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SAFAR 1434/2012

## GUARD YOUR IMAAN!

Avoid the office parties! Avoid mass celebrations and avoid public places as far as possible! If you have to socialise keep company with good people who respect their Islamic values.

No excuses please. As muslims you should know what you have to do and what not to do at this time. Festive Season is usually welcomed with the aplomb of some religious occasion.

Religious? Perhaps in the Shaytaani context. Lock your doors and keep the kids where you can see them. (The doors of NAFS!)

There are anti-Allah forces rampant, visible and also invisible, waiting to do a quick 'smash and grab' on your imaan and your soul. Are you available for this? Are you secretly hoping something like this could or would happen? There are those who nakedly court it, others who secretly desire it, and some (Alhamdulillah) who detest it. Where are you positioned?

Truly, what's your agenda? Just need a break, a bit of loosening up, letting your hair down? Pray there's no lasting damage! Pray its not your time!

Malakul Mauwt. In an instant you shed your imaan, and in that instant there he stands before you!

This is the season of alcohol, drugs, and promiscuity! Is this for us? Not safe anywhere and not safe the company of dubious fence-sitters.

No time for 'talk'...let's 'walk' together upon Siratul Mustaqeem!

Here, insha Allah is good company. La tah'zan Innallaha ma'anaa! al-Quran (Don't despair, Allah is with US!)

May Allah save us and our community! May Allah preserve Islam and the ummah of His Beloved Muhammad ﷺ!

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# AL-BAR'AA IBN MAALIK ﷺ

## ALLAH AND PARADISE

Al-Baraa Ibn Maalik was one of two noble brothers who sincerely served Islam. His brother was Anas Ibn Maalik, the servant of the Prophet ﷺ. Anas ibn Maalik served the Prophet ﷺ with great devotion being handed over to him ﷺ by Anas's mother at the age of ten. This gave Anas the opportunity to play a special role in the cause of Islam. Al-Baraa's life however was no less greater.

Al-Baraa was known for his motto "ALLAH and Paradise." He was a valiant warrior who partook overwhelmingly in every battle and expedition. His aim however was not victory; instead it was "ALLAH and Paradise"- martyrdom! Al-Baraa yearned for martyrdom. It was his greatest desire and lifelong dream. He welcomed death and extended an open invitation to it. He made constant dua for martyrdom. Al-Baraa was determined that he would not die in his bed but on the battlefield – ALLAH could not deprive him of martyrdom.

This longing for martyrdom made Al-Baraa a very daring and passionate warrior. Infact he was forbidden by Umar Ibn Al-Khattaab to become a leader as "his boldness, courage and search for death made it a great risk for him to lead other fighters."

In the battle of AL-Yamaamah while the Muslims prepared themselves for the battle to start, he carefully scanned the battlefield seeming to be searching for the most suitable place to be martyred. Seconds seemed like years to him as he waited.

The command was eventually given & Al-Baraa burst forward swiftly striking down the polytheists like autumn leaves. Musailamah's army was great both in number and in equipment, and posed a serious challenge to the Muslims. Their reply to the Muslim attack was so forceful that it could be transformed into an attack. The Muslims became anxious and were starting to loose courage. The Muslim leaders tried to help them regain spirit with words of encouragement. Khaalid bin Waalid called out to Al-Baraa and requested "Speak, Baraa." Al-Baraa responded with bold words. "O people of Al-Madinah! Today you have no Madinah, but it's ALLAH and Paradise !" These words were enough to revive the Muslim army. They were soon back on track and regained the advantage.

Musailamah and his army withdrew and hid in a big garden behind a wall. Al-Baraa stood on a hill and pleaded with the army "O Muslims, carry me and throw me over to them in the garden." In this way he could open the gates for the Muslims allowing them victory, and be martyred at the same time thereby achieving his own ultimate victory. He was so eager that he did not even wait for their decision. Al-Baraa climbed over the wall and jumped into the garden. He opened the gates and let the Muslims in. Al-

Baraa's plan had not however completely materialised. Even though he received over eighty strikes from the swords of the polytheists, he was not martyred. As Hazrat Abu Bakr once said, "Strive for death and you will live!" Al-Baraa had to be carefully nursed for a whole month before he began to recover.

He did not however lose hope. He was confident that ALLAH would answer his duas as it had been prophesied by the Prophet ﷺ that, "Perhaps there is a person with uncombed, dusty hair that people will not look at, but if he swears by ALLAH, he will fulfil his prayer. Among them is Al-Baraa Ibn Maalik. Al-Baraa anxiously awaited the next battle. He bravely fought the Roman and Persian empires and achieved great victories for Islam. In one of the battles the Persians barbarically used heated chains with hooks, which they threw at the Muslims from their castles. One of their hooks caught hold of his brother Anas. As the chain was boiling hot Anas could not pull the chain away. He was being pulled up the castle wall with the chain. Al-Baraa rushed towards him and without any hesitance grabbed the chain and pulled it till it broke. He had saved his brother but the flesh on both his hands had completely melted away. Even then Al-Baraa did not reach his end. He had to be nursed for another long period of time.

In the battle of Tustur Anas and Al-Baraa Ibn Maalik were amongst those Muslims fighting the Persian army. The Persian army was strong and fighting was tough. Some of the Companions remembered their Beloved Prophet ﷺ's words that the Al-Baraa's duas would be answered. They thus requested to him to supplicate to ALLAH. Al-Baraa raised his hands towards the heavens and asked "O ALLAH, render them defeated and us victorious, and let me catch your Prophet ﷺ today." Thereafter he stared for a while at his brother who was fighting nearby as if saying goodbye. The fighting intensified but the Muslim army were indeed victorious – and yes! –Finally - Al-Baraa was martyred. He laid on the battlefield with a smile on his face. His right hand clenched the dust that bore witness to his blood. "Finally the traveller arrived at his home!



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# KEEP THE SPARK OF LOVE ALIVE

By Faraz Ibn Adam

As the days come to closer to one's marriage, excitement, ecstasy and elation pump through the bride and groom. The build up to marriage is an experience of thrill and jubilation. When the marriage is solemnised, one's happiness and delight is on the verge of brimming and tipping over. When the newlywed couple meet for the first time, words cannot describe the sweetness of the bliss, serenity, pleasure and elation tasted by the two.

If every day of the marriage can mirror the first day of marriage, and every night reflect the first night of marriage, then the marriage will be a euphoric experience on this world.

The gentleness, passion, love, tenderness displayed on the first day and night of the marriage should be portrayed throughout one's life.

The first couple of months are always a 'honeymoon'. Once the couple settle down, then reality begins. Many couples fail at this point. The husband gets engrossed in his job. He comes home tired and late, feeling hungry and tired. He demands for the food and feels lazy to do anything. He eats, puts the dirty plates in the sink and lies down on the sofa. He might awaken to perform *salah* if he is conscious of *salah*. Otherwise, he wakes up later on towards the night, phones a few friends, watches TV and keeps ordering the wife to get him *x* and *y*. When it is time to sleep, the husband if he is feeling in a good mood he will have relations with his wife-but only to satisfy his needs. Once he is fulfilled, he stops and drops off to sleep. Whether the wife is satisfied or not does not even cross his mind. This becomes the routine of his life.

The wife on the other hand, she initially tries to please her husband. She slowly loses her enthusiasm as she does not receive enough attention from her husband. She cooks to please her husband. She will put effort into her food. She will try and perfect every detail in the food. The presentation, ingredients and spices are

put meticulously so they complement each other. After a while she begins to tire from this as the husband does not comment or he criticises her food. As soon as the husband goes to work, she is on the phone to her associates. She cooks, watches TV, cleans the house and enjoys her day before her husband comes home. Once the husband comes, she becomes a slave again.

This style of marriage where there is no affection shown, no real emotion transmitted from one party to the other is heading towards destruction.

The husband needs to implement the romance the Prophet *salallahu alaihi wasallam* displayed. We consider Romeo to be romantic but not the Prophet *salallahu alaihi wasallam*. If I was to say the Prophet *salallahu alaihi wasallam* was the most romantic individual, I would not be lying. Looking attentively to the biography of the Prophet *salallahu alaihi wasallam*, you will find that he was extending a great deal of respect to his wives and was displaying high attention, care and love toward them.

He was the best example for the ideal manners toward the wife. He was comforting for his wives, wiping their tears, respecting their emotions, hearing their words, caring for their complaints, alleviating their sadness, going in picnics with them, racing with them, bearing their abandonment, discussing matters with them, keeping their dignity, supporting them in emergencies, declaring his love to them and was very happy with such love.

The husband and wife have to bond with one another psychologically, physically and spiritually. Here are some attractive examples and points we need to adopt to achieve a marriage of romance:

TO BE CONTINUED

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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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# TREASURED MOMENT IN THE LIFE OF ALA HAZRAT

Once a great scholar known as Ahmed Raza (Ala Hazrat) (rahmatullah alaih) came to meet Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih). When He reached at the khutiya (Hut) of Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) he asked the khadim of Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) that he wanted to meet Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih). On which the khadim went to Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) and told him that Ala Hazrat Imam Ahmed Raza (rahmatullah alaih) wants to meet. On hearing this Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) said what he want from a fakir there are so many scholars in his khandan (Family). I don't have any thing to give him, after hearing this the khadim told Ala Hazrat (rahmatullah alaih) what Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) has told but Ala Hazrat (rahmatullah alaih) requested once again to meet him on hearing this Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) called him, Ala Hazrat (rahmatullah alaih) asked Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) what does he think of Milad Sharif instead of replying to the quetion Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) asked him what do you think of "Milaad Sharif " on which Ala Hazrat (rahmatullah alaih) replied for me it is mustahab on hearing the answer Hazrat Gunjmuradabadi (rahmatullah alaih) said for me it is sunnat, and said that the Sahaba-e-Karam (Radi Allahu anhu) who use to take part in jihad use to praise our Holy Prophet (Salla Allahu ta'ala 'alayhi wa Sallam) among their people and use to tell all people that how Allah has blessed his Holy Prophet (Salla Allahu ta'ala 'alayhi wa Sallam) and many other things this is what we do in Milad Sharif the only difference is that the Sahaba-e-Karam (Radi Allahu anhu) use to distribute their head while u people distribute Laddu (sweet) and after this Ala Hazrat (rahmatullah alaih) asked him for any guindance tips on which Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih)

replied dont do takfir in a hurry, Ala Hazrat (rahmatullah alaih) on hearing this started thinking that I called only those people kafir who disobeys our Holy Prophet(sal-lal-laho-tala-alih-wasalm) Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) came to know what Ala Hazrat (rahmatullah alaih) was thinking by KASHF and replied yes undoubtedly if any one disobeys the Holy Prophet (sal-lal-laho-tala-alih-wasalm) even in a slightest manner is undoubtedly Kafir.

Then Hazrat Maulna Fazl-e-Rehman Gunjmuradabadi (rahmatullah alaih) removed his cap(Topi) and placed his cap on the head of Ala Hazrat (rahmatullah alaih) and said that like the cap is shining on your head Ala Hazrat (rahmatullah alaih) one day you will shine in the whole universe and as you people can see how the fame of Ala Hazrat (rahmatullah alaih) is today all over the world because of the dua of Sarkare Fazle Rehman Gunjmuradabadi (rahmatullah alaih). The Topi Mubarak(Cap) is still present at the dargah sharif of Ala Hazrat (rahmatullah alaih) which is in bareilly Sharif and is nicely kept with the Taburukat of Ala Hazrat (rahmatullah alaih) and are shown to the people on friday and on some occasion. You can have a look at the topi mubarak in the link below.

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- 2.) A' LA HAZRAT PEER SAYED MEHR ALI  
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- 3.) A' LA HAZRAT IMAM AHMED RAZA  
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## HAZRAT PIR SAYED MEHR ALI SHAH SAHEB ﷺ

Hazrat Pir Sayed Mehr Ali Shah Saheb of Golra Sharif (to be referred hereinafter simply as “Hazrat”) was a descendent, on his father’s side, of Hazrat Sayedna Ghaus-e-Azam Shaikh Abdul Qadir Jilani ؒ in the 25th generation, and of the Holy Prophet ﷺ of Islam through Sayedna Hassan Ibn-e-Ali ؒ in the 38th generation. On the side of his mother, he descended from Hazrat Ghaus-e-Azam ؒ in the 24th generation and from the Holy Prophet ﷺ through Sayedna Hussain Ibn-e-Ali ؒ in the 37th generation.

It is universally acknowledged that in the matter of nobility of ancestry in relation to the Holy Prophet ﷺ, no one can equal Sayedna Hassan ؒ and Sayedna Hussain ؒ, the two sons of Sayedah Fatimah-tuz-Zahrah ؒ, the youngest and the dearest daughter of the Holy Prophet ﷺ whom the Prophet ﷺ had termed “a piece of my being”, and Sayedna Ali ؒ, the Prophet’s cousin and son in law, who became the fourth Righteous Caliph of Islam after the passing away of the Prophet ﷺ. Out of affection the Prophet ﷺ himself called Sayedna Hasan and Hussain his grand children his own sons on a number of occasions. The reference to “our sons” in ayah (verse) 61 of Surah Al-e-Imran (chapter 3) of the Holy Quran is also interpreted, on the basis of the Prophet’s ﷺ own example as referring to Sayedna Hassan and Hussain ؒ.

According to Quranic teaching, the real test of nobility in the sight of Allah lies in the beauty of a person’s righteous character and the extent to which he (or she) fears God and performs good deeds (ayah 13 of Surah XLIX). While personal qualities and endeavour are essential in socio-religious and spiritual spheres as in any other, noble lineage and environment undoubtedly provide the backdrop in which piety and virtue can germinate and thrive.

### Distinctive dignity of kinship with the Holy Prophet ﷺ

Holy Prophet Muhammad ﷺ being the last and the greatest of all true Prophets of Allah, ancestral link with him constitutes a criterion of nobility unequalled by any other similar link. At many places in the Quran, special rules of conduct are laid down by Allah for members of the Prophet’s ﷺ household (Ahl-e-bai’at) (cf. Surah 33, Ayah 28-30), special tests of virtue and vice and requital therefore are prescribed for them and a categoric assurance is given that Allah wishes to “cleanse the Ahl-e-bai’at with a thorough cleansing”.

### Confirmation of Hazrat Pir Mehr Ali Shah’s ancestral link with the Holy Prophet ﷺ

A testimonial was granted to the two of the ancestors of Hazrat Pir Mehr Ali Shah ؒ, Pir Sayed Roshan Din Shah and Pir Sayed Rasul Shah in the year 1211 A.H by the then head of Hazrat Sayedna Ghaus-e-Azam’s shrine at Baghdad, Hazrat Syed Habib-e-Mustafa Ibn Syed Qasim Qadiri ؒ, confirming the Prophetic lineage of Hazrat’s family.

It stated that:

“In point of ancestry and lineage, these two gentlemen, Pir Sayed Roshan Din and Pir Syed Rasul Shah, are offsprings of Hazrat Syedna Shaikh Abdul Qadir Jilani ؒ. In point of grace and blessedness, they are his true heirs and legatees, and I regard them as my own sons. Devotees of the exalted Qadriyah Silsila (chain) should therefore regard their hand as my hand and their word as my word”.

When the family of Hazrat, after its sojourns in various parts of India on migration from Baghdad, finally settled down in village Golra of the Punjab province of this country, the people then inhabiting this area were greatly impressed by the piety and saintly character of its members, and started thronging to them for guidance and blessings. However, the veneration accorded to this newly arrived family aroused feelings of jealousy among the “Sayeds” already living in the area, who were mostly of Shi’ah denomination and felt their own position and influence threatened by the new-comers. One of the ploys used by these people to undermine the popularity of Hazrat’s family was to refuse to accept their prophetic lineage until concrete and conclusive written proof in support of it was produced by them. Since such proof was duly forthcoming, the detractors gained nothing but ignominy from their campaign. The family’s position was, however, decisively vindicated by an incident that occurred around this time.

In a gathering at the house of one of the detractors, the latter challenged Pir Sayed Roshan Din, Hazrat’s great-Grand father who was one of the invitees, to produce his irrefutable evidence about his being a true “Sayed”. Pir Sayed Roshan Din first requested the person to desist from such improper behaviour, which violated the accepted norms of hospitality. When he refused to do so, the Pir Saheb put down the cap he was then wearing on his head on the floor and challenged any one then present to lift it if he could. Several persons in the audience tried one after another to lift the cap but failed to do so until the Pir Saheb himself accorded permission for this purpose. The detractor, publicly put to shame in this manner, apologized for his unbecoming behaviour. The incident added greatly to the prestige and estimation of the family of Hazrat, and the people of the area started rallying to it in ever-greater numbers to seek its blessings and solicit its guidance.

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## KINDNESS- The Sunshine rising of Virtue

MOULANA NASIK AHMED BROOD

Kindness is the act or the state of being marked by good and charitable behaviour, pleasant disposition, and concern for others. It is known as a virtue, and recognized as a value in Islam. Mark twain has mentioned that: "Kindness is the language which the deaf can hear and the blind can see." Kindness is the universal language that is comprehended beyond all boundaries. Each and every individual understands and speaks this language. An act of kindness never goes futile. If we are kind to someone it will reflect in our and their behaviour. Being kind to others instils a positive feeling and makes this world a better place to live. Kindness is the basic driving force of the nature that it benefits in flourishing civilizations. Nature has own ways of expressing gratitude and kindness.

Kindness is not a virtue to be adopted or showcased in specific situations. Rather, it should be imbibed as the basic behavioural attribute by the human beings. Kindness can be very well adjusted in all spheres of life. Being kind to our siblings or peers helps us to build a strong family foundation. Showing kindness to neighbours and colleagues supports us in developing a positive social environment. Islam has laid down certain universal fundamental rights for humanity as a whole, which are to be observed and respected under all circumstances. To achieve these rights Islam provides not only legal safeguards but also a very effective moral system. Thus whatever leads to the welfare of the individual or the society is morally good in Islam and whatever is injurious is morally bad. Islam teaches us that through kindness we do not take advantage of our power or of other people's vulnerabilities. Instead, we seek to comfort, encourage and strengthen those around us. We must remember that kindness often ripples through the world around us; thus inviting others to be kind in turn. Allah Almighty has mentioned so beautifully in the Holy Quraan: "Surely Allah Almighty loves those who are kind." (S 2: V 195) Hazrat Ayesha (Radiyallahu Anha) has mentioned that the Holy Prophet (Sallallahu Alayhi Wa Sallam) has said: "Allah Almighty is Kind and He loves kindness, and confers upon kindness which He does not confer upon severity, and does not confer upon anything besides it (kindness)." (Muslim) In Islam kindness is an essential part of a Muslims life as kindness is required in every instance of Muslim conduct. If we show kindness to the people in the world, Allah Almighty will show kindness to us in this world and the next. To elaborate all the possible situations for kindness in Islam would be near impossible, however if we remember a general rule which is to "treat others like we

would like to be treated" in mind then the only thing left would be to implement it. If everyone worked to attain kindness in their lives imagine what the world would be like.

Someone once asked a scholar to inform them about kindness and its value in society and the world today. The scholar replied by saying: "Kindness is an all pervasive, all transcending, flowing current which sustains mankind and which is absolutely fundamental within society and the world. Kindness cannot be given a concrete and tangible value for the reason that a true act of kindness is something that is done without expectation of something in return – lest it be confused for something else." My understanding of kindness in Islam makes me believe that wherever there is life, there is an opportunity for kindness. Sheikh Saadi (Rahmatullahi Alayhi) has said: "An enemy to whom you show kindness becomes your friend; for verily the prosperity of kindness and decency is very much needed." My teacher had informed us that: "Constant kindness can accomplish much. Everyone and everything responds to kindness. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate." Hazrat Abu Bakr (Radiyallahu Anhu) has said: "Any person who aspires to enter Paradise should learn to treat people with kindness." How great is the lessons of Islam that every small act of kindness allows mankind to not only endure but to also prevail in this world and in the Hereafter. Jean-Jacques Rousseau, a Geneva philosopher, writer and composer of the 18th century, asked a beautiful rhetorical question regarding kindness in the following words: "What wisdom can we find that is greater than kindness?" If we glance carefully at the teachings of Islam then we can indefinitely agree that Islam is a religion of kindness and it disparages any form of vindictiveness. Too often we underestimate the power of kindness which has the potential to turn a life around. We must always remember that when a flower blooms, its colour and scent first touch the garden near it, and then spread. In the same way, a Muslim's acts of kindness should first touch those nearest to him and thereafter it should spread through to the length and breadth of the world.

May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam), grant us the strength and ability to imbibe and incorporate kindness in our lives,




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# URDU POET JANAAB SAFEE SIDDIQI

MOULANA SAYED YUSUF

Born Mohammed Zakria Haqqani Siddiqi, to noble parents, Moulana Muhammad Basheer Siddiqi (RA), and Begum Naseeba Syed-Fatimi (RA), in the humble Natal coal-mining town Dundee, the early Safee Siddiqi was always going to rise to fame, with a brightness apparent already as a child.

Belonging to a family famous for producing scholars, saints, and poets, he was nephew to the Roving Ambassador of Islam, Hazrat Moulana Shah Abdul Aleem Siddiqi (RA) and Hazrat Moulana Shah Ahmed Mukhtar Siddiqi (RA), both of whom were khalifas of Aala-Hazrat Imam Ahmed Raza Khan (RA). His lineage is traced to Khalifatur-Rasool Hazrat Abubakr as-Siddiq (RA), 39th generation, on his fathers side. His mother was a Hasani / Husseini Sayed and also a descendent of the great Naqshbandi-Mujaddadi saint, Hazrat Moulana Fazle-Rahmaan Ganjmuradabadi (RA). His grand uncle Moulana Ismail Meeruti was a famous national poet in India.

His promise as a poet for the future was realised in his early youth when he accompanied his uncle, a respected poet of the time to a centennial Mushaira (poetical symposium) and was given the opportunity to present his own composition.

Together with his father, Moulana Basheer Siddiqi, they formed the Buzme Adab, Natal, an organisation that served the urdu language and preserved the culture since the fifties.

Although a prolific ghazal writer, Safee Siddiqi, became a name synonymous with Naath Shareef and his poetical renditions in his distinct voice always held audiences spell-bound. He eventually became prominent in Qawwali circles, and his personality as a compere, composer, and producer, dominated this sufi art-form in South Africa for decades.

He has written countless lyrics and poetry in the urdu language that were presented or recorded by local and international artistes. Some of the local artistes who sang his kalaams are Solly Patel, Maya Devi Ramchandra, Kader Qawaal (Baqra), Ismail Nizami,

Shakeel Mehmood, Samad Shola, Farouk and Sikander, Fozia Banu and Hassen Hoosen.

Outside the country, Yusuf Azaad, Sabri Brothers, and Nusrat Fateh Ali Khan are some of the singers to have performed his compositions, with the 'Allah Hoo' of Nusrat being his all-time most popular song.

Safee Siddiqi was laid to rest on one of the holiest days in the Islamic calendar, in the Brook Street cemetery not far from the tomb of Hazrat Badsha Peer (RA) the saint he honoured in his lifetime and also close to his parents.

He is survived by his wives Ayesha, who bore him five children, twelve grandchildren, and twelve great-grandchildren, and Zakia who bore him two children.

Not only in the Muslim community, but the entire Indian community of South Africa, Safee Siddiqi will live on as the true legend he came to be.

May Allah bless his soul.



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Naqisa-ra Pir-e-Kamil;  
Kamila-ra Rahnuma**

Meaning:

Bestower of Spiritual Treasures is a grace to the World;  
a manifester of Allah's light.  
A perfect spiritual teacher for the beginners;  
a guide for perfected

-Hazrat Khwaja Moinuddin Chishti (R.A.)-

# ISLAMIC WAY OF SLEEPING

MUFTI SHAMSUL HAQUE MISBAHI (JAMIA IMAM AHMAD RAZA, NEWCASTLE)

Indeed, the sleep is a great bounty of Almighty Allah. It is a dire need of our physical being. For the common people it is comfort of the heart, for special people it is peace of the heart and soul as they join Almighty Allah in their sleep. The sleep of our beloved Prophet ﷺ is a form of revelation.

It should be remembered that in sleep there is a proof of the Day of Judgment. In sleep, a servant hands him over to His creator. Sleep throws down a wrestler on his bed. Sleep makes a scholar forget his knowledge. Verily, sleep shows the helplessness of man.

People might look at it in a different way but no one can deny its importance and significance. We, as a believer of Allah Almighty our outlook with regard to this whole world and our life should be different. Our viewpoint and life style should be always in the line of the beautiful teachings of our beloved prophet ﷺ. He is the "Teacher of mankind". Indeed, he has been sent as our role model. The Holy Quran says: "certainly you have an excellent model in the following of the Messenger of Allah, for him who hopes in Allah and Last Day, and who remembers Allah in abundance" (Surah Al Ahzab 33 – 21)

It teaches us that the Holy Prophet's ﷺ entire life is an example for the entire creation from which no aspect would be excluded. It could also mean that Almighty Allah had made the entire life of the Holy prophet ﷺ an example of His power. It means that a truly successful life is that which is designed on his footsteps. If our living, dying, sleeping, staying awake are all designed on the footsteps of Holy prophet ﷺ then all these activities would be an act of worship.

The Islamic scholars say that if these three qualities are found in any believer: obedience to the Holy Prophet ﷺ, hope in Almighty Allah and abundance remembrance of Allah, he would be able to stay in comfort in this world and hereafter. Such a person will always obtain patience in adversity and gratitude in prosperity.

Therefore, we must always follow the Sunnah and sample of Holy Prophet ﷺ. So, Let's learn that how our beloved Master ﷺ used to sleep.

Our beloved Prophet ﷺ used to clean his bed first and thereafter lie down on his right side and put his right hand under his right side chick and then supplicate: بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا. O Allah I will sleep with the blessings of Your name and I will rise with it.

One should always remember that everything is from Almighty Allah. The sleep and any kind of comfort or relaxation come only from Him. Whom He wants, gives. How long He wants, and how short He wants, everything is depending on His will and wish. It is He who made Hazrat Uzair ؑ sleep for one hundred years and the people of cave three hundred years.

It is commonly observed that we lie on the bed. We turn and bend but there is no sleep despite our desire and wish. Some time we close our eyes and literally we sleep but still we are restless in the morning. It is so, because the Almighty does not want it.

The sleep is known as a kind of death. It is indeed the infinite favor of Allah upon us that every day we sleep and get up, rise up and enjoy.

The holy guides us and says: "And it is He who has made for you the night a covering and the sleep a rest and made the day to rise up". (Surah Al Furqaan 25 – 47)

"And we have made sleep for you rest and We have the night as covering and We have made the day for seeking livelihood". (Surah An Naba 78 – 9)

It is narrated by Hazrat Ali ؑ that the Messenger of Allah told him and Hazrat Bibi Fatima ؑ when you go to sleep, you should read: 33 times "Subhanallah", 33 "Alhamdulillah" and 34 times "Allahu Akbar". (Agreed upon)

To be continued.....



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# YOUR QUESTIONS ANSWERED

MOULANA SHAH FAISAL KHAN SAHEB



Q.1) There is a general perception that the months of Muharram and Safar (first two months of the Islamic Calendar) have an evil in them and anything major done in these months, for example; purchasing a business, house, wedding etc, is unsuccessful. Kindly explain if the perception is correct or not according to the Shariah.

A.1) to regard the Islamic months of Muharram and Saffar as “unlucky” months and suspend important matters with the fear of them being unsuccessful was the belief of the Pre-Islamic era. The Holy Prophet ﷺ condemned this belief. Hazrat Abu Huraira ؓ narrates that the Holy Prophet ﷺ said, “There is no bad omen.” In another narration, it is recorded, “There is no (bad omen) in (the month of ) Saffar.” [Mishkaat Shareef]

Therefore, one should not suspend any matter in the months of Muharram and Saffar with the belief that they are unlucky months. Yes, on the arrival of every new month, every new year rather than every new day, we should discharge some Sadaqah in appreciation to Almighty's countless blessings bestowed upon us, physically and spiritually. According to Hadith Shareef of the Most Beloved Prophet of Almighty Allah, “Saying Subhanallah is also a Sadaqah, saying Alhamdulillah is a Sadaqah.” Creating Brotherhood and reconciliation between two fighting and separated brothers or family members is also Sadaqah and removing any harmful object from the path, road or passageway is also a Sadaqah. The best form of Sadaqah is to help and feed destitute people, to bring happiness in the heart of a fellow Muslim is a great Ibadah of Allah Almighty. Another holy Hadith of the Holy Prophet ﷺ guides us, “The Sadaqah removes calamities; along with all these, one must remember your Creator, Cherisher and Sustainer before everything, every place, every month and time, everybody is in His Divine Control; And He Almighty has promised us in His Noble and Glorious book of Al Quraan, “You remember Me, My Mercy, My Power, My Majesty, My Creation will remember you.

The remembrance of Allah is hidden in the remembrance of His Most Beloved and Most Beautiful Prophet, whose remembrance is hidden in following, loving and respecting His Holy Messages and His beautiful teachings who has said, \* “One must perform Ibadah and he must avoid Haraam.”

• “One must do good and he must avoid committing sin.”

• “One must practice do's and avoid don't's.”

• “Love and respect your creator, His prophets, your teachers, your parents, your neighbours, your people etc”

Allama Iqbal Lahori said very beautifully, “Aaj bhi jo ho Braheem sa Eeman Paida, aag kar sakti hai andaaz-e-gulistan paida.”

Translation- “Even today, in this time and era to the burning fire and its blaze can turn into a beautiful garden, provided that someone must have that strong love, dedication and Imaan of Sayyiduna Ebrahim.”

Q.2) Can one read his Salaah behind any Imam who is other than Sunni Aalim or Imaam?

A.2) Except for the Ahle-Sunnah-wal-Jama'ah, all other different sects or groups, either they are kaafirs (out of the fold of Islam) or misguided (ghumraa). Reading Namaaz behind any kaafir is nothing but useless, nullified and a sinful act and behind any such misguided one, who never reached yet the limits of kufr (disbelief), is Haraam. Considering and making him an Imaam is sinful and reading Namaaz behind him is Makrooh-e-Tahreemi, i.e. compulsory to repeat that Namaaz. Reading Namaaz is not allowed behind one who rejects the intercession of Nabi ﷺ or he does not believe in Kiraaman Kaatibeen angles. And a Raafidhi who prefers Hazrat Ali ؓ over other Khulafa-e-Raashideen i.e. Hazrat Abu Bakr ؓ, Hazrat Umar ؓ nad Hazrat Uthmaan ؓ; he is misguided one, it is Haraam to make him Imaam and if he rejects the Khilafa of Hazrat Abu Bakr ؓ then he is a kaafir and over on top of all of them the most severe ruling is against Wahabis of these days who disgraced Allah Almighty and His Most Beloved Prophet ﷺ in their so called Islamic books. According to Fatawa Hossam-ul-Haramain and As-Sawaarim-ul-Hindiyyah, even Deobandeers due to their blasphemic beliefs, they are out of the folds of Islam. Reading Namaaz behind their Imaams is Haraam.

Namaaz is a very valuable blessing and treasure for a believer. We must protect our valuable things against any type of damage. Shaytaan is the biggest thief of this valuable Imaan, he whispers and creates doubts in our minds and hearts by saying and putting in our thoughts, what is wrong in reading Namaaz in any Masjid? You are reading Namaaz for Allah Ta'aala and not for any Imaam, or all Masjids are Allah Ta'aala's beautiful houses, etc.

Dear brothers and friends in Islam:

A great Tabi'ee and Wali of Allah, Allama Seereen has reported very stern Hadith Shareef of the Beloved Prophet ﷺ, “Before you start learning and taking your Deen from anyone, you must check him.” (verify). All children of a community are creation of Allah, but you won't allow your children mixing with ill-mannered ones, swearing ones, thieves or those whom drink. You don't allow your fresh and intact foods or fruits to be mixed with rotten ones, because you know that these rotten ones will damage all the good ones. Similarly, Our Guide, Our Leader, Our Master, The Holy Prophet ﷺ has stopped us from joining and mixing with these misguided ones. Reading Namaaz behind any other Imaam other than your known Sunni Imaam is never allowed and if someone does so knowingly, Allah will turn his heart and mind like these disgusting ones.

May Allah protect our Imaan!

AL-KAIFIR

# CRACKED HEELS

HASINA BEGUM SAYED

Cracking is often a result of the pressures we put on our feet every day: excessive outdoor or beech life, bearing heavy loads, lack of air or moisture, and maybe a touch of neglect. It all takes its toll. And when the skin splits, the feet become vulnerable to infection

Some common reasons for having cracked heels:

Cold chilly winter weather  
Dehydration or dehydrated skin or dry skin  
Non-moisturized feet  
hot baths or showers  
Prolonged Soaking of feet in hot water  
Use of harsh and drying soaps  
Scrubbing feet till they get extremely dry  
diabetes

## Here are some home remedies to get rid of cracked rough heels

\* Massage your heels with sesame oil before going to bed. This is supposedly the best remedy for cracked heels.

\* Mix glycerin and rosewater together and apply in on the heels daily. This soothes and cures cracked heels real quick.

\* Take 1/4th bucket of water and squeeze one lemon in it, soak your feet in this and wash it with pumice stone and soap. Do this twice a week.

\* Massage your feet with coconut oil every night. With the dawn, scrub and rinse off.

\* Make a mixture of lemon juice and papaya; apply it on the cracked heels. Let it be there for 20 minutes at least. Wash off after 20 minutes.

\* Take lukewarm water and soak your feet in it for 15 minutes. This will loosen the dead skin; now wash off with a pumice stone.

\* Mix raw salt (khada namak) in Luke warm water, and scrub your heels sin it as you soak it. Natural Pedicure for your feet, and this will exfoliate your feet too.

\* Use special creams which are meant for treating cracked creams at night, and then scrub off in the morning and wash off, with a pumice stone. (the pumice stone, seems a savior na)

\* Take a super ripe banana, which has almost turned black, and you are about to throw in the dustbin. Mash it, and apply in on the affected areas. Let it be there for 15 minutes at least. Wash off after 15 minutes. This is for a quick healing.

\* Take Paraffin wax, and melt it adding some coconut oil to it. Fill in the crack with this mixture whilst going to bed, wash off in the morning. Mum

did for around 2 weeks and the cracked heels are gone.

\* After washing your feet, massage with paraffin oil, Vaseline or hydrogenated vegetable oil. This will keep the feet hydrated.

\* Mix turmeric, tulsi and camphor in equal parts along with aloe vera gel and apply the paste on the heels. Just plain aloe vera gel is great for cracked heels.

\* Mix sodium bicarbonate in luke warm water and soak your feet in it. Wash off with a pumice stone. Helps in exfoliation.

\* Remember, the sugar scrub? Mix sugar with some oil, (olive, coconut, jojoba oil, just any oil) and scrub your feet with it. It is the sweetest cure for cracked heels.

\* Drink a lot of water to keep your skin and boy hydrated.

## Other Tips to Avoid Cracked Heels

\* Wear the exact size of footwear. No thin soles and backed shoes please.

\* Moisturize your feet and specifically the heels.

\* Keep your feet clean. Scrub and Exfoliate them regularly.

\* Omega 3 and zinc deficiencies cause cracked heels, so make sure you don't have these deficiencies.

\* Wash your feet every time you come home.

\* Use good creams and products for your feet too.

\* Use powder in your shoes and socks.

\* Walk on green grass.

## 10 THINGS ERASE 10 THINGS

- 1.) Repentance erases sins
- 2.) Sadness erases life
- 3.) Anger erases brain
- 4.) Sadqa erases hardship
- 5.) Backbiting erases friendship
- 6.) Salah erases Immodesty
- 7.) Good deed erases bad deed
- 8.) Lie erases income
- 9.) Dishonesty erases justice
- 10.) Ego erases good work

# SENTIMENTS

BY FAIZEL KHAMKAR

Sentiments are the attitudes which others have towards you. This is largely determined by two factors namely your actions and how you sell yourself to the public (i.e. spin doctoring). Sentiments are not limited only to individuals but also to organizations and countries.

In a recent article in the Star a former employee of the Israeli government lamented about how the policies of Nethanyahu was causing the isolation of Israel, Alon Liel was employed in the foreign department and was then well acquainted with the subject matter on hand. He furthermore noted that the Palestinians had with their one hundred and sixty three diplomatic missions throughout the world built a stronger base than the Israelis. These actions of the Palestinians had the effect of the world changing its outlook towards the Palestinians. The proof of this is the change in these negative attitudes towards the Palestinians when the status of the Palestinians was upgraded at the United Nations after the matter was debated and voted on.

Nethanyahu then in retaliation of the outcome at the United Nations then declared that new Israeli settlements were to be built in the West bank including what is called the "E" zone. Effectively the Palestinians would then be cut off from Masjid Aqsa, more land would be stolen and whatever hope of reaching a peaceful settlement be completely destroyed. Surprisingly the United Kingdom, France and three other European states threatened to recall their diplomatic missions from Israel. They had also very strongly condemned the planned of further settlement development. These actions caused anti Israeli sentiment which would normally not have been witnessed especially from the quarters where they came from. It is actions like condemning Israeli model Bar Rafeili as an enemy of the state when she prayed for the well being for both sites in the recent attack on the Gaza

It is normally assumed that only Muslims have anti

American sentiments whilst the rest of the world has a very positive attitude towards the Americans. This myth was shattered when in a recent article the Japanese was shown to have developed and its manifestation was the protest when an American soldier was charged for raping local Japanese women. The attitude of the Americans, more so its armed forces towards both friend and foe have always been determined by their arrogance. This attitude together with the changing economic and political environments has brought forward the true feelings of the rest of the world towards America. The relationship is thus only in existence as a matter of convenience but begs the question as to what influence America can exert in the future.

We need to examine as a global Muslim community what we can bring to the international table. The global economy is in turmoil and gives rise to the opportunity to present a real lasting solution to the problem. The western world are increasingly being faced with massive problems arising from immoral behaviour yet the solution to these ills lies with the Muslim community, we are however not aggressively marketing it. The anti Muslim sentiment flamed by the orientalist and the evangelist and assisted by the modernist have over the last century proven to effective in isolating Muslim thought and ideas. It was the passive resistance rather than the aggressive defence which was needed which had given the upper hand to the anti Muslim sentiment. The opportunity to correct this anti sentiment has presented itself and needs to be vigorously presented. Palestinians had acted

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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

New York, USA - Palestine has accused Israel of behaving "in a rogue, hostile and arrogant manner, contravening all principles and rules of international law and reacting with contempt to the will of the international community" In a letter to UN Secretary-General Ban Ki-moon and the UN Security Council. After the UN General Assembly upgraded the Palestinians' status at the world body this month from "observer entity" to "non-member state," Israel said on Friday it would build 3,000 more settler homes in the West Bank and East Jerusalem — areas Palestinians want for a future state, along with Gaza. Approximately 500,000 Israelis and 2.5 million Palestinians live in the West Bank and East Jerusalem.

Cairo, EGYPT - Egypt's army deployed tanks outside the presidential palace after deadly clashes between opponents and supporters of President Mohamed Mursi. At least five people have been killed and over 440 people injured in unrest amid demands that Mursi rescind a decree giving him nearly unrestricted powers and shelve a disputed draft constitution that the assembly passed hurriedly last week. Protests spread to other cities, and offices of Mursi's Muslim Brotherhood in Ismailia and Suez were torched. Both sides blamed the other for starting the clashes.

Washington, USA - US President Barack Obama has warned Syrian President Bashar Al-Assad not to use chemical weapons on his own people, saying there would be consequences if he were to do so. But

Syrian state media quoted its foreign ministry as saying that it would "never under any circumstances" use such weapons, "if such weapons exist".

New Delhi, INDIA - The Joint Committee of Muslim Organizations for Empowerment (JCMOE), comprising ten Indian Muslim organizations, has acknowledged "some signs of change" in Gujarat state chief minister Narendra Modi's attitude, but laid down stiff conditions, including an apology and "expression of sorrow" for the 2002 riots in which more than 2000 Muslims were killed, before giving him support in rebuilding Gujarat'. JCMOE chairman Syed Shahabuddin noted that the BJP and Modi are giving special attention to Muslim voters ahead of the assembly elections in Gujarat, but said the community in the state and elsewhere in the country has not forgotten the 2002 massacre.

Islamabad, PAKISTAN - Officials plan to honour Malala Yousafzai, the schoolgirl education campaigner shot by the Taliban, by opening special schools in her name for poor children. The "Malala Schools" are planned for 16 areas around Pakistan affected by conflict or natural disasters, said Nafisa Shah, chairwoman of the National Commission for Human Development. The aim is to give children in these areas, who often have little in the way of educational opportunities, a chance to go to school. Taliban hitmen shot Malala on her school bus a month ago in Mingora in Pakistan's Swat Valley in a cold-blooded murder attempt for the "crime" of campaigning for girls'

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rights to go to school. Miraculously the 15-year-old survived and her courage has won the hearts of millions around the world.

Paris, FRANCE - Muslim French citizens face job discrimination compared to their Christian peers who receive two-and-a-half times more opportunities with equal qualifications, according to research conducted by Stanford political science professor David Laitin. The study was said to be the first to identify religion - rather than race or geography - as the source of discrimination in France. "We can now tell them that the results of our work show that French society is not blind to religion," Laitin said.

Los Angeles, USA - An actress who said she was duped into appearing in an anti-Islam film that stoked violent protests against the United States across the Muslim world has lost her second legal bid to force the video off YouTube. The clip sparked a torrent of anti-American unrest in Egypt, Libya and dozens of other Muslim countries. Google has refused to remove the film from YouTube, despite pressure from the White House and others to take it down, though the company has blocked the trailer in Egypt, Libya and other Muslim countries.



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