

عيد مبارك  
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# IMAM SULAYMAN AL-JAZULI (RA)

## *Dala'il Al-Khayrat*



Dala'il al-Khayrat, the most accomplished composition of Salawaat on the Prophet (ALLAH bless him and give him peace), was composed by Muhammad ibn Sulayman al-Jazuli. Originally from Morocco, Imam Jazuli was sheikh of the Shadhili silsila tracing his ancestry to Imam Hasan ibn Ali RA. He was a committed scholar of Islam and a sufi master. Muhammad ibn 'Abdullah Amghar became his sheikh in the tariqa. Imam Jazuli spent 14 years in seclusion invoking ALLAH which led to great spiritual transformation. Thereafter he himself was given permission to guide disciples as a sheikh of the tariqa.

Imam Ahmad al-Sawi relates that one day Jazuli went to perform his ablutions for the prescribed prayer from a nearby well but could not find any means to draw the water up. While thus perplexed, he was seen by a young girl who called out from high above, "You're the one people praise so much, and you can't even figure out how to get water out of a well?" So she came down and spat into the water, which welled up until it overflowed and spilled across the ground. Jazuli made his ablutions, and then turned to her and said, "I adjure you to tell me how you reached this rank." She said, "By saying the Blessings upon him whom beasts lovingly followed as he walked through the wilds (ALLAH bless him and give him peace)." Jazuli thereupon vowed to compose the book of Blessings on the Prophet (ALLAH bless him and give him peace) which came to be known as his Dala'il al-Khayrat or "Proofs of Charity." Dalailul Khairaat is indeed a masterpiece. It beautifully combines Salawaat on the Beloved Prophet ﷺ written by Imam Jazuli himself, with other Salawaat written up to his time in an eloquent manner. Its graceful style is drawn from a musk-scented love for Rasulullah ﷺ and an overwhelming passion to praise his Beloved ﷺ.

Imam Jazuli's spiritual path drew thousands of disciples who, with the popularity of Dalailul Khayrat, had a tremendous effect on Moroccan society. He taught followers blessings upon the Beloved ﷺ, extinction of self in the love of ALLAH and His Messenger ﷺ, visiting the awliya or saints, disclaiming any strength or power, and total reliance upon

ALLAH. He was told by the Prophet (ALLAH bless him and give him peace) in a dream, "I am the splendor of the prophetic messengers, and you are the splendor of the awliya." Many divine signs were given to him. The most wondrous or unmistakable divine sign was the reception that met his famous work.

Its popularity swept the Islamic World from North Africa to Indonesia. Scarcely a well-to-do home was without one. Princes exchanged magnificently embellished copies of it, commoners treasured it. Pilgrims wore it at their side on the way to hajj, and a whole industry of hand-copyists sprang up in Mecca and Medina that thrived for centuries. Everyone who read it found that baraka descended wherever it was recited.

| A few beautiful stanzas of noble Dalailul Khayrat:

O ALLAH, send salutations upon our Master Sayedina Muhammed (ﷺ) and the family of our Master Muhammed (ﷺ) equal to the number of droplets of rain.

And send salutations upon our Master Sayedina Muhammed (ﷺ) and the family of our Master Sayedina Muhammed (ﷺ) equal to the number of leaves on trees  
And send salutations upon our Master Sayedina Muhammed (ﷺ) and the family of our Master Sayedina Muhammed (ﷺ) equal to the foam of the sea

O ALLAH send salutations upon our Master of the pious, the beauty of the chosen messengers, and the most honourable of whom the night has darkened, and the most honourable of whom the day has brightened on

O ALLAH, O the Possessor of favours that cannot be equalled, and the Possessor of generosity and kindness which cannot be recompensed, we ask You, and we do not ask anyone besides You, to release or make easy for us, our tongues at the time of questioning in the grave, and to grant us success in achieving virtuous actions, and make us of the faithful on the day of tremors and earthquakes, O You the Possessor of Respect and Exaltedness.





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رَضِيَ عَنْهُ  
اللَّهُ

# HAZRAT UWAYS AL QARNI

The great Saint Uways of Qaran! Was presented the blessed cloak of Rasulullah ﷺ on the Holy Prophet ﷺ's instruction. It is preserved in Istanbul, Turkey. He reached his Spiritual status due to obedience to his mother.

Uways ﷺ was from the village of Qaran, in Yemen. He had asked his mother's permission to visit Allah's Messenger, and she said: "You have my permission to go, see him once, and come straight back. If the Messenger is at home, you may meet with him; if not, come straight back here." Uways made a journey of three months on foot, from the Yemen to Madinah the Illuminated. When he reached Rasulullah ﷺ's house, he knocked on the door and Hazrath Aisha ﷺ, wife of the Chosen Prophet ﷺ and Mother of the Believers opened the door. She told him that Rasulullah ﷺ was in the Masjid.

Uways ﷺ remembered his promise to his mother and replied: "Please convey my salaams to my Beloved Rasulullah ﷺ. Kindly inform him that Uways came from the Yemen, did not find him at home, and is returning to the Yemen, since he does not have permission from his mother to meet him in the mosque."

When the Rasulullah ﷺ came home from the mosque, he found the radiance of Uways in his house. Hazrath Aisha ﷺ told him what had happened, and conveyed Uways's salutations. His blessed eyes looked towards Yemen and the blessed Prophet ﷺ said: "The fragrance of our friend is reaching us." The noble Companions asked: "If Uways is your friend, why did he not stay to see you?" Rasulullah ﷺ replied: "He complied with a promise given to his mother and he is serving her."

The Holy Prophet ﷺ said "Uways will come back to Madinah the Illuminated, to meet me, but we will not meet physically, for I shall then be united with my Lord"

Rasulullah ﷺ said that when Uways ﷺ came back to Madinah he was to be given his cloak, and asked to pray for the Community of Muhammad ﷺ. He also mentioned that a light was visible on one of Uways's hands.

During Hazrath Umar ﷺ's Caliphate, a number of Yemeni's visited

Madinah the Illuminated and Hazrath Ali and Umar (Radiallahu anhu ajmain) approached them and enquired about the Saint, Uways (Radiallahu anhu), from the village of Qaran. The Yemenis said they knew of no such saint, but they did point out that a camelherd from that village,

who seldom mixed with other people, preferring to spend his time in worship, alone among the camels. Hazrath Ali and Umar (Radiallahu anhu ajmain) then approached Hazrath Uways ﷺ, greeted him, conveyed the greetings of the Messenger, and presented him with his blessed cloak. But he was reluctant to accept.

"Surely there is some mistake!" he exclaimed, in his desire to hide himself. Seeing the light upon his hand, however, they cried: "You are the saint described to us by Allah's Messenger ﷺ, for he told us about the light on your hand." They also reported to him the wish of the blessed Messenger that he should pray for the Community of Muhammad ﷺ.

Hazrath Uways ﷺ rubbed the blessed cloak over his face and eyes and kissed it. Then he asked to be left alone. When he was alone he held the cloak and began to pray: "O Allah this cloak is the cloak of Your beloved Messenger. He has presented it to me, but I refuse to wear it unless You pardon the Community of Muhammad ﷺ."

He then repeated his prayer in exactly the same words. As he was about to repeat his prayer a third time, Hazrath Ali and Umar ﷺ came beside him. He cried: "Oh, you came too soon! Upon my first supplication, Allah granted me forgiveness for one third of the Community; on my second, He forgave two-thirds of the Community. In my third request I was pleading for pardon for the entire Community of Muhammad ﷺ- then you came along!"

As with people in every age, the Yemenis were unaware of the presence in their midst of such a saint, whose prayers were accepted. They imagined him to be an ordinary camel herd. The Friends of Allah, do not seek fame, and as such hide themselves away from other people.

EST. 1995

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# TWO-FACED PEOPLE

They lie conveniently and can build a wall of lies that can last a long time so much so that they are better than an average liar.

MOULANA NASIK AHMED BROOD

The definition of two-faced is someone who is insincere or who acts one way in certain situations and then in a contrary manner in others. An example of someone who would be described as two-faced is a person who pretends to be your friend and then starts calling you names as soon as you leave the room.

We could term a two-faced person as a "wolf in sheep's clothing". The problem we have to deal with regarding two-faced individuals is that we do not know which face is real. It is a problem because, in real life, interacting with other human beings is not a theatre act. Gossip and backstabbing have real consequences to the emotions and reputations of people.

Why are some people two faced? One of the possible reasons is to keep 'friendship' options open. A person may not like another person but does not have anyone else at the moment. The two-faced monster reveals itself when a third person comes along more suited to the monster's personality and the old friend becomes expendable. Two-faced people are manipulators and self-seeking. They think only of their objectives, they consider no method wrong when it is the question of getting what they want.

They do not care much about ethics/morals/gratitude/loyalty. They do not have emotions for others. They are also sweet, good talkers and 'cool' individuals but also selfish at the same time. For them, ends justify the means. If they have to trample upon others to achieve their goals they think it is just fine.

They lie conveniently and can build a wall of lies that can last a long time so much so that they are better than an average liar. Two-faced people will always pretend to be on your side whilst working against you. They will work against you behind your back; subliminally; when we are most vulnerable; and to serve their distorted purposes. They become very aggressive when they are confronted or when they are told that they are wrong or when they are about to lose an argument. These types of people enjoy using subtle statements that are sarcastic in nature.

Abu Hurairah (Radiyallahu Anhu) mentions that he heard Nabi (Sallallahu Alayhi Wa Sallam) saying: "The worst of all people is the double faced people who appear to some people with one face and to other people with another face." (Bukhari - 7179) Imam Asqalaani mentions in his explanation of this Hadith in his book Fath-ul-Bari (Volume 13: Page 615) that if we look at it realistically we will see that the two-faced person is considered as evil because they have the same traits

as that of a hypocrite.

These individuals are the ones who go to those sides which is satisfactory to them. They show the people that they are with them and against those whom they are in opposition to. These people are creatures of habit. By this we mean that amongst their habits are hypocrisy, downright lying, trickery and deceit, acquire secrets of all the people and only has lip service.

How then can we deal with these types of individuals? There are certain measures we should take when dealing with someone who is two-faced. The first step is to acknowledge that we are dealing with someone false and dishonest. This person is definitely not a potential friend. Hence it is a good idea to remain on our guard when dealing with someone we know is two-faced. Another step that needs to be taken is being assertive rather than aggressive when confronting insincere people. If we know that someone has been gossiping behind our back, then we should confront them about it without being hostile or violent. Instead be assertive by letting them know that we are aware of what they have been doing.

Also tell them that we are offended by their behavior. When confronting the two-faced individual, it is best to ensure that we have someone else there to witness exactly what is said. That way the back-stabber cannot lie or fabricate parts of the story when recounting the event to others later on. The third step is to resist the temptation to play the gossip at their very own game.

If we gossip about our adversary by way of revenge, we will only debase ourselves and come down to their level. We do not have to behave negatively in order to even the score with a back-stabber. Instead be direct, honest, calm and assertive in our dealings with them. That way we will be the better person.

There are many other steps that can and should be taken in dealing with these two-faced individuals. The above-mentioned are just a few to mention. However, as Muslims we must remember that if we decide to be amongst those who are two-faced then we will fall in the category of those who will be amongst the forked tongue people on the Day of Judgment.

May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam), protect us from being amongst these types of people and protect us from doing



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BY FAIZEL KHAMKER

# CORONA SCREENING

When perusing the media we find ourselves inundated with the news and views of the corona virus. It is as though the world has stopped at that point and can neither go forward nor take a step back. It has become the ideal screen to hide away the realities of where the world is continuing with certain of its programmes which will have an impact on the daily lives of millions of people.

This screen which the corona virus provides currently belies the fact that the many sufferings of the downtrodden not only continues but has been exacerbated.

Prior to the corona virus many countries were in a deep financial crisis including South Africa. This position required strict financial control and prudent policies and actions. Poverty stricken people were in debt to such a level that it would take many generations to pay it off and where such debts had been incurred by their respective governments' poor fiscal policies.

This had then placed the focus on governance issues of various governments and then the approach to combat the effects of the virus allowed these same governments to act indiscriminately and throw every conceivable good practice out of the window and impoverished the impoverished to an even greater extent. The corona virus screen became so effective that neither the media nor the economist raised these poor economic decisions.

The impression given is that the eradication of this virus would like a magic wand remove all the underlying problems of the economies which still remains embedded but in a greater proportion.

When we cast our eyes to the people of Palestine the corona screen has sidelined the people under occupation for seven decades and more and the moving of the focus primarily on the corona virus has given the Israeli government almost a free rein to continue with their reign of terror. During these period necessary medical necessities has still been used as a tool of control and oppression.

Furthermore this immoral regime has authorised additional settlements on the West Bank. These illegal acts were carried out with impunity before however with the new found screen these will not even be reported on in order that these acts of oppressions are not recorded. Furthermore these new settlements require the forced displacement of those Palestinians currently residing in those areas. To the media the hype around the corona virus takes greater precedence over human rights and justice.

In India the RSS fascist agenda continues more so in Kashmir. The

colonization of Kashmir with the intent of removing its Islamic identity took a turn for the worst for the Kashmiri cause when one of the resistance leaders was martyred. The hate spewed ideology of the RSS which gained traction even in the Middle East had to take a back seat when authorities in these regions reacted to these hate speeches which started surfacing in social media with threatening deportation. At the same time a few African governments also made their dissatisfaction known.

In America a watchdog movement with influence within the corridors of power have placed India as the worst ranked country in terms of religious tolerance. This ideal opportunity to apply pressure opposing the fascist policies was lost because of the corona screen. Millions of people whose dignity and honour are at stake were victims of the failure to utilise this opportunity which was gifted to the conscientious people of this world.

The Presidential elections in America are scheduled in November. The result of this event even though it is farcical reverberates throughout the world and as such creates a lot of interest. The candidate to Trump namely Joe Biden does not come with remarkable credentials. However the lockdown in America has given him an unseen advantage in that all his campaigning is now done through various digital platforms which screened him from embarrassing statements which he is renowned for. The result is that he has a six percent poll survey advantage over his rival. This advantage could under normal situation have been cancelled taking into account a sex scandal hanging over his head.

The corona screen has removed all of this from the public domain which results in assessing his outlook more difficult and therefore knowing how to deal with the future outlook of the world more precarious.



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# How to care for dry, Cracked Heels

Cracked feet, also known as heel fissures, are a common problem for people of all ages, mostly caused by lack of moisture.

Other causes include, standing for long hours, using harsh soaps, cold weather, continuous exposure to water, being overweight, and wearing improper footwear. Conditions like eczema, psoriasis, thyroid disease and diabetes can also contribute to this problem.

Some of the signs and symptoms of cracked feet are red or flaky patches, peeling skin, itchiness, bleeding from the cracks and pain. Cracked feet look unattractive and, in some cases can lead to infection and extreme pain. The problem can be taken care of with some simple home remedies.

Here are the top 10 ways to heal cracked feet.

## 1. Scrubbing

Scrubbing the hard, dead skin away helps a great deal in getting rid of cracked feet. Before scrubbing, soak your feet in warm soapy water to help soften the skin and make it easier to scrub.

Before going to bed, mix some liquid soap in a foot tub filled with warm water.

- Soak your feet in this warm soapy water for about 20 minutes.
- Use a pumice stone to gently scrub off the loosened dead skin cells.
- Rinse off your feet with clean water and pat dry with a soft towel.
- Apply some foot cream or moisturizer and wear a pair of clean cotton socks overnight.

Follow this remedy daily until your cracked feet are healed completely.

## 2. Coconut Oil

Coconut oil is another incredible remedy for dry, cracked feet. It helps moisturize your feet and also fights fungal and bacterial infections, thanks to its antimicrobial and antifungal properties.

Before going to sleep, soak your feet in warm water and scrub with a loofah. Dry your feet thoroughly and then apply coconut oil generously on your feet.

Put on a pair of clean, cotton socks for the night.

The next morning, remove the socks and wash your feet.

Do this daily for several days until you are satisfied with the results.

You can also use olive oil in the same way.

## 3. Mentholated Rub

This is another popular home remedy for cracked heels because of the many essential oils that it contains. It also helps heal toenail fungus.

Apply some mentholated rub on clean, dry feet before going to bed.

Put on a pair of socks and leave it on overnight.

The next morning, remove your socks & wash your feet with warm water.

Repeat daily for a few days until the rough skin peels off.

## 4. Paraffin Wax

You can also use paraffin wax to remove the dead, dry skin and cure cracked feet. It will also work as a natural emollient to soften the skin and retain the natural oils on the skin.

Heat some paraffin wax in a microwave or double-boiler and add an equal

## 5. Glycerin

Due to its moisturizing and humectant properties, glycerin works as a great remedy to get rid of cracked feet.

Make a mixture of equal parts of glycerin and lemon juice. You can also add some rose water.

Apply it on your feet.

Leave it on for 20 minutes and wash it off with water.

Follow this remedy daily for about two weeks.

## 6. Epsom Salt

Epsom facilitates the process of healing cracked feet as it promotes circulation. Plus, the magnesium in Epsom salt promotes skin health and draws out toxins.

Add one-half cup of Epsom salt in a foot tub filled with warm water.

Soak your feet in it for 10 minutes.

Gently rub your feet with a pumice stone for a few minutes.

Put your feet back in the Epsom salt soak for another 10 minutes.

Finally, dry your feet thoroughly and apply a moisturizer or petroleum jelly.

Repeat daily for two or three days.

## 7. Vinegar

Vinegar can also be used to treat cracked feet as the acetic acid in vinegar helps soften the skin which in turn makes exfoliation easier. Vinegar foot soaks are also beneficial for tired feet.

Mix one-half to one cup of white or apple cider vinegar in two cups of water.

Soak in it for 10 to 15 minutes and then slough off the dead, dry skin with a pumice stone or foot scrubber. Then, wash your feet and pat dry thoroughly. Finally, apply a moisturizer or petroleum jelly.

Another option is to make a natural foot scrub. Mix a handful of coarse rice flour, a few tablespoons of raw honey and apple cider vinegar to make a thick paste. You can also add one tablespoon of olive oil to it. Wash your feet well and then gently massage your feet with this paste for a few minutes. Wash it off with lukewarm water. Repeat once or twice a week.

## 8. Lemon

Lemon juice has a very mild natural acidic property that can help get rid of dead and dry skin cells from your feet. It will also make your skin soft and beautiful.

Add some lemon juice to warm water. Soak your feet in this solution for about 10 minutes. Gently scrub your feet with a soft foot brush. Wash and dry your feet completely and then apply some moisturizer. Repeat a few times a week.

Another option is to add the juice from one lemon to one teaspoon of petroleum jelly and apply this mixture to your dry and cracked heels. Before applying, it is essential to wash your feet and pat them dry. Follow this remedy once or twice daily.

You can also create a foot scrub by mixing together five tablespoons of sea salt, one tablespoon of olive oil and juice from one lemon. Apply it on your cracked feet. Leave it on for 15 minutes and then rinse it off with lukewarm water. Follow this remedy once or twice a week to get positive results.

## 9. Banana

Overripe banana can be put to good use by blending them into a paste and applying on your cracked feet. They will help soften and moisturize your skin.

Blend one or two overripe bananas in a blender to form a thick, creamy paste. You can also add half an avocado. Apply this paste on your feet.

Leave it on for about 15 to 20 minutes.

Wash your feet thoroughly, alternating with lukewarm and cold water.

Follow this remedy on a daily basis to prevent and treat dry & cracked heels.

## 10. Oatmeal

You can treat cracked feet with a homemade foot scrub made from oatmeal. It will help remove dead skin and also keep your feet moisturized.

Mix one tablespoons of powdered oatmeal and some jojoba oil to make a thick paste. Apply the paste to your feet, with special attention to the heels and callused areas. Leave it on for about 30 minutes. Rinse it off with cold water and pat dry your feet. Do this every other day until your cracked feet are healed completely.

15th May 1948 - 15th May 2020

# 72 YEARS AND STILL WAITING

The Media Review Network (MRN) reminds all and sundry that the Zionist ideology is simple: Palestinians can and must be expelled from historic Palestine so that settlers can steal and occupy the land.

72 years after that fateful day, 15th May 1948, referred to as the Nakba or the Catastrophe, the world still awaits the establishment of a Palestinian State.

Sadly, that will not happen. Not in the near future.

This tragedy, started in 1948, continues to this day. 560 villages were destroyed and hundreds of thousands of Palestinians killed. It is documented that over 70 massacres were carried out by the Zionist terror gangs and 750000 expelled from their homes. This Zionist ideology to rid Palestine of all its native population has been unfolding all the while and has been accelerated in the last decade or two.

The Zionist state began a war of terror in Palestine. It set a 7 decades precedent which showed that Palestinians were not welcomed. Naked and undisguised racism confronted them. Persecution was relentless, much the way it is today. Roadblocks and checkpoints went up, curfews imposed, violators shot on sight, and systematic abuse inflicted.

The international community has not only remained silent but have been complicit while the ethnic cleansing and genocide of the Palestinians endures. Europe, the United States and their surrogate Arab regimes have supported this course. India, under the Fascist regime of Narendra Modi, has now joined this club of evil governments.

All the attempts to negotiate a solution to the problem was an empty sham. The time has come for Palestinians and anyone interested in the cause of justice to abandon the charade of official diplomacy. The Zionists always negotiated in bad faith and the so-called Palestinian negotiators led by Mahmood Abbas and assisted by Saeb Erekat and Ahmed Qurei have no legitimacy, offer no credibility and cannot claim to represent Palestinian opinion. In fact they are prepared to bargain away the very core of the Palestinian struggle; the right of return of the Palestinians to their homes from which they were terrorised into leaving when the illegal Zionist state was created in 1948.

The MRN calls on the South African Government to dissociate itself from the charade of the two-state solution and lead a campaign to expose Zionism for what it is: a racist, evil and genocidal ideology, worse than Apartheid.

SA must not betray the Palestinian quest for justice.

Issued by: Ibrahim Vawda



Hazrat Abu Ayyub ؓ reported that Rasullullah ﷺ said : "If anyone who has kept the fasts in Ramadhaan, follows them up with six(optional) fasts of Shawwwaal then (he will get reward for the fasts of a year but if he does that always) it is as if he fasted all his life. (Muslim)

Hazrat Sauban ؓ reported that Rasullullah ﷺ has said that: "Joining six days of the fasts of shawwwaal is equal to the fast of the whole year. Each good act is equal to ten such acts." (Ibn Majah, Nasai)

It means that the reward of each good deed is atleast multiplied ten times. Therefore, thirty days of the fasts of Ramadhaan is thus equal to three hundred days and the six days of Shawwwaal is equal to sixty. Thus, making the total of three hundred and sixty, which is the number of days in the lunar Islamic year.



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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Cairo, EGYPT – Plans announced by Prime Minister Mostafa Madbouly of measures that would be implemented during Eid to contain the spread of COVID-19 were reflective of what would be happening with Muslim communities across the globe. The government urged all Muslims to practice Eid-ul-Fitr at home, not at Eid Gahs where thousands have traditionally assembled for centuries. Mosques remain closed until later this year. Egypt would have a curfew from 5 pm to the next morning daily in the week preceding Eid. All entertainment venues and restaurants would be completely shut throughout the week, and public transportation would be suspended.

Jeddah, SAUDI ARABIA - The Organization of Islamic Cooperation (OIC) has mobilised all its resources in member states to stem the spread of the COVID-19 pandemic. They have each, within their respective fields of competence and mandate, taken up response initiatives at health, humanitarian, media, political, economic, educational, religious and other levels. The Islamic Solidarity Fund aimed at supporting the least developed member states in their response to the pandemic, especially in the health sector, delivered a first tranche of urgent financial to the representatives of Bangladesh, Afghanistan, and Djibouti.

New York, USA - United Nations Secretary General António Guterres strongly condemned the attacks in Balkh and Khost provinces of Afghanistan during Ramadan and expressed concern over rising violence across the country. At least 14 people were killed, including two new-born babies, when gunmen attacked a maternity hospital in the capital, Kabul, just hours after a suicide blast killed at least 24 people and wounded scores more at a funeral in Nangarhar in the east of the country.

Brussels, BELGIUM - The European Union has warned Israel of consequences if it goes ahead with the annexation of parts of the Israeli-occupied West Bank, including possible sanctions. "Annexation is not in line with international law. In fact it is contrary to international law. If the annexation goes ahead, the EU will act accordingly," EU's Lead Spokesperson for Foreign Affairs and Security Policy Peter Stano told a virtual news conference.

Makkah, SAUDI ARABIA - With this year's Hajj in two months' time still in doubt because of the Covid-19 pandemic, the General Presidency for the Affairs of the Grand Mosque and the Prophet's Mosque has inaugurated advanced self-sterilisation gates. The advanced gates, to be used for sterilising people with sanitizer spray, are also equipped with thermal cameras to test temperatures from a six-metre distance and a smart screen for speed reading of temperatures of several people at the same time.

Jeddah, SAUDI ARABIA – The Secretary General of the Organization of Islamic Cooperation, Dr. Yousef bin Ahmed Al-Othaimeen has called on all member states, charitable and humanitarian organizations, and civil society institutions to accord the orphans the care and attention they deserve. Al-Othaimeen made the call on the occasion of the Orphan's Day, celebrated each year on 15 Ramadan by the Muslim world. This is in implementation of the teachings of Islam that calls for the proper treatment of orphans, their full sponsorship, and the preservation of their educational, health, social, and human rights; as guided by about 20 verses of the Noble Qur'an calling on care for orphans, as well as an injunction to this effect from the Prophet (SAW).

Kabul, AFGHANISTAN - Afghanistan could have one of the highest COVID-19 infection rates in the world as the country is struggling to safely absorb the over 271,000 people who have returned from neighbouring Iran and Pakistan since January, the UN migration agency has warned. The International Organisation for Migration said that a key constraint hindering a meaningful response to the pandemic is the low capacity for testing, and concern that Afghanistan has extremely limited infrastructure to treat severe cases.

Dhaka, BANGLADESH - Prime Minister Sheikh Hasina said that government has already initiated the process of appointing 2000 more physicians and 6000 nurses to ensure treatment of the coronavirus infected patients. The premier also said "the situation of Bangladesh is comparatively well due to the timely intervention of the government which has taken every possible measure in line with the guideline of the World Health Organisation (WHO) to save people's lives from the very beginning of the coronavirus outbreak in China."

Jakarta, Indonesia - The Ministry of Religious Affairs in this country with the largest Muslim population in the world published a practical guide for regulating Islamic ritual practices during Ramadan after imposing large-scale social restrictions amid coronavirus pandemic outbreak in some provinces. The ministry's guidance on performing prayers during Ramadan has been endorsed by the World Health Organisation.

*Eid Mubarak*

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# Psychology Health

## 12 Myths About Coronavirus, According to the World Health Organization

BY SHIREEN ISMAIL



As the novel coronavirus—now known as COVID-19—continues to spread across the globe, so does misinformation surrounding it. Although there is still a great deal to be learned about this incredibly infectious and sometimes deadly disease that originated in Wuhan, China, there are aspects of the Covid-19 we are aware of in terms of how it can and can't be spread and prevented.

**Myth #1:** Hand dryers can kill the new coronavirus

No. According to the WHO, hand dryers are not effective in killing the new coronavirus. Instead, the best way to protect yourself against COVID-19 is to wash your hands frequently (or clean them with sanitizer), then dry them thoroughly with paper towels or a warm air dryer.

**Myth #2:** An ultraviolet disinfection lamp can kill the new coronavirus

It is true that some hospitals use UV light to kill microbes on surfaces—like in operating rooms or labs—but, per the WHO, UV lamps should never be used to sterilize hands or skin, as they can cause skin irritation.

**Myth #3:** Thermal scanners are effective in detecting people infected with the new coronavirus

Myth #3 is twofold: While thermal scanners can detect fevers (higher than normal body temperatures) in those infected with the coronavirus, they cannot detect the infection in those who are not yet showing symptoms.

"This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever," the WHO explains.

Also important to note: The flu also causes similar symptoms to COVID-19, including a fever—so just because someone has a fever doesn't necessarily mean they've been infected with the new coronavirus.

**Myth #4:** Spraying alcohol or chlorine all over your body can kill the new coronavirus

While spraying alcohol and chlorine is a great method to disinfect surfaces—and even using an alcohol-based hand sanitizer can help keep your hands clean—using the chemicals all over your body isn't going to kill the virus if you've already been infected. "Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth)," the WHO points out.

**Myth #5:** It isn't safe to receive a letter or a package from China

This simply isn't true, according to the WHO. "People receiving packages from China are not at risk of contracting the new coronavirus," they explain. "From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages."

This type of thinking is also harmful since it only helps perpetuate the stigmatization of specific populations linked to the coronavirus. This stigma—which can force people to hide their illnesses, prevent people from getting health care immediately, and discourage people from following healthy behaviors—can lead to more severe health problems and ongoing transmission, per the WHO.

**Myth #6:** Pets can spread the new coronavirus

While pets can spread certain forms of coronavirus, the WHO confirms that presently, there is no evidence that your domesticated animals can be infected with or spread the new coronavirus.

"However, it is always a good idea to wash your hands with soap and water after contact with pets," according to the WHO. "This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans."

**Myth #7:** Pneumonia vaccines can protect you against the new coronavirus

Currently there is no vaccine to protect you against coronavirus—including pneumonia vaccines, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine. "The virus is so new and different that it needs its own vaccine," the WHO explains. That said, researchers are trying to develop a vaccine for the new coronavirus—but it may not be ready in time to battle the current outbreak.

Despite the pneumonia vaccines and other flu vaccines not being effective against COVID-19, the WHO suggests getting vaccinated against respiratory illnesses to protect yourself from those specific illnesses.

**Myth #8:** Regularly rinsing your nose with saline can help prevent infection with the new coronavirus

While regularly rinsing your nose with saline may help you recover more quickly from the common cold, it hasn't been shown to help prevent respiratory infections in general, including coronavirus.

Keep in mind too, when you do rinse your nose with saline to help cold symptoms, make sure the product is sterile. And if you opt for a neti pot, make sure that water has also been sterilized—either distilled water or water that's been boiled and then cooled back down—instead of tap water, which can increase your risk of infection.

**Myth #9:** Eating garlic can help prevent infection with the new coronavirus

Raw garlic is pungent—but it won't protect you against illness. Despite having some antimicrobial properties, according to the WHO, "there is no evidence" from the current outbreak that the potent herb will protect you from coronavirus.

**Myth #10:** Slathering yourself in sesame oil can block the new coronavirus from entering the body

We're not entirely sure where this myth comes from, but rubbing sesame oil all over your body definitely won't keep the coronavirus away.

Per the WHO, "there are some chemical disinfectants that can kill the 2019-nCoV on surfaces," including bleach and chlorine-based disinfectants, ether solvents, 75% ethanol, peracetic acid, and chloroform. "However, they have little or no impact on the virus if you put them on the skin or under your nose." In fact, it can even be dangerous to put those chemicals on your skin.

**Myth #11:** The new coronavirus only affects older people

Unfortunately, people of all ages can be infected by the new coronavirus. However, "older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus," the WHO points out.

**Myth #12:** Antibiotics are effective in preventing and treating the new coronavirus

Keep in mind that antibiotics do not work against viruses of any kind—only bacteria. So, because the new coronavirus is an actual virus, "antibiotics should not be used as a means of prevention or treatment."

In fact, there are no specific medications recommended to treat or prevent the new coronavirus at all, per the WHO. "However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care," the WHO explains, adding that some specific treatments are also under investigation, and will be tested through clinical trials.





# INSPIRATIONS

from the Life of

## Hazrat Bibi Maryam (RA)

Part 1

BY SHIREEN ISMAIL

Hazrat Bibi Maryam (RA) is revered with a very high esteem in the scholarship of Sunni Islam. Muslim Scholars have characteristically analysed the meaning of the blessed name of Hazrat Bibi Maryam (RA) which indeed seems to be the focus of the texts presented in the Noble Quran Kareem.

Scholars of classical Sunni text have also drawn from the traditions and hadiths of the Prophet Muhammad (ﷺ) to provide further information on the life of Hazrat Bibi Maryam (RA).

Hazrat Bibi Maryam (RA), the Pious Mother of Nabee Isa (ﷺ), holds an exalted position in Islam as the only Woman mentioned by name in the Holy Quran Kareem. Part 1 of a series of inspirations will convey the Blessed Quranic verses with reference to Hazrat Bibi Maryam (RA) based on the translation within Kanzullmaan.

### Surah 3 Ale-Imran Verse 37

"So her Lord graciously accepted her and made her grow in purity and excellent growth and made Zakariya her guardian. Whenever Zakariya entered her prayer chamber, to see her, he found fresh food supplied to her. He asked: 'O Maryam, from where is this coming to you?' She said: It is from Allah". Surely, Allah provides to whom He wills, without measure."

### Surah 5 Al-Ma'ida Verse 46

"And We brought Isa, son of Maryam, to follow their footsteps, confirming what is in the Tauraat revealed before, him. And We gave him the Injeel wherein there is guidance and light, and confirms the Tauraat that had come before, it. It is a guidance and an advice for righteousness."

### Surah 5 Al-Ma'ida Verse 114

Isa, son of Maryam, said: 'O Allah, our Lord! Send to us a table full of food from heaven, so that it may be an occasion of rejoicing for us, the first and the last of us, and a sign from You. And provide for us and You are the Best of Providers.'

### Surah 19 Maryam Verse 16

"And remember, Maryam in the book; when she went apart from her family towards a place in the east".

### Surah 23 Al-Mo'minoon Verse 50

"And We made Maryam and her son a sign and gave them shelter on

an elevated land where was a place from abiding and running water."

Surah 33 Ahzab Verse 7

"And O Beloved! Remember when We took covenant from the Prophets, and from you, and from Nuh and Ebrahim and Musa and Isa (ﷺ) son of Mary. And We took from them a firm covenant."

### Surah 43 Al-Zukhruf Verse 57

"And when the example of the son of Maryam is narrated, behold! Your people laughed at it."

### Surah 57 Al-Hadid Verse 27

"And then We sent after them Our other Messengers to follow their footsteps. And We sent afterwards Isa bin Mariam and bestowed upon him the Injeel. And We placed kindness and mercy in the hearts of his followers. And as for adopting of monkhood by innovations into the religion, it was on their own accord. We never prescribed it for them. Thus, they created this for seeking the pleasure of Allah, but they did not observe it as it was to be observed. Therefore We gave those of them who believed, the due award. But most of them are disobedient."

### Surah 61 As-Saff Verse 6

"And when Isa bin Maryam said: 'O Children of Israeel! Surely, I am the Messenger of Allah (sent) to you confirming, that which is before me in the Tauraat, and giving the good news of a Messenger (Prophet Muhammad SAW) who will come after me. His name shall be Ahmad'. But, when he came to them with clear proofs they said: 'This is clear magic'."

### Surah 61 As-Saff Verse 14

"O believers! Be helpers (in the cause) of Allah as Isa bin Maryam said to his disciples: 'Who will help me in the Way of Allah?' The disciples said: 'We are helpers in the Way of Allah.' So a party of the Children of Israel believed and another party disbelieved. Then We gave power to those who believed, and they became victorious."

The works of Aliah Schleifer which clarifies Islam's view of Hazrat Bibi Maryam (RA) through a discussion of the miracles and special blessings bestowed upon her according to the Holy Quran Kareem and traditional writings of Islam will follow in subsequent series for all who love and revere Hazrat Bibi Maryam (RA).

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# Human Rights in ISLAM

MOULANA NASIK AHMED BROOD



HUMAN RIGHTS are moral principles or norms that describe certain standards of human behaviour and are regularly protected as natural and legal rights in municipal and international law. They are commonly understood as inalienable, fundamental rights "to which a person is inherently entitled simply because she or he is a human being" and which are "inherent in all human beings", regardless of their age, ethnic origin, location, language, religion, ethnicity, or any other status.

As Muslims we know that the Holy Quran and the Sunnah are considered as the primary sources of authority. The laws of Islam are largely concerned with establishing boundaries that Muslims are prohibited from transgressing.

Within these boundaries the Shariah treats human beings as equally valuable and endowed with certain rights by virtue of simply being human, hence Human Rights. Allah Almighty has mentioned in the Holy Quran: "And undoubtedly We have honoured the children of Adam." (S 17: V 70)

The rights bestowed upon humans in Islam include the right to life and peaceful living, as well as the right to own, protect, and have property protected, Islamic economic jurisprudence. The laws of Islam also contain rights for minority groups and women, as well as regulations of human interactions as between one another to the extent of dictating how Prisoners of War ought to be treated. It is not permissible to oppress women, children, old people, the sick or the wounded.

The honour and chastity of women are to be respected under all circumstances. The hungry person must be fed, the naked clothed and the wounded or diseased treated medically irrespective of whether they belong to the Islamic community or are from among its enemies.

When we speak of human rights in Islam we really mean that these rights have been granted by Allah Almighty; they have not been granted by any king or by any legislative assembly. The rights granted by the kings or the legislative assemblies, can also be withdrawn in the same manner in which they are conferred.

The same is the case with the rights accepted and recognized by the dictators. They can confer them when they please and withdraw them when they wish; and they can openly violate them when they like. But since in Islam human rights have been conferred by Allah Almighty, no legislative assembly in the world or any government on earth has the right or authority to make any amendment or change in the rights

conferred by Allah Almighty. No one has the right to abrogate them or withdraw them. They are not basic human rights which are conferred on paper for the sake of show and exhibition and denied in actual life when the show is over nor are they like philosophical concepts which have no sanctions behind them.

The charter and the proclamations and the resolutions of the United Nations cannot be compared with the rights sanctioned by Allah Almighty. Every Muslim has to accept, recognize and enforce these human rights as set out by Islam. If they fail to enforce them, and start denying the rights that have been guaranteed by Allah Almighty or make amendments and changes in them, or practically violate them while paying lip service to them, the verdict of the Holy Quran is: "And whosoever does not judge in accordance to what Allah Almighty has sent down then they are unjust people." (S 5: V 45) and in another verse of the Holy Quran Allah Almighty says: "And whosoever does not judge in accordance to what Allah Almighty has sent down then they are transgressors." (S 5: V 47). The Holy Prophet (Sallallahu Alayhi Wa Sallam) has said: "Surely Allah Almighty will punish those who torture people in this world" (Muslim - 2613).

There is various numbers of human rights in Islam of which some are: Civil Rights, Political Rights, Economic and Social Rights etc. Insha-Allah as time goes on we will try to provide more information and insight as to what Islam says with regards to the different types of human rights.

May Allah Almighty, through the Wasilah of Nabi Muhammad (Sallallahu Alayhi Wa Sallam), grant us the ability to ensure that as Muslims we will make certain that we would always respect the rights of others and never infringe nor violate the rights of any human being. Aameen!

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Qunoot Naazilah is a special Du'aa, which is made at a time of severe crisis or calamity, which has befallen the Muslim Ummah. The Qunoot Naazilah can also be recited when the Muslims are afflicted with natural disasters such as epidemics, earthquakes, etc.

اللَّهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ ط وَاعِظِنَا فِيمَنْ عَاقَبْتَ ط وَتَوَلَّنَا فِيمَنْ تَوَلَّيْتَ ط وَبَارِكْ لَنَا فِيمَا أَعْطَيْتَ ط وَقِنَا شَرَّ مَا قَضَيْتَ ط  
فَإِنَّكَ تَقْضِي وَلَا يَقْضِي عَلَيْكَ ط إِنَّهُ لَا يَذِلُّ مَنْ وَاَلَيْتَ ط وَلَا يَعْزُزُّ مَنْ عَادَيْتَ ط تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ ط نَسْتَغْفِرُكَ وَنَتُوبُ  
إِلَيْكَ ط وَصَلَّى اللَّهُ عَلَى النَّبِيِّ الْكَرِيمِ ط اللَّهُمَّ اعْزِلْ أَسْلَامَ وَالْمُسْلِمِينَ ط اللَّهُمَّ أَيْدِ الْأَسْلَامَ وَالْمُسْلِمِينَ ط اللَّهُمَّ  
انْصُرِ الْأَسْلَامَ وَالْمُسْلِمِينَ ط وَأَنْجِزْ وَعْدَكَ وَكَانَ حَقًّا عَلَيْنَا نَصْرُ الْمُؤْمِنِينَ ط اللَّهُمَّ أَلْفَ يَنْ قُلُوبِ الْمُؤْمِنِينَ ط  
وَأَصْلَحْ ذَاتَ بَيْنِهِمْ وَانْصُرْهُمْ عَلَى عَدُوِّكَ وَعَدُوِّهِمْ ط اللَّهُمَّ أَهْلِكَ الْكَفْرَةَ الَّذِينَ يَصُدُّونَ عَنْ سَبِيلِكَ ط  
وَيُكَذِّبُونَ رُسُلَكَ ط وَيُقَاتِلُونَ أَوْلِيَائَكَ ط اللَّهُمَّ خَالَفَ بَيْنَ كَلِمَتِهِمْ وَزَلْزَلْ أَقْدَامَهُمْ ط اللَّهُمَّ فَرَّقْ جَمْعَهُمْ وَخَرِّبْ  
بِلَادَهُمْ ط اللَّهُمَّ أَلْقِ فِي قُلُوبِهِمُ الرُّعْبَ ط اللَّهُمَّ أَنْزِلْ بِهِمْ بَأْسَكَ الَّذِي لَا تَرُدُّهُ عَنِ الْقَوْمِ الْمُجْرِمِينَ ط  
وَصَلَّى اللَّهُ تَعَالَى عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ ط

### TRANSLITERATION

Allaahumahdinaa Feeman Hadayt. Wa Aafinaa Feeman Aafayt. Wa Tawallanaa Feeman Tawallayt. Wa Baarik Lanaa Feemaa A'atayt. Wa Qinaa Sharra Maa Qadhayt. Fa Innaka Taqdhoo Wa Laa Yuqdhoo Alayk. Innahoo Laa Yadhillo Maw Waalayt. Wa Laa Ya'izzu Man Aadayt. Tabaarakta Rabbanaa Wa Ta Aalayt. Nastaghfiruka Wa Natoobu Ilayk. Wa Sallallaahu Alan Nabiyyil Kareem. Allaahumma A'izzil Islaama Wal Muslimeen. Allaahumma Ayyidil Islaama Wal Muslimeen. Allaahummansuril Islaama Wal Muslimeen. Wa Anjiz Wa'daka Wa Kaana Haqqan Alaynaa Nasrul Mu'mimeen. Allaahumma Allif Bayna Quloobil Mu'mineen. Wa Aslih Dhaata Baynihim. Wansurhum Alaa Aduwwika Wa Aduwwihim. Allaahumma Ahlikil Kafaratal Ladheena Yasuddoon An Sabeelik. Wa Yukadh Dhiboon Rusulak. Wa Yuqaatiloon Auliya'ak. Allaahumma Khaalif Bayna Kalimatihim Wa Zalzil Aqdaamahum. Allaahumma Farriq Jam'ahum Wa Kharrib Bilaadahum. Allaahumma Alqi Fee Quloobi Himurru'ba. Allaahumma Anzil Bihim Ba'sakalladhee Laa Tarudduhoo Anil Quamil Mujrimeen. Wa Sallillaahumma Wa Sallim Alaa Sayyidinaa Mohammedew Wa Alaa Aalihee Wa Ashaabihee Ajma'een.

### TRANSLATION

O Allah! Guide us among those whom You have guided, and grant us protection among those whom You have protected. Befriend us among those whom You have befriended. Grant us blessings in that which You have given us, and save us from the evil which You have ordained. For surely, You decree matters and no one decrees over You. Indeed the one whom You befriend will never be dishonoured, and the one with whom You have enmity will never be honoured. You are Most Blessed our Lord and You are Most Exalted. We seek Your forgiveness and turn towards You in repentance. And may Allah send salutations upon the most honourable Prophet. O Allah! Grant respect to Islam and the Muslims. O Allah! Assist Islam and the Muslims. O Allah! Help Islam and the Muslims. Fulfill Your promise (for You have said in the Qur'aan) "It is Our duty to help the believers." O Allah! Create love among the hearts of the believers, set their affairs straight, and aid them against Your enemies and their enemies. O Allah! Destroy the unbelievers, who prevent people from the path of Your religion, reject Your Messengers, and who fight against Your friends. O Allah! Create disunity in their cause and let their feet tremble. O Allah! Split their unity and destroy their cities. O Allah! Instill fear into their hearts. O Allah! Bring down upon them Your punishment, which You do not ward off from a transgressing nation. And O Allah! Send salutations and blessings upon our master Mohammed, and upon his entire family and companions.