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يا مُنْتَقِمِ

Ya Muntaqim

O Thou, the Avenger!



PPretoria, SOUTH AFRICA - South African President Cyril Ramaphosa said that the International Court of Justice (ICJ) had vindicated the country's decision to charge the state of Israel with genocide in its war with Palestine. Ramaphosa said the ICJ issued a ruling that is "a victory for international law, for human rights, and above all, for justice." The president said that the ICJ ruling marked an important first step in South Africa's quest to secure justice for the people of Gaza. "We, as South Africans, will not be passive bystanders and watch the crimes that were visited upon us being perpetrated elsewhere. We stand on the side of freedom for all. We stand on the side of justice," he added. South Africa filed the ICJ application on 29 December 2023, arguing that Israel was in breach of its obligations under the Convention. The ICJ, as the principal judicial organ of the United Nations, handed down a ruling that the State of Israel should immediately implement a set of provisional measures to prevent any further acts of genocide in Gaza, to desist from such acts, and to take effective measures to prevent the destruction and ensure the preservation of evidence relating to acts of genocide.

since 7 Oct is nearing 30,000, with nearly 70,000 injured. It said at least 8,000 people are unaccounted for, with many of them still trapped under rubble scattered in the streets. More than half of those killed are women and children. Israeli forces have reportedly launched attacks on private homes, agricultural lands and key infrastructure in Rafah, leaving almost no place safe in Gaza for refugees.

court also disqualified Imran for 10 years from holding public office, as well as hefty fines of almost Rs 800 million each. They have claimed the charges to be trumped up to keep them out of the looming elections in Pakistan.

Mastung, PAKISTAN - An explosion set off by an alleged suicide bomber at a rally celebrating the birthday of the Prophet (SAW) killed 21 people and wounded over 50 more attendees. others, police and a government official said. The bombing came days after police went on maximum alert amid fears that militants could target rallies making the birthday. Acting Interior Minister Sarfraz Bugti denounced the bombing, calling it an evil act against innocent people who had been participating in a Mawlid an-Nabi procession. While nobody initially claimed responsibility for the attack, the Tehreek-e-Taliban Pakistan, an ally of the Afghani Taliban now ruling that country, denied being responsible.

Kuwait City, KUWAIT - The President of the Kuwait-based Islamic Organization for Medical Sciences, Dr Mohammad Al-Jarallah, has highlighted the importance of employing Artificial Intelligence (AI) in implementing Shariah law. He was speaking at a workshop aimed to discuss the possibilities of using AI in achieving purposes that align with Shariah. He said that AI represents the beginning of a new era, but cautioned that the new technology also came with risks and dangers that users should be aware of.

Gaza, PALESTINE - Continuing unabated bombardment by the Israeli Defence Force is killing over a hundred Palestinians, mostly civilians, on a daily basis despite the ruling by the International Court of Justice for the country to do all in its power to protect civilian deaths. The Gaza Health Ministry said that the total Palestinians killed

Islamabad, PAKISTAN - The wife of jailed former prime minister Imran Khan, Bushra Bibi, has asked the high court to send her to the Adiala Jail in Rawalpindi rather than placing her under house arrest at her home. She cited "potential security issues." The couple had each been sentenced to 14 years in jail after being found guilty of corruption. The

Algiers, ALGERIA - The government has denied that plans to force local French-medium private schools to adopt Arabic curriculums is not an attempt to attack the language of the former colonial power France. Education Minister Abdelkrim Belabed said that no languages were being "targeted" in Algeria, saying that multilingualism was among the education system's major achievements since independence. Algeria has the third largest French-speaking population after France itself and the Democratic Republic of the Congo. Earlier, neighbouring Mali changed its constitution to remove French from its list of official languages and another neighbour, Morocco, made English classes compulsory in high schools.



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IT IS IMPERATIVE TO KEEP ALOFT THE BANNER OF TRUTH!

by: Faizul Khamker



There are two insightful sayings which we need to consider. The first: "When the people of truth remain quiet against falsehood, the people of falsehood start believing it is the truth". Secondly: "Silence in the face of evil is evil itself". It is known that there is great wisdom in keeping silent as a general rule, however, this rule should not be applied when it comes to falsehood and evil. The political and capitalist delinquents have thrived on this silence and atrocities and other vile acts were committed flagrantly at the cost of lives, properties and human dignity as a result of this silence. With the Zionist reaction to the Al Aqsa flood campaign the red line was crossed and the silent masses started to break the taboo of allowing the false narratives to flourish and thereby giving the media a carte blanche license to promote evil. When the truth is vociferous against evil it results in the truth being spread and secondly it creates a platform from which pressure can be exerted to curb, if not stop the acts of evil. We have witnessed how effective it can become in the face of the holocaust being perpetrated against the Palestinian people.

The first aspect which was exposed was the hypocrisy and double standards being exercised by the so-called Western nations and their allies. This became glaringly obvious with the narratives pushed in respect to the Ukrainian conflict vis a vie the genocide against the Palestinians. The pressure became so intent that despite a well-planned spin prepared by the media the truth rose above all the spin forcing the media to capitulate and subtly, and in some cases not so subtly, change the planned narratives and admit to certain realities which they would never have agreed to. Those following Piers Morgan have noticed the change, and this is not isolated only to him.

When millions upon millions of people took to the streets worldwide the powers that be were forced to take notice. In a year where many elections are to be contested this has placed tremendous pressure on the politicians to the extent that the rift

created by the pressure that the truth exposed, between Biden and Netanyahu now popularly known as genocide Joe and Satanyahu is coming out in the open. It was inconceivable that in a matter of a few months Biden would back track to the extend of openly coming out against the killer settlers. Furthermore, the free flow of arms at the expense of America's own defense capability is now impeded. This has put greater pressure and split the ranks of what is popularly known by the masses as the real axis of evil.

The genocide case by South Africa at the Haque, the pending genocide case against the Zionist regime by Indonesia and the possible new cases of genocide by certain South American countries against the Zionist state of Israel together with the cases lodged with the International Criminal Court where the truth was made apparent on the international stage massive divisions have appeared within the Israeli society across all sectors of society including amongst the politicians. These divisions have become so apparent that it ranges from threats of resigning from the cabinet to the formation of new coalitions in the government. The political landscape within Israel was unstable before operation Al Aqsa flood and the surfacing of various truths have created even greater divisions to the extend those new dynamics for the political landscape may see the Zionist ideal coming under threat. What was unheard of in the Zionist state was the reversion to Islam by Israelis within the borders of Israel and the illegal occupied areas. Reversion to Islam at an unprecedented rate is now threatening the Zionist ideal of a "pure" race state and created the possibilities of a just political order in the future.

It therefore becomes an imperative to ensure that the truth does not die. In fact, there should be explosion of expounding on the truth on other global issues as well. We are all encouraged to tread this path with more vigor.

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RAMADAN PREPARATION: How to Conquer Procrastination



By: Shireen Ismail

The Cambridge Dictionary describes procrastination as, 'the act of delaying something that must be done'. Wise elders often say to children, do not delay what is to be done to a later time as it is something that stems from carelessness and laziness, 'tomorrow's work do today, today's work now and now's work immediately'. Procrastination is a habit that is difficult to shake off once developed.

The Noble Quran states in Surah 23 Verse 99-100, 'Until, when death comes to one of them, he says: "My Lord! Send me back so that I may do good in that which I have left behind.'

In preparation for the month of Ramadan the following are ways to conquer the procrastination habit in order to maximise the benefits of the blessed month.

1. The Anti-Procrastination Prayer

The Messenger Muhammad (ﷺ) gifted a beautiful and comprehensive prayer to alleviate all kinds of mental distress that prevents the actualisation of one's full potential in spiritual and worldly productivity.

"Allaahumma innee a'oodhu bika minal-hammi walhazani, wal'ajzi walkasali, walbukhli waljubni, wa dhala'id-dayni wa ghalabatir-rijaal'
'O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.' (Al-Bukhari).

2. Sleep Early

The Messenger Muhammad (ﷺ) encouraged going to bed early. Ramadan is a period where Muslims strive to be at their best productive levels. In preparation for Ramadan, going to bed early and waking up early for the morning prayers facilitates less difficulty waking up to fulfil the sunnah practice of suhoor, (the pre-dawn meal) when the blessed month arrives.

3. Start Practicing

Developing an awareness of areas to improve and to start working on them before Ramadan assists with easier transition into the blessed month. Making a habit-chart to track negative behaviours and incorporate productive habits and deeds into daily routines can be useful. For example, perhaps there is a prayer that is missed during a busy day, by prioritising the prayer will enhance the routine of the prayer and prevent procrastination. Writers indicate that it takes several days if not weeks to get used to a new routine. Now is a good time to start identifying shortcomings and the steps required to conquer procrastination.

4. Set a Schedule

Making a Ramadan schedule to ensure all the necessary acts of worship including prayer on time, recitation of the Qur'an, praying taraweeh, tahajjud, and extra supererogatory prayers are included. Also schedule a work, studies and other necessities of life but keep only those that are absolutely necessary, so you don't lose out on the opportunity to maximise your worship. Make sure you stick to and follow your schedule to be at your productive best.

5. Qur'an Recitation

Reading the Qur'an gives one the dose of daily guidance and productivity boost that one cannot do without, even for a day. Do not let procrastination make you lose out on the Divine Connection and spiritual energy that you need as a human being to live life meaningfully. If you've set a target to finish reading the entire Qur'an, do not procrastinate your portion for the day.

6. You've Got to Do What You've Got to Do

Always keep in mind that there are non-negotiables. There are aspects of life that need to be done and missions that need to be accomplished. Leaving things for later will not make your responsibilities go away. Whatever obligations one has – whether religious, work or family-related – it is better to do them with all your heart and full presence than to delay them and do them in half-hearted haste with barely any concentration.

"And those who shall strive for Our Sake, We shall surely guide them unto Our ways."

(Quran: Surah 29, Verse 69)

Reference: Qayyum, T (2018) Productive Muslim

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PAKISTAN ELECTIONS

by: Moulana Muhammad Hussain Noori

At the time of writing this article political leaders are seen once again on the streets, in the cramped alleys and broken infrastructural institutions of the state after a long leave of absence. Some are seen mingling with the poor and needy while others with the elderly and children. Just like the long awaited heavy rains of Sindh, their visit to the public sphere is often short, quick and filled with broken promises, as they usually make sure they leave the masses in a trail of ruin and destruction.

While Pakistan is just a few days away from the elections, the city of Karachi experienced heavy rains upon which the Ameer of Jamaat-e-Islami Karachi, Hafiz Naeemur Rehman advised the citizens to cast their vote only after considering the after-effects of the recent rains that submerged half of Karachi in water. As usual no arrangements were made, no necessary steps like cleaning the gutters were considered despite the repeated warnings from the meteorological department, the newly constructed roads and sewage systems were completely destroyed and the only volunteers that were responsive were the usual Jamaat-e-Islami, AI-Khidmat, Chhipa, Edhi, Saylani and JDC volunteers.

Hafiz Naeemur Rehman stated that not even 10 percent of the approved grant for Karachi was utilized for its development while 70 percent of the grant is embezzled. In the meantime, the people of Karachi are looking at Jamaat-e-Islami as the only solution for the city of Karachi.

The party leader for Jamaat-e-Islami, Sirajul Haq has recently stated that over a hundred million people in Pakistan are living below the poverty line and calls for February the 8th as the day where corruption finally comes to an end once and for all. According to Sirajul Haq the two parties, 'Pakistan Muslim League-Nawaz' and 'Pakistan People's Party' were the ones who had mostly ruled the country during the last 25 years but have failed miserably in resolving the issues of the public. Today, the people have every right to ask as to why they should vote for them once again. Sirajul Haq added that the world has already taken a step to the moon while Pakistan is still entangled in the politics of the two families.

While speaking about the situation in Gaza and Israel's atrocities on the people of Palestine, Sirajul Haq pointed out that our rulers did not utter a single word in favor of Palestine. Something to think about especially when we hear time and again that Pakistan is an Islamic Republic. Someone may ask, what kind of Muslim body is Pakistan that it is unable to feel the pain of its parts.

Every political party, time and again, promises to ease the lives of the people but the moment they come into power they begin to turn the lives of those very people into a nightmare. They drain the sweat and blood of the people and build a fortune through it. For them it is as simple as lending money from the IMF, securing their salaries, initiating new projects that bring more money into their pockets and paying the loans back with the blood and sweat of the people by increasing the prices of all commodities and imposing heavy taxes.

Crackdown on Imran Khan's Party (PTI) continues where they are being sidelined with every opportunity available against them. With losing its party symbol, PTI members are bound to stand as independent candidates with a separate symbol allotted to each one of them which is causing much confusion amongst its supporters.

Wasif Ali Wasif once said: if only we could witness a political party whose leadership would make clear and known that those who speak lies should refrain from voting for them altogether. That indeed would be a political party that is more concerned about the fabric of society in its ability to weave the social structure into a functional unity rather than concern itself with superfluous apparent formalities.

The Muslim societies of today need to be freed from the devastating crises of character, the deadliest poison that has ever paralyzed or killed any human community. Ever since the last pioneers of Pakistan, no leader has ever come into power while being concerned about the overall education and nurturing of the nation spirit. For a very long time Pakistan has not seen a fatherly figure represent the state, there were glimpses of Quid-e-Azam reflected in the personality of Imran Khan but unfortunately he too was declared unfit to run the state like all those that ruled before him who are back contesting the elections once again.

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Concept of **FAMILY** in Islam

by: Moulana Maqsood Hussain



Family, in Islam, constitutes the ultimate unit of society. At this important point, Islam differs with other ideologies. Socialist ideologies, for instance emphasize the primacy of society over individual. Society's interest therefore stands over and above the individual interest. Socialist ideologies teach that Individual interest can be and in fact should be sacrificed against the society's interest.

Individualist ideologies on the other hand attach primary importance to individual rather than the society. Individual interest finds higher place than the society's interest. Society's interest can be and should be sacrificed at the altar of the individual interest. So, there has been a constant conflict around the problem of individual vs. society.

But Islam as I have noted above, steers a middle course between these two extremes. While Islam recognizes the specific interest of the individual, it takes care of the larger welfare of the society. To bring about a balance, Islam attaches primary importance, neither to individual not to the society, but to the family. Family therefore receives the primary focus in Islam. "Humanity is the family of God" a well know tradition of the prophet (pbuh) establishes the concept of the primary importance of family in Islam.

Likewise, individualist approach has been discouraged by Islam. A few companions wanted to lead a monk life. Learning about their intention, the prophet (pbuh) remarked "one, who turns away from my path, is certainly not from me". This shows the fact that "family" forms the core of an Islam society.

Now, let us ask out what is family?

Family, as the basic social unit, is the source of all the human relations. Family gives birth to all types of relations in a society. Family is a triangle of wife, husband and the children's relation. A great part of the Quran deals with husband-wife relation. As such, scores of verses talk about as how to best ensure the wellbeing of the child, who's multi-sided growth and development is the sole aim of a family in Islam.

Why family system is important is Islam?

Islam takes a social approach towards human life. At this point, it clearly disagrees with individualist outlook on life. It means that the true blessings of Islam can be experienced only in a society.

In the social approach of Islam, family constitutes the ultimate unit of society. Family as such is the first step towards social life. Celibacy or monk life is discouraged in Islam. A few companions of the prophet (pbuh) wanted to practice celibacy.

Having learnt about their intention, the prophet (pbuh) disapproved of the idea and famously remarked: "one, who turns away from path, is not from me". This shows family life is the

prophet's way of life. And therefore, family life is a key to spiritual and social development of an individual.

What is family?

Family in Islam is a social contract between an adult male and a female. Like other contracts, it's a free contract. It's formed out of the free consent of the two partners. In Islam, it is formalized through the Nikah, which means Aqd or contract.

The institution of family is not only about husband-wife relation. It rather aims at the comprehensive "well-being" of the baby. A human child is the weakest among the newly-born of all other species. Human baby cannot even survive without the constant loving care of mother and ever reliable protection of the father.

What is the function of a family?

The institution of family has therefore been conceived as the best means of "safeguarding" the best interest of the baby. Multi-sided development of the child is not possible except in a set-up like family. Make a test case here. Orphans or unfortunate babies, who lose their parents early, suffer from shortcomings of various types in their personality.

Why stability of family is important?

Now, the interest of a child can only be best ensured in a stable family. If the family is instable, it will adversely affect the well-being of the child. A stable family, on the other hand provides a best environment for the holistic development of the child.

How stability is possible within a family?

Family is mainly about husband-wife relation. If husband-wife relation is ideal, stability will follow as a consequence and vice versa.

The Quran counts three qualities of an ideal husband-wife relation.

"And among his signs is that he created your mates from among yourselves that you may live in comfort with them, and He has put love and mercy in your hearts, verily in that are signs for those who reflect."

The first quality of an ideal husband-wife relation is the real feeling of "comfort" while together. This relation is supposed to be mutually comfortable. Both should be able to derive comfort from each other's company.

The second quality is "love". Allah has put love between the sexes. But this natural "love" needs to be actualized in the husband-wife relation. Both partners should look for reasons to love each other.

The third quality is "mercy". It has put mercy in both sexes. But it needs to be exercised in all relations and in husband-wife relation in particular. Mercy means forgiveness.



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South Africa's Success at ICJ has Ushered New Era of International Law in Pursuit of Justice for Palestine

by: Iqbal Jassat



Since South Africa brought its case against Israel at the Hague during December 2023, the world's attention had been riveted on the outcome.

The question that dominated public discourse was whether the ANC-led government of President Cyril Ramaphosa, had made the right move to what effectively posed a crucial moral and political challenge to Israel's western protectors.

Claims of "meritless" and "baseless" by senior western leaders emerged to discredit South Africa's submission.

Actual words uttered by the Biden administration were: "Meritless, counterproductive and completely without any basis in fact whatsoever".

Such demeaning attempts to dismiss the case was matched by Israel's legal team who sought every legal trick to persuade the International Court of Justice (ICJ) to reject the application.

Finally, when the ICJ issued its verdict, all the nay-sayers who vehemently disparaged SA's legal arguments, were aghast and horrified to hear the court ruled that it is plausible that Israel is committing genocide against Palestinians in Gaza.

It threw Israel and its backers off their feet and while floored, realised that the end of their era of "untouchability" had dawned.

The belief that unconditional political leverage it enjoys courtesy of the United States, United Kingdom and Western Europe, allows Israel unlimited impunity, was shattered by the ruling.

Thanks to a remarkably detailed and compelling case presented to the ICJ's panel of judges, the SA team of legal experts ensured that its case was watertight.

Various legal minds who have studiously analysed the judgement, underline that it "pointed to dozens of explicit statements of 'intent to destroy' by Israeli state leaders, wartime Cabinet ministers and senior army officers as well as the unprecedented levels of killing and destruction".

By granting the order sought by SA, the court issued provisional measures, recognizing the dire situation: "more than 26,000 Palestinians killed and more than 64,000 wounded in Israel's bombardment, as well as almost 2 million people forcibly displaced now facing famine and the spread of infectious diseases".

While the Zionist propagandists have gleefully claimed that the absence of an order for a cease-fire is a "victory" for Israel, they deliberately omit to mention that by an overwhelming majority vote of ICJ judges of 15 to 2, a compliance order to halt any acts of genocide was issued.

The instructions are clear: stop the genocide and ensure that the regime's military complies.

Moreover "as part of the court's provisional measures, Israel must also prevent and punish incitement to genocide; ensure the provision of urgent aid to Gaza; prevent the destruction of evidence and ensure its preservation; and provide the court with a report on these measures within a month".

According to Raz Segal, an associate professor of Holocaust and genocide studies and endowed professor in the study of modern genocide at Stockton University in New Jersey, the implementation of the ICJ ruling necessitates a cease-fire.

"In effect, these orders do require a cease-fire, for there is no other way to carry them out".

His assessment echoes the views of SA's Minister of International Relations Naledi Pandor who contends that in exercising the order, "there would have to be a ceasefire".

An interesting observation by Segal is that the ICJ ruling stems from the United Nations' genocide convention of 1948, and based on the view that Nazism and the Holocaust were exceptional.

"This served a purpose: It separated the Holocaust from the piles of bodies and destroyed cultures that European imperialism and colonialism — still very much ongoing at the time — had left around the world in the preceding few centuries".

In other words, he explains that the exceptional status of the Holocaust, which rendered the "new Jewish state" in 1948 as exceptional too, "led to a willful blurring of its foundational crime, the Nakba: the mass expulsion of more than 750,000 Palestinians and the destruction of hundreds of villages and towns in the 1948 war".

The result according to him is that in this exceptional framework, it became unimaginable that Israel could commit any crime under international law.

"Impunity for Israel was thus baked into the international legal system after World War II. The urgent need to obscure the Nakba also emerged from the broader impetus to deny the nature of the Israeli state as a settler-colonial project".

The bitter truth per Segal is that paradoxically, Israel's creation reproduced the racism and white supremacy that had targeted Jews for exclusion and, ultimately, destruction in Europe.

We are reminded of this racist mentality among Israeli leaders who like President Isaac Herzog expressed white supremacy and colonial mindset explicitly in an interview on MSNBC on Dec. 5: "This war is a war that is not only between Israel and Hamas," he said in response to a question about the mass killing of Palestinians in Israel's attacks on Gaza. "It's a war," he continued, "that is intended, really, truly, to save Western civilization... We are attacked by a jihadist network, an empire of evil." This empire, he said, "wants to conquer the entire Middle East, and if it weren't for us, Europe would be next, and the United States follows."

South Africa's monumental submission and the positive outcome it received by an overwhelming majority of the 17 panel judges at the ICJ, is thus much more than groundbreaking.

Segal's profound reading of it implies that until now, the concept of genocide "functioned to protect the exceptional status of the Holocaust and Israel in the international legal system and to enable rather than challenge this long-held view".

Until now.

"With the ICJ ruling that Israel's attack on Gaza is plausibly genocidal, every university, company and state around the world will now need to consider very carefully its engagement with Israel and its institutions. Such ties may now constitute complicity with genocide."

If indeed the historic ICJ ruling has paved the way for courts to consider the crime of genocide as a legal framework to describe what Palestinians are enduring, South Africa deserves full credit for ushering a new era of international law.

Lawfare after all, remains a crucial component of resistance against oppression, occupation, racism and genocide.

CAUSES OF HEADACHES

By: Hasina Begum Sayed



Primary headaches

- The most common type of primary headache is scalp and neck "muscle contraction" or tension headache. This affects 20% of the population. Tension headaches are primarily caused by abnormal tension in the muscles of the head and neck, which is often exacerbated by stress or anxiety.

- Migraine, which has an important vascular component, makes up the other large group of primary headaches – affecting 5 to 10% of the population.

- Cluster headaches are primary headaches that affect only about one percent of headache sufferers. They are important, though, because they are so severe – so severe in fact that they are often referred to as "suicide headaches".

- Tension headaches and vascular headaches such as migraine can occur in an individual at the same time. In fact, in practice, the distinction between these two entities is seldom clear-cut, and muscle tension and vascular pain almost always occur simultaneously to varying degrees.

Secondary headaches

Secondary headaches are those headaches caused by some other identifiable condition. With secondary headache, once the underlying medical condition has been identified and treated, the headache subsides. Examples of secondary headache are:

- Headaches due to infection of surrounding structures: sinus infection, tonsillitis, toothache, meningitis.

- Headache due to inflammation of surrounding tissues: cervical spine arthritis, constant coughing, straining of the eyes, acute glaucoma, trigeminal neuralgia (a neural disorder) and temporal arteritis (a disorder of the arteries).

- Certain conditions will cause a stretching or pulling of pain-sensitive parts and inner structures of the head. These include concussion and other head trauma, strokes, brain tumours and spinal taps (lumbar puncture).

If a headache is caused by a serious illness, other symptoms are

often present, such as vomiting, dizziness or changes in vision.

Danger signs to be aware of may be:

- A "first time" headache, or a headache that has changed in nature

- Headache brought on by exertion

- Headache accompanied by fever

- Headache accompanied by drowsiness or confusion

- Headache with stiff neck (especially if fever and nausea are also present)

- Headache accompanied by physical abnormalities, such as muscular weakness, sensory loss, tremor and gait disturbances

- Headache in a patient who simply "looks ill"

Although the above can be signs of a serious or life threatening problem, this is not always the case.

Headache triggers

One of the main reasons why headaches are difficult to treat is that there is a bewildering array of triggers that can set off a headache. As a result, these triggers are often blamed for the headache, whereas in reality, the patient's body is reacting abnormally to the trigger. In other words, there is an underlying abnormal condition that makes the body react to the trigger. If the underlying abnormality is identified and treated, then very often the trigger no longer has the same effect.

Of course, if a trigger is identified, and can be easily avoided, then one should do so. This is particularly true of dietary triggers, over which the patient has ultimate control. The problem comes in with triggers such as stress, which is a normal phenomenon that everyone has to some extent. It is in most cases impossible to avoid stress – most people can't change their lifestyle, job, relationships etc. The same is true for hormonal triggers – most women with hormone-related migraines have normal hormone levels. However, their bodies are reacting abnormally to the normal cyclical changes in hormone levels.

Identifying triggers is further complicated by the fact that in most people migraine attacks are not triggered by just one thing. They often have several migraine triggers. When these triggers occur on their own, they may not bring on an attack, but when they occur together, they result in a migraine.

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Seed Cycling To Aid In Your Hormone Health



Part One

By: Faatimah Zahraa Mia Sayed

What is seed cycling?

Seed cycling is a method of consuming certain types of seeds during certain times of your menstrual cycle in order to better support hormone health and function.

The hormone supporting practice is one of the top trending hormone practices, and for good reason. More and more women are struggling with hormonal imbalances.

Know your body.

Women's hormones are a complex system that functions in a delicate balance. However, these hormones are greatly influenced by your diet, exercise, sleep, stress levels and environmental toxins.

This means that any of these factors can throw your hormones out of that delicate balance. In fact, a slight hormone imbalance can become the underlying issue for a number of health concerns including:

- Irregular periods (haidh)
- Acne
- PCOS
- Thyroid disorders
- Chronic fatigue

How is seed cycling going to help you?

Seed cycling is one of the easiest ways to support your hormone health in a gentle yet effective way. This simple practice helps support balanced hormone levels, reduces PMS symptoms, boosts fertility and can help stimulate your haidh if absent. Seed cycling requires you to eat specific seeds during the two main phases of your menstrual cycle (Follicular and Luteal) to help promote a healthy balance of oestrogen and progesterone levels. To better understand seed cycling, you first need to understand that there are two main phases of your Haidh (menstrual) cycle.

The first phase, the follicular phase, begins the first day of your menstrual bleed until ovulation (typically day 14).

In the second phase, the luteal phase, start at ovulation until your next menstrual bleed. The Luteal phase length can vary but it is also typically 14 days.

When your hormone levels are balanced, oestrogen rises during the first half of your cycle. During the second half of your cycle, progesterone levels rise while oestrogen levels slowly decline.

How do I know what seed to take and when?

- You need to incorporate 1-2 tablespoons of pumpkin and flaxseeds DAILY during the follicular phase of your cycle.

- Once you ovulate, you incorporate sunflower and sesame seeds DAILY during your luteal phase.

Around the time of your ovulation, you would notice a difference in your discharge. Your discharge would be a stretchy egg white-like texture. This is a tell-tale sign to inform you that you are ovulating. If you want to be one hundred percent certain of your ovulation, then you will find an ovulation test at your local pharmacy. This will give you either a positive or negative ovulation result.

If you have an irregular period, how do you keep track?

It is possible to incorporate seed cycling even if you have irregular or missing periods. Instead of rotating with the phases of your cycling, you will follow the phases of the moon as a general guideline.

Moon phases- seed cycling guidelines.

Day 1-14 (new moon to full moon), eat pumpkin seeds and flaxseeds.

Day 15-28 (full moon to new moon) eat sunflower seeds and sesame seeds.

It may seem odd but the moon is powerful. It controls the waves in the ocean, can affect our centre of gravity, and influence your menstrual cycle. Have you ever noticed that the moon and the average menstrual cycle are both 28 days? This is no coincidence. Many women's cycles (when balanced) naturally follow the phases of the moon.

In the next article we will look at all the different types of nutrients found in each of the 4 seeds mentioned above. Until then, may Allah keep us in the best of health and regulate our hormones naturally. Aameen.

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HAZRAT SAYED MUHAMMAD KHALID SHAH رحمۃ اللہ علیہ



Hazrat Sayed Muhammad Khalid Shah Chisti Saberi Jahangiri Kambal Posh رحمۃ اللہ علیہ was born in 1935 in the city of Ajmer Shareef in India. He hailed from a very noble family, being direct descendents of the Holy Prophet Hazrat Muhammad ﷺ. His father, Hazrat Sayed Muhammed Iqbal Shah رحمۃ اللہ علیہ, and his grandfather, Hazrat Sayed Muhammed Jahangir Shah رحمۃ اللہ علیہ, were great Awliya of their time and were very prominent personalities of the CHISHTI SABERI SILSILA. Hazrat Khalid Shah's رحمۃ اللہ علیہ mother was also of noble descent.

At a very young age he abandoned this world and was placed with this tremendous amount of responsibility. From then onwards, he donned the garment of his Mashaa'ikh, that is the Black Kurta and Tehband (cloth covering the navel to the ankle). Hazrat Khalid Shah رحمۃ اللہ علیہ was a tall and beautiful person with an extremely attractive personality. Many non-Muslims accepted Islam at his hands merely by seeing his features. He always bowed his head in humbleness and whenever he spoke or walked he commanded a great deal of respect. Owing to his great personality he was very well respected also by the Mashaa'ikh of other Salasil.

Taking on the immense responsibility of providing guidance to others, he always taught his mureeds and other Muslims to remain steadfast on the Shar'iah. He emphasised on the principles of proper Islamic Adaab -1 to respect the young and the old. Although Hazrat Khalid Shah رحمۃ اللہ علیہ had immense resources that were at his disposal, he never abused his position - a quality that was adopted by earlier Mashaa'ikh of the Chistiya Silsila and which Hazrat firmly adhered to. He led a very simple and disciplined life with minimum luxuries and worldly belongings. On many occasions during his inspiring talks he often cried when narrating incidents in the life of the Holy Prophet Muhammad ﷺ and his Sahaba Ikraam رضی اللہ عنہم and the Awliya Allah. This was due to his immense love for the Holy Prophet Muhammad ﷺ. Due to his great influence, the Chisti Sabri Jahangiri Silsila spread to many countries like India, U.K., Pakistan, South Africa, etc. and places such as Jherruck, Paak Patan, Lahore, Bareilly, Peshawar, etc. In the

early sixties, Hazrat Khalid Shah رحمۃ اللہ علیہ had the Buland Darwaza constructed at the mazaar of Hazrat Sabir Paak رحمۃ اللہ علیہ in Kalyar Shareef, India. The wood for the door was personally purchased by him. Hazrat had once made an intention to make a catera or silver railing to place around the blessed grave of Hazrat Sabir Paak رحمۃ اللہ علیہ to prevent the people from leaning onto the grave. Upon helping a Hindu devotee in Kalyar by miraculously making his deaf and dumb child hear and speak within 3 days, the Hindu had offered to donate silver for the railing. This railing was made by Hazrat's mureeds in Surat in India. Due to his personality many Hindus accepted Islam at his hands in India. Seeing this as a "threat" the government of India banned him from entering India. As a result of this banning order, he was unable himself to present the silver catera in the mazaar of Hazrat Sabir Paak رحمۃ اللہ علیہ. Nevertheless, this wish was fulfilled by Hazrat's eldest son, Hazrat Sayed Muhammed Shah Chisti Sabri in 1989.

Hazrat Khalid Shah رحمۃ اللہ علیہ now focused his attention to the Murshid of Hazrat Sabir Paak رحمۃ اللہ علیہ - Hazrat Baba Farid Ganje Shakar رحمۃ اللہ علیہ in Paak Patan Shareef, Pakistan. Here he established a huge Khanqah known as Kashana-e-Masoodiya Sabireeya Khanqah where the Urs of Hazrat Baba Farid رحمۃ اللہ علیہ is grandly celebrated during the first five days of Muharram and which attracts devotees from all parts of the world - India, Pakistan as well as South Africa. In the 1980's, upon the instruction of Hazrat Khalid Shah رحمۃ اللہ علیہ, a golden Kalas (a structure mounted on the Dome) was made by his mureeds which was placed on the dome of the mazaar of Hazrat Baba Farid رحمۃ اللہ علیہ. In Hyderabad, he was instrumental in establishing the Jashne Eid-e-Meelad-un Nabi Organization, the Ghareeb-e-Nawaaz Urs Committee and the Ghareeb Nawaaz Yateemkhana.

Hazrat Khalid Shah رحمۃ اللہ علیہ set his blessed foot for the very first time in South Africa in 1966. The Chishti Sabri Silsila in South Africa was already founded in 1944 with the blessing of Hazrat Iqbal Shah رحمۃ اللہ علیہ by his mureed, Janab Ibrahim Madari Chisht Sabri. May Almighty Allah shower His infinite Mercy upon his grave. Aameen. He also visited South Africa in 1972, 1976, 1981, 1982, 1983 and 1984. During his visits to South Africa, thousands of people became his mureeds. He also delivered many inspiring talks throughout his visit. The Chishti Sabri Silsila spread throughout South Africa, including Botswana and Lesotho. Hazrat showed a great deal of concern towards his mureeds and well-wishers. He treated the poor and the rich alike and feared none besides Allah. Many respected people and Ulema used to seek Hazrat's advice on various issues. There are numerous Karamats or miracles attributed to him.

During Hazrat Khalid Shah's رحمۃ اللہ علیہ latter years his health began to deteriorate. His mureeds persuaded him to come to South Africa to receive expert medical advice, but in spite of all serious attempts to provide the best medical treatment, the Will and Divine Wisdom of Allah took its course. On the 16th of May 1984 (15 SHABAAN 1404 A.H.) Hazrat Khalid Shah رحمۃ اللہ علیہ left this mundane world for the Aakhirah. He is buried in Watville Benoni (South Africa) where the Urs is held every year in his honour attracting many devotees from all parts of the country.

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15TH SHABAAN... Another Chance!

شَبَّانِ
مُبَارِك

Allah ﷻ, through His grace and bounty, has afforded mankind numerous opportunities of gaining closeness to Him and turning to Him in repentance. These opportunities enable man to undo the wrongs which he may have committed since his last repentance. There is a famous Hadeeth in which ﷺ said that one Ramadaan to the next, and one Friday to the next are means of atonement for the wrongs which were committed in-between. The 15th night of Shabaan is one such opportunity. There are several Ahadeeth on the virtues of this night. Some of them are:

Hadrat A'ishah ؓ narrates that she heard Rasulallah ﷺ saying: "Allah Ta'ala opens goodness during four nights: the nights of Eid-ul-Adha and Eid-ul-Fitr, the night of the 15th of Shabaan, and the night of Arafat until the adhaan ." (Imam Suyuti in Durr Manthur)

One of the special features of this night is that no sooner the sun sets, the special attention and focus of Allah Ta'ala descends from the heavens and an announcement is made: "Is there anyone seeking forgiveness so that I may forgive him? Is there anyone seeking sustenance so that I may provide him with sustenance? Is there anyone in difficulty so that I may remove his difficulty?" In short, the rains of mercy continue pouring down for the entire night until the time of fajr.

What should we do in this night?

This question is beautifully answered in a lengthy Hadeeth of Hadrat A'ishah ؓ. The gist of which is that when she realized that Rasulallah ﷺ was not sleeping next to her, she got up to see where he was. She found him in prostration making the following Dua:

"My body as well as my inner self have prostrated before You. My heart has brought Iman (faith) in You. I place before You my hand which I used to transgress against my self. O the Exalted, who is yearned for at the time of every enormous task! O the Exalted, forgive me my major sins. My face prostrated before the Being who created it, and granted it the faculty of hearing and seeing."

We learn from the above Hadeeth that one should engage in Salaah and Dua. Both, Salaah and Dua, are the foundations of all our acts of worship. Salaah is considered to be the apex of all acts of worship while Dua is considered to be the core and essence of all acts of worship. This is further explained in the following narration of Hadrat Ali ؓ:

"When it is the night of the 15th of Shabaan, stand up in worship at night and fast during the day. Surely Allah ﷻ descends to the lowest heavens with the setting of the sun and announces: "Is

there anyone seeking forgiveness so that I may forgive him? Is there anyone seeking sustenance so that I may provide him with sustenance? Is there anyone in difficulty so that I may remove his difficulty? Is there anyone, is there anyone?" This continues till the break of dawn. (Imam Suyuti in Durr Manthur)

Apart from Salah and Dua, one may also engage in the remembrance of Allah Ta'ala (Zikr) and the recitation of the Quran. If one is unable to do any of this, the least one should try to do is offer the Isha and Fajr salahs with congregation so that one may earn the reward of spending the entire night in worship.

May Allah ﷻ inspire all of us to take maximum benefit from this blessed night, Aameen

Are you going to grab this opportunity?

Maybe we have heard the words "another chance" from our kind and loving parents on many occasions. Perhaps when we did not do well at school or Madrasah or even when we did some wrong, we were given a second chance to rectify ourselves. Our Most Loving, Kind and Merciful Creator, Allah Ta'ala Who is Rahmaan, Raheem and Kareem on this auspicious night is saying to us, "O my servant (abd) come towards me even if you are filled with sins from head to toe. My doors are always open. On this night, I give you "a reminder", "another chance" to repent. Come, my servant, even if your sins equal the pebbles in the ocean! I remind you tonight that this is the 15th of Shabaan, the Night of Freedom, the night of removing sins through taubah. Beseech my forgiveness my servant, I will forgive you. Come make taubah and grab this other chance to change."

Hadrat Maalik Bin Dinaar ؓ got his "second chance", his "wake up call" on the 15th of Shabaan. He slept in an intoxicated state that night and he saw a fearful dream in which he was shown the plight of those that disobey Allah ﷻ. His daughter, who had passed away before him, admonished him in this dream, with the verse of the Qur'aan, "Has the time not come for those wrongdoers to fear"? (Surah Al Hadeed, verse 16)

Dear Reader! Has our time not come?

Let us take this chance afforded to us by our Creator and take the bold step of change or reformation. Give up all sins and become the beloved (wali) of Allah ﷻ.

May Allah ﷻ grant us the Taufeeq of using this night to our advantage and saving ourselves from the fire of Jahannum with sincere Taubah, Aameen.



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After Asr Salaah Recite 70 Times:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ ط

“Astagh Firullaha Rabbi Min Kulli Zam Bin Wa A'tubu Elay”

Thereafter Recite 70 Times Durood Shareef

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ ط

“Allahumma Swalle Ala Muhammadew Wa Ala 'ale Muhammadew Wa Barik Wa Sallim”

Thereafter Recite 70 Times

“Yaa Hayyu Yaa Qayyoom”

يَا حَيُّ يَا قَيُّوْمُ

Just before Sunset Recite 40 Times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط

“Laa Hawla Walaa Quwata Illa Billa Hii Aliyeel Azeem”

Recite the last 3 verses of Surah Hashr once:

Bismillah Hir Rahmanir Raheem

Huwal Laahul Lazi Laailaaha illaahu,
A'alimul Ghaibi Wash Shahadati Huwar
Rahmanur Raheem-Huwal Laahul Lazi
Laailaaha illaahu, Al Malikul Quddusus
Salaamul Mo'minul Muhayminul Azizul
Jabbaarul Mutakabbir, Subhaanal Laahi
Amma Yushrikoon. Huwal Laahul Khaaliqul
Baari-ul Musawwiru Lahul Asthma-ul-Husna
Yusabbihu Lahu Mafis Samaawaati Wal
Ard Wahuwal Azizul Hakeem.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ط عِلْمُ
الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمِ ط
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ط الْمَلِكُ
الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ
الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ط سُبْحَانَ اللَّهِ عَمَّا
يُشْرِكُونَ ط هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ
لَهُ الْأَسْمَاءُ الْحُسْنَى ط يُسَبِّحُ لَهُ مَا فِي
السَّمَوَاتِ وَالْأَرْضِ ط وَهُوَ الْعَزِيزُ الْحَكِيمُ ط

Recite the Dua for Shabe Baraat as many times as possible

(Allahumma) A'oozu bi Afwika Min Iqaabika
Wa A'oozu Biradaka Min Sakhatika Wa A'oozu
Bika Minka Jalla Wajhuka Laa Ohsi Sanaa'an
Alayka Anta Kama Asnaita Ala Nafsik.

O Allah I seek protection in Your forgiveness
from Your wrath and I seek shelter in Your
pleasure from Your displeasure and I seek
safety with You from You. Glory be to You I
cannot Fully praise You as You have praised
Yourself

(اللَّهُمَّ) أَعُوذُ بِعَفْوِكَ مِنْ عِقَابِكَ
وَ أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ
وَ أَعُوذُ بِكَ مِنْكَ جَلَّ وَجْهُكَ
لَا أُحْصِي ثَنَاءً عَلَيْكَ أَنْتَ
كَمَا أَثْنَيْتَ عَلَي نَفْسِكَ ط