam Hussain رضي الله عنه. [Masaalik as-Saalikeen] Hadrat Imam Zain al-'Abideen رضي الله عنه was always prepared to sacrifice everything he had for Islam. He sacrificed all his wealth twice for Islam. He was a very generous person. He used to discreetly send money to the poor people living in Madinah Shareef and none of them knew that the money was coming from him. The only time this became known was after his wisal.

He was a person with great patience. After the Battle of Karbala, HE was marched to Damascus in chains and in the time of Abdul Malik bin Marwan, he was arrested and chained. He was then forced to walk from Madinah to Syria in chains. With all this, he never complained or said one word about his condition. He instead remained patient and made Shukr (thanked ALLAH) on every step. Imam Zain al-'Abideen's most loyal student Sayyiduna Imam Zuhri could not bear to see the Imam in this condition, so he went to Abdul Malik bin Marwaan, and had the great Imam released. He then took him back to Madinah Shareef with great respect. [Khazinat al-Asfiyah, Vol.1, Page 31/32] A person once swore at Imam Zain al-'Abideen رضي الله عنه and made slanderous remarks to him. In response, Imam Zain al-'Abideen رضي الله عنه said to him: 'If the attributes, you accuse me of, are found in me then I repent to ALLAH and ask for forgiveness. If the attributes are not found in me then I ask ALLAH for forgiveness and repentance for you.'

After the shahaadat of his blessed father Imam Hussain رضي الله عنه, he completely divorced himself from the materialistic world. He spent all his time in the remembrance of ALLAH. He would pass his days and nights thinking of the tragedy of Karbala and weeping. When Hadrat Imam Zain al-'Abideen رضي الله عنه used to sit down to perform wudhu, then his face used to become pale, and when he stood in Namaaz,

then his complexion would change to such an extent, that it would be difficult to recognise him. The people would ask, O Beloved of the Prophet ﷺ! What has happened to you? And he said, O People! Salaah is a time when you are present in the Court of ALLAH. Who is so naive as to smile and look happy, when he is standing before his Creator? [Awaarif al-Ma'arif, Page 475]

He used to perform one thousand rakaats of nafil salaah every night. One night whilst he was performing his nafils, his house caught on fire. The people were rushing around trying to put out the fire, but he continued his Salaah with total sincerity. After he completed his salaah, the people told him that his house had caught on fire and yet he continued reading his Salaah without any showing any sign of panic. He said, You were trying to extinguish this fire, and I was trying to extinguish the fire of the hereafter. [Khazinat al-Asfiyah, Vol.1, Page 31]

The Karaamats of Imam Zain al-'Abideen are numerous, but a few are being quoted for attaining blessings. Incident During Hajj: Two people were making tawaaf of the Kaaba and came to Hajr-e-Aswad. When they touched the Hajr-e-Aswad, both their hands became stuck on it. People tried very hard to release their hands, but it was not possible. Hadrat Imam Zain al-'Abideen entered the Haram whilst this was happening. He said Bismillah hir Rahman nir Rahim and then placed his hands on the Hajr-e-Aswad. Immediately the two people's hands were released. [Khazinat al-Asfiyah A Deers Complaint: A deer once came to Hadrat Imam Zain al-'Abideen رضي الله عنه, whilst he was in a jungle. The animal fell to the ground and began to say something. Those with the Imam asked what had happened. The Imam said that the deer was complaining about a man who captured her child. Hadrat Imam Zain al-'Abideen رضي الله عنه summoned the man. The man brought with him the child belonging to the deer. Imam Zain al-'Abideen رضي الله عنه asked him to release the deer, which he gladly did. After some time, the deer took its young, and said something and then left. Those present were amazed and asked the Imam what the deer said as she left. The Imam said, she said, Jazak Allahu fi Darain Khair. [Masaalik as-Saalikeen]

Imam Zainul Abideen رضي الله عنه departed from this world when he was given poison by Waleed bin Abdul Malik and was thus made shaheed on the 18th of Muharram and according to some narrations on the 12th or 22nd of Muharram at the age of 57 or 58. He passed away in Madinatul Munawwarah and his Mazaar Shareef is in Jannatul Baqi. Few have said that his Mazar Sharif is in Egypt and there is a Mosque and Shrine of Imam Zain al-'Abideen in Cairo, Egypt as well but the majority have accepted his Mazar Sharif in Jannatul Baqi. ALLAH Knows the Best!

# VIRTUES AND EXCELLENCE OF MUHARRAM

MOULANA SHAH FAISAL KHAN SAHEB

## GRATITUDE AND CONGRATULATIONS

First and foremost we thank Almighty Allah, and through the waseela of his beloved and final prophet granted us with this beautiful Islamic new year known as the month of Muharram-ul-Haram which is one of the four sacred divine months and at the same time we take this opportunity to extend our congratulations to the entire Islamic world especially to all the Hajees who have returned from pilgrimage. Allah Ta'aala accepts all the Hajees hajj and grants every muslim the opportunity to visit the blessed city of Makkah al Mukarramah and Madeena al Munawwarah Ameen.

## INTRODUCTION

With the sighting of the new moon of Muharram (Which is the beginning of the new Islamic month). Muharram itself means sacred and is from those months which have been mentioned as sacred in the Holy Quraan. Almighty Allah says in the Holy Quraan: "Four of them (Zil Qad, Zil Haj, Rajab, and Muharram) are sacred". (Surah Taubah)

## VIRTUES

From the 4 months Muharram has been blessed with the certain specific virtues. The Holy Prophet ﷺ has said: "The best of fast besides the fast of Ramadaan is the fasting of Muharram". (Muslim)

In another hadeeth Hazrat Ibn Abbas ؓ reports: That the peace of our hearts and minds, the most generous and kind prophet has said: "The one who keeps a fast in the month of Muharram will receive the reward of 30 fast for each fast (in this sacred month)."

Although the fast of Muharram are not compulsory, the one who fast out of his own will be entitled to a great reward by Allah Ta'aala. The hadeeth signifies that the fast of the month of Muharram are the most rewardable amongst the Nafl fasts. The hadeeth does not mean that the reward can only be attained by fasting for the whole month. On the contrary each fast during this month has a merit; therefore one should take advantage of this opportunity

## THE DAY OF ASHURA

Although the month of Muharram is sacred as a whole month but the 10th Muharram is the most sacred amongst all. This day is called the Day of Ashura and it is the one of the most sacred days in the Islamic calendar.

According to Ibn Abbas ؓ When the Holy Prophet migrated to Medina he found out that the Jews of Medina used to fast on the 10th of Muharram, They said that it was the day on which Prophet Moosa ؑ crossed the red sea miraculously and the Pharaoh was drowned in it, on hearing this from the Jews the Holy Prophet ﷺ has said: we are more closer to Moosa ؑ than you, so the Prophet ﷺ directed the Muslims to fast

on the day of Ashura. (Abu Dawood)

## SIGNIFICANT INCIDENTS THAT OCCURRED ON THE DAY OF ASHURA

There are several incidents which took place on the day of Ashura which have made their place in the glorious history, here are some of them.

- a) Rain descended from the skies for the first time.
- b) Mercy was revealed for the first time.
- c) Arsh, Kursi, sky, earth, sun, stars, moon, heaven was created.
- d) Adam ؑ's repentance was accepted on this day.
- e) Adam ؑ was born on this day and entered jannah.
- f) Hazrat Ebrahim ؑ was released and was safe from the fire of Nimrod.
- g) Hazrat Esa ؑ was raised up to the sky.
- h) Hazrat Muhammed ﷺ married Hazrat Khadija ؓ on this day.
- i) Imaam Hussain ؑ was martyred.
- j) The Day of Judgement will take place on this day.

## RECOMMENDED DEEDS ON ASHURA

We learnt from previous narrations that there are lots of virtues on this day of Ashura in the court of Allah that is why Allah has chosen this day to be the day on which Imaam Hussain was martyred the beloved prophet grandson.

Sayyidina Abbas ؓ narrated that when the prophet fasted and ordered others to fast on the day of Ashura, some companions complained that this was a day which was commemorated by the Jews and the Christians as well as muslims. The messenger ﷺ said: If I remain on this earth until next year, I shall fast on the 9th (as well as the 10th) (Muslim)

The Jurist state that it is sunnah to fast on the 9th and 10th of Muharram.

The Prophet ﷺ stated : whoever performs four rakaats salaah on the day of Ashura reciting in every rakaat surah Ikhlaas 11 times after surah faatiha, Allah shall forgive 50 years of his/her sin and shall create a pulpit (mimbar) of light for that person. (Nuzha tul majalis)

It is stated by Sayyidina Ibn Mas'ood ؓ that the Prophet ﷺ said: "whoever is generous towards his family on the day of Ashura he shall always remain in affluence throughout the year. (Maathabata bis-Sunnah)

## CONCLUSION

May Allah through the Sadaqa of his beloved Rasool ﷺ and Ahle bait, shower his divine mercy upon the entire ummat of Nabi ﷺ

**ISLAMIC NEW YEAR MUBARAK!**

# HADRAT SULTAN SAYYAD MAKHDOOM ASHRAF

## ABANDONING WORLDLY THRONE FOR A SPIRITUAL ONE

By renouncing the 'worldly' crown Hadrat Sultan Sayyad Makhdoom Ashraf , realised his destination of life. He set off on the path of suluk with thousands of his soldiers but instructed them to leave at a certain point, along with his servant and convey. A highly renowned Sufi and poet, on departing wrote the following verse ;-

*"Tar'kai Dunya gir ta Sultan Shawi,  
Mehrame Asrar ba jana Shawi"*  
(Abandon this world so that you become king,  
and beloved friend of Allah).

And the famous couplet by Hadrat Shaykh al-Islam,

*"takhte Semnan ko mar kar thokar,  
sarai alam kai tajdaar huwai"*  
(by abandoning the throne of Semnan,  
you have become the King of the World)

This was the initiation of a highly spiritual and devotional journey destined to change the lives of millions of people all over the world for generations to come. Hadrat Sultan Sayyad Makhdoom Ashraf  was the guardian and comfort for the people limited within the boundary of Semnan, but Allah The most Merciful, had chosen His servant to inspire humanity throughout the world.

*"saathi hai koyi aur na kutch jaatai safar hai,  
bas Allah pai bh'rosa to Muhammad pai Nazar hai."*

In search of his spiritual guide - 'murshid', Hadrat Makhdoom Ashraf  was totally engrossed and absorbed in the love of his Creator since this was a pilgrimage ordained. Along the travels he was to visit and meet some of the most illustrious and spiritual personalities in Islamic history. Amongst his initial stops, whilst crossing Bhukara was Auch Sharif, in Multan where he met His Eminence Sayyad Jalal 'al-Din Bukhari . On receiving their blessings and adoration he was told to continue to proceed towards his mission and that Hadrat Ala al-Haq Wadeen , was waiting in anticipation for his arrival. This is just one of many examples of the spiritual 'roohani' link between Allah's wali's (friends of Allah), the fact that Allah 'The Most Generous', blesses them with the power and ability to spiritually converse with each other and be acquainted with the worldly circumstances.

Next stop was the illuminating shrine of 'Data AL-HUJWIRI , in Lahore. A visit much reminiscent of that when 'Khwaja Garib Nawaz , made during his well documented visit at the shrine of Hadrat Data Sahib .

The spiritual attraction of Hadrat Ala al-Haq Wadeen , was so great that he didnt stay at any particular place for too long, rather striving to journey on towards his destined goal. This journey took him through large rivers, mountains and deserts, encountering many difficulties on the way. When Hadrat Ala al-Haq Wadeen , arrived at Bihar, Hadrat Makhdoom Sharfuddin Yahya Muneri , had passed away the same day. Before his death, he willed that his funeral prayer would be performed by a Sayyad who was Hassani and Hussayni - noble on both sides (that is -najibut tarfain), a Hafiz with seven Qiriats and a deserter of throne who would be coming westwards. Hadrat Sultan Sayyad Makhdoom Ashraf  had known this beforehand by revelation (Kashf). The funeral prayer was said according to the will of this departed saint. At

night in the khanqah, Hadrat Makhdoom Ashraf , had a glimpse of Hadrat Makhdoom Bihari who gave him his khirqah-(a cloak like patched garment). The khadim (keeper) of the shrine kept the garment until it was decided it would come onto the rightful owner if he asked for it by stretching his hands. With the khirqah placed on the shrine and everyone present stretching out to receive it that is until Hadrat Makhdoom Ashraf , stretched out his hands and immediately the garment came onto his hands. He put on the khirqah and lost himself in a world of ecstasy and said the following words :

*" Mora Bar Sar Chun Bowad Az Luft Afsar  
Bar Aamad Rast Mara Khirqah Dar bar"*  
'The worldly crown has been on my head,  
but the kindness of his cloak will suit better on my  
body'

From Bihar, Hadrat Makhdoom Ashraf , left for Bengal and arrived at Malda where his Murshid was anxiously waiting for him. It was here that he had started his spiritual journey towards his is destination of fulfilment. When he was nearing Pandawa Shareef, Hadrat Ala al-Haq Wadeen , woke up from his sleep and said "Sayyad Ashraf Semnani is coming : let us go and greet him". Hadrat Ala al-Haq Wadeen , went out with thousands of his followers to go and meet Hadrat Makhdoom Ashraf  which was surprising to the locals as they had never met him. This shows the extraordinary spiritual status of Hadrat Sultan Sayyad Makhdoom Ashraf  in the eyes of Hadrat Ala al-Haq Wadeen . No sooner did Hadrat Makhdoom Ashraf  see his Shaykh then he placed his head on his Shaykh's feet and tears rolled down his eyes. This was a spiritually emotional time for Hadrat Makhdoom Ashraf  and was the reason for him leaving Semnan. After a while he embraced his Shaykh and said the following words ;

*"Che Kush Bashad Bad ke az intazare  
Ba omide Rasad Omidware "*  
'What a good thing that after waiting long,  
reaches the hopeful to his destination'

After the fulfilment of the usual rituals Hadrat Shaykh Ala al-Haq Wadeen Rahmatullahi alayh made him his disciple in the Chistiya and Nizamiya order and gave him permission (ijazzah) of Salasil (orders). This led to extreme joy for Hadrat Makhdoom Ashraf Rahmatullahi alayh as this was what he had longly cherished. He went onto recite the following :

*"Nehadah Taje Doulat Bar Sare Man  
Ala al-Haq Wadeen Ganje Nabat "*  
'Hadrat Ala al-Haq Wadeen placed  
the kingly crown on my head '

After years in the company of his Shaykh, during which he was attributed with the honour of all secrets of akhlaq and ihsaan, Hadrat Shaykh Ala al-Haq Wadeen Rahmatullahi alayh said; " O' Ashraf, I have completed all haqiqah-al-marif (realities and knowledge) on you: I would like to set a place for you where you have to light the candle of rectitude and reformation." Tears filled Hadrat Makhdoom Ashraf Rahmatullahi alayh's eyes at the thought of being separated from his Shaykh but he knew he had to leave Pandawa Shareef for this destined and final place - Kicchocha Shareef.

# Standing up for what is right – THE MAGNET OF MORALITY

MOULANA NASIK AHMED BROOD

Some call it moral intelligence, others social responsibility, vigilance or even simple courage, but everyone agrees that standing up for what's right is the honourable and just thing to do. It is necessary on us all that we instil the value of standing up for our beliefs in the entire Muslim Ummah. It is our duty to speak up when we see a wrong in society. If we do not speak up about the wrongs in society, they will not be righted. If the reason we are not speaking up is because the wrong does not affect us directly then we must remember that being Muslims we are one. So when it affects one person then it affects us all, whether directly or indirectly.

We all are aware that for every person who speaks out, there are many who just sit quietly and never utter a word. It is sad to think of the many Muslims who do not take advantage of the Islamic teachings which were given to us by our pious predecessors. Islam encourages progress; so those who do not attempt to exercise their liberties when they witness an injustice can be considered just as foolish as those who hinder others from pursuing advancement and change. Islam teaches us to stand up for what is right, even if the stance is unpopular. We should never compromise our Islamic moral, ethics and values. We should understand the fact that the more we compromise our values, the more of a negative impact it has on our Islamic identity. On the other hand, when we stand up for what is right and what we believe in, the benefits can have a tremendously positive impact. Some people are of the opinion that standing up for what is right is not an easy thing to do. In fact, some people feel it is easier to go with the flow of whatever is popular at the time or avoid the issue altogether. I am of the opinion that when we believe in something which allows our moral, ethical and value system to develop further for the betterment of humanity, then we should stand up for it no matter what. There will likely come a time in our life, or perhaps there already has, where we will witness a wrongdoing or be pressured to do the wrong thing, and we will have to make a choice. The choice we will have to make is whether we will stand up for what is right and for what we believe in, thus enhancing and improving the dignity of our Islamic identity; or whether we will just keep our mouths shut and let our Islamic identity fall deeper into the pit of degradation and humiliation.

Allah Almighty mentions in the Holy Quraan: "Certainly We have sent Our Messengers with clear signs and have

sent down with them the Book and the balance of equity so that mankind may uphold justice." (S 57: V 25) In this verse of the Holy Quraan we can understand that upholding justice clearly indicates that we should stand up for what is right and for what we believe in. If we do not do this then we have not understood the phenomenal teachings of Islam. Hazrat Abu Hurairah رضي الله عنه narrates that the Holy Prophet صلى الله عليه وسلم has mentioned: ".....Aim for what is right, ....." (Bukhari) This portion of the Hadith directs us as Muslims to stand up for what is right. This is something we teach our children to do daily. We expect them to never give in to peer-pressure and instead to stand up for what is right. But as difficult as this may seem as children, it can be numerous times harder as adults. By this time in our lives, we've witnessed how the world works. We see how someone who stands up for what is right can be revered or belittled, praised or demoted in the blink of an eye. It is due to this that we feel there is no necessity to stand up for what is right and what we believe in. However, the main driving force that keeps us from doing the right thing is fear. We have the fear that we could get in trouble or perhaps disturb the status quo. We can, however, learn how to release this fear and naturally find the courage to stand up for what's right in any situation.

Courage, desire, self-motivation, and confidence are all characteristics of those who press for change when they witness injustice. There are some experiences that have such an impact they change our life forever. A typical example is that of Sayyedina Imaam Hussain رضي الله عنه and his remarkable stand for what is right. Details of this can be obtained from different scholars and books which discuss the tragedy of Karbala. The martyrdom of Sayyedina Imaam Hussain رضي الله عنه and his companions clearly points out to us as Muslims that in every moment of life, the best thing we can do is the right thing. On the other hand, we live in this world without any form of moral courage. It seems as though we do not understand that moral courage is amongst the most valuable characteristic in a human being, but unfortunately it is the most absent quality in us. We should remember that whenever we are dealing with ethical or moral issues, we should not be afraid of standing up for what is right.

May Allah Almighty, through the Wasilah of Nabi صلى الله عليه وسلم, grant us the strength, ability and courage to always stand up for what is right and for what we believe in. Aameen!



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TRANSLATED BY:  
**MUFTI SHAMSUL HAQUE MISBAHI**  
 (JAMIA IMAM AHMAD RAZA, NEWCASTLE)



Question. 1

When a person becomes seriously ill, incurable, for instance becomes Madqooq. There is no hope for life remained. What should such a person do according to the Shariah? What should the relatives and friends do that time?

Answer:

1. The human being is always in the grip of death. The Madqooq gets recovered and the one who was attending the patients happens to depart this world before him. Therefore the "will" (Wasiyat) should be always kept ready guiding the remaining ones to be firm on the oneness of Allah Almighty, messengership of Rasoolullah Sallallahu Alaihi Wasallama and the beliefs of Ahle Sunnat wa jamat and directing them to follow the rules of Shariah, unity, love of Auliy e Kiraam, disliking and staying away from the infidels, deviant and sinners. If he is leaving an estate behind him, then he should arrange it in such a way that there is no any chance for dispute after him. He should ask them to Sunnah in his shrouds and burial and they must abide by it. First and foremost he should reform himself on his own, repent from sins, turn toward Allah almighty and his beloved Rasool Sallallahu Alaihi Wasallam and should happily wait for death so that he is not upset that time because being upset that time "Allah forbid" is very dangerous. Allah forbid in that there is big chance of bad ending (Soo e Khatimah). The holy prophet peace be upon him said: one who likes meeting Almighty Allah, Almighty likes to meet him and one who does not like to meet Allah, Almighty does not like to meet him. The companions asked: Yaa Rasoolulallah! Is there any one amongst us who likes death? Rasoolullah said: this is not the meaning. The meaning is this that when the breath gets choked in the chest the feeling of that time counted. One who loves to meet Almighty Allah, Almighty will love to meet him and one who dislikes he is disliked. Whatever Salaah, Fasting and Zakat is reaming due should hasten to perform. If hajj was

farad and he did not do it then he must not delay. If there is no strength due to illness and sickness, then should make Hajje badal. In this case, if till last did not get the strength back then it will be accepted, otherwise when gets the strength back must perform himself. He must fulfil the Huqooqul Ibaad as much he can. Where apology is required must seek pardon and should not delay in it anyhow because it is not forgiven even with witness. In seeking pardon no matter how much he has to lower himself, he should not feel disgraced and degraded because there is no humiliation in it. The true disgracefulness will that day when he will be standing in the court of the Almighty Allah, and people would be holding him that he has taken my dues, he has called me bad, he has backbitten me, he has hit me and his good deed will be given to them and their sins will be put upon him and eventually he will be thrown in the fire of hell. Allah forbids. As longer he is living he should always read and listen the translations of verses and ahadits of fear and when the time arrives, the verses and the Ahadith of mercy should be read to him with translations so that he learns that whom is he going to? And so that he is with good hopes from his creator Almighty. May Almighty bless him with this through the Waseelah His Beloved Habeeb Sallah laalahu Alaihe Wasllam. والله اعلم Almighty Allah knows best.

Question 2. From which side one should start lifting the Janazah?

Answer 2. The janazah should be carried in such a way that the head is in front. At first, one should lift the right leg of the head side of the coat thereafter, right leg of the foot side, and then left leg of the head side thereafter the leg of the foot side on his right shoulder. Every time one should walk at least ten steps. Thus, it completes one round. On this completion, there is glad tiding of forty major sins to forgiven. One should do these rounds as many he can do. والله تعالى علم Almighty Allah knows best. (Fatawa Razaviavol.9 chapter Janaiz - Lahore)



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# EXAMS ARE OVER...

By Abdur Rahmaan Omar

We tumbled out of the exam hall with great haste trying to get as far away from that agonising place. Grateful that it was all over we ran around slapping one another on the back and wishing ourselves good-luck. I saw Paul running to me with great excitement.

"It's over, man!!" he exclaimed, his large frame towering over me, "What a week, but damn it, it's over."

"Yup, it's been a rough week, but all over," I answered, "Never want to see another exam in my life!"

"So what you going to do now," I asked, half knowing the answer after spending six years with Paul at medical school.

"I, my good friend, am going to have a great party tonight. And I am going to drink till I pass out. Then I'll deal with tomorrow..." he shouted as he rushed off to greet another classmate.

I felt a little jealous that he could go out and have a great party, do the things he wanted without restrictions. I felt cheated that after having gone through the same agonising week I could not "Just do it!" For me I knew it would be a night of supper with my parents, and then sit with the guys and talk rubbish until the late hours of the morning. Our greatest crime of the night being a couple of cigarettes and some serious junk food.

I didn't hear about Paul until our class reunion 15 years later. It was a noisy affair with everyone struggling to get their best medical school story remembered. We recounted the strange doings of medical students and some very embarrassing moments like when Jakes fainted onto the patient while examining her and when Jonathan in his nervousness asked a male patient how many times he had been pregnant. Each story brought rounds of raucous laughter until I asked: "Guys, whatever happened to Paul...Paulie....tall guy..er..Sterling"

A hush fell over the table like a damp blanket silencing even the clinking of the cutlery; I shifted awkwardly in my chair. Nervous as an accused in the dock I looked at the silent faces around me not knowing what to say next until Jonathan explain in almost hushed tones... Paul went out drinking that night and got involved in a drunken brawl in which he stabbed a man, he was sentenced to two years in prison and when he got out he was hooked on drugs and committed suicide three years later.

I left the function early that night, my head still quivering with the news of Paul and went straight to my mother's house. I hugged her a little tighter than usual and she looked at me quizzically but didn't say a word. Somehow mothers know what lives in their children's hearts. I then went home and sat at my little daughter's bedside for a long time. Her sleeping face radiated innocence and I prayed that Allah Ta'ala would give her parents the ability to raise her as my parents had raised us. Despite the pressures of modernisation to change their attitudes they always taught me what was Islamically correct and guided me to the path of Deen.

Sitting in the dim light of her room imagining the pure thoughts and dreams floating in her head and I thanked Allah Ta'ala that He guided us to a path that was filled with benefits in this world and the next. A path that may seem restrictive or narrow, seemingly devoid of the 'pleasures' of this world, but one which gave a person dignity and honour in this world, safety and protection at the time of leaving this world, and eternal happiness in the Hereafter. I shivered, not so much from the coolness of the evening, but with the thought of what could have happened to me if I had I joined Paul that night. Would I also have seen my life destroyed in the pursuit of a few moments of pleasure? Rather the restriction of a few moments and pleasure for eternity; than a brief sojourn in luxury and the displeasure of Allah Ta'ala. I kissed my daughter on her tiny forehead and filled with gratitude of being Muslim and recollected a Hadith that explained this better I could ever do:

Abu Musa (May Allah be pleased with him) reported: The Messenger of Allah (PBUH) said, "The guidance and knowledge with which Allah has sent me are like abundant rain which fell on a land. A fertile part of it absorbed the water and brought forth profuse herbage and pasture; and solid ground patches which retained the water by which Allah has benefited people, who drank from it, irrigated their crops and sowed their seeds; and another sandy plane which could neither retain the water nor produce herbage. Such is the similitude of the person who becomes well-versed in the religion of Allah and receives benefit from the Message entrusted to me by Allah, so he himself has learned and taught it to others; such is also the similitude of the person who has stubbornly and ignorantly rejected Allah's Guidance with which I have been sent." (Al-Bukhari and Muslim)

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# ANOTHER DRUG TRAGEDY

(A TRUE STORY)

To my brother Ebrahim

I am not sure if I should be writing this letter but what more can be lost than what has already been?

So you are due to leave the confines of MHC soon and return to the real world. The real world where problems exists but so does solutions, the world of temptations and trials, the world of everyday struggle where we all have to live in but the way we live in makes or breaks us. Our way of life was never easy, you could say we had a dysfunctional upbringing but somehow due to the grace of Allah, we were saved. Saved from the deep dark hole that you found a way in and a mistake that has affected us all.

Can I be angry at you or should I feel sorry for you? I'm not sure for I know that the peace I have seen on our parents face this last month makes me wish that you can stay at MHC forever, safe from this cruel drugs and evil world, safe from your drug addiction and all the pain that has caused it. Where do we go from here? When you are up to your nonsense, I have to stay away from our parents because they are too caught up in your issues, when I need their support and time, there isn't any to give to the rest of us because it is all directed top you and yet you will argue otherwise.....

I haven't been around at home to witness the stress and emotional pain your mistake has caused except that one time when you came in the early hours of the morning stabbed in the back and bleeding. I was not around when you were so high that you lost all senses and was violent and uncontrollable or the times when you are aggressive with Dad because the craving of drugs makes you lose all sense of rationality. But even though I may not be there, I still feel the pain and helplessness for what your addiction does to us, all of us. I know we do not talk about it and we cannot deal with problems in an

open and non-attacking manner but YOU have to try and make it right, right before it's too late and our parents are gone, trying to make you right.

Allah has given you many chances, maybe because Allah wants you to return to him, to help others stay away from what you have found, what has dragged you down, I don't know... All I know is that I don't know how to stay non- emotional and not let you issues affect me. I in my mind I cannot understand what you are going through so I should not blame or judge but it's not easy to see you self-district and with that break the little bit of togetherness we all crave....

I remember you as my little brother, riding his tricycle and me trying to protect him with stories of Trixie and suddenly you were a teenager, troubled and troubled. Who should have stepped in then? What needed to be done? There was so much going on in our family, so much of other peoples issues that took our parents attention that we are all where we are today? But the past is the past and we have to move forward, so how do we do that??

Only Allah know Ebrahim and I wish that I can freeze time so that you can stay away from drugs and that the peace that was around us this last month can last a little while longer...

May Allah make it easy for all of us and Allah knows best.....

READERS OPINION

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# COMPARATIVE RELIGION SERIES (PART 6)

## THE TEN COMMANDMENTS IN ISLAM

BY SHEIKH RAFEEK HASSEN

The Muslim approach to the Bible is that "not the entire Bible is God's word". By this we mean, that the current Bible – which is a combination of OLD Testament [Prophets before Isa AS eg. Ibrahim AS, Nooh AS, Moosa AS etc] and New Testament [Isa AS] are not in their original form and have undergone many changes over time. However, there remains some of the unadulterated teachings of the previous Prophets in the current Bible. We did, in the last two episodes, show from the Book of Ezekiel, our rites of Hajj.

Now we know according to the Bible, Moosa AS was given the TEN COMMANDMENTS as mentioned in the Book of Exodus Chapter 20 : Verses 1-17 & the Book of Deuteronomy Chapter 5 : verses 6-21 which the Children of Israel had to follow.

These Ten Commandments are like Laws or Shariah Rulings we have in Islam. It is interesting to note that these Ten Commandments as they appear in the Bible EVEN NOW also appear in the Quran with the Qur'anic reference in (brackets).

1. Thou shall not take any god except one God. (Surah 47 : Ayah 19)
2. Thou shall make no image of God. (Surah 21 : Ayah 52)
3. Thou shall not use God's name in vain. (Surah 2 : Ayah 224)
4. Thou shall honour thy mother and father. (Surah 17 : Ayah 23)
5. Thou shall not steal. (Surah 5 : Ayahs 38 & 39)
6. Thou shall not lie or give false testimony. (Surah 4 : Ayah 135)
7. Thou shall not kill. (Surah 17 : Ayah 33)
8. Thou shall not commit adultery. (Surah 17 : Ayah 32)
9. Thou shall not covet thy neighbour's wife or possessions. (Surah 20 : Ayah 131)
10. Thou shall keep the Sabbath holy. (Surah 62 :

Ayah 9) Although the rules and regulations of our Day of Jum'ah is not like the Christian Sunday Sabbath of Jewish Saturday Sabbath, it is a day that is singled out by Allah for us to observe with actions different from the other days of the week.

Insha Allah in the next few issues, we will look at similar prohibitions and injunctions as found in the Bible and the Qur'an.

e mail comments and contributions to [info@iifri.com](mailto:info@iifri.com)

### The Excellence in Going to The Masjid (Mosque)

Rasulullah ﷺ is reported to have said:

- \* "Whoever attends the masjid, Allah prepares a special hospitality for him" (Muslim).
- \* "If anyone goes back and forth to the masjid, Allah will prepare for him a feast in paradise as often as he goes back and forth."
- \* "If anyone purifies himself in his house, and then walks to one of the houses of Allah to fulfill one of the obligations laid down by Allah, then [each one] of his steps will erase one of his sins and the next will raise his degrees."
- \* "The masjid is a house for every pious person, and Allah provides everyone whose house is the masjid with comfort, leisure, and a path to Allah's pleasure, to paradise."
- \* "Allah makes the way to Jannah (Paradise) easy for him who treads the path in search of knowledge." [Hadith-Muslim].

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# SLEEP APNEA (Part 2)

HASINA BEGUM SAYED

## Remedies for Sleep Apnea

Sleep apnea is a treatable condition. There are various treatment options available, which help to unblock the airways and relieve breathing difficulties. If you have a milder case of sleep apnea, your doctor is most likely to recommend certain changes in lifestyle. Here are some effective home remedies for sleep apnea:

**Weight Loss:** Being overweight can aggravate the symptoms of sleep apnea. Even slight weight loss can significantly improve the symptoms by opening up the airways.

**Stop Smoking:** Smoking can lead to accumulation of fluid in the throat and can also cause inflammation in the upper airways.

**Avoid the Intake of Alcohol and Sedatives:** These can cause the throat muscles to relax and thus disrupt breathing.

**Avoid Drinking Caffeinated Beverages:** Caffeine can interfere with the normal sleep rhythm. **Avoid Heavy Meals:** Eating a heavy meal just before bedtime can prevent you from sleeping properly.

**Stick to a Sleep Schedule:** Maintaining a steady sleeping schedule will ensure that you are getting adequate sleep every night. This can help to reduce episodes of sleep apnea.

The herb, valerian has been used down the age as a natural sleep aid.

It is known to enhance sleep quality and also helps you to fall asleep faster. Many people who suffer from sleep apnea experience insomnia due to breathing difficulty and disturbances in the sleep cycle.

Valerian helps to ease such sleep disorders.

Essential oils such as primrose, chamomile and lavender oil also aid in sleep. Primrose oil helps to alleviate inflammation due to allergies. These oils may be used in a diffuser or as compresses. Some oils such as lavender can also be applied directly to the temples for a mild sedative effect.

Ease congestion in the nasal passage and chest with the help of eucalyptus oil. This will help you to breathe more easily, thereby preventing sleep apnea. Add the oil to boiling water and inhale the steam.

Home remedies for sleep disorders also include walnuts which are known to enhance breathing. Walnuts may be added to the daily diet. You can also add the seeds to milk and consume before going to bed at night.

Garlic helps in treating sleep apnea as it helps to relieve enlarged tonsils. It also helps to alleviate inflammation in the respiratory system. This makes it easier to breathe normally. You can chew on a garlic

clove before bedtime. You can also make a paste of crushed garlic and warm water and consume before sleeping.

Indian gooseberry also helps to regulate breathing during sleep. You can steep some pieces in hot water and then bring to a boil. Strain and drink after it cools down. You can also grind the leaves of Indian gooseberry into a powder and consume with some warm water.

Yoga involves certain breathing exercises which are beneficial in opening up the air passages. With regular practice it is possible to control your breathing and ensure proper passage of air in and out of the body.

## Diet for Sleep Apnea

There is no specific sleep apnea diet. However you can ease breathing disorders by cutting down on foods that are high in cholesterol and saturated fat. Sleep apnea is closely related to obesity and hence a healthy low-fat diet is important. This will help to also lower the risk of health complications such as diabetes, high blood pressure, heart disease and strokes.

## Suggestion for Sleep Apnea

Here are some sleep tips to help prevent episodes of sleep apnea.

Keep your head elevated by raising the top part of your bed or by placing a foam wedge under your upper body. There are also special pillows available for elevating the head.

When you sleep on your back, the tongue and throat tissues are more likely to drop and block the airway. Therefore make it a practice to sleep on your side.

To prevent rolling onto the back during sleep, sew a pocket on the back of your shirt and place a tennis ball inside. You can also place tennis balls inside a pillow and wedge it under your back.

Use a nasal spray to keep the nasal passage clear during the night. A beneficial natural remedy for central sleep apnea is to use a neti pot to drain out your airways.



# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Damascus, SYRIA - Violence in Syria has killed more than 36,000 people in nearly 20 months of conflict as blood continued to flow this week with a bombing near a Shiite shrine south of Damascus. The escalating conflict has added urgency to a meeting of the opposition Syrian National Council (SNC) in Qatar, where the United States is reportedly pressing for a new umbrella organisation to unite the country's fractured opposition.

Sittwe, MYANMAR - More than 100,000 people have been displaced since June violence in western Rakhine State, where renewed clashes last month between Rakhine Buddhists and Rohingya Muslims uprooted about 30,000 people. Myanmar President Thein Sein last month said it would have to accept foreign aid to resolve the situation despite a series of angry protests by Myanmar Buddhists against efforts by a world Islamic body to help Muslims affected by the violence in Rakhine.

Manila, PHILIPPINES - The Philippine government and Moro Islamic Liberation Front (MILF), the largest Muslim separatist group, have signed a preliminary peace pact that outlines steps to end the conflict in the country's troubled south by 2016. The deal follows lengthy negotiations aimed at ending a 40-year conflict that has cost an estimated 120,000 lives. Chief negotiators from both sides signed the agreement in a nationally televised ceremony at the presidential palace attended by President Benigno Aquino, MILF chief Murad Ebrahim and Malaysian Prime Minister Najib Razak, whose country helped broker the deal.

Lahore, PAKISTAN - A court on Saturday refused bail to the head teacher of a school caught in a blasphemy row over a piece of homework allegedly containing derogatory references to the prophet Mohammed (SAW). Asim Farooqi, 77, was remanded in custody for 14 days on charges of blasphemy – which can attract the death penalty – despite arguing that he had no direct part in the case. One of his teachers, Arfa Iftikhar, was forced into hiding after a furious mob stormed Farooqi Girls' High School in the eastern city of Lahore over a piece of homework she set.

Poitiers, FRANCE - About 70 far-right activists occupied a building site in the central French city of Poitiers where a mosque is under construction for several hours, provoking angry criticism from political and religious leaders. French Prime Minister Jean-Marc Ayrault and many others condemned the act. Climbing on to the roof, the protestors unfurled a banner proclaiming "Charles Martel beat the Arabs at Poitiers in 732." That battle is said to have halted the advance of Islam into Western Europe.

Istanbul, TURKEY – World-famous Turkish pianist Fazil Say has appeared in court charged with inciting hatred and insulting the values of Muslims. He is being prosecuted over tweets he wrote mocking radical Muslims, in a case which has rekindled concern about religious influence in the country. The indictment against him cites some of his tweets from April, including one where he says: "I am not sure if you have also realised it, but if there's a louse, a non-entity, a lowlife, a thief or a fool, it's always an Islamist."



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Islamabad, PAKISTAN - "Half of their dowries was memorizing the Holy Qur'an and the other half was taking them to the Holy Land," said Mir Hussein, a Pakistani national, about his four wives who performed Haj with him this year. Hussein is known in his rural village for his beautiful Qur'an recitation to the extent that many of the town's residents wish to marry their daughters to him. Hussein married his first wife Zainab, who is also his cousin, when he memorized the Holy Qur'an at the age of 15. She was his uncle's gift to him. He married Hafsa, his second wife, for a dowry of several rupees and a promise to take her for Haj. He gave the same promise to the brother of his third wife, Zulaikha, when he married her. As to Sajidah, his fourth wife, he married her after he led Isha prayers in one of the mosques while visiting another Pakistani town for some personal work.

Jeddah, SAUDI ARABIA - The Ministry of Justice will permit for the first time women lawyers to practice the legal profession which was restricted to males until now. Originally, a proposal called for women lawyers to have a special and closed office, deal with only women clients, and not present cases directly at courts. But this has now been discarded.

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DATE	EVENTS 2013
1 January	Shab-e-Data Wa Mehr-o-Raza (R.A.) Urs Shareef <i>Saaberie Chishty Masjid Lenasia</i>
19 / 20 January	Hazrat Badsha Peer (R.A.) Urs Shareef <i>Durban</i>
19 / 20 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Quadriya Masjid Roshnee</i>
19 / 20 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Rustenburg Meelaad Group</i>
23 January	Eve Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>12th Rabi-ul-Awwal "Big Night" Subject to sighting of the New Moon</i>
25 / 26 / 27 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Saaberie Chishty Masjid Lenasia</i>
25 / 26 January	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Sultan Bahu Masjid Mayfair</i>
2 / 3 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Jamia Razvia Masjid Lenasia</i>
9 / 10 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Laudium Meelaad Group</i>
9 / 10 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Mafikeng</i>
9 / 10 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Madressa Mohamadiya Qadriya Nirvana School Lenasia</i>
17 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Zakariyya Park Civic Centre</i>
21 February	Eve Giyaarwee Shareef-Subject to sighting of the New Moon
23 / 24 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Giyaarwee Shareef Sham-ul-Islam Lenasia South
23 / 24 February	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Giyaarwee Shareef Bawas Toli Benoni
2 / 3 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Piet Retief</i>
9 / 10 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Hosts Mansoor Family Venue Sultan Bahu Centre</i>
16 / 17 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Azaadville Civic Centre</i>
17 March	Hazrat Sabir Paak (R.A.) Urs Shareef <i>Laudium Civic Centre</i>
29 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) & Jalsa <i>Saaberie Chishty Dawah Centre Orange Farm</i>
31 March	Meelaad-un-Nabi (Sal lal laa Hu Alay Hi Wa Sallam) <i>Springs</i>
18 May	Hazrat Khwaja Gharib Nawaaz (R.A.) Urs Shareef <i>Buzme Chishtiya - Laudium</i>
25 May	Hazrat Khaak Saar Ali Shah (R.A.) Urs Shareef <i>Baitun Noor Centre Lenasia</i>
1 & 2 June	Saaberie Chishty Urs Shareef <i>Gulistan-e-Sabri Chishty- Sayed Bros Res. Lenasia</i>
6 June	Eve Shabe Meraaj (Subject To Sighting Of The New Moon)
8 June	Hazrat Maqsood Ali Shah (R.A.) Urs Shareef <i>Baitun Noor Centre Lenasia</i>
23 June	Eve Shabe Baraat (Subject To Sighting Of The New Moon)
30 June	Hazrat Khalid Shah Bawa (R.A.) Urs Shareef <i>Benoni</i>
8 August	Eid-ul-Fitr (Subject To Sighting Of The New Moon)
31 August	Hazrat Ghulaam Jilani Baba (R.A) Urs Shareef <i>Gulistan-e-Sabri Chishty- Sayed Bros Res. Lenasia</i>
7 September	Hazrat Mehboob Ali Shah (R.A.) Urs Shareef <i>Baitun Noor Centre Lenasia</i>
4 & 5 October	Hazrat Sultan Bahu (R.A.) Urs Shareef <i>Sultan Bahu Masjid Mayfair</i>
4 - 13 November	1st - 10 Muharram (Nightly Lectures After Esha) <i>Saaberie Chishty Masjid Lenasia</i>
16 November	Hazrat Baba Fareed Urs Shareef <i>Gulistan-e-Sabri Chishty- Sayed Bros Res. Lenasia</i>

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He who remembers his Lord and he who does not are like the living and dead. (Bukhari, Muslim).

Allah does not look at your forms and possessions, but He looks at your hearts and your deeds. (Muslim)

### AL KAUSAR 16 YEARS OLD

Through the grace of Almighty Allah This humble publication is entering its sixteenth year of publication and Insha-Allah with the help, support, and duas of the readers and other well-wishes it is hoped that Al Kausar should be around for a long time in the future.

Please continue to assist us with your advertising inserts as well as subscriptions so that we may continue with this free service to our community.

"The noblest charity is that a Muslim acquires some knowledge (of the Deen) then imparts it to his brother."  
(Ibn Majah).

The world is 3 days: As for yesterday, it has vanished along with all that was in it. As for tomorrow, you may never see it. As for today, it is yours, so work on it."  
(Hazrat Hasan Al Basri)

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