

Al Kausar



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Oh Allah. . .

AR-RAHMAAN, who sends Mercy by His own Will, unsolicited and without account or accountability to His creation that depends upon His Sustenance. He is ALLAH.

Glory be to Him, the First, the One and Unique, who alone pre-exists, and remains eternally the Everlasting Finality.

Every Praise is Allah's, Lord of the worlds, whose Will and Knowledge delivered out of the Hidden, with the artistry as al-Musawwir, the design in the continuous evolution of His Sign, az-Zaahir.

Oh Allah You are praised by Your Will. Those whose wills surrender are those who can praise You. They adore you. They fulfill your desire to be worshiped every moment and in every way. You alone do we worship, and from You alone we seek Compassion!

Oh Allah You created us, You Sustain us, and You give us Guidance.

Ar-Rahmaanu Allamal Qur'an. Khalaqal insaana Allamahul bayaan.

May we worship you, this Ramadaan, and glorify You with deeds that please You, and recite in Your Praise out of the command of 'Iqra'!

May the Prayer You guaranteed, accompanied with Your own Blessings, and Your own Greetings, expanded to the unlimited extent of Your unfathomable capacity, Ya Azeez, Ya Maajid, Ya Muta'aali, be presented upon Muhammad, the one who You chose for You to reflect Your Mercy upon us. Oh Allah, as the ummah of Your most Beloved, convey our prayer and salaam, with Your own, and those of Your Angels, upon him, his family, and companions!

Oh Allah bless this holy month for us, and by it remove our difficulties. Give us an opening, victory, and success.

Ya Arhamar Raahimeen!

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HAZRAT SAWAD BIN GHUAZZAIYYA ﷺ

Incident Before The Battle of Badr. (17th Ramadan)

An incident before the Battle of Badr, showing the love the sahaba had for the messenger of Allah.

Rasool Allah was straightening the lines of the ranks as if he was straightening the lines for prayer and he was holding an arrow in his hands. He came up to one of the soldiers, Sawad bin Ghuazzaiyya, who was protruding a bit from the line. So RasoolAllah ﷺ slightly nudged him back with his arrow. Sawad ﷺ said, "Oh RasoolAllah ﷺ you have hurt me, I want to retaliate." This was just before the battle. Here was one soldier who was saying to The Prophet of Allah that he wants to retaliate with him. So RasoolAllah ﷺ exposed his stomach to Sawad and said "Go ahead and retaliate." RasoolAllah ﷺ didn't get angry. He ﷺ didn't ask his soldiers to throw him in prison, because a soldier is talking to the head of the military in such a fashion. He simply allowed him to retaliate. Great Sahaba like Hazrat Umar Farouk, Hazrat Hamza, Hazrat Ali, and many other Great Sahaba ﷺ was present and was about to stop Sawad ﷺ. The Prophet of ALLAH ﷺ asked them not to do anything and let Sawad ﷺ continue.

To the amazement of the Sahaba ﷺ Sawad ﷺ hugs RasoolAllah ﷺ and he kisses His Blessed stomach. That was his retaliation ALLAHU AKBAR!! RasoolAllah ﷺ asked Sawad why did he do that? Not because the Prophet of ALLAH did not know, He wanted the companions to hear Sawad's ﷺ reply. Sawad ﷺ said, "Oh Messenger of ALLAH, you can see what is about to happen. I wanted my last contact with you, to be my skin touching Yours ﷺ." Sawad ﷺ was saying that he might die during the battle, they were facing death then. The last thing he wanted in this world was to make his skin touch RasoolAllah's ﷺ Mubarak body. This was how much they loved Rasool Allah ﷺ. Sawad ﷺ who was accidentally hurt by the Beloved Prophet of ALLAH ﷺ used this opportunity to kiss and hug RasoolAllah ﷺ. The Muslims did not think that because of RasoolAllah ﷺ, they were having to fight or even death. They all were willingly ready to face death for the sake off ALLAH Azzawajal and the love His servant and Messenger ﷺ. RasoolAllah ﷺ then made dua for Sawad ﷺ (he was later martyred in the battle). It is this love for Prophet Muhammed ﷺ that

we need to develop. Love for Prophet Muhammed ﷺ isn't just words. Love for him means putting everything on the line for Prophet Muhammed ﷺ our wealth, family, money, children, our talents, everything that we can sacrifice.

We should love RasoolAllah's ﷺ message, His ﷺ way, and His ﷺ Sunnah. We should also ask ALLAH Azzawajal to make us steadfast in our Deen even if we are facing an army 3 or 4 times more than us like the Battle of Badar when the Muslim army was 313 and the Kufaar was 1300 plus. The Muslim army was victorious Alhumdullillah. However there was some casualties and these were the Martyrs of Badar. May ALLAH Grant the Martyrs a Lofty stage in Jannah and make us follow their examples inshaALLAH ameen.

RAMADAAN'S HEROES

Ramadaan marks the wisaal (death anniversaries) of many sacred personalities, including Bibi Fatimah az-Zahra ﷺ the saintly daughter of the holy Prophet ﷺ, and his most honoured wives Bibi Khadija-til-Kubra ﷺ and Bibi Aa'isha Siddiqah ﷺ. The three are considered the most virtuous and excellent of all women since the arrival of Allah's final Messenger ﷺ, whose achievements exerted no small influence on the future of Islam.

The 21st Ramadaan is widely celebrated in honour of another great personality, Sayyidina Ali ibni Abi-Talib ﷺ, the 4th Khalif and one of the most revered from the family and companions of Hazrat Muhammad ﷺ.

The Martyrs of Badr sacrificed their lives in Islam's first holy war, and are exalted till eternity in the pages of the holy Qur'an, for the occasion described as 'Youmul Furqaan'. This sacred day falls on the 17th of Ramadaan (co-inciding with the wisaal of Bibi Aa'isha, ﷺ).

It is considered virtuous to remember these noble, saintly, pioneers of our religion, with prayers, discussions or lectures, and any good deed as a token and blessing upon their souls! May Allah reward them endlessly and enshrine their legacy in our hearts!

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

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HAZRAT SAYYIDAH FATIMA ﷺ

(THE PRINCESS OF PARADISE)

Glancing at the Beloved Family of our Master ﷺ, our eyes lower down in the respect of Sayyidah Fatima ﷺ, the youngest and most beloved daughter of the Blessed Prophet ﷺ

She is one that innocence adores her, chastity ventures pride in her, and modesty with folded hands stands before her. Her name is Fatima and Zahrah (having gleaming and luminous face), Batool (aloof from the worldly pleasures), Tahirah (chaste and modest) are her titles. Hadrat Sayyidah Fatima ﷺ was very calm, serene and sober even in her childhood and she never participated in games etc. She would spend most of her times in the exalted company of her Parents and ask such questions, which bespeak her intelligence and maturity. She showed her full detachment from all allurements and fascinations of worldly life. As a child, she used to accompany Him ﷺ through the narrow streets of Makkatul Mukarrama, visiting the Ka'bah or attending the secret meetings of the early Muslims who had embraced Islam and pledged allegiance to her father. Once, she accompanied her father to the Masjid al-Haraam Sayyiduna Rasulullah ﷺ began to pray in front of the Ka'bah. A group of Quraysh chiefs gathered around the Holy Prophet ﷺ. Uqbah bin Abi Mu'ayt brought the entrails of a slaughtered animal and threw it on the shoulders of the Beloved Habeeb ﷺ. Sayyidah Fatima ﷺ, a ten year old girl, went up to her father and removed the filth. Then, in a firm and angry voice she lashed out against Abu Jahl and his colleagues. They could not utter a single word.

The Beloved Prophet ﷺ loved Hadrat Fatima ﷺ very much. Sayyida Fatima ﷺ took after her father Nabi ﷺ from head to toe. She resembled her father in looks, manners, gait, articulation and character. In other words, she was a living picture of her father. Hadrat Aisha ﷺ says: "I did not see any one resembling the Blessed Prophet ﷺ, regarding all manners, more perfectly than Fatima, the daughter of the Messenger of ALLAH." On another occasion Hadrat Aisha ﷺ narrates: "Then came Fatima whose gait resembles that of the Beloved Messenger ﷺ." (MUSLIM) It was the routine of the Beloved Prophet ﷺ that whenever he returned from a journey: after offering prayer in the Masjid, he went straight to Hadrat Fatima ﷺ house. In short, the love of the Beloved Prophet ﷺ for his cherished daughter was really enviable. "Whenever she visited the Beloved Prophet ﷺ, he stood up for her, kissed her and seated her on his place." (Tirmidhi)

The following event also throws light on the extreme love of the Beloved Prophet ﷺ for his daughter. Once Hadrat Ali ﷺ received a proposal to marry the daughter of Abu Jahl. He ﷺ mounted his pulpit and delivered the following sermon whose each and every word bears witness that the Messenger of ALLAH loved his daughter to the core of his

heart: "Banu Hashim have sought my consent to marry their daughter to Ali bin Talib. I do not give the consent; I do not give the consent. I do not give the consent. Yes, if Ali wishes, he should first give divorce to my daughter and then marry their daughter. Because my daughter is a part of my body. The thing which disturbs her disturbs me and the thing which distresses her, distresses me." (Muslim)

You can simply perceive the intensity of love of Hadrat Fatima ﷺ for the Beloved Prophet ﷺ that she did not smile after the death of her August Father till she breathed her last breath. (Usdul Ghaba, V: 5, P: 634) It is also reported By Sayyida Aisha ﷺ that while the Blessed Prophet ﷺ was on his deathbed, he whispered to Hadrat Fatima two times. The first time she wept and the second time she smiled. On inquiry she replied: "He ﷺ informed me that he was leaving this world due to this disease. So, I began to weep, then he informed me that I would be the first in his family to meet him, at this I gave a smile." (Tirmidhi) It is also one of the unique excellences of Hadrat Fatima ﷺ that her progeny resumed the line of descendance of the Blessed Prophet ﷺ and it will remain up to the last Day. The Beloved Prophet ﷺ said: "All the offspring of Adam ﷺ is attributed to their paternal relatives except the progeny of Fatima, that I am their Father and their paternal link."

Sayyidah Fatima ﷺ learnt from her father the manners and gentle speech. She was kind to the poor. She often gave her food to the needy preferring herself to remain hungry. She had no inclination the materialistic world. She had no craving for the ornaments of this world or the luxuries and comforts of life. Her days and nights would be spent entirely in ibaadah and the glorification of ALLAH. Sayyidah Fatima Zahra was the epitome of piety, the encapsulation of modesty, the leader of sacrifice....On the day of resurrection that a herald will announce :

"O People! Lower down your gaze so that Fatima ﷺ the Daughter Of Muhammad ﷺ may pass from here". (Usdul Ghaba, V: 5, P: 524)

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FOETAL MYSTERIES

RasoolAllah sallAllahu alayhi wasallam explains that there are three initial stages to the creation of a human in a mother's womb. The first stage is of Nutfah, which refers to the parents' liquids having contact with each other. The second stage is of Alaqah, wherein a clot of blood is formed and Allah Ta'ala houses it securely in the womb. The next stage is of Mudghah, wherein Allah Ta'ala makes it into flesh. At the end of the third stage (Mudghah), an angel comes to the four month old foetus and upon the instruction of Allah Ta'ala, it starts forming the baby's bodily appearance and the child's Rooh enters the body. This occurs 120 days after the parents' liquids have met. Based on instruction from Allah Ta'ala, the angel records the details of child's Rizq, death the deeds he will perform. The angel also notes whether the child will be one of pleasure or displeasure. Allah Ta'ala creates in the child the ability to see and perceive. -Sahih Muslim- Thus by the stage of Mudghah, a new human has been created.

We now look at how each of these attributes, were found in RasoolAllah sallAllahu alayhi wasallam, namely the formation of the body, the Rooh entering the body, the Rizq, deeds, place and time of death, and state of happiness or sadness being recorded.

1. Physical Appearance of RasoolAllah sallAllahu alayhi wasallam
Jibreel Alayhis Salaam said that, I traversed the east and the west of the earth, and I did not see a man better than Muhummud sallAllahu alayhi wasallam, and I did not see a paternal lineage better than Banu Haashim. -Imam Bayhaqi and Abu Nuaym in their Dalaailin Nabuwwa-Haafidh alAsqalani says that this deduction of Jibreel Alayhis Salaam makes it very clear that RasoolAllah sallAllahu alayhi wasallam is the best in all aspects of his physical existence. -Mawahibul Ladunya- We can understand from this that Allah Ta'aala created RasoolAllah sallAllahu alayhi wasallam with the best physical attributes.

2. Rooh of RasoolAllah sallAllahu alayhi wasallam
Imam Ghazzali in a lengthy discussion explains that the Rooh of RasoolAllah sallAllahu alayhi wasallam is directly connected to Allah Ta'aala. This unique nature of his Rooh allows him to make the Ma'rifa of Allah Ta'aala like no other person. -Mishkaatul Anwaar-

3. Rizq of RasoolAllah sallAllahu alayhi wasallam
At first, fasting was almost a full day. Iftaar was at Maghrib, but once one fell asleep, the next fast commenced. During the hot Arabian summer, this meant that fasting could have an effect on a person's health.

Despite these long hours, RasoolAllah sallAllahu alayhi wasallam would keep Nafl fasts for days on end. Some Sahaba radi Allahu anhum followed suit. However RasoolAllah sallAllahu alayhi wasallam advised them to rather keep fast every alternate day or even just three days a month. They said to RasoolAllah sallAllahu alayhi wasallam that you keep continuous fast, and we like to follow that. He sallAllahu alayhi wasallam replied that you are not like me, I receive the nourishment of food and drink. -Masnad Imam Ahmad bin Hanbal-

This means that the blessed body of RasoolAllah sallAllahu alayhi wasallam received Rizq directly from

Allah Ta'aala. We receive our Rizq through our earnings, with which we buy food, which we in turn cook, eat and need to digest. Khalif Umar bin Khattab radi Allahu anhu says that in receiving Rizq through food, the food is a veil between us and the Provider. -Kitaab Zuhd- However this veil was removed for RasoolAllah sallAllahu alayhi wasallam and he was able to receive his Rizq directly from Allah Ta'aala.

4. Deeds

Surah Waaqia explains that on the Day of Resurrection, we would be separated into two groups, those on the right and those on the left. Those on the right would be the righteous.

RasoolAllah sallAllahu alayhi wasallam says that he will be on the right and he will be the best of those on the right. Then from amongst those on right, the foremost of the foremost will be chosen and they would be the best of us. Surah Waaqia says that they would be chosen according to their deeds. -Surah Waaqia v 10- In this regards too, RasoolAllah sallAllahu alayhi wasallam says that he will be in this group, known as Saabiqoon asSaabiqoon, and from all of them he will be the best. -Imam Bayhaqi in his Dalaailin Nabuwwa-

As we have seen, Surah Waaqia says that the grading of the Saabiqoon asSaabiqoon is according to their deeds, and RasoolAllah sallAllahu alayhi wasallam says that he would be the best of the Saabiqoon asSaabiqoon. This means that from all of creation, The deeds of RasoolAllah sallAllahu alayhi wasallam would be the most excellent in total and nature.

5. Place and Time of Death

For each of us, the place and time of our death has been fixed by Allah Ta'aala and it is recorded by the angel whilst we are just 4 months in our mother's womb. However for RasoolAllah sallAllahu alayhi wasallam it was different.

During the last day of RasoolAllah's sallAllahu alayhi wasallam final illness, his daughter Sayyidah Faatima radi Allahu anha was at his house. She heard a somebody at the door. The man made Salaam and asked to enter. Sayyidah Faatima radi Allahu anha said to the man may Allah Ta'aala reward you but she politely did not allow him in. After his third Salaam, RasoolAllah sallAllahu alayhi wasallam told Sayyidah Faatima radi Allahu anha that is actually the Angel of Death, so let him in.

RasoolAllah sallAllahu alayhi wasallam asked the Angel of Death if he had come to visit or to take him. The Angel of Death said that he came to visit and that Allah Ta'aala instructed that he can only take away RasoolAllah sallAllahu alayhi wasallam when he sallAllahu alayhi wasallam wants. Jibreel Alayhis Salaam came and he explained that he has opened the door of the sky and of Jannah in anticipation of RasoolAllah sallAllahu alayhi wasallam. The Hoors (heavenly maidens) are all adorned and ready for RasoolAllah's sallAllahu alayhi wasallam reception. And he has arranged the angels in saffs, so that they will stand up sending greetings to RasoolAllah sallAllahu alayhi wasallam. After a while RasoolAllah sallAllahu alayhi wasallam gave permission

to the Angel of Death to take hold of him. -Imam Tabraani in Mu'jam alKabeer-

With regards to all of us, our time and place of death is recorded whilst we are in the womb. We have no choice about it, and death pounces upon us unexpectedly. However in the case of RasoolAllah sallAllahu alayhi wasallam, he had to choose his time and place, and all the heavenly beings gave him a grand reception as his soul passed through.

6. Happiness or Sadness

The last thing that the angel records whilst the child is in the womb, is if the child will be one who would be happy or sad. With regards to RasoolAllah sallAllahu alayhi wasallam, the Quran confirms that RasoolAllah sallAllahu alayhi wasallam would be one who would be pleased; happy.

Allah Ta'aala says, And soon your Rabb will give you such abundance that you would be pleased. -alQuran 93:5-

Some say that being happy or sad, refers to whether the person would end up in Paradise or Hell. In this respects too, RasoolAllah sallAllahu alayhi wasallam has been guaranteed his happiness, for Allah Ta'aala has undertaken that none will enter Paradise before RasoolAllah sallAllahu alayhi wasallam. -Imam Tabraani-

These six points are the matters that an angel would record for each baby in it's mother's womb. As we have just discussed above, in each of these six points, Allah Ta'aala has blessed RasoolAllah sallAllahu alayhi wasallam immensely and beyond any other human. After all, he is Allah Ta'ala's most Beloved.

RAMADAAN-UL-MUBARAK

BY MOULANA SHAH FAISAL KHAN SAHEB

The Noble Prophet ﷺ told us about this month: Sayyiduna Salman Farsi ؓ narrates that on the last day of Shabaan, the Prophet of Rahmah, the intercessor of the Ummah, the owner of Jannah said, "Oh people! An auspicious and blessed month has approached you. In this month there is a night that is better than a thousand months. Allah has made it compulsory (Fard) in this sacred month. To offer Taraweeh Salaah in its nights is Sunnah. If you do a good deed in this month, it will be equivalent to carrying out 70 Fard acts in any other month. This is the month of patience whose reward is Jannah. This is the month of sympathy and in this month the believers sustenance is increased.

In this month, the one who serves a fasting person with something to eat at Iftaar will be forgiven for his sins and his neck will be free from the fire of hell, and he will be rewarded the same as the one who fasted without any reduction in the rewards of the fasting person. The companions asked humbly, "Ya Rasoolullah ﷺ, not all of us possess enough money to present a meal to the fasting person for Iftaar." He replied, "Allah will give this reward to the one who offers a sip of milk, a date, or a sip of water to the fasting person and the one who serves the fasting person with a meal so that his stomach will be full, will be given water from my pond (Kausar) such that he will never feel thirsty and will enter Heaven.

The first ten days of this month are mercy, the middle ten days are forgiveness and the last ten days are freedom from the fire of hell. In this month there are four things which you should do in abundance, two of them will earn you the pleasure of Allah and you cannot do without the other two:

The ones which will earn you the pleasure of Allah are:

- * Testifying that there is non worthy of worship besides Allah

- * Asking forgiveness

The two which you cannot do without are:

- * Asking Allah for Jannah

- * Seeking refuge from hell by Allah

Five special blessings

Sayyiduna Jabir bin Abdullah narrates that the beloved and blessed Prophet ﷺ said, "In Ramadhaan my Ummah has been gifted five such things which were not given to any other prophet before me:

1. On the first night of Ramadhaan Allah showers special mercy upon and the one upon whom Allah showers special mercy will never be punished.
2. In the evening, Allah likes the smell emanating from their mouths (due to hunger) more than musk.
3. Angels pray for their forgiveness every night and day.
4. Allah orders heaven to be adorned for his righteous people and say, "Soon they will get rid off the grief of the world and find solace in my house and bounties."
5. On the last night of Ramadhaan Allah forgives them

Standing up, a person asked, "Ya Rasoolullah ﷺ is that Lailatul Qadr?" He, Rasoolullah ﷺ replied, "No, do you not see that a labourer is given his wage when he finishes his job?"

May Allah shower His blessings upon all of us! Aameen!

Ramadhaan Mubarak!

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Hadith narrated by Ibn Umar (Radi Allahu anhu): Rasulullah ﷺ enjoined the payment of one Sa' of dates or one Sa' of barley as Sadaqa-tul-Fitr on every Muslim slave or free, male or female, young or old, and he ordered that it be paid before the people went out to offer the Eid prayer. (Bukhari Sharif)

IMPORTANT REMINDERS

1. It must be paid before Eidul Fitr Salaah
2. It must be paid by those that have the minimum of nisaab of zakaat over and above their need on the day of Eidul Fitr
3. If the Sadaqatul Fitr is not paid on the date due then the reward for it is lost but the obligation remains.
4. The fidyah for lost fasts (expiation) is calculated at the rate of the Sadaqatul Fitr per day of fasts missed.

MEDICAL BENEFITS OF FASTING

BY SHAHID ATHAR, M.D.

Most Muslims do not fast because of medical benefits but because it has been ordained to them in the Quran. The medical benefits of fasting are as a result of fasting. Fasting in general has been used in medicine for medical reasons including weight management, for rest of the digestive tract and for lowering lipids. There are many adverse effects of total fasting as well as so-called crash diets. Islamic fasting is different from such diet plans because in Ramadan fasting, there is no malnutrition or inadequate calorie intake. The caloric intake of Muslims during Ramadan is at or slightly below the national requirement guidelines. In addition, the fasting in Ramadan is voluntarily taken and is not a prescribed imposition from the physician.

Ramadan is a month of self-regulation and self-training, with the hope that this training will last beyond the end of Ramadan. If the lessons learned during Ramadan, whether in terms of dietary intake or righteousness, are carried on after Ramadan, it is beneficial for one's entire life. Moreover, the type of food taken during Ramadan does not have any selective criteria of crash diets such as those which are protein only or fruit only type diets. Everything that is permissible is taken in moderate quantities.

The only difference between Ramadan and total fasting is the timing of the food; during Ramadan, we basically miss lunch and take an early breakfast and do not eat until dusk. Abstinence from water during this period is not bad at all and in fact, it causes concentration of all fluids within the body, producing slight dehydration. The body has its own water conservation mechanism; in fact, it has been shown that slight dehydration and water conservation, at least in plant life, improve their longevity.

The physiological effect of fasting includes lower of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure. In fact, Ramadan fasting would be an ideal recommendation for treatment of mild to moderate, stable, non-insulin diabetes, obesity and essential hypertension. In 1994 the first International Congress on "Health and Ramadan", held in Casablanca, entered 50 research papers from all over the world, from Muslim and non-Muslim researchers who have done extensive studies on the medical ethics of fasting. While improvement in many medical conditions was noted; however, in no way did fasting worsen any patients' health or baseline medical condition. On the other hand, patients who are suffering from severe diseases, whether diabetes or coronary artery disease, kidney stones, etc., are exempt from fasting and should not try to fast.

There are psychological effects of fasting as well. There is a peace and tranquility for those who fast during the month of Ramadan. Personal hostility is at a minimum, and the crime rate decreases. This psychological improvement could be related to better stabilization of blood glucose during fasting as hypoglycemia after eating, aggravates behavior changes.

Recitation of the Quran not only produces a tranquility of heart and mind, but improves the memory. Therefore, I encourage my Muslim patients to fast in the month of Ramadan, but they must do it under medical supervision. Healthy adult Muslims should not fear becoming weak by fasting, but instead it should improve their health and stamina.

DIABETES MELLITUS AND RAMADAN FASTING

Diabetes mellitus affects people of all faiths. Muslims are no exception. Many diabetic Muslims have a desire to fast during the month of Ramadan, although if they cannot for health reasons, they have a valid exemption. The dilemma for physicians and Muslim scholars is whether or not Muslim diabetic patients (1) should be allowed to fast if they decide to; (2) can fast safely; (3) can be helped to fast if they decide to; (4) can have their disease monitored at home; and (5) are going to derive any benefit or harm to their health. Fasting during Ramadan by a Muslim diabetic patient is neither his right nor Islamic obligation, but only a privilege to be allowed by his physician, at the patient's request, knowing all the dangers and assuming full responsibility in dietary compliance and glucose monitoring, with good communication between the physician and the patient.

PSYCHOLOGICAL STATE OF DIABETES DURING RAMADAN

Diabetes mellitus itself adversely affects patients' psychological states by changes in glucose metabolism, blood and CSF osmolality, needs for discipline and compliance, fear of long term complications and threat of hypoglycemic attacks and the possibility of dehydration and coma.

On the other hand, fasting during Ramadan has a tranquilizing effect on the mind, producing inner peace and decrease in anger and hostility. Fasting Muslims realize that manifestations of anger may take away the blessings of fasting or even nullify them.

Diabetics know that stress increases the blood glucose by increasing the catecholamine level and any tool to lower the stress ; ie., biofeedback or relaxation improves diabetic control. Thus, Islamic fasting during Ramadan should have a potentially beneficial effect with regard to diabetic control.



VICTORY FOR WOMEN HAZRAT AISHA SIDDIQAH ﷺ

She was the beloved wife of Rasulallah ﷺ and the daughter of Sayyidina Hazrat Abu Bakr Siddique ؓ. Her mother's name was Umm e Rooman, whose line of descendants joined with that of Rasulallah ﷺ.

She was the only spinster wife of Rasulallah ﷺ.

The Sacred Marriage

Three years after the tragic and painful death of Hazrat Khadija ؓ, Hazrat Khawla, the wife of Hazrat Usman Mazoun, suggested that Rasulallah ﷺ should remarry. In reply, Rasulallah ﷺ asked, "Who should I marry?" upon which she presented two names; one was that of Hazrat Aisha, and the other was that of Hazrat Sawda, a mother and 30 year old widow. Rasulallah ﷺ then sent Hazrat Khawla with marriage proposals to both families, and they both gave their consent.

When news reached Hazrat Abu Bakr, in his immense joy, he wished to clarify a point so he said to Rasulallah ﷺ, "I am your brother." Rasulallah ﷺ then replied, "You are my brother as far as the religion and book of Allah is concerned, and she is legitimate for me." (Bukhari)

Hearing this reply, the happiness of Sayyidina Abu Bakr Siddique was clearly visible and he gave his consent.

Hazrat Aisha, at this time, was pre-pubescent but she did not join the auspicious household of Rasulallah ﷺ till maturity.

The relationship between Rasulallah ﷺ and Hazrat Aisha was friendly, kind and loving. Of all the blessed wives, she was the closest and most favoured. She also took pride as the daughter of the first Caliph of Islam, and the only virgin wife of Rasulallah ﷺ.

Impact of marriage

This holy marriage holds a significant place in the history of Islam. For one, it reinforced the friendship between Rasulallah ﷺ and Hazrat Abu Bakr Siddique, who had always stood by his friend in hours of distress.

In addition to this, a lady of rare qualities was blessed with Rasulallah ﷺ's presence, and the opportunity to spend her youth with in the auspicious household of the Holy Prophet ﷺ.

An intellectual scholar

In interpreting religious issues, and as a jurist of Sunnah, Hazrat Aisha was and still is at the forefront. Imam Zuhri said, "Hazrat Aisha was the most learned person amongst the people. Senior and learned companions used to

consult her."

* Hazrat Musa ibne Talha ؓ said, "I did never see anyone more eloquent than Aisha." (Tirmidhi, Vol 2, page 228)

* Hazrat Abu Musa Ashari ؓ said, "We faced no difficulty whose solution was not with Aisha." (Tirmidhi, Vol 2, page 228)

* Imam Zuhri ؓ said, "If the knowledge of all men and wives of Rasulallah ﷺ was put together, the knowledge of Aisha would exceed the knowledge of them all."

Thousands of Ahadith have been reported by her, and she even conveyed her decision on religious matters during the reign of the first 3 Caliphs of Islam.

In Islamic jurisprudence, the distinguished theologians and jurists like Imam Abu Hanifa ؓ and Imam Bukhari ؓ followed her principles.

Her Elevated Status

Many Ahadith demonstrate her exalted position amongst other women in Islam. Here are a few:

Rasulallah ﷺ said, "You had been shown to me for three successive nights in a dream. An angel brought you wrapped in a piece of white silk and said, 'it is your wife'. I exposed your face and there you were. Then I said, 'if this dream is from Allah, He will fulfil it.'" (Bukhari, Muslim)

* Hazrat Aisha herself reports that Rasulallah ﷺ said, "O Aisha! This is Jibreel who greets you. Aisha replied, 'be salutations and Mercy of Allah upon him.'" (Bukhari, Muslim)

Another Hadith in the same context:

"Aisha has such superiority over women as 'sareed' (a kind of food) has over other foods." (Bukhari, Muslim)

* Another Hadith also confirms her prestigious status. Hazrat Amr bin Aas said: I submitted, "O Allah's Messenger! Who amongst all the people is the dearest to you?" He said, "Aisha". I asked, "Out of the men?" He said, "Her father." (Tirmidhi)

* Rasulallah ﷺ said, "By Allah, revelation has not been revealed to me in the quilt of any of my wives except hers (Aisha)."

This Hadith emphasises the connection between Rasulallah ﷺ and Hazrat Aisha: Jibreel said, "This (Hazrat Aisha) is your wife in this world and the hereafter." (Tirmidhi)



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HAZRAT SAYYIDUNA ALI




Name and Parentage

Hadrat Ali  was born some thirty years after the birth of the Holy Prophet . He belonged to the most respectable family of Quraish, the Banu Hashim (i.e. Hashmites). His father Abu Talib was the real uncle of the Holy Prophet  who brought him up after the death of the Holy Prophet's grandfather. Ali's mother was Fatimah bint Asad, who belonged to Banu Hashim. Hadrat Ali's patronymic name was "Abul Hasan". The Holy Prophet gave him another name, "Abu Turab" which was most liked by Hadrat Ali. The Holy Prophet  took Ali in his childhood from his father, Abu Talib, and brought up him like his own son.





First youth to accept Islam



When the Holy Prophet  started revelations Hadrat Ali  was about ten years old. The Holy Prophet  disclosed his mission before Ali and he accepted it immediately, thus he became the first youth to enter the folds of Islam. When the Holy Prophet started to preach openly, he invited all of his family members to a feast and announced his mission before them. Nobody listened to him, but young Ali stood up and said, "Though my eyes are sore, my legs are thin and I am the youngest of all those present here yet I will stand by you, O Messenger of Allah." Hearing this all the leaders of Quraish laughed but Ali proved his words to be true after supporting the Holy Prophet  in his mission from the beginning till the end.

The Holy Prophet  loved him very much. The night when the Holy Prophet was migrating to Medina, his house was surrounded by the bloodthirsty tribesmen, who had plotted to assassinate him. They were ready to kill any person who came out of the house. In such a situation, the Holy Prophet  asked Hadrat Ali  to sleep in his bed. He followed the command gladly and immediately jumped in the bed.




Although the Meccans did not accept his mission, they considered the Holy Prophet the most trustworthy man of Mecca and continued keeping their trusts (cash and gold etc.) with him. It was Ali  to whom the Holy Prophet  gave the deposits to return to the owners, when he was leaving Mecca for Medina. Ali  migrated to Medina after returning the deposits.

Life in Medina



Hadrat Ali  also had the distinguished honour that the progeny of the Holy Prophet continued through Hadrat Ali's sons from Fatimah  namely Hadrat Hasan and Husain . The two children were the most beloved of the Holy Prophet .



When the Holy Prophet  went to the expedition of Tabuk in 9 A.H. he left Hadrat Ali in charge of Medina. On this some hypocrites remarked that the Holy Prophet did not like Hadrat Ali. On this the Holy Prophet  remarked, "You are in the same position in relation to me as Aaron was with relation to Moses. But the only difference is: there is no prophet after me."

His Bravery and the "Zulfiqar"





In the first battle of Islam at Badr, he was holding the flag of Islamic army. When three famous warriors of Quraish challenged the Muslims, according to Arab tradition, Hadrat Ali  along with Hadrat Hamzah  and Abu Ubaidah  accepted the challenge. He killed his opponent, Walid only with one thrust of his sword and cut


him in two pieces. Then he helped Hadrat Abu Ubaidah  to kill the next Quraishi warrior.

In the battle of Uhud when Hadrat Mus'ab bin 'Umayr , the bearer of the Islamic flag, was martyred, it was Hadrat Ali  who held it up. Seeing this one of the non-believers, Abu Sa'd challenged him. Hadrat Ali attacked him and he fell down on the ground.


In the battle of the Trench, all-Arabia fame warrior, 'Abdwood challenged the Muslims after jumping on his horse across the trench. Nobody dared to accept his challenge except Ali. The Holy Prophet  warned Ali about 'Abdwood but Ali insisted on going and fighting with him. Then the Holy Prophet  gave him his famous sword "Zulfiqar" and put a turban on his head before he went to fight with 'Abdwood. A few minutes later people saw 'Abdwood's head was cut off from his body by Ali.

The title of Asadullah

In the battle of Khaibar against Jews, the Muslims tried to conquer the strongest Jewish fort, Qumus, but were not successful in the beginning. Then the Holy Prophet  said, "I will give the command and the standard tomorrow to such a brave person who loves Allah and His Prophet and whom Allah and His Prophet love. Everybody was desiring to be that fortunate man. The people were rather surprised when the next morning the Holy Prophet  called Ali who was sick and his eyes were sore. The Holy Prophet  applied his finger, wet with his saliva, over the eyes of Ali  and they were cured immediately. Then he gave the standard, and advised him. "First of all call them towards Islam. Even if one man is guided towards Islam because of you, it would be better than red camels."

Hadrat Ali invited the Jews towards Islam. Instead of accepting the Right Path they sent their commander Marhab, the great warrior of Arabia and one of the bravest men of his time. He challenged Hadrat Ali to fight. Ali  accepted the challenge and slew him in one attack. His famous sword cut Marhab's body into two pieces.

A great scholar of Islam

The Holy Prophet  said about him, I am the city of knowledge and Ali is its gate." He was one of the great jurists among the Companions. The Holy Prophet appointed him as the Qadi (Judge) of Yemen during his life time. He was a master of Arabic and his writings were as effective as his speech.



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COMPILED BY HASINA BEGUM SAYED

Fluid balance

Roughly 60 percent of the body is made of water. Drinking enough H₂O maintains the body's fluid balance, which helps transport nutrients in the body, regulate body temperature, digest food, and more.

Calorie control

Forget other diet tricks—drinking water could also help with weight loss. Numerous studies have found a connection between water consumption and losing a few pounds. The secret reason? Water simply helps people feel full, and as a result consume fewer calories.

Muscle fuel

Sweating at the gym causes muscles to lose water. And when the muscles don't have enough water, they get tired. So for extra energy, try drinking water.

Clearer skin

Certain toxins in the body can cause the skin to inflame, which results in clogged pores and acne. While science saying water makes the skin wrinkle free is contradictory, water does flush out these toxins and can reduce the risk of pimples.

Kidney function

Our kidneys process 200 quarts of blood daily, sifting out waste and transporting urine to the bladder. Yet, kidneys need enough fluids to clear away what we don't need in the body.

Productivity boost

In order to really focus, a glass of water could help people concentrate and stay refreshed and alert.

Fatigue buster

Move over coffee—water can help fight those tired eyes too. One of the most common symptoms of dehydration is tiredness.

Pain prevention

A little water can really go a long way. Aching joints and muscle cramps and strains can all occur if the body is dehydrated.

Keep things flowing

Nobody wants to deal with digestion issues. Luckily, drinking enough water adds fluids to the colon which helps make things move smoothly.

Sickness fighter

Water may help with congestion and dehydration, helping the body bounce back when feeling under the weather. Just beware—drinking fluids hasn't been scientifically proven to beat colds in one swoop, so don't swap this for a trip to the doctor or other cold remedies.

Brain boost

A study in London found a link between students

bringing water into an exam room and better grades, suggesting H₂O promotes clearer thinking.

Bottoms Up—Your Action Plan

The amount of water people need per day is up for debate, but studies suggest adults need nine to 16 cups of H₂O. However this number varies depending on activity level, age, and how much water people are consuming in coffee, tea, or water-rich veggies and fruit. Here's how to keep yourself hydrated: Begin by drinking a glass of water as soon as you wake up, and 30 minutes before eating any big meal. (This will help control appetite, too.) Get in the habit of keeping a water bottle on hand at all times. And if the taste seems to bore, spice up the taste buds with a squeeze of citrus to the glass.

Side effects of not drinking water:

- Many people also suffer from stomach pain or heartburn and often it's due to lack of water... yet this simple remedy is rarely considered.
- Achy joints and muscles can also be remedied or at least alleviated by a decent water intake as it provides 'lube' and the hydration our body needs
- Headaches or migraines can be a symptom of dehydration too and can often be eliminated by drinking extra water. Often it's the toxins in our body that cause them in the first place.
- Getting enough water also aids in our circulation and the ability for our blood to transport nutrients and oxygen through out system.
- Drinking water also helps with fatigue. Try it! Next time you're feeling tired or get the mind afternoon wilting period, drink a glass of clean water (or so). You'll notice the difference.
- Believe if or not, even water retention can be eliminated by drinking more water. Yes I know it sounds ironic, but it's true.
- Irritability or depression can also be a symptom of dehydration as well as often we feel to sluggish to have the energy to feel 'alive'.
- Dry skin, constipation and even high blood pressure can also be a result of being dehydrated... even mildly.



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RAMADAAN AL KAREEM

BY MOULANA AHMED KHOROLO - SAABERIE CHISHTY DAWAH CENTRE

RAMADAAN is the month in which the HOLY QURAAN was revealed to the Prophet Muhammad ﷺ. beginning with the simple word (IQRAA) which means read. It is there for a time when Muslims reflect upon the wisdom and the guidance that comes with faith. And the responsibility that human beings have to one another and to the Almighty Allah. Like many people of different faiths who have seen RAMADAAN through our communities and families, we all know this auspicious month to be festive time. A time where families gather and meals are shared. We also know it to be the month of intense devotion and reflection, it is the month in which Muslims fast throughout the day and stand at night offering TARAWEEH prayer, reciting and listening to the entire Quraan over the course of the month. This ritual reminds us of the principals that we hold in common. And ISLAM's role in advancing justice, progress, tolerance and the dignity of all human beings. For instance fasting is a concept shared by many faiths. This is the way to bring people closer to the Almighty Allah. And those amongst us who cannot take their next meal for granted. And the support Muslims provide to others recalls our responsibility to advance the opportunity and prosperity for people everywhere. For all of us must remember that the world we want to build and the changes we want to make must begin in our hearts and our communities.

The month of RAMADAAN is a month of blessings. The companion of the Holy Prophet ﷺ Hazrat Salmaan Al-Faarsi reported that he heard the Prophet Muhammad ﷺ saying in a sermon on the last day of Sha'baan: A great month, a blessed month, a month containing a night which is better than a thousand 1000 months(LAILATUL QADR)(the night of power) has approached you people. Allah has made the observance of fasting during Ramadaan as an obligatory duty and passing of its nights in prayer as a voluntary practice, if someone draws near to Allah during it with some good voluntary act He will be like one who fulfils an obligatory duty in another month and he who fulfils

an obligatory duty in it will be like one who fulfils 70 obligatory duties in another month. It is the month of endurance. And the reward of endurance is paradise. It is a month of sharing with others and a month in which believer's provision is increased.

The saying of the Prophet ﷺ provides proof of the blessings and greatness of the month of RAMADAAN. The benefits of RAMADAAN can be obtained only by those who sincerely fast during the whole of this month.

Fasting is the best way of developing piety (taqwa) in Muslims. It is a source of safety from sins and protection from the fire of hell for a Muslim. Fasting develops self discipline, self control and helps to overcome selfishness, greed, laziness and other faults. It gives us the feeling of hunger and thirst. We experience for ourselves what is like to have an empty stomach. This develops our feeling for the poor and hungry people. And it teaches us to control the love of comfort. Remember fasting is a shield against acts of disobedience in this world and against the fire in the hereafter.

The month of RAMADAAN gives the energy to restrain ourselves which is the quality of a true Muslim. And will create love and sympathy amongst us. We must fast during this month. Do as many good deeds as we can and develop in ourselves self-control, not only from food, but from all evil temptations as well, we must also change hatred and enmity into love, forgive one another and try our best to help the poor and the needy in every way. In this month the gates of hell are closed but the gates of paradise remains open.

We make dua to ALLAH to give us the power of making the best of this month.

On behalf of SAABERIE CHISHTY DAWAH CENTRE staff and students including the community of DRIEZIEK ORANGE FARM I would like to extant best wishes to all Muslims throughout SOUTH AFRICA and around the WORLD. RAMADAAN MUBARAK TO ONE AND ALL



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TAKING THE EYE OFF THE BALL

BY FAIZEL KHAMKAR

The FIFA soccer scandal is the topic of discussion in almost every household and at social events. The main reason for these wide discussions is because soccer has become an obsession in most people's lives. It is this obsession that has blurred the real issue. A British journalist who had investigated the affairs of FIFA had in 2006 found widespread corruption. This investigation had related to periods prior to 2006 which would then have included the world cup held in the United States of America. He was effectively sidelined and his report kept out of the broader public's eye. Fast forward nine years and suddenly we have an "international crisis" on our hands.

Soccer stars such as Messi and company divert the attention of the masses from the real issues. This then gives a different meaning to the term "the people's game". The question as to who benefits and who pays for the benefit must be examined. The source of the funds are from the consumers or the ordinary man in the street who either supports soccer by paying for tickets, soccer shirts or other items, support the sponsors of soccer and pays for the cost of media coverage in some or other form. These source of funds work their way up from the masses to the financial supporters (who are in fact in a very profitable business of sport) and then upwards to the hierarchy of soccer. Other beneficiaries are the players, who are in receipt of obscene salaries, officials and other bit players. Governments are also assured of a share of the income. The amounts are huge and beyond the ability of many to even consider let alone calculate.

The above example makes it clear that those with political agendas, self enrichment, power hungry pursuits, and seekers of fame will find the conducive environment within which to operate within FIFA structures. This effectively summarises the real issues surrounding the scandal. A little expansion on this summary will clarify the matter in the minds of some of the doubters.

It was a known fact based on an independent from as early as the year 2006 that FIFA was seeping with corruption, however at that stage the primary benefactors were the first world. This however changed that with the next twenty years of world cup finals to be staged in countries other than the strong

domain of financial manipulations. The prestige associated with these events was effectively taken away from these countries in a most bitter way that is democratically. The process may have been flawed but which democratic process has been proven to be one hundred percent flawless? The answer: none. The countries that cried foul attempting to use all forms of pressure in an attempt to change this situation was the USA, Britain (both had their bids failed), France (the eternal happy lapdog) and Australia (whose bid also failed). There even a threat of a boycott as the weather conditions of Qatar (one of the host winning nations) was declared unsuitable for their players to participate in. This threat highlights that the greatness placed on their price assets must be questioned. Greatness is measured by being able to partake in the field of greatness despite the conditions. It came as no surprise that after all the moaning and groaning and threats bore no fruits a legal route was followed. The challenge will be if they dare investigate the 2006 world cup bid by Germany and the world cups hosted by both Britain and the USA.

Whenever money is involved at a scale as the games organized under the FIFA banner the shady characters would naturally follow. This is not unique to only soccer but to all facets of big business ventures. The surfacing of Jack Warner and Chuck Blazer (an American: surprise-surprise) as the key to unlock FIFA and bring about much needed changes came as no surprise. Jack Warner is that same political figure that diverted funds due to the Haiti earthquake disasters to his personal coffers. Chuck Blazer is no more than a lapdog of Warner who in South African terminology can best be described as "saam gekom with a price". This methodology of releasing the legal pressure to obtain other agendas is well known and a subversion of justice. The use of known criminals to obtain maximum benefit for the Americans continues and brings to the fore that criminals will recognize their own kind. It is this method that the Americans place their hope to ensure that sports do not fall in the control of neither third world countries nor that they benefit duly. Why is the role of big business of the radar?

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

RAMADAN ACROSS THE GLOBE

With the blessings of the Holy Month of Ramadan once again upon us, we take a break from our usual international news focus to find out how different cultures across the world celebrate the auspicious month, and how others will face the month with tenacity, despite finding themselves in untenable situations.

The diet and traditions may differ in various regions of the world, but one thing remains as common as the solidarity displayed by Muslims across the globe in Ramadan when breaking the fast - the traditional water and dates as used since the time that fasting in Ramadan was first initiated. After that, the meals will differ as much as cultures differ on the various continents.

In some countries, especially in the Middle East, Ramadan is a season for huge festivity, especially at night as street vendors prepare special foods and treats unique to the occasion for each country, just as haleem has become a tradition for South African Muslims. In Egypt, it will be ful medames (slow-cooked fava beans); In Ethiopia harira (lamb and chickpea stew); in Algeria lham lhalou (lamb stewed with prunes); and in the Indian subcontinent pakora (vegetable fritters). Also popular for Iftaar in their respective countries are Nigerian akara, Ethiopian doro wett, Lebanese baba ghanouj, Indonesian nasi goreng, and Malaysian chicken curry. South Africa too has developed its own traditions for Iftaar, with households

spending weeks ahead of the month preparing all sorts of savouries, including pies and samoosas, to be kept in freezers and prepared as the month progresses.

Sweets are very popular during the holy month all over the Muslim world, as they are in Turkey, where the tradition of inviting friends and family over for Iftaar has been a centuries-old custom, adapted in many other countries as well.

In Palestine, children set off fireworks to mark the beginning of Ramadan, while in major cities in several Middle Eastern countries the ancient tradition of firing a cannon to signal the end of the fast still continues today, despite the advent of technological advances such as sirens. Countries like Egypt and Turkey also decorate mosques with bright lights and illuminated messages from the Quran. In Indonesia, musicians march through the streets beating drums and singing devotional songs. Lanterns displayed in public places in Egypt even play popular music.

But it is not a time for noisy and joyous celebration everywhere. For many in troubled Muslim countries such as Palestine, Syria, Iraq, Libya, Afghanistan and Pakistan, the political turmoil and bloodshed is often temporarily forgotten, with militant groups sometimes even calling a respite or truce during the month, but in many areas this goes on unabated. Hundreds of thousands of Muslims in many areas of the world are far less fortunate than those who welcome Ramadan and go all out to

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spend whatever they can in celebrating the month. In refugee camps across the world, families who have fled their homes amid the fighting or in search of a better life will gather around cloths or newspapers spread out on floors, dependent totally on the generosity of well-wishers and donors to have something to break their fast with. Fortunately, there are many humanitarian organisations that intensify their efforts during this month to ensure this. In France for example, since 1986, more than 300 meals have been served up at Iftaar time daily for destitute Muslims and non-Muslims on the streets by the organisation Graine de Solidarite, roughly translating as Food for Solidarity.

Perhaps the most troubled community this Ramadan are the minority Rohingyas, persecuted in their traditional countries of Burma and Bangladesh, as well as Muslims in some areas of China, where life has been made very hard for them to practice their religious beliefs. But despite the hardships, including in many areas of Africa, there will always be that one element of Ramadan permeating even these communities - the spirit of caring and sharing that is part of the essence of Islam, intensified during Ramadan.



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