



For The Esaale Sawaab of:

My Peer-o-Murshid

Al Haj Goolam Mustapha R.A.

Mazaar Shareef Zeerust

& Late Hajee Cassim Sonvadi

From Hajee Goolam Saber  
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## THE LABBAIK OF SINCERITY

Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? (Q)

We are living in disturbed times. Wars, disasters, corruption, and moral decay. As Muslims, we have become maligned and accused of being the perpetrators of terrorism, and implicated in every disturbance of accord and harmony.

We know, better than our accusers do, that Islam promotes the best way of life for the peaceful coexistence of mankind, promoting the highest values of morality and social equality, justice and an unblemished code of universal laws enshrined in the divine scriptures of al-Qur'an, and the Prophetic model of the last messenger Muhammad Mustafa Sallallahu Alayhi wa Sallam. We testify there is none except Allah to be worshipped or considered as Almighty God, and that Muhammad (Peace be upon him) is His servant and final Messenger.

We submit to this and remain committed to practicing this religion established as Islam, with faith and conviction, believing that we have a duty to propogate and promote it as priority over all other man-made systems, so that, in its achievement, humanity and all of creation attains Peace.

We believe in accountability for our actions and conduct in relation to the next life, or Hereafter, and a Day of Judgement deciding the scale of reward and punishment thereof.

We do not have any right to force our beliefs on anybody, or to kill innocent people who have a religion or values that differ from ours. However, we also value the need to defend our religion, it's beliefs, and values, when attacked in any form, and as history will bear testimony, most of our battles were indeed defensive.

We are today in dire circumstances, enduring a sustained onslaught by the world leaders and the media, to discredit and dismantle the only religion that can truly support equality and justice for the world and the times.

As Muslims we do need to foster greater awareness amongst one another, and stand up to the challenge, by firstly becoming conscious of our identity, and accepting that there may be adjustments necessary in our lifestyles and outlook, if we are to be aligned in conformity to Islam. Secondly, we must become a nation (ummah), and work unselfishly towards the Divinely-decreed model of Unity, if we are to become successful as the model nation, suggested in the Holy Qur'an.

May Allah guide us, and help us to reform ourselves, our families, our neighbourhoods, our compatriots, and the world, by faith and good example, as dictated by the Qur'an and the Sunnah of the greatest exemplar, Muhammad (ﷺ). Let us hold on to the Rope of Allah, and not let go of this Amaanah of Haq, disgraced with nothing to offer but the shameful whimper of cowardice!

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## HAZRAT AASIYA ﷺ

One of the most powerful and empowering stories in the Qur'an is that of Asiya (ؑ). She was a true example of what it is like to be oppressed continuously but come out victorious against injustice. Prophet Muhammad (ﷺ) said that despite being married to the worst tyrant in history, she was still a woman with perfect imaan. Although there is not much information of her early life, scholars note that she came from a rich family, was described as extremely beautiful, was known for her generosity, and that her marriage to Fir'oun was arranged.

**SHE WAS BRAVE AND STEADFAST...**  
She is perhaps most famously known for her part in the story of Prophet Musa (ؑ): One day, while walking along the Nile River with some of her maids, she saw a box drifting through the currents of the river. Upon opening the box, she discovered baby Musa and fell in love with the beauty of the child before her. At this point in her life and marriage, it was clear that she was unable to have children – a fact that Fir'oun used as an excuse to have children with other women and that ALLAH (ﷻ) assured is because Asiya (ؑ) was too pure and good to have Fir'oun's child. After returning to the palace, she went to Fir'oun and told him that the baby would be the coolness of both their eyes and that she would raise him as her own. As he grew, Prophet Musa (ؑ) considered Asiya (ؑ) his mother, while his birth mother was able to watch him grow and help raise him as his wet nurse. Prophet Musa (ؑ) provided happiness and contentment for Asiya (RA) in her confined prison disguised as a palace.

Asiya (ؑ)'s story did not stop there – When Musa (ؑ) called out about Islam, the Pharaoh was angry, but Asiya (ؑ) accepted Islam immediately and kept it quiet. She lived as a secret Muslim in the house of Fir'oun for years. Her secrecy was upheld without problem until one night, she stood up for her beliefs. Earlier that day, one of the daughters of Fir'oun (not through Asiya (ؑ)) witnessed her hairdresser drop a comb and say “Bismillah” when picking it up. After relaying this information to the Pharaoh, he ordered for the hairdresser's entire family to be burned in front of the entire city as an example. The poor woman watched as her children were burned in front of her eyes and when it came time for the newborn in her arms to go next, ALLAH (ﷻ) granted a miracle to occur – her child spoke, saying that the torture in this world is less than the torture in the next. They jumped in, and burned – and Asiya (ؑ) watched in the crowd, finally witnessing firsthand the cruelty of her husband. That night, she went to Fir'oun and revealed her secret faith, stating that she disbelieved

in him. This was a man who had no problem killing children each year, who killed ruthlessly and continued to ignore the signs of ALLAH (ﷻ) and raise himself to the level of “God,” and a woman who, although confined and oppressed by her cruel husband, had never actually faced any adversity or experienced living a life of anything but luxury. She was brave and steadfast in her decision to uproot everything she was used to for the sake of ALLAH (ﷻ). Subhan ALLAH.

Fir'oun had her dragged to the dessert and had her chained to the ground. She was deprived of food, water, shade, and the daughters of Fir'oun's concubines would come daily to laugh and taunt her. After so long of this torture, Asiya (ؑ) looked to the sky and said, “Oh ALLAH, build for me with you a palace in Jannah.” ALLAH (ﷻ) opened the skies for her and she saw the palace she would be granted in Jannah.

While she was whipped and tortured, the angels shaded her, and the more she was tortured, the more her imaan grew. She would look up and see her palace, and laugh and laugh, until Fir'oun ordered for her to be taken to a mountain and tied up beneath a cliff. He ordered his guards to drop the largest boulder they could onto her body, and they did – but not before ALLAH (ﷻ) took her soul before the boulder even hit her body.

There are many lessons we can take from the story of Asiya (RA), and we can realize the importance of her story even being told in the Qur'an. ALLAH (ﷻ) tells us stories of the righteous wives of the Prophets, and the wicked wives of the enemies. But He also tells us of the wicked wives of Prophets (such as the wives of Prophet Lut ؑ and Prophet Nuh ؑ), and the righteous wives of the enemies of Islam such as Asiya (ؑ). This tells us something important – Imaan is an individual struggle and our relationships through family, marriage, and children, cannot help us on the Day of Judgement.



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## THE COBBLERS HAJJ

It is related that a noted Muslim scholar Abdullah bin Mubarak, had a dream while he was sleeping near the Holy Kaaba in Makkah.

Abdullah bin Mubarak saw two angels' descend from the sky, and start talking to each other.

One of the angels asked the other: "Do you know how many people have come for Hajj this year?"

The other angel replied: "Six hundred thousand have come for Hajj."

Abdullah bin Mubarak had also gone for Hajj that year.

The first angel asked: "How many people's Hajj has been accepted?"

The second angel replied: "I wonder if anyone's Hajj has been accepted at all."

Abdullah bin Mubarak was grieved to hear that. He thought, "So many people have come from all over the world, crossing so many obstacles like rivers, jungles, desert and mountains, suffered so many hardships, and meeting so many expenses. Would their effort be wasted? Allah (SWT) does not let anyone's effort go to waste."

Abdullah bin Mubarak had thought only so far when he heard the other angel speak: "There is a cobbler in Damascus. His name is Ali bin al-Mufiq. He could not come for Hajj, but Allah (SWT) has accepted his intention of Hajj. Not only will he get the reward for Hajj, but because of him, all the Hajjis will be rewarded."

When Abdullah bin Mubarak woke up, he decided he would go to Damascus and meet that cobbler whose Hajj intentions carried such a lot of weight.

On reaching Damascus, Abdullah bin Mubarak inquired if anyone knew a cobbler named Ali bin al-Mufiq. The town people directed him to a house. When a man appeared from the house Abdullah bin Mubarak greeted him and asked his name. The man replied "Ali bin al-Mufiq."

Abdullah bin Mubarak asked: "What do you do for a living?"

Ali bin al-Mufiq replied: "I am a cobbler." Then Ali bin al-Mufiq asked the stranger's name that had come looking for him.

Abdullah bin Mubarak was a very well-known scholar of Islam, when Abdullah bin Mubarak introduced him self, the cobbler was anxious to find out why such a well known scholar was seeking him out.

When Abdullah bin Mubarak asked Ali bin al-Mufiq to tell him if he had made any plans to go for Hajj. Ali bin al-Mufiq replied, "For thirty years I have lived in the hope of performing the Hajj. This year I had saved enough to go for Hajj, but Allah (ﷻ) did not will it, so I couldn't make my intention translate into action."

Abdullah bin Mubarak was eager to find out how could this man's Hajj be accepted and blessed for all the people who went for Hajj that year when he didn't go for Hajj in the first place. While talking to the cobbler he could feel certain purity in his heart. Islam regards greatness not in wealth or in power, but in civility, in good manners and the goodness of heart.

Abdullah bin Mubarak further asked: "why could you not go on Hajj?" In order not to disclose the reason, Ali bin al-Mufiq again replied "it was Allah's (ﷻ) will."

When Abdullah bin Mubarak persisted, Ali bin al-Mufiq revealed: "Once I went to see my neighbour's house. His family was just sitting down for dinner. Although I was not hungry I thought my neighbour would invite me to sit down for dinner out of courtesy but I could see that my neighbour was grieved about something and wanted to avoid inviting me for dinner."

After some hesitation the neighbour told me: "I am sorry I cannot invite you for food. We were without food for three days and I could not bear to see the pain of hunger of my children. I went out looking for food today and found a dead donkey. In my desperation I cut out some meat from the dead animal, and brought it home so that my wife could cook this meat. It is Halal (lawful or permitted) for us because of our extreme condition of hunger, but I cannot offer it to you."

Ali bin al-Mufiq continued: "On hearing this, my heart bled with tears. I got up and went home, collected the three thousand dinars I had saved for Hajj, and gave my neighbour the money. I too had to go hungry but that was to save money for Hajj, but I thought helping my neighbour during his difficult times was more important. Although I still desire to go for Hajj if Allah (SWT) wills."

Abdullah bin Mubarak was greatly inspired by the cobbler's story and told the cobbler of his dream.

Allah (SWT) is merciful and shows mercy to those who do likewise to his creatures. This act of compassion on the part of the cobbler was so pleasing to Allah (SWT) that it not only earned him the reward of Hajj but was extended to all the people who came for Hajj.



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# Failed Turkish Coup Opens Pandora's Box

Written by: IQBAL JASSAT,

Having spent a few days in Istanbul less than two months ago, the notion of a military coup to impose regime change in Turkey didn't occur to me at all.

That it didn't even feature as a topic of discussion at an international media event on Palestine which attracted close to 500 participants from various countries, gives a clue of the improbability of such a crisis.

Was it simply a blind spot or merely an irrelevant theme unconnected to the conference that didn't warrant a discussion?

Perhaps both.

Now that a violent military overthrow of the Erdogan regime has been successfully thwarted, my thoughts go to my wonderful Turkish hosts and friends.

Some of them whom I had contacted during Friday's tension-filled hours, were shocked and alarmed at the prospect of a return to military dictatorship. One of them who has been a vocal critic of Erdogan's capitulation to Israel over Gaza, insisted that opposing the coup was his civic duty to protect Turkish democracy.

Days later, as Turkey rejoices at the remarkable way masses of people turned out in the streets by challenging and defeating armed military personnel, questions abound about who was behind the coup and why?

One of the persons fingered by a triumphant President Erdogan, is the leader of Turkey's outlawed Gulen movement, Fetullah Gulen who lives in exile in the United States.

According to a fact-file prepared by Politico's Barbara Surk he is one of "Turkey's most powerful figures and an influential Muslim imam because of schools his Hizmet movement runs in about 150 countries. Gulen's enormous wealth is matched by his international stature propelled by a media group he backs.

"Gulen, 75, left Turkey in 1975 and eventually settled in a remote part of Pennsylvania, in the town of Saylorsburg. He remains the leader of the Hizmet movement that runs acclaimed schools and charities in Turkey and around the world, including several in the U.S.

He has considerable influence in Turkey despite the closure of the Zaman newspaper, with which he had been associated. The office of the newspaper and its English-language edition was stormed by government security forces in March. Analysts say Hizmet has suffered following Erdogan's efforts to eliminate any opposition to his government. The president was particularly adamant in his resolve to purge the military, police and judiciary of Gulen's supporters, weakening the movement that has greatly infiltrated Turkey's main institutions of power. Despite the pressure, Gulen still enjoys the support of

about 10 percent of Turkey's population, according to opinion polls conducted before the coup. Former U.S. ambassador to Turkey James Jefferey has referred to Gulen as Turkey's second-most powerful man."

In the meantime, it seems likely that Turkey is getting involved in an ugly diplomatic dogfight following Prime Minister Binali Yildirim's official request sent to US for Gulen's extradition.

Chairing the ruling Justice and Development (AK) Party group meeting at the parliament in Ankara, Binali Yildirim criticized the US for asking Turkey to provide evidence of Pennsylvania-based cleric's involvement in the attempted coup to extradite him. "It is already clear," Yildirim said. "However, we will provide them with a pile of evidence."

In an interesting development mobile phone messages between pro-coup officers appear to reveal they ordered the shooting of people resisting the July 15 coup attempt.

As part of the investigation into the thwarted coup attempt, the Istanbul Prosecutor Office has compiled a series of WhatsApp messages between pro-coup officers, apparently sent on the evening of July 15. Once a staunch ally of Erdogan, the relationship between the two men soured to the extent that the Pennsylvania-based preacher is now on Turkey's most-wanted list, accused of terrorism and the failed coup.

Whether it adds up is left to be seen.

What I do find intriguing in the entire saga is the US/NATO factor and its Incirlik military base.

Movement in and out of the Incirlik airbase in southern Turkey was blocked on Saturday by local military authorities. The NATO base stores US tactical nuclear weapons.

Though access to it has now been restored and flights are again allowed in its airspace, the mystery about its role in the attempted coup hasn't been laid to rest. The Incirlik airbase is of critical importance to the US military, as not only does it facilitate the US' aerial operations in neighboring Syria and Iraq, but it is also one of six NATO sites in Europe that house tactical nuclear weapons. The exact number of tactical nuclear bombs at the base is classified, although some reports put it at 50 or even 90.

Logic suggests that if Incirlik was used as a launchpad by Gulen's men as is claimed by Turkey, it would not be possible without the knowledge and consent of Pentagon.

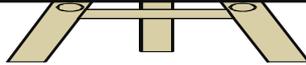
The question thus arises: how deep is Gulen's "deep state" and whether he was merely a cog in a larger scheme aimed at regime change?

While it is clear that a divided Turkey has demonstrated its ability to rally around Erdogan to protect civilian rule, the challenges faced by the incumbent president has not ended with the defeat of the coup-plotters.



# Madresaa Time

MOULANA SAYED YUSUF



## HAJ-E-TAMATTU ... AT A GLANCE

### YOUM-UT-TARWIYAH

#### 8th Zil Haj First Day

- 1.) Make Ghusal
- 2.) Wear the Ihraam
- 3.) Perform two rakaats Sunnat-ul-Ihraam
- 4.) Start reciting the Talbiyah
- 5.) At Mina perform 5 salaahs (Zohr, Asr, Maghrib, Esha and Fajr)

### YOUM-UL-ARAFAH

#### 9th Zil Haj Second Day

- 1.) After sunrise leave for Arafat
- 2.) Wuqoof after Zawaal
- 3.) Zohr and Asr performed jointly.
- 4.) After sunset leave Arafat without performing Maghrib
- 5.) Proceed to Muzdalifah
- 6.) At Muzdalifah perform Maghrib and Esha together with one Azaan
- 7.) Spend the night at Muzdalifah
- 8.) Collect pebbles.

### YOUM-UN-NAHR

#### 10th Zil Haj Third Day

- 1.) After Fajr leave Mina
- 2.) Pelt big shaytaan preferably before Zawaal (Stop Talbiyah)
- 3.) Make Qurbani (Damm-e-Shukr)
- 4.) Trim or shave off the hair
- 5.) Wear ordinary clothing
- 6.) Proceed to Makkah for Tawaaf -e-Ziyaarah and Sae.
- 7.) Return to Mina (Spend the night here)

#### 11th Zil Haj Fourth Day

- 1.) Pelt all three Jamarats (7 pebbles each) any time after Zawaal till Maghrib. Starting with the small, then the middle and lastly the big one.
- 2.) Remain in Mina

#### 12th Zil Haj Fifth Day

- 1.) Same procedure as the fourth day, pelt all three Jamarats (7 pebbles each) any time after Zawaal till Maghrib. Starting with the small, then the middle and lastly the big one.
- 2.) Leave for Makkah before sunset, if not remain in Mina till the 13th and pelt all 3 jamarats again.

#### Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ هَلْ لَبَّيْكَ لَا شَرِيكَ لَكَ  
لَبَّيْكَ هَلْ لَبَّيْكَ هَلْ لَبَّيْكَ هَلْ لَبَّيْكَ هَلْ لَبَّيْكَ  
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Labbayk Allahumma Labbayk  
Labbayk La Sharikalaka Labbayk  
Innal Hamda Wan Nimata Laka  
Wal Mulk Laa Sharika Lak.



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DA'WAH THE WAY FORWARD

## FIGHTING AGAINST THE LOWER SELF

O human beings! Remember that your lustful nature orders you to commit evil acts. This enemy is compared to Shaitaan who gains power against you by sensuous desires and lustful appetite.

Your lower self wants continuation of tranquillity, carelessness and laziness and its claim is baseless. If you receive a deceiving thing and accept it, it will lead you to hell. The self is not inclined to betterment. This is the root of all troubles and the treasure of Shaitaan. This is the root of every evil.

Allah Ta'ala states in the Glorious Qur'an, "And fear Allah, undoubtedly, Allah is aware of your doings." [Surah 5, Verse 8] Therefore a wise man should resort to repentance for the past sins and he should prepare for the hereafter. He should recite the name of Allah, leave forbidden things, should control his sensuous desires and should not run after them.

When Hazrat Malik bin Dinar (رضي الله عنه) was about to leave this world, he felt like eating a warm mixture of honey, milk and bread. After his servant fetched these things, Hazrat Malik bin Dinar (رضي الله عنه) took them, looked at them for some time and then said, "O selfish self! You had patience for thirty years, can you not have patience in this last moment of life?" He then placed the bowl on the ground, had patience and passed away. This is the condition of the pious people and friends of Allah, those who abstain from worldly pleasures.

Hazrat Sulaiman (عليه السلام) said that the man who controls his self is braver than the one who conquers the whole city.

Hazrat Yahya bin Mu'adh (رضي الله عنه) said, "You should wage a religious war against your lower self by doing religious exercises and prayers. Religious exercise is that you should shorten your sleep, eat less, talk less, enlarge your night prayers and share others hardships." Less sleep purifies your intentions, less talk shields a man from troubles, while tolerance and patience enhance the spiritual station of man. At the same time, eating less eliminates the lust, as excessive eating hardens the heart and removes its illumination. Hunger enlightens inner-self while overeating drives away a man from Almighty Allah.

Rasoolullah (ﷺ) has stated, "Illuminate hearts with hunger. Wage a holy war against your lower self. Through hunger and thirst continue knocking at the door of paradise, because the reward in doing so is equal to Jihad. Allah Ta'ala likes hunger and thirst above all things. The angels avoid a person who has lost the relish of prayer and is gluttonous."

Hazrat Abu Bakr Siddiq (رضي الله عنه) said, "Since the time I embraced Islam I have not eaten food to the full extent so that I may have relish of prayers. Since the time I have entered in the fold of Islam I drink less as I yearn meeting my Creator." Excessive eating interferes with the prayers, as the body gains weight and man becomes slumberous. His limbs are loose and idle and he is like a carcass in the way. Rasoolullah (ﷺ) said, "Do not kill your hearts by

excessive eating and drinking because the heart is killed in this way just as over watering spoils the crop."

Once, Prophet Yahya (عليه السلام) saw Shaitaan who was carrying several baits. On this Hazrat Yahya (عليه السلام) asked him, "What are these?" He replied, "These are lusty elements with which I trap human beings." Hazrat Yahya (عليه السلام) asked him, "Is there any trap for me also?" He replied, "No, but one night you had eaten to your fill after which you were less active in your prayers." Hazrat Yahya (عليه السلام) said, "Now it has become incumbent on me that in future I should not eat to my fill." Shaitaan remarked, "After today I shall not be a counsellor to any human being." This is the condition of a person who has fear of Allah and ate only one night to his capacity. How then can a man who has not starved even for one night truly worship Allah?

The job of a wise man is that he should cut off sensual desires by starving because starvation is a calamity for Shaitaan. Sensuality and excessive eating are the weapons of Shaitaan in misleading a person into forbidden acts. Rasoolullah (ﷺ) said, "The devil circulates inside the human body like blood. Therefore narrow down his passage by starvation." It is extreme destruction for human beings that they should busy themselves in fulfilling the stomach's desire. The fact is that the stomach in reality is the source of sensual desires.

Allah Ta'ala has created three types of creatures:

1. Angels who have intelligence but no lust.
2. Animals that have lust but no wisdom.
3. Human beings who have both wisdom and lust.

If lust overcomes his wisdom, then animals are better than him and if wisdom overcomes lust, then he is better than angels. Rasoolullah (ﷺ) said, "The best struggle is to struggle against the lower self (nafs)."

When the Companions of Rasoolullah (ﷺ) came back after fighting the atheists, the Beloved Rasool (ﷺ) said, "We have come from the small struggle (Jihad) to the big struggle." This was because fight with the sensuous desires of the lower self and Shaitaan is perpetual, whereas with the infidels it is occasional. Secondly, against the infidels the Muslim fighter sees his enemy but Shaitaan and the lower self is not visible, and it is much easier to fight against a visible enemy.

Therefore we should try to act against our lower self whenever it commands us to go towards sin. The way to do this is to follow the teachings of Rasoolullah (ﷺ), so that we may derive pleasure in our Salaah and attain closeness to Almighty Allah.

May Allah Ta'ala grant us the Taufeeq and Hidayat to fight against our nafs, even if it means reducing our sleep or reducing the amount that we eat, solely for His Pleasure, Ameen.

[Compiled from Makashifatul Quloob by Hujjatul Islam Hazrat Imam Ghazzali (رحمه الله)]

## ATTITUDE LEADS TO ALTITUDE!!!

Ayoob was the kind of person who would always amaze you. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Ayoob was because of his attitude. He was a natural motivator. If an employee was having a bad day Ayoob was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Ayoob and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Ayoob replied, "Each morning I wake up and say to myself, 'Ayoob, Allah Ta'ala has given you two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.  
"Yes, it is," Ayoob said. "Life is all about choices Allah has given us. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: Allah has given you an option how you live your life!"

I reflected on what Ayoob said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life before reacting to it.

Several years later, I heard that Ayoob did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Alhamdulillah, Ayoob was found relatively quickly and rushed to the local hospital's trauma centre.

After 18 hours of surgery and weeks of intensive care, Ayoob was released from the hospital with fragments of the bullets still in his body.

I saw Ayoob about six months after the accident. When I asked him how he was, he replied, "Alhamdulillah, Allah is so Great and so Merciful" and then he added "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Ayoob replied. "Then, as I lay on the floor, I remembered that Allah had given me two

choices: I could choose to live, or I could choose to die. I chose to live. By the Will and Acceptance of Allah I choose to live and Allah accepted my dua"

"Weren't you scared? Did you lose consciousness?" I asked.

Ayoob continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' "I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big, burly nurse shouting questions at me," said Ayoob. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

Ayoob lived, thanks to Allah who made available skilled doctors at this critical moment and also because of his amazing attitude that Allah had given him. I learned from him that every day we have the choice to live fully.

Attitude is like a price tag, it shows how valuable you are! The Messenger of Allah (peace be upon him) is reported to have said; "The best of people in Islam are those who have the best attitude (towards others)." (Hadith At-Tabaraani).

We may not be feeling happy or at ease at the moment, however we can still show a smile on our face or share a few friendly words and kind gestures. Often times, it is simply our attitudes that can influence someone to do good or inspire someone to seek the beauty of Islam.

It only takes a second to affect a person in a bad or good way, and this may very well depend not on your actions or deeds, but simply upon the attitude you have at that second. If you carry a frown walking into a house where there are guests, they may feel un-welcomed. The frown may only last a few moments, but that will be long enough to leave a bad impression on some hearts.

"No greater deed will be placed in the balance than a good attitude towards others" (Hadith-Tirmidhi)

Indeed attitude will lead a person to altitude. Often persons with the worst past build the best future!

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# CRACKED HEELS

COMPILED BY HASINA BEGUM SAYED

Cracked heels are a sign of lack of attention to foot care rather than just overexposure or lack of moisturizing. As the skin, surrounding the sides of the feet are dry they crack and cause cracked heels. Appearances of dry cracked heels also indicate zinc and omega-3 fatty acid deficiency.

## Most Common Causes that Lead to Cracked Heels

Naturally dry skin or thick dry skin (callus) around the heel that is more likely to crack is often due to excessive feet activity.

Prolonged standing at work or home. Hard floors may also cause cracks in the feet.

Being overweight may increase the pressure on the normal fat pad under the heel, causing it to expand sideways and if the skin lacks flexibility the pressure on the feet lead to cracked heels.

Back-open sandals or shoes allow the fat under the heel to expand sideways and increases the possibility of cracks on the heels.

Disease and Disorders-Athlete's foot, Psoriasis, Eczema, Thyroid disease, Diabetes and some other skin conditions may also cause cracked heels.

Continuous exposure to water- Water, especially running water, can rob the skin of its natural oils and this can leave the skin dry and rough. Standing for prolonged periods in a damp area such as a bathroom can cause dry and cracked heels.

Here is a compilation of the best known home remedies to treat cracked heels:

Apply any shortening or hydrogenated vegetable oil after washing the feet clean on dry and cracked areas of the feet. After applying a thick coat of shortening on the feet, wear a pair of thick socks. Leaving this application overnight can surely provide positive results in few days.

Apply the pulp of a ripe banana on the dry or cracked area of the heel. Leave it on for 10 minutes and rinse it clean. This is a simple dry cracked heels home remedy and it can be used on a daily basis to prevent and treat dry and cracked heels. You can also add half an avocado or the flesh of half a coconut to a blender along with the banana to form a thick and creamy paste.

Soak the feet in lemon juice for about 10minutes. Follow this therapy on a weekly basis until one finds a change. Lemon juice is a very mild natural acid and helps to dissolve dead and dry skin son that it can be easily removed.

A daily regime of cleaning and moisturizing is a good cure for dry or cracked heels. At the end of the day soak the feet in warm soapy water for about 15 minutes. Rinse feet and pat dry. Make a healing mixture comprising of: one teaspoon Vaseline and the juice of one lemon. Rub this mixture onto the cracked heels and other required areas of the feet till it is thoroughly absorbed. This can be done daily until visible results are obtained. It is best to apply this mixture to your feet right before you go to bed. You

can then pull on a pair of thick woolen socks to protect your linen from getting stained. Furthermore, the woolen socks will help to trap your body heat and this will increase the effectiveness of the mixture as more of it will be absorbed by your skin. You can exfoliate your skin before and after you use this mixture. The oils in this mixture will help to soften dry and cracked heels and this will allow you to easily slough off the dead skin the next morning.

A regular application of a mixture of glycerin and rose water is known to soothe and cure cracked heels.

Many cracked heel repair creams that are avoidable in the market today contain chemicals that can aggravate your skin and increase discomfort. You can make your own moisturizing cracked heel cream by mixing together a spoon of olive oil along with a few drops of lemon oil or lavender oil. Pour this blend of oils into a small bottle and add an equal amount of water to it. Shake the contents thoroughly so that the water and oil form a thick milky solution. Use this homemade remedy for dry cracked heels as and when it is needed. Make sure that you shake the solution before you use it.

Here are some simple suggestions towards caring for the feet effortlessly:  
Keep feet clean and dirt free

Exercise the feet regularly

Alternate hot and cold water for a feet bath to soothe the feet

Moisturize and exfoliate the feet whenever possible  
Avoid walking bare feet as much as possible

Avoid spending prolonged periods in a wet or damp area. When washing clothes, make sure that your feet are well protected. If you are hand washing any items of clothing, make sure that the soapy water does not splash onto your feet. Detergents are meant to break down oils and so this will leave the skin on your heels dry and cracked.

Soak your feet in warm water at least once a week as this will help to increase blood circulation to your feet. You can add a spoon of fresh mint leaf juice to the water for relief from dry cracked heels.

After a shower, apply a little moisturizer to your heels as this will help to seal in moisture and prevent cracking.



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# AURANGZEB AND ISLAMIC RULE IN INDIA

When historians look back at Muslim rule in India, their perspective greatly shapes the way they present historical characters. Some people are seen as great and enlightened leaders, while others are ruthless tyrants. No one is more controversial than the Mughal Emperor Aurangzeb Alamgir, who ruled from 1658 to 1707.

By Hindus and Sikhs, he is seen as a cruel and ruthless emperor that restricted freedoms and imposed a religiously intolerant regime on the people. By Muslims he is seen as a devoted and religious-minded just sultan. This article will look past the rhetoric about Aurangzeb to understand him as a Muslim ruler in a Hindu-dominated country.

## Background and Early Life

It is important when looking at the 49 year reign of Aurangzeb to understand his reign in context. The Mughals took power in India during the reign of Babur in the 1500s. Over 150 years later when Aurangzeb took power, the Mughal Empire was at its pinnacle. It controlled the majority of the Indian subcontinent and was one of the wealthiest (if not the wealthiest outright) empires in the world.

Aurangzeb was thus born into powerful and cosmopolitan state with immense riches in 1618. His father was the legendary Shah Jahan, the builder of the Taj Mahal in Agra. He was afforded the best scholars and teachers to educate him from a young age. As a young boy, he became well-versed in the Quran, the science of Hadith, and other aspects of Islamic sciences. He was known as a very enthusiastic reader. He read and wrote in Arabic, Persian, and Chagatai Turkic, the language of his ancestors. He was also trained in the art of calligraphy. Some of his calligraphic works are still in existence today.

## Promotion of Islam

One of Aurangzeb's main goals was to bring true Islamic governance to the Mughal Empire. Previous emperors, while all Muslim, had not all ruled according to Islamic law. His great grandfather Akbar, for example, regularly went against Islamic beliefs by adopting many non-Islamic religious beliefs and practices in his personal life as well as in his rule of the empire. Aurangzeb's insistence on Islamic rule was based on his previous education and his strong religious convictions.

Aurangzeb took power before his father, Shah Jahan, had passed away. Despite the respect he had for his father, Aurangzeb vehemently disagreed with many of his father's actions, considering them to be wasteful and extravagant. An example of his religious mindset was his criticism of the Taj Mahal, which was a tomb built by Shah Jahan for Aurangzeb's mother, Mumtaz Mahal. Aurangzeb considered it to be against the religious laws of Islam to build a structure over a grave, particularly one that was so ornate and expensive. He declared "the lawfulness of a solid construction over a grave is doubtful, and there can be no doubt about the extravagance involved." He also made it a point to publicly oppose excessive veneration of the graves of Sufis, as he noted that it was developing into a cult-like practice, away from the beliefs and practices of Islam.

In order to practice Islamic law in the empire correctly, Aurangzeb insisted on compiling Islamic law into a codified book that could be much more easily followed. He thus brought together hundreds of scholars of Islam from all over the Muslim world to organize such laws. The result was a landmark text of fiqh (jurisprudence) in the Hanafi school, known as the Fatawa-e-Alamgiri, meaning "The Religious Decrees of Alamgir". It was known as the Fatawa al-Hindiya (فتاویٰ ہندیہ) in the rest of the Muslim world and is well-respected as a compendium of Hanafi law.

Using the Fatawa-e-Alamgiri as a guidebook, Aurangzeb sent officials throughout the empire to enact Islamic law and end socially corrupt practices. As such, alcoholism, gambling, and prostitution were combated by the imperial government. Taxes that were not in line with Islamic law were also abolished, a policy that was very popular with the Mughal Empire's subjects.

To make up for the loss in tax revenue, Aurangzeb adopted a very simple lifestyle and did not live in a lavish manner as his father had. Royal traditions that he considered extravagant were abolished, such as court musicians and festivities on the emperor's birthday.

<http://lostislamichistory.com/aurangzeb-and-islamic-rule-in-india/>

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BY MOULANA  
SHAH FAISAL  
KHAN SAHEB

## HAJ

What is the importance of Haj in Islam?

Alhamdulillah! In this month many people are going to start preparing themselves to depart to the Holy cities of Makkah and Madina for Haj. Let us look at some of the blessings of Haj.

What is Haj?

The literal meaning of Haj is to intend to plan for and according to Shar'ee terminology, it means to halt at Arafat (the vast expanse) near Makkah where major Haj rite is performed on the 9th Zil Haj after having adopted Ihraam (unstitched clothes) and to perform circumambulation of the Ka'bah (House of Allah).

Performance of some rites, ceremonies and worships at various sacred sites in Makkah also come under Haj. A particular time is fixed for the observance and performance of these rites and worships. If done on time, the Haj is valid, otherwise not.

Haj was declared compulsory in 9 A.H. It is an absolute mandatory obligation. Whoever denies its obligatory nature is out of Islamic fold. Haj is compulsory only once in a lifetime.

The importance and significance of Haj can be gauged

1. It is the 5th pillar of Islam.

2. It erases past sins of the pilgrim.
3. It is a Jihad (holy crusade, supreme effort of the weak and women).
4. It removes poverty as the blacksmith's furnace separates brass from iron.
5. Allah Almighty forgives a Haji (the pilgrim) and those for whom he prays.
6. The one who leaves his home for Haj and dies in the way, will keep gaining the reward of every year's Haj till Doomsday. He will not be made to account for his doings on Judgment Day and will be entered into heavens without reckoning.

SubhanAllah! There are so many blessings of Haj. How fortunate are those Hajis who are able to extract the blessings of Haj.

Furthermore, a Haji is required to be the quintessence of virtue, peace, self-control and self-sacrifice during the days of Haj. The Holy Quraan says, "There should be no expression of carnal desires before women, not any sin, nor quarrelling with anyone during the days of Haj". How explicit and clear-cut this command is, that there should be no expression of carnal desires directly or metaphorically.

In the state of Ihraam lawful hobbies like games of the land are forbidden, let alone sins and disobedience. Arguments, altercation and scuffle that generally take place on such occasions are also forbidden even rebuking one's servant.

May Allah Ta'ala grant us the opportunity to perform Haj repeated!! Aameen.

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# WHO GAINS

BY FAIZEL KHAMKAR

During the month of Ramadan there was an attempted coup in Turkey. We are led to believe that this coup centres around the spat between Fethullah Gulen and Recip Erdogan. Who would have gained from this act? In answering this question a number of interesting issues arise around the coup and its aftermath.

Gullen, an Islamic scholar and follower of a Sufi spiritual order has dedicated his life in Islamic matters. Through his influence his followers in the Gullen movements has established in excess of a thousand madressas around the globe. His only known political activities were giving Erdogan support which had influenced the rise of power for the latter. There being no known record of political activities makes the allegations against him as the prime motivator of the coup suspicious. Furthermore having gone in a self imposed exile because of draconian actions taken by Erdogan in 2013 where Erdogan wanted to establish his political power reflects his disinterest in politics. Any political interest would have been shown then as that would have been the ideal time to affect a coup. If he was responsible for the coup a lifelong endeavour in establishing Islamic institutes and re-establishing Islam following the legacy of Ata Turk would be destroyed. The only winners would be those that would see the Islamic institutes established by Gullen as a threat to their agendas.

The actions taken by Erdogan after the coup were draconian to say the least. The military, judiciary, academia and a number of other institutions were purged of Gullen's supporters. This follows a purge in recent years which saw the Gullen supporters favoured in these positions. In the event of another purge who will then be favoured, if any candidates could be found? These actions may have entrenched Erdogan's political power but would surely compromise on the necessary delivery of governance matters. Where did the information relating to the coup come from and how much reliance can be put on this information? If this was a knee jerk reaction then surely everyone will be the losers. As much as Erdogan may be chastised for his reaction those countries that have aggressively critiqued his actions have a history of affecting greater

and more harmful actions in the name of national security. A known ambition of Erdogan is obtaining membership to the European Union and if he succeeds in obtaining such membership that would be a feather in his cap. With the advent of Brexit this dream would have become a greater possibility. The membership of the European Union would have strengthened the country economically and politically. However with what has been described as draconian actions as a result of the aftermath of the coup this ideal becomes more difficult. The reaction of Erdogan has comprised his leadership and he has not gained anything other than remaining in power.

The current political agenda is the creating of strife and instability in the Middle East clearly demonstrated by Libya, Syria, Yemen and Palestine. Unquestionably this area has been richly endowed with natural resources which the developed world wants control of. Furthermore it is extremely strategic for the movement of goods and sea transport. With certain changes in the geo political climate such as the rise of China economically and the changing role of Russia in the political field has certainly raised the threat of the over arching control of the West over the resources of the Middle East. The instability of the region would allow the cementing of this control. Turkey however has been one of the most stable countries in the Middle East. Furthermore like to Egypt it is very strategically placed. Compounding matters is that Turkey has a very cold relation with Israel and that negotiations between the two countries have not gone of that well. These factors made Turkey a target for instability and to become dependent to the West. Its usefulness in the Syrian conflict can also be questioned.

It then becomes clear that Turkey, Erdogan, Gullen, the citizenry of Turkey and Islamic institutions globally did not gain from the attempted coup or its aftermath. We then need to seriously question who had gained or would have gained from this whole exercise.



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AL-KAIFA

# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Islamabad, PAKISTAN - Scholars from different schools of thought in Pakistan have reaffirmed that Islam does not allow any sort of extra judicial murder and killing on account of religion, honour and prejudice. At the Pakistan Ulema Convention, they reiterated that scholars and religious leadership in Pakistan should exert united efforts to eliminate extremist thinking. The speakers also stated that extremist organizations like Daesh (IS) were being formed and strengthened to defame Muslims and Islam across the world.

Monrovia, LIBERIA - Muslims in this African state have for the first time since the 1800s elected a 'Supreme Leader', who will be the single most powerful person in the country's Islamic community. Liberia's former National Chief Imam, Alhaji Muhammad Abdullah Sheriff, was elected spiritual leader by over 150 Imams of the Governing Board of the National Imam Council of Liberia.

New Delhi, INDIA - In proportion to their population, Indian Muslims were worse-off than scheduled castes and scheduled tribes in higher education. Muslims comprise 14 percent of India's population but account for 4.4 percent of students enrolled in higher education, according to the 2014-15 All India Survey on Higher Education. The situation has worsened over the last half century, according to the 2006 Sachar Committee, appointed to examine the social, economic and educational status of the Muslim community. "South Indian Muslims, particularly of Kerala, Tamil Nadu, Andhra Pradesh, Karnataka and Maharashtra, have shown impressive progress in education, compared to their counterparts in

Bihar, UP (Uttar Pradesh), Madhya Pradesh, Rajasthan, Jammu and Kashmir and Haryana," said Syed Iqbal Hasnain, former vice chancellor of the University of Calicut.

Abuja, NIGERIA - The Muslim Rights Concern group has welcomed a court ruling lifting the ban on girls wearing the headscarf in government schools in Lagos state. Girls had been barred from wearing the hijab because it was not part of school uniforms. The judges said the ban violated the religious rights of Muslim girls, overturning a lower court's ruling.

Jeddah, SAUDI ARABIA - The National Society for Human Rights has announced that anyone who harms others through the social media could be punished with imprisonment for a maximum of one year, and will be ordered to pay a fine of up to SR500,000. Mufleh Al-Qahtani, president of the organisation, said that this was part of its duty to disseminate the culture of human rights throughout the community and to encourage people to abide by the law. He explained that the punishments are for people who invade the privacy of others by abusing their mobile phone cameras, defaming others or by harming them through technology.

Riyadh, SAUDI ARABIA - Senior Religious Scholars have denied that a 15-year-old edict that declared the Pokemon game un-Islamic has been revived. Saudi media reports said the council's General Secretariat had revived a 2001 fatwa against a Pokemon card game in response to queries from Muslims, although it made no mention of the new Pokemon GO mobile game. Users of the game walk around their real-life neighbourhoods in search of scores



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of "pocket monsters", which emerge superimposed on the phone screen via its camera. The 2001 fatwa said the card game contained elements prohibited by Islamic law such as gambling. However, Saudi authorities said the social media reports were unfounded.

Beijing, CHINA - The government is pouring billions of dollars into a lavish Islamic theme park in order to attract more domestic and international Muslim tourists. Opened in 2005, the China Hui Culture Park, which has an Islamic-centered site, is currently undergoing expansion. It features a grand, Islamic-style gate and houses a mosque, a Hui museum, a Hui village, restaurants and shopping areas. Officials expect a million visitors each year when it is completed. The Hui people are predominantly Muslim, an ethnic group primarily found in northwestern provinces of mainland China.

Rio de Janeiro, BRAZIL - Since London 2012 Summer Olympics games, things are starting to change in favour of Muslim women through sports. The last Olympics games in London recorded the highest number of female Muslim athletes who participated. In the upcoming Rio Olympics, the number is expected to further increase, and Muslim countries which have never been represented in the top sporting event, will send athletes this time.

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