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## FOOTPRINT AND FOOTSTEPS . . .

When the Holy Prophet Muhammad ﷺ ever referred to his ancestor, the Prophet Ebrahim عليه السلام, it was with great love and reverence. He was pleased to compare himself with this noble predecessor in the prophetic line declaring that the one whom he most resembled of the ambiya عليه السلام was Nabi Ebrahim عليه السلام, who was also his genealogical ancestor through his son the Prophet Ismail عليه السلام.

Pilgrims, no doubt, would have noticed the Maqaame Ebrahim, in the precincts of the Holy Kaaba. The enshrined footprint of the great Messenger of Allah is a landmark of the holy sanctuary. A reminder of the central character in one of the most awe-inspiring stories of trial and submission in the history of Divine Love.

That the Haj rituals are based around this epic is proof of the high esteem in which he is held in by Almighty Allah Himself.

No less the rank of the son Ismail عليه السلام, nor his mother, Haajira. The latter for her faith and determination in her run between Safa and Marwa leading to the miracle of the water of Zam-Zam. He, Ismail عليه السلام, was that child walking cheerfully with his father to a place in the desert where he was to be slaughtered in honour of Allah's command.

"God willing," the child addressed his father, "I will be amongst the Patient!"

The obedient father and son set the highest standard in Sacrifice. They are the twosome also honoured with the task of having constructed the Kaaba.

In Mina a certain ritual of the Haj is performed. It is the stoning of the shaytaan. This too, a tribute to the two Messengers of Allah.

No doubt the climax of the Haj is Arafaat, in recognition of Allah Himself. But every pilgrim, you would expect, returns with within his heart an indelible image of Sayyidina Ebrahim Khaleelullah عليه السلام and Sayyidina Ismail Zabeehullah عليه السلام.

It was the duah of the two Nabis after building the Holy Kaaba, invoking the Mercy of Allah upon their household by blessing them with a son in the future who would bring the people from every corner and in large numbers to worship Allah at the original House in Makka.

We salute that Nabi ﷺ and we salute his noble ancestors who played such a major role in the unfolding of Islam.

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# SAYYIDA NAFISA-AT-TAHIRA (Part 2)

Lady Saint of Egypt

When Sayyida Nafisa was 44 years old she moved to Cairo. When people knew of her arrival, they rushed forth en masse to meet her, for her renown as a devout worshipper and lady saint had preceded her. Historians say the men and women of Egypt went to receive her in a huge procession, riding on horses, camels, donkeys and on foot; waiting overnight in tents; greeting her in the morning with the chanting of 'la ilaha ill-Allah' and 'Allahu akbar', and accompanying her in a huge procession from Arriche to Cairo. One of the notable merchants of Cairo, Jamaluddin Abdullah al-Jassas, hosted her in his home for many months. From every distant corner of Egypt people used to come to visit her and to take blessings from (tabarukki biha) her. Sayyida Nafisa felt that her presence might become too great a burden on her hosts, so she moved to a place of her own. This move did not bring any surcease to the flood of Egyptians coming from every far distant area, often in huge groups, to visit her and receive her baraka, especially women who came simply to touch her and request her du`a.

Sayyida Nafisa hosted most of the scholars of her time, experts in jurisprudence, hadith, and Qur`anic explanation. But by far the greatest scholarly gatherings were those she hosted for the pillars of tasawwuf and the pious of her time (Aqtab al-tasawwuf). Among these pillars of tasawwuf and fiqh was Imam al-Shafi`i. Imam Shafi`i used to lead taraweeh in the Masjid of Sayyida Nafisa and she would pray following him for the entire Ramadan. Historians say that despite his tremendous scholarship, Imam Shafi`i used to visit Sayyida Nafisa to ask her du`a and seek her baraka (blessing). Imam Shafi`i also used to sit in Sayyida Nafisa's association, learning hadith from her. When he was sick, he would send one of his students to tell her, "Your cousin ash-Shafi`i is sick and requests your du`a." Immediately, Sayyida Nafisa would ask ALLAH to cure Imam ash-Shafi`i. Often by the time the messenger returned to Imam ash-Shafi`i he would find him already cured, by means of her du`a. One time Imam ash-Shafi`i fell sick and as usual sent his messenger asking Sayyida Nafisa's du`a. She sent him the message, "Tell him that may ALLAH make his meeting with Him the Best of meetings and may ALLAH lift him to His proximity." When the messenger returned with this message, the imam understood that his death was imminent. Immediately Imam Shafi`i wrote his will, stating that Sayyida Nafisa should pray the funeral prayers (salat al-janaza) over him. He died at the end of Rajab, 204 H. Sayyida Nafisa also executed his will. Incapacitated due to her constant worship, they brought the imam's body from his house in al-Fistat district to her home. There she prayed the funeral prayer (salat al-janaza) over him from the women's section, following Imam al-Buwaiti who lead the prayer.

Sayyida Nafisa was renowned for asceticism and for living a life of hardship (zuhd). When asked what her meals consisted of, Zainab, daughter of her brother, replied, "My auntie used to eat once every three days. She had a basket hanging in her niche. Whenever she wanted something small to eat she would find something in that basket, sent from ALLAH ﷻ. More than 150 miracles were recorded

by historians as appearing from Sayyida Nafisa. Imam Ibn Hajar al-Asqalani wrote about them. The story is related that when Sayyida Nafisa arrived in Egypt and settled in her home, there was a non-Muslim family living beside her, whose daughter was paralyzed from the waist down. One day the girl's mother brought her to Sayyida Nafisa to watch while she went shopping. She left her daughter in one corner of Sayyida Nafisa's house. Sayyida Nafisa began making ablution and water from her ablution flowed towards the girl. As the water touched the body of the girl, she experienced something strange. She began to take the water from Sayyida Nafisa's ablution and rub it on her paralyzed feet and legs. Suddenly by ALLAH's ﷻ Mercy, the paralysis disappeared completely and she was able to stand.

Meanwhile Sayyida Nafisa was busy in prayer. The girl stood up and seeing her mother just returning from the market, ran to meet her to tell her what had happened. Her mother cried with joy declaring, "That woman is truly holy and her religion is the truth." She came in, hugged Sayyida Nafisa, thanked her for healing her daughter and asked her to pray that she be guided from darkness to light. Sayyida Nafisa then taught her to recite the shahada. That miracle was the cause for the entire tribe of Sayyida Nafisa's neighbors to enter Islam. In the year 201 H. (816 CE) the Nile failed to flood, as is its normal annual custom. People went to Sayyida Nafisa asking her to pray that ALLAH cause the Nile to flood, for without the usual flood no crops would grow. Sayyida Nafisa gave them her face veil telling them, "throw that in the Nile and by ALLAH's grace it will flood." They took her burqa and threw it in the Nile. Immediately the river began to rise and overflow its banks. The miracles after Sayyida Nafisa's death are too numerous to mention. Once thieves entered her mosque in 683 H. and stole sixteen silver lamps. As the thieves tried to escape they discovered there was no longer a door. They were trapped inside until morning, when the caretaker arrived, opened the door and found the thieves with the lamps.

When she began to feel her death approaching, Sayyida Nafisa dug her grave with her own hands inside her home. Every day she would enter the grave and worship in it, as a reminder of the coming afterlife. She used to pray all her supererogatory prayers inside that grave. Al-Allama al-Ajhuri said, "She completed the Holy Qur`an while sitting in her grave six thousand times, and she granted the rewards of that recitation to all deceased. She had become ill and her companions asked her to stop fasting to keep her strength. She refused, saying, "I have been asking ALLAH to die fasting for thirty years; now you want me to break the fast?" Upon her passing, her husband prepared to move her body to Madinat al-Munawarra, to be buried in Jannat al-Baqi`, but the people of Egypt asked him not to do that, but to bury her in the grave she had dug with her own hands. Over her grave her lineage to the Prophet (saw) is engraved. Under that is written "Anyone experiencing difficulties in his life should visit the grave of Sayyida Nafisa, recite surat al-Fatiha, al-`Ala, al-Ikhlās (112) and al-muwadhitayn, gift that recitation to her and make du`a for Allah to solve that problem."

## OUR FOUR WIVES!

Legend goes that once there was a very rich merchant in Baghdad who had four wives. The wealth had to be spent on something after all! The old man loved his young and beautiful fourth wife the most and adorned her with rich and beautiful clothes and treated her to all types of delicacies. He took great care of her and gave her nothing but the best. He also loved the third wife a lot. He was very proud of her and always wanted to show her off to his relatives and friends. However, the merchant was always in great fear that she might run away with a younger and more handsome man.

He loved his second wife too. A middle-aged lady by then, but her intelligence made up for her age. She was a very considerate person, always patient and in fact she was the one who knew the intricacies of the trade and acted as the merchant's confidante. Whenever the merchant faced some problems, he always turned to his second wife and she would always helped him tide over the difficult times. Now the merchant's first wife - by now frail and neglected - was a very loyal partner. She had stood by her husband through thick and thin and braved the rough times along with her husband. But this was when they were not as rich. She had made great contributions in looking after his wealth and business as well as taking care of the household. However the merchant did not love his first wife any more and although she loved him deeply he hardly ever took notice of her. Like all good things the opulent and luxurious life of the merchant neared its end.

One day the merchant fell ill. A physician was sent for but he didn't find much hope for the patient's life. Judging by the somber mood of the men and women gathered around him, the merchant knew that he was going to die soon. He reflected on the good times, thought of his luxurious life and mused: "I have four wives but when I die, I will be alone. How lonely I will be."

He asked his wives to come sit by his side. He addressed his fourth wife: "I love you the most, have showered on you diamonds, jewels, perfumes and the finest of clothing and have taken great care of you, follow me and give me company in the loneliness of my grave?" "No way," replied the youngest wife. And she walked away without another word. The answer cut like a sharp knife right through the

merchant's heart.

The sad merchant then asked his third wife. "I have loved you so much for all my life. Now that I am dying, will you follow me and keep me company?" "NO!" Replied the third wife "Life is so good over here, after your burial I am going to marry my cousin in Basra. But I promise to arrange a very good funeral for you." The merchant's heart sank and he turned cold.

He then asked the second wife "I always turned to you for help and you have always helped me in my difficult times. This is a real crisis and now I need your valued help again. When I die, will you follow me and give me your company, you know like the good old days?" "I am sorry, I can't help you out this time." replied the second wife. "At the very most I can accompany you up to your grave." The answer came like a bolt of thunder and the merchant was devastated.

Then he heard a weak and frail voice: "You are my first and my last. I will be with you all the time. I will follow you wherever you go." The merchant then looked up and saw a frail figure - his first wife. Years of neglect showed on her face. She looked pale and skinny and it was obvious that she suffered from malnutrition. Greatly grieved, the ailing merchant said, "I should have taken much more care of you while I could have."

We all have four wives in our lives. The fourth is our body. No amount of health, food, vitamins and visiting the gym and effort we lavish in making it look good will be of any real help, it will leave us when we die. Regarding our third wife? Look beyond your nose - our possessions, status and wealth. When we die they all go to others. The second wife is our family and friends. No matter how close they had been during our good times and bad, the furthest they can stay by us is up to the graveyard. The first wife is in fact our soul, often neglected in our pursuit of material wealth and sensual things that follows us wherever we go.

Perhaps it's a good idea to cultivate and strengthen it now rather than to wait until we are on our deathbed to lament.

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PARADISE IN ISLAM



# DO WE MAKE DUAA AFTER SALAAH? IF NOT, "WHY"??

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

Almighty Allah the creator of this universe is the lord of all creation. HE is independent of any thing and is not accountable to anyone for any of His decision. He is not in need of our Ibadat. If we worship him, it is only for our own benefits, it does not increase His Sovereignty.

Similarly, the infidelity of mankind does never decrease the Grace, Splendor and glory of the Almighty.

Indeed fortunate are those who worship Almighty Allah and Supplicate in His court, seek his pleasure and follow His commandments.

Our beloved Nabi Sallallahu Alaihe Wasallam did not only make it clear that man could approach his Creator with supplication who hears him; he also showed that Almighty Allah admires the supplication of man and is pleased with it, and further that, in fact, He is displeased with the non-suppliant. Supplication is in essence a vivid and effective manifestation of man's bondage, and an evasion of it, is a symptom of defiance, arrogance and rebelliousness. The following proclamation of our beloved Nabi Sallallahu Alaihe Wasallam elevated the status of supplication to wondrous heights and transformed it from a compulsive act in bondage to a sublime form of devotion and sure step towards establishing closeness to our Lord the Almighty Allah. The prophet Sallallahu Alaihe Wasallam said "And your Lord says: "Call on Me, I will answer you: But those who are too arrogant to serve Me will surely find themselves in hell in humiliation!" (Holy Quraan 40-60)

The Prophet Sallallahu Alaihe Wasallam is reported to have said that abstaining from supplication to Almighty Allah not only causes a fall from His grace, but that it also earns Allah's displeasure and wrath. The words of Hadith are: "Allah is angry with him who does not ask of Him" (Tirmizi – Mustadrak

Haakim)

Supplication is the quintessence of devotions and key to the door of divine mercy and favor. Almighty Allah's mercy opens wide to one who supplicates to Him.

Dear readers, in the light of above lines. Let's be begging and supplicating in the court of our lord the almighty Allah who admires our Duas and answer them. In this world where the problems are knocking us every day and night we are in dire need of Allah's mercy and favors. We should always refrain from any act which can cause Almighty Allah's wrath and displeasure.

We should always make Duas with the Imaam after completing our Salaah as the congregational Duas are more acceptable than individuals in the sight of Islamic Shariah. May Almighty Allah help us to bring Quranic teachings in our lives. Ameen

## REALIZE THE VALUE OF TIME

To realize the value of **one month**: Ask a mother who has given birth to a premature baby.

To realize the value of **one week**: Ask an editor of a weekly newspaper.

To realize the value of **one hour**: Ask those who are in love who are waiting to meet.

To realize the value of **one minute**: Ask the person who has missed the train, bus or plane.

To realize the value of **one second**: Ask a person who has survived an accident.

To realize the value of **one millisecond**: Ask the person who has won a silver medal in the Olympics.

Time waits for no one.

By the declining day, Verily Man is in loss, Save those who believe and do good works, and exhort one another to truth and exhort one another to endurance. (QURAN: Surah 103)

**"It is not their meat, nor their blood  
that reaches Allah,  
It is your PIETY that reaches HIM"  
"Al Quraan"**



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# Madressah Time

By Moulana Sayed Yusuf

## DARS-UL-FIQH

## QURBANI



### SOME RULES OF SLAUGHTERING

- 1.) Ensure that the knife is sharp.
- 2.) Let the animal lay on its left side allowing its face to be towards the Qibla.
- 3.) It is Sunnah to recite the following Dua:

إِنِّي وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَوَاتِ وَالْأَرْضَ  
حَنِيفًا وَمَا أَنَا مِنَ الْمُشْرِكِينَ ط  
إِنَّا الصَّلَواتُ وَنُسَبِّحُ وَمُعْثِيَّ وَمَمَارِيقِ  
لِلَّهِ رَبِّ الْعَالَمِينَ ط  
اللَّهُمَّ مَنَّكَ وَلَكَ ط

"Inni Wajjahtu Wajhiya Lillazi Fataras Samawati Wal Arda  
Hanifaw wa Maa Ana Minal Mushrikeen.  
Innas Salaati Wanusuki Wamah Yaaya Wa Mamaati  
Lillahi Rabbil Aalemeen.  
Allahumma Innaka Walak."

For me I have set my face firmly and truly towards Him  
who created the heavens and the earth and I am His alone  
(hanif) and never shall I ascribe partners to Allah.

O Allah this sacrifice is from You and for You.

- 4.) Then say

"Bismillahi Allahu Akbar" بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ ط  
And slaughter

- 5.) After slaughtering read this Dua:

اللَّهُمَّ تَقَبَّلْ مِنِّي كَمَا تَقَبَّلْتَ مِنْ خَلِيلِكَ  
إِبْرَاهِيمَ عَلَيْهِ السَّلَامُ وَخَبِيلِكَ مُحَمَّدَ صَلَّي اللَّهُ  
عَلَيْهِ وَسَلَّمَ ط

"Allahumma Taqabbal Minni Kama Taqabbalta Min  
Khaleelika Ibrahim Alay His Salaam Wa Habeebika  
Muhammadin Swallal Laahu Aly Hi Wa Sallam"

"O Allah accept from me (this sacrifice) like you have  
accepted from Your friend Ebrahim (A.S.) And your  
beloved Muhammad (S.A.W.)

- 6.) If slaughtering for someone else then read:

اللَّهُمَّ تَقَبَّلْ مِنْ (.....) كَمَا تَقَبَّلْتَ  
مِنْ خَلِيلِكَ إِبْرَاهِيمَ عَلَيْهِ السَّلَامُ وَخَبِيلِكَ  
مُحَمَّدَ صَلَّي اللَّهُ عَلَيْهِ وَسَلَّمَ ط

"Allahumma Taqabbal Min (mention the persons name) Kama  
Taqabbalta Min Khaleelika Ebrahim Alay His Salaam Wa  
Habeebika Muhammad Sal Lal Laa Hu Alay hi Wa Sallam."

O Allah accept from . . . (Mention the persons name) this  
sacrificelike you have accepted from Your friend Ebrahim  
(A.S.) And Your beloved Muhammad (S.A.W.)

- 7.) Do not skin the animal until it has cooled.

- 8.) Do not slaughter an animal in front of other animals.

- 9.) Four veins should be clearly cut. The throat,  
windpipe, and the two jugular veins. Even if three are cut  
the meat would still be considered as Halaal.

#### MEAT OF THE QURBANI ANIMAL

It is preferable to divide the Qurbani meat into 3 portions:

- 1.) A portion for one's own use.
- 2.) A portion for relatives and friends.
- 3.) A portion for the poor and needy.

\* However it is permissible to keep all the meat or give all  
away.

\* The Qurbani meat of shareholders should be distributed  
by weight and not estimation.

\* It is Haraam to sell the Qurbani meat.

#### SKIN OF THE QURBANI ANIMAL

\*The skin of the Qurbani animal may be kept for one's  
personal use, such as tanning the skin and using it as a  
Musallah or water bag etc.

\* If the skin is sold, the money cannot be used for oneself -  
it is Waajib to give it away as Sadaqah

\* A needy Muslim engaged in religious activities  
(organisations) may be given the skin as Sadaqah. It is  
preferable to do this.

\* It is incorrect to give the labourers (who skin the animal)  
the skin, fat or unusable flesh as payment for their labour,  
they must be paid for their labour in terms of cash.

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

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# SAYED MUHAMMAD NAEEM UD DIN MURADABADI

Sadr al-Afadhil Allama Mawlana Sayed Muhammad Na'eem al-Din Muradabadi Alaihir RaHma A renowned and famous scholar of philosophy, geometry, logic, hadith, and a poet of the Beloved Messenger of Allah Salla Allahu ta'ala 'alayhi wa Sallam, namely Sayed Muhammad Na'imuddin, titled as 'Sadr-al-Afadhil', the son of Mawlana Mu'in al-Din Rahmatullahi alayh, who was born on 21st of Safar-ul-Muzaffar 1300H, on 1 January 1887, in Muradabad, India.

He became a memoriser (hafiz) of the Ennobled Qur'an, at the age of 8. He studied the Urdu, and Persian literature from his father, as the 'Dars-e-Nizamiyyah' was studied under Shah Fadl Ahmad Rahmatullahi 'alayh. He further obtained a degree in granting legal juristic opinion (ifta') from Shah Muhammad Gul Rahmatullahi 'alayh, and had also sworn allegiance (bay'ah) to him.

His forefathers were the inhabitants of 'Mash'had'. At the time of King Aurangzeb, they travelled from there to India. The king gave them great esteem, and granted them with entitlement to land. They travelled many cities when they reached Lahore, and there they stayed near 'Abul-Hasanat'.

He took part vigorously, in many Islamic Movements, as he was also a part (rukn) of the 'Khilafat Committee' which was to establish a Sultanate in Turkey. At this stage, he had made some sensational lectures.

He made 'impacting' tours of Agra, Jaipur, Kishan Garh, Gobind Garh, Hawali-e-Ajmer, Mithar, and Bharatpur against the 'Show 'Ali Movement' whose aim was to destroy Islam, and also sent his delegates there.

In 1343H [1924], he issued the Monthly 'As-Sawad-al-Azam' and by doing so, vigourously supported the 'View of the Two nations'.

In gaining the independance for Pakistan, on the 18th September 1918, he delivered an oratory masterpiece, at the opening ceremony at the 'All India Sunni Conference'.

He took great part in the passing of the resolutions for a Pakistan at Minto-Park. He was the Chief Organiser (Nazim-e-A'ala), at the Banaras Conference held in 1942.

He fell ill while he was still preparing an Islamic constitution. Life spared him no deferment, and on 18th Dhul Hijjah 1367H [13 October 1948], on a Friday, the world became deprived of him. His sanctuary stands at the left of the Jami'ah Masjid, at Muradabad.

He left 14 works, and lots of treatises including 'Khaza'in-al-Irfan' the tafsir of Kanz al-Iman: Ala Hadrat Shah Ahmad Raza Khan alayhir rahman's Qur'an translation in urdu.

Amongst the most famous works are:

Tafsir Khaza'in-al-Irfan, [Read Online] Kitab-ul-'Aqa'id, Deewan-e-Urdu, Sirat-e-Sihabah, Sawaneh Karbala, Adab-ul-Akhya, al-kalimatu'l 'ulya li iylayi 'ilm al-mustafa, aTyab al-bayan radd e tafwiyatu'l iman, and at-taHqiqat li daf' al-talbisat.

He was a khalifa of Imam al-Ahl as-Sunnat A'la Hadrat Shah Imam Ahmad Raza Khan al-Barelwi and of 'Ashrafi miya' Shaykh Allama Sayed Muhammad Ali Hussain Shah al-Kicchochawi 'Alayhir rahmah w'al ridwan

Some of his students included:

Mufti Ahmad Yaar Khan Na'imi Sarkar-e-Kalan Sayed Mukhtar Ashraf Riyaz-e-Na'eem (Poetry Collection):

Sadr al-Afadhil, the teacher of teachers in the last century, Mawlana Muhammad Na'eemuddin Muradabadi is a jurist, scholar, mufti, Quranic Exegete and an Educator. He was also an excellent poet; a collection of his poems is named as 'Riyaz e Na'eem' / the 'Garden of Na'eem' or the 'Garden of Comfort.'



Naz's Fabrics



## TAKBEERAAT-E-TASHREEQ

Beginning from the fajr of 9th Zil Haj upto the Asr of 13th, it is Waajib on every Muslim to recite the Takbeer-e-Tashreeq after every Fard Salaah

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ  
وَاللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ  
وَاللَّهُ أَكْبَرُ

N.B. Whether one is perform with Jamaat or on one's own, it makes no difference. One must recite the Takbeers. Males should recite it in a loud voice, females in a low voice

## FOR THE ESAALE SAWAAB OF:

- 1.) Hazrat Ghulaam Mustapha (R.A)
- 2.) Hazrat Baba Kassim Faridi (R.A)
- 3.) Hazrat Sayed Khalid Shah (R.A)
- 4.) Hazrat Khadim Ghulam Jilani (R.A)
- 5.) Late Hajee Cassim Sonvadi

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# EXCELLENCE OF SACRIFICE

MOULANA SHAH FAISAL KHAN SAHEB

Q. Inform us of some excellence and rulings of Eid-ul-Adha also known as Baqr-e-Eid Jazakallah?

A. A noble companion of the Prophet ﷺ Hazrat Zaid bin Arqam ؓ states that one day some companions came to the court of Rasoolullah ﷺ and queried as follows: "Ya Rasoolullah ﷺ what is the reality of these sacrifices (of an animal) He ﷺ replied: This is the tradition and sunnah of your great grandfather Sayyiduna Ebrahim Khaleelullah ؑ, again they asked: what rewards will be gained by these sacrifices? Then the Beloved Master ﷺ said: there is a reward in exchange for each hair/fur on the animal.

## What Is The Tradition Of Nabi Ebrahim ؑ

Dear readers in Islam, The summary of the blessed hadith mentions that Ebrahim ؑ had a dream on 3 consecutive nights to sacrifice the thing that is dearest to him, he understood from this that he must sacrifice his little son Ismaeel ؑ who was just 7 or 13 years of age. When he expressed his understanding to his wife and child, they agreed and with full loyalty they let it go ahead. On the 10th Zul Hijjah he took his little son to the valley of mina and laid him down on his stomach rather than his back as he tried slicing his son's neck the knife did not cut and Ismaeel ؑ was replaced with a ram Allah accepted this sacrifice of Ebrahim ؑ.

The glorious Quran has mentioned this incident: "And when his son was old enough to walk with him he said: O my son I have seen in a dream that I am slaughtering you (offering you in sacrifice to Allah). So what do you think? He said: "O my father do that which you are commanded if Allah wills you shall find from those who are patient". Then they have both submitted themselves and he had laid him prostrate on his forehead we called out to him: O Ebrahim you have fulfilled your dream verily we reward the good doers. Verily that indeed was a manifest trial, and we ransomed him with a great sacrifice (a ram) and we left for him (a good remembrance) among the later generations. Peace be upon Ebrahim. Thus indeed we reward the good doers. Verily he was one of our believing slaves (37:102-111)

## Intention and sincerity is the centre of everything

Dear friends in Islam this Qurbaan (sacrifice) is a great means of guidance for people of Imaan till the day of judgement. It is a reminder of the great incident of Ebrahim ؑ therefore the beloved prophet r stated that when sacrificing the animal do so with full devotion. Allah has mention in the Quraan "Allah only accepts the practices of the pious ones".

## The purpose and wisdom of sacrificing

Sacrifice (qurbaani) in its outer appearance means to sacrifice an animal in the name of Allah, However the purpose of sacrifice is not merely sacrificing an animal rather the spirit of sacrifice is that a slave of Allah must be Allah consciousness and sincere Allah Ta'aala states in the Holy Quraan:

"The flesh and meat does not reach Allah rather it is your piety and consciousness of Allah that reaches him".

In another part of the Quraan Allah addresses the people of Imaan through the medium of Rasoolullah ﷺ as follows:

"Say (O beloved) to them that indeed my prayers, my sacrifices, my life and my death are all for Allah the cherisher and sustainer of all universe." (6:162)

An urdu poet beautifully says: *Ay musalma sunny eh nuktah daras quraan meh hein azmatey Islaamo muslim sirf qurbani meh hein.*

O Muslims listen carefully this point is given in the quraanic lesson that the greatness of people lies only in the qurbaani (sacrifice).

## Philosophy of sacrifice

Anything sacrificed in the path of Allah never decreases but the reward continues to increase. Therefore those animals (which are halaal to be consumed) slaughtered in the name of Allah there is continuous increase in their numbers. Hence those animals not slaughtered in the name of Allah (i.e. forbidden animals) their numbers keep decreasing. eg. Cows, sheep and goats etc... Some give birth to one child annually and others 2 or 3. So their production is little with high consumption of their meat that thousands are sacrificed in the name of Allah many even die due to sicknesses however their number still increases. Contrary to this a dog gives birth to 5-6 and a pig to 10-12 offspring's. Their production is a lot and consumption is a little yet their quantity keeps decreasing. The answer to this is that sheep etc... Are slaughtered in the name of Allah and dogs etc... are not.

## Sacrifice made in Karbala Muallah

Respected readers the history of Islam is well documented that among all the children of Imaan Husain t only Zainul Aabideen t came out alive on the hand of 22000 yazeedi troops came back home safely to their houses. Through only one Imaam (Zainu Aabideen) Allah placed so much blessings in his generations that today be it Arab or Ajam or Haram globally the offspring's of Imaam al Husain t is found throughout the world in large numbers and the yazeedis have been humiliated and their names don't even exist.

So the philosophy of this is that since Imaam Husain t got sacrificed in the path of Allah therefore Allah placed abundant blessings in his generations while the yazeedi troops have been wiped out from the face of this earth since their sacrifices was not for the path of Allah. It must therefore be remembered that the effect of sacrificing anything in the name of Allah is similar to the spring season of gardens and plants.

ASAD KHAN

# SLEEP APNEA

HASINA BEGUM SAYED

Sleep apnea is a disorder that affects respiratory function during sleep. It causes an individual to experience shallow breathing or brief pauses in breathing during sleep. The interruptions can occur repeatedly during the night and each pause may last for up to 15 to 20 seconds. Sleep apnea can prevent you from sleeping properly at night as it interferes with your natural sleep rhythm. Therefore you are likely to experience more of light sleep and not enough deep sleep which is necessary for restoration of the body. This can lead to several ill effects such as low energy, less productivity and reduced mental alertness during the day.

## Symptoms of Sleep Apnea

Since the main symptoms of sleep apnea occur mostly during sleep, it may be difficult to identify them. Very often a family member or roommate is likely to notice some of the symptoms, before you do. The most common signs and symptoms of sleep apnea are as follows:

- Pauses in breathing
- Loud snoring
- Choking or gasping during sleep
- Sleepiness during the day

There are certain other symptoms of sleep apnea which may indicate that you have a problem. These include:

- Restless sleep
- Feeling of breathlessness on waking up during the night
- Frequent trips to the bathroom during the night
- Waking up with a sore or dry mouth and throat
- Headache in the mornings
- Inability to concentrate properly
- Irritability
- Mood swings
- Depression

Children may also suffer from sleep apnea. Apart from the usual indicators, children may exhibit certain other signs such as:

- Unusual sleeping positions
- Bedwetting
- Perspiring excessively during the night
- Night terrors
- Tendency to breathe through the mouth
- Hyperactivity or inattentiveness
- Problems in growth and development
- Hostile behavior
- Poor school performance

If sleep apnea is suspected, it is important to have the child examined by a pediatrician. In many cases, once the tonsils or adenoids are removed, symptoms of sleep apnea subside.

## Causes of Sleep Apnea

There are two types of sleep apnea, obstructive and central sleep apnea. Obstructive sleep apnea occurs

when the muscles of the throat relax. Central sleep apnea occurs when the muscles responsible for breathing do not function well due to lack of proper signals from the brain. A combination of both types is known as complex sleep apnea.

**Obstructive Sleep Apnea :** The muscles of the throat support the soft palate, uvula, tonsils and tongue. When these muscles relax, you experience a narrowing of the airways as you breathe. This leads to brief pauses in breathing, which can reduce the oxygen levels in the blood. You tend to awaken when this happens because the brain detects this inability to breathe and urges you to wake up so that your airways can reopen. In most cases, you are not likely to remember waking up because it occurs very briefly. When you awake, you may emit a choking sound due to breathlessness. This entire pattern may repeat itself several times during the night. As a result when you finally wake up in the morning, you may feel tired.

**Central Sleep Apnea:** This type of sleep apnea is less common. It occurs when the brain does not communicate properly with the muscles involved in breathing. If you have central sleep apnea, you may find it difficult to stay asleep. Individuals with heart disease tend to suffer from this problem. Daytime sleepiness and irritability are likely to occur as well. Most people with this type of sleep apnea are able to remember waking up during the night.

**Complex Sleep Apnea:** This may be caused by obstructions in the airways, like in obstructive sleep apnea. Disturbances in the breathing rhythm and lapses in breathing function may also be involved. There are some risk factors involved in the occurrence of sleep apnea such as:

- Smoking
- Excessive alcohol consumption
- Enlarged tongue or tonsils
- Obstruction in the nasal passage
- Male gender
- Family history of the condition

## Remedies for Sleep Apnea

TO BE CONTINUEED



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# REPENTANCE -A Movement Towards Improvement

## MOULANA NASIK AHMED BROOD

Repentance is the activity of reviewing one's actions and feeling regret for past wrongs. It generally involves a commitment to personal change and resolving to live a more responsible and humane life. Repentance typically includes an admission of guilt, a promise not to repeat the offense; an attempt to make amends for the wrong, or in some way to reverse the harmful effects of the wrong where possible. It is a feeling which everyone must experience before improvement can take place. A sinner will continue in their evil courses unless they can be brought to realize how great are the sins they have committed. Repentance brings about humbleness and is referred to as one of the many greatest glad tidings for those who combine their repentance with faith and good deeds.

Islam fully understands the temptations that come in the way of every one of us, and that which some of us might go for. Only through repentance, can we wipe out those sins and past misdeeds and gradually become free from the clutches of our ego. Repentance is amongst the many noble and beloved forms of obedience in the sight of Allah Almighty. Repentance breeds good deeds, whilst sinning (without repentance) can cause deprivation of obedience altogether. It has been said that committing sins regularly will darken and harden the heart and make purifying it once again a difficult mission. Repentance is to repent from the heart, to train the heart into obedience and to make a firm resolution never to commit the sin again. For those who want to live an Islamic lifestyle, we need to understand that repentance is central to life rather than something minor. It is essential rather than dispensable. It is contrary to modern misconceptions, when done well, repentance is entirely life-giving rather than death-dealing. Repentance is a movement toward health and wholeness rather than a descent into repression and cruelty. There are people who are so filled with pride that they even have the audacity to question the teachings of Islam by asking what the benefits of repentance are. I believe that the answer to such questions is:

- ✿ Repentance allows a person to remain genuinely remorseful and regretful of their sin.
- ✿ Repentance allows the increment good deeds while decreasing bad deeds.
- ✿ Repentance lets a person remain fearful of Allah Almighty's anger and sincerely beseech for Allah Almighty's forgiveness.
- ✿ Repentance sanctions us to develop a sense of humility and servitude to Allah Almighty. Allah Almighty has beautifully mentioned in the Holy Quraan: "And those who commit evil

or wrong their own soul; and thereafter seeks forgiveness from Allah Almighty, he shall find Allah Almighty Most Forgiving and Most Merciful." (S 4: V 110) and in another verse of the Holy Quraan Allah Almighty says: "Oh those who Believe! Repent to Allah Almighty in sincere repentance." (S 66: V 8) It should be noted that the effect of true repentance should be giving up all sinful deeds and getting into the habit of doing righteous and pious deeds. We must remember that repentance in the true sense of the word is expression of remorse of sins and a firm resolve to abstain from future sins (Tafseer Khazainul Irfaan). Hazrat Abu Musa Ashari (Radiyallahu Anhu) has narrated that the Holy Prophet (Sallallahu Alayhi Wa Sallam) has said: "Verily Allah Almighty spreads open His arms of forgiveness every morning so the one who disobeyed Him during the night can repent to Him, and spreads open His arms of forgiveness throughout the night so the one who disobeyed Him in the day can seek His forgiveness and repent to Him and this will continue until the day the sun rises from the west." (Muslim) There are certain facts which we should take into account when we repent:

- ✿ It should be for the pleasure of Allah Almighty and the Holy Prophet (Sallallahu Alayhi Wa Sallam).
- ✿ We should abandon the sin immediately.
- ✿ We must make a firm intention never to repeat that sin again.
- ✿ We must feel the burning remorse of our sin in reality and not just through a false expression.

If we have sinned, do not lie down without repentance; for the absence of repentance after one has sinned makes the heart yet harder and harder. A scholar has said: "Remorse sleeps during prosperity but awakes bitter consciousness during adversity." Therefore we should always remember that repentance allows us to look at the past with a weeping eye, and upon the future with a watchful eye.

May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam), grant us the strength and ability to understand that repentance gives us the aspiration of incorporating Islamic values in our lives, Aameen!



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# COMPARATIVE RELIGION SERIES (PART 5)

## HAJJ IN THE BIBLE : SERIES 2

BY SHEIKH RAFEEL HASSEN

Last issue we gave the verse in Psalms 84-6 from the Bible that the place for Hajj is Bacca / Mecca. Next we go to the Book of Ezekiel Chapter 40 Verses 1 which gives the

**DAY OF TAWAAF** on the Day after Arafat which is the 10th of Zil Hijjah :

"In the five and twentieth year of our captivity, in the beginning of the year, in the tenth day of the month, in the fourteenth year after that the city was smitten, in the self same day the hand of the LORD was upon me, and brought me here [for Hajj] ."

### SHAPE OF KAABA

Next, in the Book of Ezekiel Chapter 41 Verses 1-5 , there is a vivid and detailed description of the Kaaba as a cube which was MEASURED with a measuring stick :

"Then went he inward, and measured the post of the door [of the Kaaba], two cubits; and the door, six cubits; and the breadth of the door, seven cubits. So he measured the length thereof, twenty cubits; and the breadth, twenty cubits, before the temple [Kaaba]: and he said unto me, This is the most holy place."

This verse ends by saying that the Haram and the Kaaba is the most holy place !

### WEARING OF IHRAAM

44:17 "And it shall come to pass, that when they enter in at the gates of the inner court, they shall be clothed with linen garments; and no wool shall come upon them, whiles they minister in the gates of the inner court, and within"

44:19 And when they go forth into the utter court, even into the utter court to the people, they shall put off their garments wherein they ministered, and lay them in the holy chambers, and they shall put on other garments; and they shall not sanctify the people with their garments. 44:21 Neither shall any priest drink wine, when they enter into the inner court.

So it is clear from the above Bible verses that the pilgrims have to REMOVE their normal clothes BEFORE entering the Tawaaf area and put on linen clothes which is Ihraam.

### WELL OF ZAM ZAM

47:1 "Afterward he brought me again unto the door of the house; and, behold, water issued out from under the threshold of the house eastward: for the forefront of the house stood toward the east, and the waters came down from under from the right side of the house, at the south side of the altar"

Again we see the EXACT description and location of the well of Zam Zam which is on the side facing the door of the Kaaba.

TO BE CONTINUED INSHA ALLAH IN NEXT ISSUE  
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### I HID HIS SIN FOR 40 YEARS . . .

It was narrated that in the days that Moosa (عليه السلام) wandered with Bani Israeel in the desert a grizzly drought befell them. Together, they all raised their hands towards the heavens praying for the blessed rain. Then, to the astonishment of Moosa (عليه السلام) and all those watching, the few clouds that scattered the sky vanished, the heat scorched down, and the drought intensified.

It was revealed to Moosa (عليه السلام) that there was a sinner amongst Bani Israeel that had disobeyed Allah for more than 40 years of his life. "Let him separate himself from the congregation," Allah told Moosa (عليه السلام). "Only then shall I shower you all with rain."

Moosa (عليه السلام) called out to the throngs of humanity, "There is a person amongst us who has disobeyed Allah for 40 years. Let him separate himself from the congregation and only then shall we be rescued from the drought." That man, waited, looking left and right, hoping that someone else would step forward...but no one did. Sweat poured from his brow and he knew he was the one.

If he stayed amongst the congregation all would die of thirst; yet, if he stepped forward he would be humiliated for all eternity.

He raised his hands with sincerity he had never known before, with humility he had never tasted, tears poured on both cheeks, "O Allah, have mercy on me! O Allah, hide my sins! O Allah, forgive me!"

As Moosa (عليه السلام) and Bani Israeel awaited for the sinner to step forward, the clouds hugged the sky and the rain poured. Moosa (عليه السلام) asked Allah Ta'ala, "O Allah, you blessed us with rain even though that sinner did not come forward." And Allah Ta'ala replied, "O Moosa, it is for the repentance of that very person that I blessed all of Bani Israeel with water."

Moosa (عليه السلام) wanting to know who was this blessed man, asked, "Show him to me O Allah!" Allah Ta'ala replied, "O Moosa, I hid his sins for 40 years. Do you think that after his repentance I shall expose him?"

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# GAME ON

BY FAIZEL KHAMKAR

Rushdie was the forerunner in the modern era to publicize Islamophobia and was in quick succession followed by a host of others. Historically though he is but part of the following of people like Abu Jahal. Blasphemy to the Beloved of Allah ﷺ whether under the guise of films, books, cartoons, poetry or plays became the latest addition to the blasphemy game. The ever changing goalpost of freedom of expression made the game easier for the initiators of this game. The example of Kate of the British royal family where the French courts effectively banned all publications because the dignity of the English royalty was being trampled on yet on the other hand peaceful demonstrations against the current blasphemy was made unlawful is a typical example of the shifting of the goalpost. Another example is that of Abu Hamza who through his utterances was deported from Britain to the United States to face charges of terrorism (read as blasphemy against democracy).

The Muslims who are the unwilling opponents to this game understandably reacted by mass demonstration, placing bounties on the heads of the blasphemers and other forms of protest. Islamic countries have on occasion played their part even though the banning of You Tube was only for a limited time. An Urdu poet had quite elegantly written: "Mere dil or mere jaan Medine Wale". This in effect adequately reflects the sentiment of the global Muslim. In reality we are who we are because of The Beloved Muhammad ﷺ and therefore would be willing to sacrifice everything for him.

However it must be remembered that our reaction has been tested over the years and has become predictable. The various publications are therefore intended to deliberately provoke the anticipated reaction in order to stereotype the Muslim. This stereotyping of Muslims then become the underlying basis for foreign policy specifically to justify force against Muslims. The blasphemers and their lobby support groups are well aware that the unrest which they instigated is for a very limited time only.

We should therefore learn to change our modus operandi in order to have better results. When we look at the Zionist and their promotion of the holocaust has been so successful that the mere mention of the term would bring the force of the law in play. We must therefore agitate very aggressively for blasphemy to be

legally defined as hate speech. The fact that this had in fact been on the world agenda by the OIC until the intervention of Barrack Obama is an indictment on the political will of the political leadership of the Muslim world. This has with the last blasphemy publications have been put back on the world agenda. Let us pray that this time round more a greater sense of need and urgency prevails. The fact that the blasphemy laws as enacted in various Islamic countries such as Pakistan have been placed under tremendous pressure to review these laws reflects the difficult task that lies ahead. However daunting we must persevere in order to break this chain of events which has become something of a rollercoaster ride.

During the last outburst of blasphemy the Pakistani government declared a Friday the day of Ishq-e-Rasool ﷺ. When we reflect on this decision and take note of its advantages then surely this must become part of our calendar. When we host our Meelad un Nabi ﷺ it is generally held for the benefit of Muslims. These functions in the light of the blasphemous assaults must continue to safeguard our identity. However if the Muslim world declares a Mohammad ﷺ day wherein we utilize this day to bring to the attention of the world our feelings to our Prophet ﷺ as well as educate the non Muslim masses about our Prophet ﷺ. This can take place in a number of ways: By marching, by way of literature, utilizing mass media or a combination of all these and other ideas. The possibility of winning allies in our fight to ensure that the greatness of the greatest personality of all of creation is not tarnished would be far better. We would no longer have to deal with political rhetoric which we know is no more than a façade. Let us not be selfish and keep Rahmut-Lil-Alameen only to ourselves.

The real challenge however is that we as Muslims need to take a united stand on this issue. In order to bring about real change we must rise above looking for reasons to prevent measures which we would benefit by rather let us look to real solutions in order to promote our religion, our Prophet ﷺ and through this find legal mechanisms to ensure the honor, dignity and good name of not only our Prophet ﷺ, our religion, our symbols of identity and the followers of Islam is protected.



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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Beirut, LEBANON – There appeared to be no end in sight to the two-year civil war in Syria as tensions ran high with Turkey exchanges of fire across their common border which killed five Turkish civilians last week. With hundreds of thousands of Syrians already living in refugee camps in Turkey after fleeing the alleged tyranny and brutal attacks of President Assad who has refused to bow to demands to step down, there were fears at the time of going to print that these tensions could escalate into a full-scale war in the region. The concerns were heightened with news that the United States has sent military troops to the Jordan-Syria border to help build a headquarters in Jordan and bolster that country's military capabilities in the event that violence escalates along its border with Syria. Defense Secretary Leon Panetta said the US has been working with Jordan to monitor chemical and biological weapons sites in Syria and also to help Jordan deal with refugees pouring over the border from Syria. More than 23 000 civilians, 8 000 soldiers and 1,200 defectors have been killed in violence in Syria so far, according to the human rights watchdog organisation Observatory.

New York, USA - United Nations Secretary General Ban Ki-moon has strongly condemned those who fanned sentiments of hate in the name of an anti-Islam movie, saying freedom of expression should not be abused by people to "provoke or humiliate" the values and beliefs of others. The anti-Islam film has sparked violent protests across the

world that has resulted in the deaths of several people, including that of US envoy to Libya Chris Stevens. Religious leaders across the spectrum, including the Pope, have condemned the film which Google refused to remove from its website, resulting in many countries across the globe banning the film and blocking access to Google. The maker of the film mocking the prophet Muhammad was arrested, ironically on other charges, after initially going into hiding for fear of his life. Nakoula Basseley Nakoula, 55, had been on probation for a 2010 cheque fraud conviction. Under the terms of his probation, he was not to use computers or the internet for five years without approval from his probation officer. A judge ordered that he be held without bail.


Peshawar ,PAKISTAN - Surgeons removed a bullet from a 14-year-old girl who was shot in the head by gunmen in the Swat Valley. Malala Yousafzai, a campaigner for girls' rights, was attacked by a gunman who also injured two other girls as they left school, sparking international condemnation. The militant group Ehsanullah Ehsan, which took responsibility for the attack, said they targeted her because she "promoted secularism". Yousafzai came to public attention in 2009 by writing a diary for the BBC Urdu service about life under Taliban militants who had taken control of the valley, taking such drastic steps as closing girls' schools and banning the playing of music in cars.

Berlin, GERMANY - The German



government has voiced its support for proposals that would explicitly allow the practice of circumcision. Earlier this year, a regional court ruled that circumcision of new-born boys amounted to assault, prompting protests from Jewish and Muslim organizations. The new law will make circumcision explicitly legal, as long as it is carried out by trained experts, and parents are informed of any medical risks.

Sarajevo, BOSNIA - The small Bosnian town of Visoko, near the capital Sarajevo, has elected a mayor who wears the hijab headscarf, a first not only in Bosnia, but also in Europe. Amra Babic, 43, who regularly wears the hijab, won 30 percent of votes in the town of some 40,000 inhabitants. Having lost her husband in the 1992-95 inter-ethnic war in Bosnia, Babic has for years led an association of families of Muslim fighters killed in the conflict. Muslims are the biggest religious group in Bosnia, making up some 40 percent of its 3.8 million inhabitants. The hijab was banned under communism when Bosnia was part of the federal Yugoslavia, from 1945 until the early 1990s. The hijab has also been banned in several European countries, most notably France, where those defying the ban face criminal charges.



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