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*In your sujood, may the Light find you,
praying in the intimacy of your heart's mihrab.
May your forbearing silence, your feebleness,
lure a gaze of compassion from the Lord of all riches.
Consoling that slave who falters, but rises,
hopeful of forgiveness instead of banishment... who believes!*

RAMADAAN KAREEM ❤️

A DOCTOR'S HINT FOR FASTING

DR FAROUK HAFEEJEE -IMA- SOUTH AFRICA

AVOID:

Fried and fatty foods. Foods containing too much sugar. Over-eating especially at suhoor. Too much tea at suhoor: Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.

EAT:

Complex carbohydrates at suhoor so that the food lasts longer making you less hungry. Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium. Almonds are rich in protein and fibre with less fat. Bananas are a good source of potassium, magnesium & carbohydrates.

DRINK:

As much water or fruit juices as possible between iftar and bedtime so that your body may adjust fluid levels in time.

Common health issues faced in Ramadhan, their causes, and their remedies:

CONSTIPATION:

Constipation can cause piles (haemorrhoids), fissures (painful cracks in anal canal) and indigestion with a bloated feeling. Causes: Too much refined foods, too little water and not enough fibre in the diet.

Remedy: Avoid excessive refined foods, increase water intake, use bran in baking and brown flour when making flatbread.

INDIGESTION AND WIND

Causes: Over-eating. Too many fried and fatty foods, spicy foods, and foods that produce wind e.g. eggs, cabbage, lentils. Carbonated drinks like Cola also produce gas.

Remedy: Do not over-eat, drink fruit juices or better still, drink water. Avoid fried foods, add ajmor to wind-producing foods.

LETHARGY ('low blood pressure')

Excessive sweating, weakness, tiredness, lack of energy, dizziness, especially on getting up from sitting position, pale appearance and feeling faint are symptoms associated with "low blood pressure". This tends to occur towards the afternoon.

Causes: Too little fluid intake, decreased salt intake. Remedy: Keep cool, increase fluid and salt intake.

Caution: Low blood pressure should be confirmed by taking a blood pressure reading when symptoms are present. Persons with high blood pressure may need their medication adjusted during Ramadhan. They should consult their doctor.

HEADACHE:

Causes: Caffeine and tobacco-withdrawal, doing too much in one day, lack of sleep, and hunger. Usually occur as the day goes by and worsens at the end of the day. When associated with "low blood pressure", the headache can be quite severe and can also cause nausea before Iftar.

Remedy: Cut down caffeine and tobacco slowly starting a week or two before Ramadhan. Herbal and caffeine-free teas may be substituted. Reorganise your schedule during the Ramadan to have adequate sleep.



LOW BLOOD SUGAR:

Weakness, dizziness, tiredness, poor concentration, perspiring easily, feeling shaky (tremor), unable to perform physical activities, headache, palpitations are symptoms of low blood sugar.

Causes (in non-diabetics): Having too much sugar i.e. refined carbohydrates especially at suhoor. The body produces too much insulin causing the blood glucose to drop.

Remedy: Eat something at suhoor and limit sugar-containing foods and drinks.

Caution: Diabetics may need to adjust their medication in Ramadhan. Consult your doctor.

MUSCLE CRAMPS

Causes: Inadequate intake of calcium, magnesium and potassium foods.

Remedy: Eat foods rich in the above minerals e.g. vegetables, fruit, dairy products, meat and dates. Caution: Those on high blood pressure medication and with kidney stone problems should consult their doctor.

PEPTIC ULCERS, HEART BURN, GASTRITIS AND HIATUS HERNIA

Increased acid levels in the empty stomach in Ramadhan aggravate the above conditions. It presents a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, coffee, and Cola drinks worsen these conditions. Medications are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadhan.

KIDNEY STONES

Kidney stones may occur in people who have less liquids to drink. Therefore, it is essential to drink extra liquids to prevent stone formation.

JOINT PAINS

Causes: During Ramadhan, when extra Salaah are performed, the pressure on the knee joints increases. In the elderly and those with arthritis, this may result in pain, stiffness, swelling and discomfort.

Remedy: Lose weight so that the knees do not have to carry any extra load. Exercise the lower limbs before Ramadhan so that they can be prepared for the additional strain. Being physically fit allows greater fulfillment, thus enabling one to be able to perform Salaah with ease.

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WHY THEY WANT PM KHAN OUT!

By: Moulana Mohammed Hoosain Noori

The prime minister of Pakistan' Imran Khan was currently facing a 'no confidence vote' scenario, a political dilemma that had placed the current government into jeopardy. In all of its history, no elected PM had ever been able to complete his or her term in office. This was either due to them being assassinated; their government being dissolved or dismissed by a higher authoritarian; being removed by their own political party or other political parties; having resigned due to the loss of control over their own political parties or administrations; their administration having collapsed and replaced with martial law; being disqualified for the contempt of court or being found guilty of corruption.

The cold war which divided the world into the western and eastern bloc, began in the year 1947, the same year Pakistan came into existence. A conflict based upon the ideological and geopolitical struggle for global influence by two superpowers, the US and the Soviet Union. Between whom there were no direct large-scale wars, but each supported major regional conflicts known as proxy wars. The US and its allies created the NATO while the Soviet Union formed the Warsaw Pact in response to NATO. For most part of the cold war, Russia's relation with Pakistan had seen its ups and downs. From 1947 to the 1950's, Russia and Pakistan were still on good terms while Pakistan was under civilian control, however, they went cold soon after the US-backed 1958 military coup occurred in Pakistan. In the 1970's, the relationship between the two had improved until the 1980's where Pakistan had supplied stinger missiles to the Afghan-Mujahidin that were backed by American aid during the Soviet-Afghan War. It was not until the year 2016 where the two countries carried out their first ever joint military drills, signed a Gas pipeline agreement from Karachi to Kasur and where Pakistan granted Russia access to a warm water port in the Arabian Sea known as the Gwadar Port. What is interesting is that the last official visit by a Pakistani PM to Russia was in the year 1999, 23 years later, all of a sudden, Imran Khan decided to visit Russia amidst the Russia-Ukraine conflict. A time where the Russian president warned the world for supporting Ukraine, it seemed as if Pakistan made it clear who it was siding with during this war or maybe trying to mend its diplomatic relationship by showing support during a difficult hour.

Despite inflation and its dire consequences the majority of the masses have shown their support for Imran Khan. What concerns many is to how the joint-opposition suddenly became the overwhelming force, while not far back, most of them were pursued for corruption. From the very beginning, Imran Khan went against the usual norm. Beginning with his justice campaign against all corrupt leaders, he made drastic changes and reforms in Pakistan. He openly declared a change of political strategy from geopolitics to geo-economics, by clearly stating that Pakistan will no longer be a partner in war and destruction but only a partner in peace and prosperity. Lastly, he fought for the cause of Kashmir and Palestine and played a key role in the Afghan peace process.

It was not until the US sought access to Pakistan's airfields - to continue pursuing their secret agenda in Afghanistan to which Imran Khan responded with an "Absolutely not!" - that pressure started to build up against him. His recent visit to Russia only aggravated this matter. After the vote of no-confidence campaign came into motion, Imran Khan declared that a foreign power had threatened Pakistan to remove him and that it was specifically linked to his visit to Russia. However, Imran Khan survived being removed and the change of regime, when the deputy speaker of Parliament blocked the no-confidence motion as unconstitutional according to Article 5(a). PM Imran Khan further advised the President to dissolve the assembly and call for re-elections. As Pakistan came into existence in the month of Ramadan, it seems as if the fate of this country will be decided once again in this very month.

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LAYLATUL QADR

BY MOULANA SHAH FAISAL KHAN

Question 1- What are the blessings of Laylatul Qadr?

Answer 1- Alhamdulillah, the blessed night of Qadr in the blessed month of Ramadhaan has many blessings. Sayyiduna Ismail Haqi ؑ has stated, "This is a night of peace, people are protected from many troubles such as illness, evil, calamities, storms, thunders, lightning and other things. In fact, everything that descends in this night contains peace, benefit and goodness. In this night the devil cannot make people do evil and no magician's magic work, this night is full of peace." [Ruh-ul-Bayaan Vol 10 page 485]

Sayyiduna Ubayd ibn Imraan ؑ said, "One night while I was making Wudhu at the Red Sea, I tasted the water which was sweeter than honey. I was extremely surprised. When I told Sayyiduna Uthmaan ؑ about it, he said, 'Oh Ubayd, it would be Laylatul Qadr'. He further said, 'Whoever spends this night remembering Allah it is as if he worshipped for more than a thousand months and Allah will forgive all his sins.' [Tazkira-tul-Wa'izin Page 626]

Question 2- What are the signs of Laylatul Qadr and why was Laylatul Qadr kept a secret?

Answer 2- Sayyiduna Ubadah bin Samit ؑ asked the Noble Prophet ﷺ about Laylatul Qadr. Rasoolullah ﷺ replied, "Laylatul Qadr is in the odd nights of the last ten days of Ramadhaan, i.e. 21st, 23rd, 25th, 27th, 29th or the last night of Ramadhaan, whoever worships in this night with faith in order to earn reward will be forgiven for all his previous sins.

Some of its signs are as follows:

- * the night will be open, bright and extremely clear
- * it is neither too hot nor too cold
- * the weather is quite normal on this night
- * the moon is clearly visible
- * the devils are not struck with stars the whole night.

One of the reasons why Laylatul Qadr was kept a secret, because it is as if Allah says, "I kept this night a secret so people would struggle hard to acquire it and earn reward for their struggles."

Question 3- What should you do on Laylatul Qadr?

Answer 3- Mother of the Believers Sayyidatuna Ayesha Siddiqah ؓ narrated that she asked the Prophet of Mankind, the Peace of our hearts and minds, Most Generous and Most Kind, ﷺ, "Ya Rasoolullah ﷺ! what should I recite if I find Laylatul Qadr?" The Holy Prophet ﷺ replied, "make this Dua:

Allahum innaka A'fuwun Tuhibbul Afwa Fa;fu Anni

اَللّٰهُمَّ اِنَّكَ اَعْفُو تَحِبُّ الْعَفْوَ فَاعْفُ عَنِّيْ

O Allah You are Most Forgiving, You love Forgiving, therefore forgive me

RAMADAAN'S HEROES

Ramadaan marks the wisaal (death anniversaries) of many sacred personalities, including Bibi Fatimah az-Zahra ؑ the saintly daughter of the holy Prophet ﷺ, and his most honoured wives Bibi Khadija-til-Kubra ؑ and Bibi Aa'isha Siddiqah ؑ. 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 ؑ, 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 Islams 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 ؑ)

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!

THREE ASHRAS OF RAMADAAN AND THEIR DUAS

1. First Ashra - Days of Mercy

Rabbigh Fir war ham wa Anta Khairur Rahimeen

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِينَ ط

O ! My Lord forgive and have Mercy and
You are the Best of Merciful

2. Second Ashra - Days of Forgiveness

**Astagh Firullah Rabbi Min Kulli Zambiw
Wa Atubu Elay**

اَسْتَغْفِرُ اللهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ ط

"I seek Forgiveness from Allah, my Lord,
from every sin I committed"

3. Third Ashra - Days of Seeking Refuge

Allahumma Ajirni Minan Naar

اَللّٰهُمَّ اَجِرْنِيْ مِنَ النَّارِ ط

"O Allah! Save me from the Hell - Fire."

Erdogan's Israel Outreach is Questionable

By: Iqbal Jassat



"The Palestine policy is our red line. It is impossible for us to accept Israel's Palestine policies. Their merciless acts there are unacceptable," President Tayyip Erdogan told reporters after Friday prayers in Istanbul.

That was in December 2020.

Fifteen months later, notwithstanding the fact that Israel's "merciless acts" Erdogan found "unacceptable", has escalated in vicious ferocity across Gaza and the Occupied Palestinian Territories (OPT), he ignores his own "red lines" by making a huge somersault.

Rolling out the red carpet for Israeli president Isaac Herzog on an official state visit in the capital Ankara, Erdogan proudly spoke of building a new alliance with the settler colonial regime. In making his utterances in public and in full glare of the world's media, he seemed shamelessly oblivious of his earlier commitments to Palestine.

Having repeatedly condemned Israel's occupation, Erdogan is on record as having slammed US-brokered rapprochements between Israel and four Arab countries. His attack at the time didn't sit well with the UAE, Bahrain, Sudan and Morocco who had succumbed to American pressure to "Normalize" relations with Israel.

Astoundingly and shockingly, Erdogan who had been hailed by many Muslims as a revolutionary defender of Islam and the sacred mosque in Jerusalem, Al Aqsa, has deflated those hopes.

The opponent of Israel's ethnic cleansing and "baby killer" as he famously rebuked former Israeli leader Shimon Peres, has now openly embraced the current leader of the same regime, despite the fact that there has been no letdown in the killing and murders of Palestinians including babies.

Though Turkey has always had ties with the Zionist regime, the crunch came during 2010, when Israeli forces raided the Mavi Marmara ship, part of a flotilla sailing to break the siege on Gaza, and cold bloodedly killed 10 civilians.

This brazen act of murder in international waters, led to Erdogan freezing ties, not severing relations, but soon thereafter in 2016, saw the return of ambassadors following a deal to "reconcile", which in fact was a sellout of the justice sought by families of Mavi Marmara victims.

However two years later, it collapsed when more than 200 Palestinians were killed by Israel over a period of several months in Gaza. This period was known as the "Great March of Return" during which Palestinian refugees led weekly protests demanding right to return to their homes and lands in Israeli occupied areas, from where their families were forcibly expelled in an orgy of ethnic cleansing during 1948.

The protesters also demanded an end to Israel's illegal blockade imposed on Gaza, rendering it as the world's largest open air prison, and which remains under siege to this day.

So while the horrible oppressive situation Palestinians find themselves in has in fact gotten worse, Erdogan's move to embrace the most extremely racist governments of the settler colonial regime, is worse than mere betrayal.

Palestinians under siege in Gaza as well as those under military occupation in the West Bank and in Jerusalem, in addition to millions of refugees in camps dotted around the Arab world, who collectively may have held out hope that Turkey under Erdogan's leadership would leverage his position to advance their just cause, cannot be blamed if they now view him as a traitor.

His act of somersault is in effect much worse than the politics of "Normalization" by Morocco, Sudan, Bahrain and the UAE. These four are largely unelected despots lacking any democratic credentials and known to be American surrogates. Though Sudan's history may differ slightly, the current coup and deals arising therefrom with the US and Israel, places it in the US/Zionist camp.

What is worse for Erdogan is that the pomp and glory he accorded Herzog, needs to be explained in the context of a growing international push to impose sanctions on Israel. The BDS movement provides the global community a platform to activate boycott campaigns in much the same way that the Anti-Apartheid movement mobilised against white supremacy in South Africa.

That he has chosen to embark on this disastrous route in a political climate that is extremely unfavourable to Israel given the overwhelming number of damning findings by human rights organizations against Israel's inhumane policies and atrocities, makes Erdogan's decision questionable.

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CREATING A REFUGEE PROBLEM

By: Faizul Khamker

The Ukrainian conflict has once more raised the question of refugees. This awareness has however highlighted two aspects, namely the humanitarian crisis globally and the naked racism in the disparity of dealing with this matter. A refugee is one who had to flee his/her country because of war, conflict, persecution or gross human right abuses. The greatest number of refugees are victims of the geo-political environment and had no making in the crises which forced them to flee. It is common that the refugees leave their homeland with either very little or no possessions or wealth.

The United States and its Western allies undoubtedly caused the greatest number of conflict globally resulting in the largest amount of refugees being a direct result of their actions. We only have to look at the Middle East, Africa and South America. Sadly, despite their rhetoric these conflict is created by hedonistic agendas fuelled by greed and the need to obtain and exercise power. It is clear that these actions, amongst others, that political leadership lacks a moral compass. Most of these leaders however came to leadership positions by obtaining a mandate from the people. This in turn leads to the questioning of the knowledge (or lack thereof) the moral integrity of the voters and their aspirations of those who freely and without questioning give these mandates.

There are however a number of conflict areas where a number of people are unable to flee and end up suffering a fate which should not be wished upon anyone. When looking at Yemen and Syria as examples we find mass malnutrition, starvation, ravaging diseases and homelessness. As in the case of the refugees these disasters and suffering is not the making of these victims.

There are an estimated twenty-six million refugees globally, half of which are children whilst eighty-five percent of the refugees are hosted in developing countries. In 2019 it is estimated that only half a percent of the refugees has been resettled. It is also known that the so called developed countries have confiscated (read stole) jewellery and other valuable items belonging to the refugees. Ironically it is the same developed countries that caused this severe hardship who callously turn a blind eye to assist these innocent victim hiding from the reality of their actions. These actions fuel the idea of the eugenics agenda. This is as morally unexplainable as the United States stealing the wealth of the Afghani's who are under extreme social problems, created by the United States, and the probable starvation of many children did not even touch their conscience. Callous actions like these also causes a refugee problem.

The traditional media, who despite their rhetoric of pushing for fairness and justice is explicitly a partner in the disaster. We have not only witnessed the blatant racist and biased reporting in the Ukrainian conflict, a repetition of past conflicts, but the propagating of an escalation of the conflict. The ineptness and hidden agendas of these media houses has been mentioned numerous times. Despondently these agendas are lapped up by the masses who are unable to see through the manipulation. An example of this is the reporting of the first journalist who had been killed in the Ukrainian crises, it was discovered that he was also the first fatality as a journalist in the Afghanistan conflict on the 16th August 2021. This kind of false reporting to reach out to the emotion is unprofessional and offensive at the same time producing negative reactions.

Expecting various NGO's to keep pouring resources into this issue is not sustainable nor is it a long lasting holistic solution. It can be equated to pouring money in a sieve. The problem must be tackled and eradicated at its roots. This would entail educating the masses on what ethical leadership must be, the critical lessons of peace, the need to respect territorial integrity and critical analysis of media reports. When this happens, and by no means is this an easy road, then only will true leaders be born. Failure to do so will lead to anger and frustration and the resultant push back will create the "terrorist" excuse to take immoral actions by the Western leaders which in turn will lead to exacerbating the refugee crises.

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Ramadan and Zakaah: Will NGOs Challenge US Empire?

By: Iqbal Jassat

The dawn of Ramadan 2022 (1443 AH), will be marked in South Africa and the rest of the world with a great deal of religious zeal. For Muslims this annual event is a time of heightened spirituality, to inculcate deep consciousness of life and the inevitability to death.

For South Africa, a country faced with huge socio-economic challenges given the disparities between rich and poor, Ramadan is traditionally the month in the Islamic calendar when an important pillar of faith known as Zakaah, is activated.

Revenue raised for distribution to victims of poverty during this period is a remarkable testament to Islam and the selflessness of believers in their enthusiasm to discharge the obligation of Zakaah.

Islam being universal, it stands to reason that Muslims as part of the global Ummah (Community of believers), will in addition to providing relief within South Africa, reach out to as many deprived across the continent and beyond.

They will be mindful too of the devastation caused by America and allies, ironically including so-called Muslim countries such as House of Saud and the UAE, through illegitimate wars. The mass displacement resulting thereby in war-ravaged Afghanistan, Libya, Syria, Somalia, Yemen and elsewhere, has compounded the dire conditions of malnutrition facing millions.

In other words, a tragedy of impoverishment emanating from human agency, not natural disasters. Sadly, Muslim victims of US imperialists in league with many of the wealthiest Muslim dictators, have become destitute and in need of aid.

The humanitarian crisis facing people in the heartland of Islam, is a direct result of greed by former Western colonialists and hordes of corporate conglomerates bent on exploitation in the name of "democracy".

Regrettably, Muslim relief aid organizations, and South Africa boasting of hundreds dotted across the main capitals, seldom if ever speak to the immense destructive role of the West and their surrogates in creating conditions of misery and poverty.

Humanitarian assistance becomes a necessity. An imperative. However it will remain a one-way street if the causes of human suffering are either ignored or sidestepped.

Indeed the post-9/11 era which unleashed a climate of fear, led to many NGOs shutting out recipients in war-torn countries, unfairly designated as "terrorists". American inspired counter terrorism legislation ensured that aid to those the US Empire

deemed to be enemies and proscribed as such at the stroke of a pen without any regard to due process, became criminalised.

For instance if group X in Iraq or Afghanistan is outlawed by the Empire, your discharge of Zakaah to the community it takes care of, becomes a criminal offence.

The web of draconian laws have had a terrible effect on the Muslim Ummah's ability to freely distribute Zakaah in regions of the world most affected by US/NATO wars.

Ramadan 2022 is an opportunity to reflect on the unjust policies of Western European countries in not only fuelling Islamophobia but also depriving aid to victims of their military aggression.

It requires a paradigm shift by Muslim relief aid organizations to alter the one-dimensional approach by confronting perpetrators of wars leading to invasions and occupation resulting in mass starvation.

It is not an exaggeration to suggest that the overarching reach America had in South Africa and elsewhere, by imposing its worldview under the rubric of the discredited "War on Terror", has sought to tarnish Zakaah.

American neoconservatives who along with Israel's lobbyists formed the nucleus of decision making in fuelling the Empire's appetite for military hegemony, have not disappeared even though electoral victories swing from Republicans to Democrats.

They remain opposed to Muslims engaged in resisting them, but embrace despots and unelected tyrants as "Good Muslims". With their hands on the levers of economic power, American neocons and the entire military industrial complex, manipulate political outcomes as well as economic performance of many countries.

Unless Muslim NGOs in the field of welfare and humanitarian assistance adopt strategic plans to overcome American diktats, Zakaah distribution will be held hostage to Islamophobes.

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Don't Show Your Dark Side

By: Naasik Ahmad Mohamed (Burood)

Self-control refers to your ability to manage your behavior to achieve goals, improve positive outcomes, and avoid negative consequences. Self-control is an important skill that allows us to regulate behavior to achieve our long-term goals. Not only can self-control lead to greater happiness, but it can also strengthen one's "willpower muscle" in the long term. Numerous studies have demonstrated that when an individual exercises self-control in one area, their ability to do so in all capacities are increased. Self-control is something that is sadly lacking in the developed world. Many psychologists and researchers are beginning to suggest that it is lacking because we have concentrated on developing the quality of self-esteem rather than self-control. Florida State University Professor Roy Baumeister, who has studied the topic of self-esteem versus self-control for many years, believes that self-esteem does not lead to success. He says that "Self-control is much more powerful and well-supported as a cause of personal success".

Every day we are faced with choices and challenges and every Muslim knows that this life is full of tests. These tests are designed by Allah Almighty not to make us fail, as some might suggest, but to give us more opportunities to decide on the right thing. We can choose to use our voices to praise Allah Almighty or we can use them in a derogatory manner; we can choose to go to an Islamic function or we can choose to go instead to places of vice. There is nothing to stop people from making the wrong choice except a little thing called self-control. Self-control is a value that is embedded in the religion of Islam and surely that is not a coincidence. Is it not obvious that the trait of self-control is something that Allah Almighty wants us to strive for? We are faced with choices and temptations in every direction. We are asked to control our anger and to consider our words before speaking. The month of Ramadaan is an exercise in self-control. We abstain from food and fluids from dawn to sunset. We might be hungry and thirsty but we exercise self-control to please Allah Almighty and to build our resilience. Following our desires is not something that Islam encourages. Allah Almighty mentions in the Holy Quran: "And who is more astray than the one who follows his desires and separates from the guidance of Allah Almighty. Undoubtedly Allah Almighty does not guide the unjust people" (S 28: V 50). Islam asks us to follow a path to success and it defines success as pleasing Allah Almighty and His beloved Rasool (Sallallahu Alayhi Wa Sallam), and being rewarded with a blissful life in the Hereafter. If we do not exercise self-control eternal success will be very difficult to achieve. Islam does not ask us to live a miserable life waiting for an eternally blissful one but it does ask us to delay immediate gratification that sometimes comes from giving in to the enticement, in favor of a better reward later.

In 1972, an experiment was conducted and led by psychologist Walter Mischel, a professor at Stanford University. This experiment was called the 'Stanford marshmallow experiment'. The study was on the concept of delayed gratification. In this study, children were offered a choice between one small but immediate reward or two small rewards if they waited for some time. During this time, the researcher left the room for about 15 minutes and then returned. Later when the children were revisited as adolescents it was found that those who delayed gratification were described by their parents as having the ability to plan, handle stress, and concentrate without becoming distracted, and they exhibited self-control in difficult situations. When they were revisited in their 40s, those children who were unable to delay gratification in the marshmallow test performed poorly on set self-control tasks. Self-control, according to Professor Roy Baumeister, means the ability to delay gratification, but that is not all. It also brings about counterattacking short-term enticements to meet long-term goals and the ability to employ a "cool" cognitive system of behavior rather than a "hot" emotional system. Self-control, Professor Baumeister says is synonymous with self-regulation, and self-regulation means changing responses based on some rule, value, or ideal. For Muslims that value or ideal is the way of life known as Islam. The Holy Prophet (Sallallahu Alayhi Wa Sallam) had mentioned many things on the subject of anger. His thoughts and recommendations echo perfectly with the discussion of resisting short-term temptations to meet long-term goals. Prophet Muhammad (Sallallahu Alayhi Wa Sallam) tells us to use self-control and respond to the source of our anger with a cool cognitive approach rather than a hot over emotional response. The hot or emotional response is often the one we resort to most easily and just as often it usually leads to a less desirable outcome. Increasingly modern studies suggest that people who consistently have a hot response should be offered ways to cool down their response. Nabi (Sallallahu Alayhi Wa Sallam) has said: "The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger" (Bukhari – 6114). From this Hadith, we are told that it takes a strong person to have self-restraint when they are angry and that self-control is a desirable quality for a believer to aspire to.

Self-control can be described as what people use to restrain their impulses and desires. It is the capacity to override one response with another. The 21st-century world of psychology sees this as being a very desirable trait and one that those who wish to be successful should cultivate and exercise. Always remember that we need self-control in an out-of-control world.

NATIONAL INDEPENDENT HALAAL TRUST



***"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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MEDICAL BENEFITS OF READING THE HOLY QURAN

Health Benefits of reciting the Quran is not a mystery anymore. There are many research and studies regarding health benefits and healing methods through a reading of the Holy Quran. In fact, The Holy Quran also has many spiritual, mental, and other benefits too.

Health Benefits Of Reciting Quran

Quran is the Holy book of Islam. It's a book in which there is no doubt. Above all, contain the message of Allah for humanity. Allah preached Islam through this Holy book. Most importantly the Holy Quran guides us about every role of Life.

Muslims believe in the afterlife. The Holy Quran also guides us in every step of Life. Above all, it also guides us towards the righteous path.

As Muslims, it's certainly the most sacred book. Besides, the Holy Quran has many social, spiritual, and other benefits too. Let's find out what are the health benefits of reading the Quran regularly.

Health Benefits Of Reciting Quran Regularly

The Holy Quran has multiple miracles for believers. It's regularly read by Muslims for safety, blessings, and also for forgiveness. There are also multiple health benefits and rewards for reading the Quran regularly.

"Abdullah Ibn Mas'ud said that he heard the Messenger of Allah (peace and blessings of Allah be upon him) as saying: "There are two cures for you all: Honey and the Qur'an." [Hakim, Ibn Abi Shaybah, Tabarani, Bayhaqi]"

Mental Illness

Reading of the Holy Quran has highly positive effects on the human mind. Quran is originally in Arabic. In fact, reading the Arabic language has multiple mental benefits too. Regular Quran reading is also a great mental exercise. It is one of the major health benefits Of reciting the Holy Quran regularly.

Above all, Our mind needs continuous exercise. Reading is a great exercise especially Arabic which is an unfamiliar language. Understanding Arabic can open our mental capacity. Generally, the human mind has a lot of capacity. In fact, we can only utilize more capacity by expending mental ability.

Mental illness creates a lot of problems in fact. Quran's regular reading can save you from mental illness. It's certainly a great blessing as the brain is the fundamental part of our body. It controls our emotions, fear, and above all our memory too.

Hypertension Diseases

One of the major diseases that cause many deaths is known as Hypertension. This disease is because of extra tension and high blood pressure issues. Research shows that the regular reading of the Quran assists against hypertension diseases.

This regular hypertension can cause multiple vascular issues. It

can further cause multiple other body damages. Regular reading of the Holy Quran saves you from tension. In fact, it assists you in controlling the blood circulation of your body. Above all, it's create balance and stability in your body.

Most importantly it assists you in controlling emotions. You will feel more relax and calm in fact. These diseases are one of the top-rated diseases. They cause a lot of deaths all over the world. Now we can get better control of ourselves through regular Quran reading.

Better Memory

Memory is very important in our day-to-day life. Every day we used to deal with multiple things based upon our memory. The brain part which controls memory also needs regular exercise and relaxation. Today, there are millions of people all around the world who memorize the complete Holy Quran.

Reading and memorizing the Holy Quran keep our minds relax and fit. Above all, it sharpens our memory and makes our brain more strong. Most importantly, Quran reading provides us inner satisfaction.

"Ali ibn Abi Talib, may Allah be pleased with him, said: "Five things remove forgetfulness and increase the memory and remove phlegm: (1) the tooth stick (miswak), (2) fasting, (3) the recitation of the Qur'an, (4) honey and (5) frankincense." [Bayhaqi, Daylami, and others]"

Spiritual Health Benefits

"And We are sending down in the Qur'an what is healing and mercy for those who believe [...]" (al-Isra', 17:82)"

The Holy Quran is itself a healer. It's widely used for different spiritual and health problems too. Above all, consider The Holy Quran as the most spiritual healer against all major diseases. Most importantly, the Holy Quran has a solution regarding all spiritual and health problems.

"O mankind! Surely, there has come to you a (heart penetrating) counsel from your Master and a cure for all those (diseases) which are (hidden) in the chests. And it is guidance and mercy for those who believe. (Yunus, 10:57)"

Anxiety and Depression

Anxiety and depression are some of the biggest diseases of today's times. Today we are in 21st, century. There are a lot of problems around us. The world is quick now and people are always running out of time. Above all, people also need some relief and relaxation too.

Recitation of the Holy Quran is a form of mystical music that contributes to the release of endorphins by stimulating alpha brain waves. Therefore, it enhances the stress threshold, removes negative emotions, and creates a sense of relaxation.



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Great Women in Islam

By: Shireen Ismail

Sayidah Khadija Bint Khuwaylid (RA) - The Purified

Sayidah Khadija (Radi Allahu Anha) was known in the community of Mecca as At-Tahira, 'the pure one'. A woman of great integrity, intelligence, wisdom, and immense spirituality. The prominent lady was a virtuous wife who established a happy home for Nabi Muhammad (ﷺ) and provided love, wealth, support, assistance, and comfort during difficult times. Sayidah Khadija (Radi Allahu Anha) was compassionate, affectionate and would ease the causes of worry for her husband at the beginning of the Islamic mission. When Nabi Muhammad (ﷺ) received the first revelation of the Quran, overwhelmed by the experience, rushed home to Sayidah Khadija (Radi Allahu Anha) and told his wife to cover him with a blanket. Sayidah Khadija (Radi Allahu Anha) held Nabi (ﷺ) close, reassured and consoled him and expressed kind words, "Expect good news for Allah will decree good for you." Sayidah Khadija (Radi Allahu Anha) was the first to embrace Islam and stood firmly in her support of her husband's mission. Despite the hardships and being ostracised Sayidah Khadija (Radi Allahu Anha) was Nabi Muhammad (ﷺ)'s constant companion and confidante, faithfully dedicated and devoted to her husband and the prophetic mission. When Sayidah Aisha (Radi Allahu Anha) questioned Nabi Muhammad (ﷺ) on the extent to which Sayidah Khadija (Radi Allahu Anha) was continued to be remembered and missed, the reply was, "She embraced Islam when people disbelieved me, and she helped me in her person and her wealth when there was no one else to lend me a helping hand. I had children only from her".

Sayidah A'ishah Bint Abu Bakr (RA) - The Truth Testifier

Sayidah A'ishah (Radi Allahu Anha) was the beloved daughter of Nabi (ﷺ)'s closest friend, Hazrat Abu Bakr (RA). Sayidah A'ishah (Radi Allahu Anha) was engaged to Nabi (ﷺ) at an early age. Jabra'eel (AS) appeared to Nabi Muhammad (ﷺ) in a dream, carrying a bundle wrapped in red silk, saying, "This is your wife." Nabi Muhammad (ﷺ) later told Sayidah A'ishah (Radi Allahu Anha), "When I uncovered the face, I discovered it was you, so I said, 'If this is from Allah, it will be done'." It was only several years later after the Hijra that the marriage between Nabi (ﷺ) and Sayidah A'ishah (Radi Allahu Anha) occurred. Sayidah A'ishah (Radi Allahu Anha) was beautiful, delicate, noble, and extremely intelligent and grew from a young girl to the most knowledgeable and experienced woman in the presence of Nabi (ﷺ). The young wife was a source of joy and relaxation for Nabi (ﷺ) from the continuous difficulties. Sayidah A'ishah (Radi Allahu Anha) affirmed that noble qualities of character are: "honesty of speech, reliability, truthfulness and steadfastness in misfortune, the provision of protection for friend and neighbour, and readiness to give aid in the ups and downs of life, to feed the needy, to treat slaves with kindness and to revere one's parents." Sayidah A'ishah (Radi Allahu Anha)'s mental acumen enabled the

honourable lady to easily learn the Quran by heart and to memorise additional verses when revelation occurred. After Sayidah Khadija (Radi Allahu Anha), Sayidah A'ishah (Radi Allahu Anha) was Nabi (ﷺ)'s favourite wife. When Nabi Muhammad (ﷺ) was ill, the Blessed Mothers of the Believers would allow Nabi (ﷺ) to remain and rest for many hours with Sayidah A'ishah (Radi Allahu Anha).

Sayidah Fatima Bint Muhammad (SAW) – The Resplendent One

The daughter of Nabi Muhammad (ﷺ) was called the "resplendent one" (az-Zuhra) because Sayidah Fatima (Radi Allahu Anha)'s beautiful luminous face radiated with light. At prayer time the mihrab too would reflect the light of Sayidah Fatima (Radi Allahu Anha) countenance. Other names included al-Batul ("the virgin" or "the devoted one") because of Sayidah Fatima (Radi Allahu Anha)'s asceticism. Sayidah Fatima (Radi Allahu Anha) would spend many hours in prayer and worship, in recitation of the Noble Qur'an Kareem, in fasting, and in service to the growing Muslim community. The youngest daughter of Khadija (Radi Allahu Anha) and Nabi Muhammad (ﷺ) was born around the period of prophethood and grew up under the dynamic influence of the new message that was being conveyed. Sayidah Fatima (Radi Allahu Anha) would often accompany Nabi (ﷺ) when engaging the Meccan community, handling the family errands, praying at the Kaaba, or visiting Muslim friends and families, continually speaking of the new faith.

Sayidah Fatima (Radi Allahu Anha)'s fine manners and gentle speech were integral to a lovely and endearing personality. Sayidah Fatima (Radi Allahu Anha)'s was especially kind to the poor and would often give all the food to those in need and would even remain hungry. Sayidah Fatima (Radi Allahu Anha) married Hazrat 'Ali ibn Abu Talib (the son of Nabi Muhammad (ﷺ)'s dear uncle Abu Talib). Two sons were born to them, Imam Hasan (رضي الله عنه) and Imam Husain (رضي الله عنه), and two daughters, Umm-i-Kulthum (Radi Allahu Anha) and Zaynab (Radi Allahu Anha). A third child of theirs, a son, Muhsin, passed away in infancy. Sayidah Fatima (رضي الله عنها) had the ability and the sincerity to stir the emotions, move people to tears and fill their hearts with praise and gratitude to Allah (ﷻ) for His Grace and His Bounties. Sayidah 'A'isha (Radi Allahu Anha) said of Sayidah Fatima (Radi Allahu Anha): "I have not seen any one of Allah's creation resemble the Messenger (ﷺ) more in speech, conversation, and manner of sitting than Sayidah Fatima (Radi Allahu Anha), may Allah (ﷻ) be pleased with Sayidah Fatima (Radi Allahu Anha).

The Wives of Prophet Muhammad (Blessings and peace be upon him)

Women of Sufism – A Hidden Treasure



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Do you pray for **PALESTINE?**



By: Ebrahim Moosa – Palestine Information Network

As Ramadan dawns, assessments and analyses from Bayt al-Maqdis abound on the potential for underlying tensions with the Israeli Occupation to spill over again, mirroring the events of Ramadan 1442.

A key factor driving these projections is the overlap of the Jewish Passover holiday with key dates in Ramadan, and the agitation of the Zionist Temple Movement to make provocative incursions into Masjid al-Aqsa during this period.

The Israeli Occupation government appears cautious to avoid a full blown escalation in the short term, wary of a repeat of the type of gallant resistance showcased across historic Palestine last year that undeniably shook its sense of preparedness and security.

Still, say analysts, the Zionist leadership is keen to project to its constituents during this period an image of strength, demonstrating a sense of full Israeli sovereignty over al-Quds.

Israeli officials have been crisscrossing regional and global capitals seeking mechanisms for 'calm' ahead of Ramadan. At the same time, the ultra-extreme settler establishment in the Israeli State is cognisant that the Naftali Bennett government is politically weak, and is actively inciting confrontation and a violent spillover with Palestinians to embarrass, if not bring down the present government.

Sheikh Ikrima Sabri, head of the Higher Islamic Council in Occupied Al-Quds and Imam of Masjid al-Aqsa, has held the Israeli Occupation fully responsible for the consequences of its tacit intent to allow Jewish settlers to desecrate the Aqsa Mosque during Ramadan.

The Jerusalemite official warned that no one could stop the Palestinian people when they rise up to defend their Masjid.

The month of Ramadan is a period which inherently raises the

morale of Muslims globally, and in Palestine it sees an influx of yearning visitors from across occupied lands flocking to Masjid al-Aqsa.

With this burning devotion of Masjid al-Aqsa on the one hand, and an right-wing occupation authority enamoured with a settlement agenda and Judaization strategy allied with a Temple Movement on the other, a new uprising in Al-Quds is ever plausible.

On the back of the unhealed wounds of an unresolved refugee crisis, pending evictions, an unending siege, enforced family separation, mass detention, and the snail's pace of reconstruction, Palestine this Ramadan faces the prospect of encountering yet more wounds and heartbreak.

For a Muslim world looking on, Ramadan offers an ideal spiritual ambience to harness towards assistance of the Palestinians.

We are often reminded that making dua for Masjid al-Aqsa and her people is an important responsibility. Yet, beyond occasions of crisis, how seriously have we internalised this duty?

In the Sunnah we find that the Prophet Muhammad ﷺ once came across a community of people encountering a tribulation. The exhortation from the Beloved of Allah ﷺ was "Why do they not supplicate (make dua) to Allah for assistance?"

Ramadan affords the opportunity for accepted duas daily; it rouses for the Ummah the spirit of victory as attested to by its history; and it reminds the believer that a prayer for a fellow brother or sister in their absence is met with the angelic supplication of "Ameen and may the same be for you too"

Harnessing the amalgamation of these golden opportunities this Ramadan, we can collectively stir a change in destiny for the troubled Ummah, and ourselves.

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'Ameer-ul-Mu'mineen' Ali ibn Abi Talib (عليه السلام) is the 4th of the noble Khulafah ar-Rashideen and one of the most revered for his piety and knowledge amongst the leaders, scholars, mystics, and generally the followers of Islam.

To that even the Holy Prophet Muhammad (ﷺ) announced "I am the city of Knowledge and Ali is it's gate!"

Even the 1st Khalif Abu Bakr as-Siddiq (رضي الله عنه) recognised the sound judgement and intelligence of Ali (عليه السلام) by appointing him Chief of Justice, during his brief term as leader.

Most sufi orders are modelled on the character and teachings of this heroic warrior who holds many lofty titles of praise and unsurpassed excellence in rank and wisdom.

In honour of his blessed martyrdom celebrated on 21 Ramadaan, we present some of the teachings of the great 'Commander of the Believers'...

1. "The days of life pass away like clouds, so do good while you are alive."
2. "Opportunity is swift of flight but slow to return."
3. "Fear Allah (swt) and you will have no cause to fear anyone."
4. "Patience is the fruit of faith."
5. "A man's behavior is the index of his mind."
6. "Virtue never dies."
7. "Wealth and greed are the roots of all evils."
8. "The learned lives although he dies."
9. "The sum total of excellence is knowledge."
10. "To respect the learner is to respect Allah."
11. "Meet the people in such a manner that if you die, they should weep for you, and if you live, they should long for you."
12. "Don't develop friendship with the enemy of your friend; otherwise your friend will turn into an enemy."
13. "It is easier to turn a mountain into dust than to create love in a heart that is filled with hatred."

14. "If you are the recipient of kindness, remember it. If you are the giver of kindness, forget it!"

15. "Humbleness clothes you in dignity."

16. "Jealousy by a friend means defect in his love."

17. "Do not criticize too much. Too much criticism leads to hate and a bad behavior."

18. "Don't show pleasure in somebody's downfall, for you have no knowledge of what the future holds in store for you."

19. "Fear the sins that you commit in secretly because the witness of those sins is the Judge Himself."

20. "Beautiful people are not always good, but good people are always beautiful."

21. "If you don't know a thing never hesitate or feel ashamed to learn it."

22. "See the bad inside yourself, and see the good inside others."

23. "If you remember someone when you are happy, then just know that you love them and if you remember someone when you are sad then just know that they love you."

24. "Keep in touch with the one who forgotten you, and forgive those who wronged you, and do not stop praying for the best for those who love you."

25. "Through patience, great things are accomplished."

26. "Don't use sharpness of your speech on the mother who taught you how to speak."

27. "Don't hate what you don't know, for the greater part of knowledge consists what you don't know."

28. "A friend cannot be considered a friend until he is tested in three occasions: in time of need, behind your back, and after your death,"

29. "When proven wrong, the wise corrects himself & ignorant argues."

30. If one night you see someone committing a sin, tomorrow don't look at him as a sinner. He may have repented during the night and you did not know."

31. "Don't talk about your riches in front of poor"