

Al Kawsar



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Exporting Ramadaan

Those who are seriously intending to export their Ramadaan experience to the rest of the year could try fasting the extra 6 fasts in Shawaal.

“Whoever fasts Ramadaan, and then six days after Eid, it is [like fasting] an entire year. Whoever does a good deed shall have ten times its reward.” (Hadees)

The scholars have quickly spotted the logic, capitalising on their multiplication tables.
 $1 \times \text{Ramadaan} \times 10 = \text{Ten months.}$
 $6 \text{ days in Shawaal} \times 10 = \text{Two months.}$

That's a year by any man's arithmetic!

Who would want to decline such a huge profit considering it could be acquired with so low an outlay?

However don't forget, there are those who do good for the sake of good which just makes them feel better doing it. These are the ones who found in Ramadaan the ideal retreat, the detox and rehab. They felt the cleansing, head to toe, body and soul.

Prayer and good deeds, refraining from bad habit and behaviour, must have done something for soul and character. Glowing inwardly and sparkling outwardly, higher energy levels, tranquillity, and a will stronger

than ever, you are ready for anything.

But then its Eid tomorrow! Now how can that be such a bad thing? Eid is so special. But I moan that Ramadaan is over. Gone.

We will lose that spirit in a day! The hard work we put in! Fasting. The soft-hearted feeling, handing out, giving, helping, just trying to be good. Making ablution to pray, escaping the rat-race. Saturated with therapeutic Qur'anic melody night and day.

Now, there's an emptiness. A great sadness. Will have to see another whole year go, and if we are still alive, we will live again the Ramadaan adventure of heart, body, and soul!

Let's look at the 6-day package on offer! If you consider how effective it could be in extending the Ramadaan vibe, it makes a lot of sense. Its like taking out insurance on the gains you made and ensuring longer exposure to all the good you would wish to secure and continue practising the whole year. Why not? Have the will? Do it!

Eid Mubarak! Shawaal Mubarak!

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IMAM FAKHRUDDIN RAZI

Imam Fakhruddin Razi is very famous scholar in the Muslim world. The reason for his fame is mainly that he used philosophy and logic to prove the reality of Islam. Imam Razi was a well known theologian and jurist of the Shafi'i school. In addition, he was an expert in a wide variety of disciplines, including the traditional Islamic fields of Sharia law, Fiqh jurisprudence, Islamic literature, Tafsir exegesis, Kalam theology, Arabic grammar and Muslim history; the Islamic philosophies of ethics and metaphysics; the formal sciences of logic and mathematics; the natural sciences of astronomy, cosmology and physics; Islamic psychology; medicine, and the arts of alchemy and astrology.

Al-Razi was born in Rayy in 544/1149. Little is known of his early life, but his biographers all agree that his father, Diya' al-Din, known as Khatib al-Rayy, was his first teacher in kalam and fiqh. After his father died, he took lessons in various Islamic sciences from Majd al Din al-Jili and jurisprudence from al-Kamal al-Samnani. He was very persuasive when he spoke, used precise Arabic and Persian, and had a clarity of mind, critical attitude and a highly trained memory. He was characterized by an independence of thinking and rational approach and memorized early on Imam al-Haramayn's work in kalam entitled al-Shamil.

Razi traveled to Khwarazm, Khorasan, Transoxiana, and India. Al-Razi travelled throughout the Muslim world, recorded in his own sixteen-chapter account of the places he visited, the scholars he met, and summaries of their discussions (Munazarat Fakhr al-Din al Razi fi Bilad Ma Wara' al-Nahr). He attracted students from every part of the Muslim world and it is said that when he moved from place to place, at least three hundred students would follow him. He settled in Herat, where a madrasa was built for him. Once, in a public audience, a heated discussion led to harsh words between al-Razi and Ibn al-Qudwa, a Karramite leader, which led to accusations and the

imam's life was threatened. Al-Razi chose not to argue and discreetly left the city.

Described as: "An ocean that contains more pearls than the ocean." The principal spokesman of Ahl al-Sunna in his time, he openly refuted all the sects with which he came into contact, particularly the multifarious groups of the Mu'tazila, Shi'a, and Hashwiyya as well as the Jews and Christians.

A superb teacher, al-Razi could debate and preach in both Arabic and Persian, and he answered gracefully and at length the questions of the scholars of all four schools in Herat. He would often break into emotional states while preaching, moving to tears whoever listened to him. He was expelled from Khwarizm and Transoxiana by the Mu'tazila and returned to his native Rayy where he authored a series of works which achieved widespread fame in a short time. Among them is the largest and most renowned book Al-Tafsir al-Kabir, also known as Mafatih al-Ghayb, among the greatest commentaries of Qur'an in Islam, in twelve to thirty volumes depending on the edition, he spent the last fifteen years of his life working on it and did not finish it. This is the detailed exegesis of Holy Quran. To prove all the Quranic realities and truths according to the philosophy and logic of his age is the trademark of Imam Razi.

Al-Razi died in Herat in 606/1209. In his Wasiyya, which he dictated to a student before his death, he says that he had not sufficiently distinguished the useful from the harmful in his writings, states dissatisfaction with philosophy and theology, preferring the Qur'anic approach in the pursuit of truth over philosophy, and says the human intellect disintegrates in the face of complicated issues, therefore advising against deep contemplation of unsolvable problems.

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SADAQATUL FITR

Sadaqa-tul-Fitr is a special charity of the month of Ramadan. This charity should be given during the month of Ramadan anytime before the Eid-ul-Fitr prayer. Because it can be given until the Eid-ul-Fitr time it is called Sadaqa-tul-Fitr. The Prophet peace be upon him urged Muslims to pay this charity in the month of Ramadan.

Why to give Sadaqa-tul-Fitr?

Various reasons are given by scholars for this charity. Some say that this charity helps the poor and needy and takes care of their needs in the month of Ramadan and also makes it possible for them to celebrate the Id festival with other Muslims.

Another view is expressed that this charity is to atone (as a kaffara) for any mistakes or omissions a person might have done during this blessed month.

Ibn 'Abbas said: The Prophet peace be upon him enjoined Sadaqatul Fitr so that those who fast are purified of their errors and the poor and needy people are enabled to arrange for their basic needs of food, clothing etc. Therefore the Sadaqa of the person who gives before the Id prayer is the real Sadaqa, but if someone delays and gives it afterward his charity will be an ordinary charity (reported by Abu Dawud and Ibn Majah).

Sadaqa-tul-Fitr is obligatory upon every Muslim, whether male or female, minor or major, who possesses property over and above his basic needs and requirements, amounting to the Nisab for Zakaat, whether it is subject to Zakaat or not. The amount of Nisab for Zakaat is about 87.48 grams of gold or its equivalent in cash value. The head of the household must pay this amount on behalf of his/her own self and on behalf of their spouse, children and even servants.

How much to pay as Sadaqa-tul-Fitr?

The amount of Sadaqa-tul-Fitr was fixed by the Prophet peace be upon him. It is half Sa' or 1.633kg of wheat or 3.266kg of barley or the equivalent in cash. [In South Africa presently approximately [August 2010] R25 per person] However to be certain please consult your local Islamic Scholars[Ulema] in your area. The head of the

household must pay this amount on behalf of all the members or the dependant, males or females, adults or children.

This sadaqa should be given during Ramadan any time but before the Eid-ul-Fitr prayers. The sadaqa should be given to the poor and needy. Individuals can also make the payments to Islamic charitable organizations that collect this fund. These organizations then should distribute these funds as soon as possible so that they reach to the needy people in time.

The following points must be remembered concerning the payment of Sadaqa-tul-Fitr.



1. Sadaqa-tul-Fitr is obligated on each adult male or female separately, and the relevant adult person himself is responsible to pay it. The husband is not required to pay Sadaqa-tul-Fitr on behalf of his wife nor is the wife supposed to pay it on behalf of her husband. Similarly, a father is not bound to pay Sadaqa-tul-Fitr on behalf of his adult children or vice-versa. However, if the head of the family, by his own free will, wishes to pay Sadaqa-tul-Fitr for each one of the members of his family, he should seek their authorization for that purpose. In this case the Sadaqa-tul-Fitr paid by him will be valid on their behalf. If he did not pay the Sadaqa-tul-Fitr on behalf of any of the members of his family, he will not be responsible for it. Rather, it is the duty of every adult member of the family to discharge his own obligation or to request the head of the family to pay it on his or her behalf.
2. It is a Sunnah that the Sadaqa-tul-Fitr is paid before performing the 'Eid prayer. It can also be paid before the 'Eid day, but it is not advisable to delay it up to the performance of 'Eid prayer. However, if a person has failed to pay on its proper time, he should pay it as soon as possible, whereby the obligation will stand discharged.
3. The Sadaqa-tul-Fitr is not necessary on behalf of a child who was born after the break of dawn in the 'Eid day, nor is it necessary to pay Sadaqa-tul-Fitr on behalf of a person who dies before the dawn of the Eid day.
4. Sadaqa-tul-Fitr should be paid only to a person who is entitled to receive Zakaat.




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HAZRAT UWAYS AL QARNI ﷺ

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 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 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 Yemenis visited Madinah the Illuminated and Hazrath Ali and Umar ﷺ approached them and enquired about the Saint, Uways ﷺ, from the village of Qaran. The Yemenis said they knew of no such saint, but they did point out that a camel herd from that village, who seldom mixed with other people, preferring to spend his time in worship, alone among the camels. Hazrath Ali and Umar ﷺ 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, 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.

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 - 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.



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The ICC: When Law Becomes Injustice

Written by: Dr Aayesha J Soni - Vice Chairperson: Media Review Network

The Pretoria High Court has issued an interim order stopping Sudan's leader Omar al-Bashir from leaving the country. He is accused of committing war crimes, crimes against humanity and genocide during the Darfur conflict, and has been instructed to stay in South Africa until Monday when the court will take a decision on whether to hand over President Bashir to the International Criminal Court (ICC). From the outset, we must be clear that all and any forms of injustice are condemned in the strongest terms. Tyrannical rulers and perpetrators of mass murder must be held accountable for their crimes, however, this rule must be applied to ALL men who fall under the above description, and not a select few.

It is with a deep sense of embarrassment that I ask a question plaguing many an educated mind: Do you think the ICC would ever pursue an Israeli, Western European or North American leader as they do Africans? From what we have witnessed, and no conjectures of hypothetical extrapolations needed, the simple answer is no. I visited the "Current Cases" page on the ICC official website; there are 7 cases currently underway; 7 African leaders currently being tried; 7 men of colour being tried. It is never in the interest of progressiveness to propagate racist ideals when the motives do not exist, and some people may argue that if these are the men guilty of war crimes they are the ones who should be tried. I agree completely, any man who orchestrates gross human rights violations of another man deserves to be held accountable. However, knowledge of current world affairs makes it all too transparent that African leaders are not the only men who need to be hounded by the ICC.

Why is George W Bush not being tried, the man who led a modern day crusade against Iraq and Afghanistan with fabricated motives and is responsible for the complete destruction of those countries? Supported by his cronie in savagery Tony Blair, the Washington DC-based Physicians for Social Responsibility (PRS) released a landmark study this year concluding that the death toll from 10 years of the "War on Terror" since the 9/11 attacks is at least 1.3

million, and could be as high as 2 million. That warrants a war crime worthy of trial. Why is Benjamin Netanyahu not being tried, a man who launches an offensive on the besieged people of Gaza every 2 years, wreaking havoc and death that doesn't spare children, hospitals and even UN shelters. The UN, Amnesty International, Human Rights Watch, and the Israeli Human Rights Organisation B'Tselem, amongst many others, have conducted extensive fact-finding missions concluding that Israel is guilty of war crimes already. That warrants a trial, surely.

In looking for answers as to why African leaders seem to be the only men pursued by the ICC, I came across a shocking fact: there are international agreements of the Rome Statute referred to by several terms, including Article 98 agreements, bilateral immunity agreements (BIAs), impunity agreements, and bilateral non-surrender agreements. Starting in 2002, the United States began negotiating these agreements with individual countries, and has concluded at least one hundred such signatories. Countries that sign these with the United States agree not to surrender Americans to the jurisdiction of the International Criminal Court. Essentially, no American leader will ever face what President Bashir is purely because the US has been coordinating mass diplomatic arrangements, exclusive alone to them. The hypocrisy of the ICC is exposed, if by nothing else, then by these agreements.

The ICC is a court of no moral authority. As it is currently being run, its sole purpose is to allow Western powers to police their former African colonies. If we want leaders to be brought to justice, then race, ethnicity, countries of origin and political affluence can have no governing role in who gets tried and who doesn't. By all means, leaders such as President Bashar need to be brought to justice, but then the countless Western leaders guilty of war crimes need to be held liable too.

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he moves away from it,
When he fears Allah
he moves closer to Him"



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YEMEN BURNS, AND THE WORLD IS SILENT

Saudi Arabia's actions in Yemen make it as heinous as Islamic State, yet it escapes international criticism, writes SURAYA DADOO - MEDIA REVIEW NETWORK

For over 100 days, Saudi Arabia, backed by a coalition of Arab countries, and with substantial logistical and arms support from the US and UK, has been bombing Yemen on an almost daily basis in a campaign against the Houthis - a rebel Shia group that has taken over large parts of the country, including the capital, Sanaa.

On 26 March - the day Operation Decisive Storm began - the Saudi Ambassador to the United States, Abdel al-Jubeir, declared that the air-strikes and operations on Yemen, were to "protect" the Yemeni people and "the legitimate government of Yemen."

Enter the US-backed, Saudi-led cavalry - without a UN mandate. In order to "help" the Yemeni people, Saudi fighter jets, along with those from Egypt, Morocco, Jordan, Sudan, the United Arab Emirates, Kuwait, Qatar and Bahrain - armed with American and British munitions - have killed over 3000 people, and injured almost 15 000 more. Hospitals, schools, a refugee camp, roads, electricity and water supply lines have been deliberately targeted. The entire city of Saada has been flattened. Human Rights Watch has just published evidence that internationally-outlawed cluster bombs have been used in Yemen.

As if that wasn't enough, Saudi Arabia, one of the richest countries in the Middle East, is maintaining a blockade on imports of fuel, food and medicine to the Arab world's poorest nation. Yemen's health system is on the brink of collapse, the country a step away from famine. Saudi tactics in Yemen are frighteningly reminiscent of Israel's in Gaza: siege; ruthless airstrikes; targeted bombing of schools, homes and hospitals; and collective punishment.

All of this is to supposedly defend Yemeni president Abd Rabbuh Mansur Hadi, who came to power during the Arab Spring uprisings of 2011. But, let's be honest. Saudi Arabia's involvement in Yemen has little to do with its love for democracy, and everything to do with its loathing of the Houthi rebels - allegedly backed by Saudi's arch-rivals, Iran. If Saudi Arabia and its Anglo-American allies were so concerned with restoring legitimate governments, why weren't they and their motley crew in Cairo two years ago to ensure that a democratically-elected Mohammed Mursi was still president of Egypt - rather than languishing in the prison of military dictator Abdel-Fatah Sisi who usurped Mursi through an illegitimate military coup?

Three weeks ago, an Islamic State (ISIS) bomber killed 27 Muslims while they performed their Friday prayers at the Imam Jaffar As-Sadiq Mosque in Kuwait during the holy month of Ramadaan. Is this any different from a recent Saudi air-strike on a livestock market in Fayyoush, southern Yemen, that killed 45 civilians? While the world rightly condemned the ISIS bombing in Kuwait, has there been any serious outrage over the Fayyoush massacre? And while many Islamic leaders rushed to condemn ISIS as an "aberration" and distance this group from Islam, those same voices are silent as Saudi Arabia - which

claims to be the 'custodian' of Islam's most sacred sites - showers Yemenis with bombs and missiles during the holy month of Ramadaan. These Muslim leaders would do well to take heed of Al-Jazeera journalist, Mehdi Hassan's, recent warning that those who fail to condemn the Saudi-led bombing of Yemen, would really struggle to condemn the next Israeli air war against Gaza.

Saudi Arabia's cultural terrorism

While international media has devoted extensive coverage to the barbaric destruction of museums and archaeological sites in Iraq and Syria by ISIS, Saudi Arabia's cultural terrorism in Yemen has been ignored.

Writing in the New York Times, Lamya Khalidi, an archaeologist at the French National Centre for Scientific Research, who has excavated extensively in Yemen, reports that on May 31, the Marib Dam, one of the most renowned monuments of Yemen, constructed in the first millennium BC, was damaged beyond repair by the Saudi-led coalition. There was no strategic value in attacking this ancient monument, as it lies in an uninhabited area at the edge of the Ramlat al-Sabatayn desert.

On 12 June, Saudi air-strikes destroyed Sanaa's Old City, a UNESCO heritage site that has been inhabited for more than 2 500 years and which is culturally significant not only for Yemenis, but for Muslims around the world. Ten other sites in Yemen are on the tentative UNESCO World Heritage List. One of these, the old city of Saada, has also suffered extensive damage from Saudi air attacks.

According to Khalidi, these bombardments "show a pattern of targeting cultural heritage sites in a country that has made extraordinary contributions to world civilization." Mohannad al-Sayani, director of Yemen's General Organization of Antiquities and Museums, confirmed that 25 sites and monuments have been severely damaged or destroyed since the Saudi-led bombings began in March.

Saudi Arabia's cultural terrorism in Yemen is no different to that being perpetrated by ISIS. Silence on Saudi Arabia's bombings of Yemen is a serious political and human failure.

Yemen By the Numbers

Yemen is a level 3 humanitarian emergency according to the UN, its most serious classification.

80% of the population in need of aid

500 000 children under 5 are at risk of developing severe malnutrition

1 million people have been forced to flee their home

6 000 000 people are severely food insecure

*A humanitarian ceasefire was to have started on Friday, 10 July at 23:59 (GMT + 3) until 18 July.



EID-UL-FITR-THE FESTIVAL

The following is Mustahab on Eids day:

- * To trim the nails.
- * To have a bath.
- * To brush the teeth with a Miswaak.
- * To wear nice clothing - preferably new, if not, then freshly washed clothes.
- * To use attar (scent)
- * To perform the Fajr Salaah in the Musjid.
- * To pay the Fitra before the Eid Salaah.
- * To walk to the Eid gah or Musjid in one route and return on another.
- * To eat dates something sweet before going for Eid Salaah.
- * To express joy and donate generously.
- * To recite the Takbeer on route to the Eid Gah or Musjid.

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ
اللَّهُ وَاللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
وَلِلَّهِ الْحَمْدُ

**Allahu Akbar Allahu Akbar Laailaaha Illallaahu
Wal Laahu Akbar Allahu Akbar Wa Lillahir Hamd**

"Allah is the greatest, Allah is the Greatest, there is none worthy of worship besides Allah and Allah is the greatest and to Allah belongs all praise."

THE EID SALAAH

The Eid Salaah is waajib upon every person on whom Jumma Salaah is waajib. There are only two Rakaats in the Eid Salaah. These two Rakaats are offered as an expression of thanks to the All Mighty Allah for giving us the strenght, courage and taufeeq to keep Fast, performing Taraweeh and I'tikaaf etc. during the Mubarak month of ramadaan. This is also where Allah rewards us for our Fast, patience and sacrifices.

NIYAH-INTENTION

Before beginning the Eid Salaah ensure that you have Wudhu. Say the Niyah as follows:

نَوَيْتُ أَنْ أَصَلِّيَ لِلَّهِ تَعَالَى رَكْعَتَيْنِ
مَعَ سَنَةِ تَكْبِيرَاتٍ صَلَاةَ عِيدِ الْفِطْرِ
أَقْدَمْتُ بِهَذَا الْإِمَامِ مُتَوَجِّهًا إِلَى
جِهَةِ الْكَعْبَةِ الشَّرِيفَةِ

**"Nawaytu an Usalliya Lillahi Ta'aala Rakataini
Ma'a Sittati Takbeeraati Salaata Eidil Fitri
Iqdadaitu Behazal Imaam Mutawajjihan Ila Jihatil
Ka'batish Sharifah"**

"O Allah I am performing two Rakaats Eid-ul-Fitr Salaah with six additional Takbeers for You, as a follower behind this Imam facing towards the Holy Kaabah."

METHOD OF THE EID SALAAH

After the Imam says the first Takbeer (Takbeer-e-Tahrima) recite Thanaa (Subhanakalla-humma). Thereafter the Imam will say three extra Takbeers, raising the hands to the ears with each takbeer, and releasing them to your side after the first and second extra Takbeers. Now, after the third extra Takbeer, fold and place your hand below the navel. The Imam will read Surah Fatiha and a Surah and complete the Rakaat in the usual manner.

In the second Rakaat after Surah Fatiha and the Surah, before going into Ruku, the Imam will say three extra Takbeers, raising your hands to the ear and releasing them to the sides each time. Thereafter the Imam will say Allahu Akbar and go into Ruku, complete the Salaah in the usual manner.

After the Salaah the Imam will make a Dua, and deliver a Khutba. There is no Azaan or Iqamah for Eid Salaah.

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COLON CLEANSING

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The colon, a part of the digestive system, is responsible for extracting water, salt, vitamins and nutrients from indigestible food matter, processing food that was not digested in the small intestine, and eliminating solid waste from the body.

However, when it does not function properly, it begins to absorb toxins instead of eliminating them, thereby causing problems like headaches, bloating, constipation, gas, weight gain, low energy, fatigue, and chronic illnesses.

These problems can also be caused by undigested foods (most foods that we eat today are loaded with additives, preservatives and other chemicals) that leads to buildup of mucus in the colon, producing toxins that poison the body.

There are many treatments available for colon cleansing. But for many people, the best options are simple, natural home remedies:

1. Water: For colon cleansing, the best thing you can do is drink plenty of water. It is essential to drink at least 10 to 12 glasses of water in a day. Regular consumption of water will give your body the liquid and lubrication required to flush out the harmful toxins and waste from the body in a natural manner.

2. Apple Juice: Fresh apple juice is one of the best home remedies for colon cleansing. Drinking apple juice regularly encourages bowel movements, breaks down toxins and improves the health of liver as well as the digestive system. Freshly squeezed apple juice provides the best results, but if it is not available, you can use packaged organic apple juice. a.) Start your day with one glass of unfiltered apple juice. b.) After 30 minutes, drink one glass of water. c.) Repeat this routine several times throughout the day and continue for three days. In between, you can also drink one glass of prune juice. When following this remedy, it is advisable to avoid solid foods.

3. Lemon Juice: Lemon has antioxidant properties and its high vitamin C content is good for the digestive system. Hence, lemon juice can be used for colon cleansing. * Mix the juice of one lemon, a pinch of sea salt and a little honey in a glass of lukewarm water. Drink this solution on an empty stomach in the morning. This will help you to enjoy more energy, better bowel movement and better skin condition. * Add 2 tablespoons of fresh-squeezed lemon juice to a glass of apple juice. Drink it three or four times a day. This will thin out the mucous in the bowel.

4. Raw Vegetable Juice: For colon cleansing, it is essential to keep away from processed and cooked food for one or two days. Instead of solid food, drink fresh vegetable juice several times a day. Green vegetables, in particular contain chlorophyll that helps remove toxins. Also, the vitamins, minerals, amino acids, and enzymes present in it will keep your body healthy and well energized. You can also drink herbal teas. * It is advisable not to use ready-made vegetable juices as they do not contain the effective enzymes that help your body break down and

remove waste products. You can easily make fresh vegetable juice from carrots, beets, corn, squash, spinach, kale, etc. at home using a juicer or blender.

5. Fiber-rich Foods: Eating foods rich in fiber will help cleanse the colon of the harmful toxins. Fiber helps keep the stools soft and improve the bowel movement, which ultimately encourages the body to expel waste products. At the same time, fiber-rich foods will also help get rid of any kind of intestinal problem. * You can add a lot of fiber into your diet by eating fresh fruits like raspberries, pears and apples, as well as fresh vegetables like artichokes, peas and broccoli. Cereals, whole grains, nuts, beans and seeds also contain a good amount of fiber.

6. Yogurt: Eating fresh yogurt on a regular basis is a good way to keep the colon healthy. Being a probiotic food, yogurt, especially the one with live and active cultures, will introduce "good" bacteria into the gut that promote digestion. It will also combat inflammatory bowel diseases. * Plus, it contains a good amount of calcium that discourages the growth of cells lining the colon. The intestine-friendly yogurt also solves various stomach problems such as indigestion, flatulence, irregular bowel movements and lots more. * You can eat yogurt as it is or add some fresh fruit such as apples, limes, bananas and berries.

7. Sea Salt: Another effective ingredient for colon cleansing is sea salt, thanks to its detoxifying properties. a.) Mix one tablespoon of sea salt in a glass of drinking water and boil it. b.) Drink this solution warm or cold, first thing in the morning. c.) Wait for a few minutes, and then lie down and massage your stomach down to your colon area in a gentle manner. This will stimulate your bowel movement and help remove harmful toxins, accumulated fecal matter, regular feces, parasites and bacteria from the digestive tract. d.) Do this up to five times a month.

8. Aloe Vera: Aloe vera is known for its detoxification abilities and acts as a laxative, hence it is regarded as an effective colon cleanser. The medicinal properties present in aloe vera gel will not only improve your colon health, but it will also treat other health problems like headaches, skin infections, diarrhea, gastric pain and constipation. a.) Add the juice of one lemon to fresh aloe vera gel and put the mixture in a blender to make a few ounces of smooth juice. b.) Keep this juice in the refrigerator for two to three hours. c.) Drink it several times a day for a few days.

9. Ginger: Ginger is a readily available ingredient that can help reduce bloating and stimulate colon functioning and keep it free from waste and harmful toxins. It aids digestion by stimulating the secretion of digestive juices. * You can take ginger in any form such as grated, juice or cut pieces for colon cleansing. * One good option is to mix one teaspoon of ginger juice and one-quarter cup of lemon juice to two cups of hot water. You can also add a little honey for taste. Divide the solution into two or three parts and drink throughout the day.



BY MOULANA
SHAH FAISAL
KHAN SAHEB

EID-UL-FITR

What is the purpose of celebrating Eid?

First of all, let this humble slave of the Deen of Beloved Allah extend a hearty congratulations and a very warm Eid Mubarak to all the readers of this lovely, heart and mind inspiring monthly Al-Kausar.

The Glorious Quraan guides us to rejoice over the bounties and mercy of our Almighty Allah. The 58th verse of Surah Yunus (part 2) says, "Say you only Allah's grace and only His mercy, on it therefore let them rejoice."

Ramadhān is the month of mercy, forgiveness and freedom from hell. Therefore, we have been given the opportunity to celebrate Eid-ul-Fitr immediately after the departure of this blessed month.

The biggest Eid for the people of Iman is the birthday of the Holy Prophet ﷺ

In the light of the above mentioned holy verse of the Holy Quraan, our learned scholars of the Deen of the holy sages have derived that any such time, place or people who are manifestation of the great mercy of Divine Court of Allah Almighty they must be celebrated. And everybody knows well that the verses of the Glorious Quraan state clearly that Our Beloved Prophet ﷺ is a pure mercy and Rahma of Allah unto the entire universe, generally and for the believers especially. This celebration is done by those who have sense of appreciation, love and gratitude for the bounties of Almighty.

Human being is the best of creation of Allah

Allah Almighty states in His Glorious Book, indeed we created human beings in the best and most perfect form, and in some other place He says, "That everything of this universe has been created for the sole purpose to serve human beings."

We have been created for the Akhirah

There is a lot of wisdom behind the creation of everything of this world. What is the wisdom behind human beings coming to this world of Almighty. The Holy Book speaks it out very clearly, "And there is a holy saying of the Holy Prophet ﷺ by the meaning that this world has been created for you and you have been created for the hereafter."

A closer look at our being

If we ponder over our being, we can analyse ourselves in two parts: 1. External being or physical being, 2. Our eternal or spiritual being. For our physical or external upbringing, our Allah has created this beautiful world with all its contents while on the other hand for our spiritual

upliftment He has sent His Glorious Divine Books along with their teachers and guides who implement and show how to receive our Creator's everlasting mercy and His infinite grace. We have been commanded in numerous verses of the Noble Quraan to treat our parents very well, to obey them, to remember them in our Duas and lower our wings of mercy with full humility while they are only our physical caretakers so what about those holy people of Almighty who take care of our spirits and souls? And that is why our deeni teachers (Ustaads) they carry and deserve higher respect than our physical parents. The reason is that our parents become a cause for us to come to this material world from the world of souls. It is our spiritual teachers and guides who carry us back to our spiritual world of Almighty. For this purpose keep on remembering and appreciating our parents., Ustaads, our spiritual guides and leaders and master of all who is the cream of creation because of whom Allah Almighty created everything. As an Urdu couplet goes, that everything has been created from the light of Nabi ﷺ and because of Him everything of this world is living.

Good mind good find

*Dukti hooi aankho ko bura lagta hai suraj
Beemaar zubaano ko bura lagta hai paani*

Meaning: if these eyes are sore than you don't like the shining sun which is a source of light, energy etc. And when your tongue and mouth are sick then you find the water tasteless while it is a source of one's life.

Some ignorant and crooked minded ones always put objections and say that we knew only two Eids i.e. 1. Eid-ul-Fitr which marks the termination of the Glorious month of Ramadhān. 2. Eid-ul-Adha which reminds us about a great sacrifice done by great prophets Hazrat Ibrahim and Hazrat Ismail. And they accuse us that these Sunnis have invented a third Eid i.e. Eid Meelad-un-Nabi ﷺ. In reply to this silly objection it can then be said that my brother there is another Eid (weekly) for the people of Iman and that is the day of Glorious Friday which is proven by our and your Master ﷺ but a blind person cannot see what is a shining sun. We thank our Merciful Creator who has created many Eids for us.

Conclusion

With these few words we pray that the Almighty Allah must accept our fasting, taraweeh, charity, sehri, iftaar, sadaqatul fitr and give us a full understanding of the meaning and events of the different Eids along with this beautiful Eid-ul-Fitr. Ameen!



SERVICE TO MANKIND

BY MOULANA AHMED KHOROLO - SAABERIE CHISHTY DAWAH CENTRE

Service to human beings is the shortest way to come closer to the light of the creator the Almighty Allah. The Prophet of Islam Hazrat Muhammad ﷺ has said in an authentic hadith, ALLAH will say to his slave on the day of resurrection, "O son of Adam, I was hungry and you did not feed me. He will answer. How can, I feed you, you are the sustainer of the worlds? Allah will say, didn't you know that my servant so and so was hungry and you did not give him food? If you would have fed him you would have found that with me. "O son of Adam, I was thirsty and you hesitated to give me a drink. He will say, "O sustaining One, how can I give you a drink? You are the lord of the worlds. Allah will say, didn't you know that my slave so and so was thirsty, he asked you for a drink and you did not give him a drink? If you had given him a drink, you would have found its rewards with me." O son of Adam I became sick and you did not visit me. He will say, 'How can I visit you? You are the Creator of all. Allah will say, didn't you know that my slave so and so became sick and you did not visit him? Had you visited him, you would have found me with him"

It is narrated that one day the holy Prophet ﷺ was sitting with his companions; one of them noticed him smiling. The companions were curious and asked him about it. The Prophet ﷺ replied, "on the day of resurrection, two believers would prostrate before Allah and one of them will accuse the other one of wrongdoing and will ask for compensation. Allah will then tell the accused to respond to his accuser by compensating him. "O lord of the universe, I do not have any good deeds left in my balance to give him.' the accuser will say to this, "then he should take some of my sins instead." The holy Prophet ﷺ told his companions, surely, it will be a terrible day when people would not be able to carry their own burdens. Then, Allah will ask the accuser to look up into paradise and describe what he sees there in." I see wonderful cities, majestic palaces, and beautiful

gardens everywhere. What great Prophet will have that kind of reward?" Only those who can pay the real price for it, said Allah.' but, O the king of kings, who possible can do that? You can pay the full price by forgiving your brother. At this, the accuser will regret and would say "I do forgive him as of right now.' Allah the most high will say, "very well, take your brother's hand and enter my paradise together." The holy prophet ﷺ then told his companions "Be astounded by the love of the one being. Make peace among yourselves now or Allah will establish his own peace among you on the Day of Judgment."Allah the Almighty reiterated this point in the holy Quraan,"But whoever forgives and makes reconciliation, his reward is due from Allah" (Quraan42:40)

The holy Prophet ﷺ also expressed the voice of Allah in a Hadith-e-qudsi. My love belongs to those who love each other for my sake, who experience intimacy in me, who shower each other with goodness for my sake, and who visit each other joyfully for my sake."

Allah said in a hadith-e-qudsi, "I will appear to my servant at the end of time in the way in which each expects me to appear. Yes I am with my servants invariably even now, whenever they call me."

We make dua to Allah the Almighty to give us the strength of being of service to the entire humanity



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REPORT TIME

BY FAIZEL KHAMKAR

We normally associate report time with the academic year. The reports issued at that time, following intensive expectation and anticipation of a number of individuals the hopes of a number of people will either be fulfilled or extinguished. Though a substantial number of people will be affected the results would neither affect justice or societal rights and would generally be confined to the individual. Recently a spate of reports was released (not an unusual occurrence) which has huge ramifications to societies in that it would affect lives, rights and justice. It is also a test for the moral standards of society at large. The results of these tests will have repercussions for generations to come as moral standard will then be set. Needless to say great political influences and capitalistic agendas were at play to influence these results.

One of the reports was the report released by the Farlam commission on the Marikana massacre. We need to remind ourselves that the terms of reference was changed after the commission started its work. The question of the terms of reference is extremely important as that would dictate the outcome of the report. This change in reference effectively put the death of ten people prior to the day of the massacre as a non event. Furthermore the evidence submitted to the commission would then have been compromised as a result of limitation of events leading up to the massacre. This then questions the right to live as well as the right to work as moral values which should be dearly held unto. These rights are integral to the right of dignity. The exercise of damage control by using limited terms of reference it is hoped that this tragic incident should never be forgotten. Common sense must prevail and steps should be taken to ensure that such an incident should not be repeated in the future. On the surface it appears that the lessons are already forgotten and the spirit of the labour laws has been abandoned.

The second report of extreme importance in respect to international law was the report of the UN Human Rights Council on last year's war in the Gaza Strip. The investigation into what has been termed as a war is in itself a misnomer. How can war be declared on a civilian population of a people whose autonomy has been denied? Taking into account that this was an

onslaught by illegal occupiers on a population that is being repressed and whose land has been occupied. Any report that fails to take into consideration these two critical facts must be flawed. This report appears to be that is intended to please all parties. This approach cannot assist in servicing justice. What is clear from reading behind the lines is that the highest authority had clearly sanctioned an atrocity knowing full well that civilians were being targeted. This gross violation of human rights and international law has been silently approved. The danger of this can be seen in the attack on Yemen which must have read the acceptance of the Israeli action as a licence to act in the same manner. It should be borne in mind that both have the same backers. The use of such disproportional force against ill equipped civilians leaves a terribly bad taste. When will the sanctity of life ever be valued with this mind set? Surely the life of an African miner, or a Yemenis civilian, or a Palestinian has the same value as that of a British tourist or an American news reporter or a French citizen.

A third report was released by STATS SA on the youth of this country. This report reflects on the situation of the youth of this country and must surely set the alarm bells off. There is an alarming increase in the deaths of the youth more so amongst the males by communicable diseases. The leader of this disease being tuberculosis. What is distressing is that this disease is manageable and should not be the cause of so many deaths. The incidence of these deaths can only be seen as careless. In a country which has great potential and is deemed to be in a stronger position to even some first world countries due to its youth population should strengthen the resolve to ensure the welfare of the youth. Strong and positive plans of actions should be implemented now.

The common thread in all three reports is that a feeling of "I don't care" emerges. The consequences of not dealing comprehensively and equitably with the problems which emanates from these reports would leave a legacy which no one can be proud of.

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Rabat, MOROCCO – The United Nations Human Rights Council (UNHRC) has accepted a resolution proposed by Saudi Arabia and Pakistan on behalf of Islamic countries to call on the government of Myanmar to ensure the protection of human rights of everyone in its territory, including Rohingya Muslims. This was aimed at addressing the spread of discrimination and prejudice against Muslims across the country, and to put an end to the incitement of hatred against Muslims by publicly condemning such acts.

Abuja, NIGERIA – President Muhammadu Buhari has called on the Muslim community to condemn attacks by extremist group Boko Haram. The president's call was welcomed by leaders of Muslim organisations in the country. "Once you are a Muslim you are entirely controlled by the Qur'an and the Sunnah of the Prophet, and there is no terrorism in Islam and you should live in peace and harmony with your fellow Muslims and even the non-Muslim alike," said Sheikh Abdullahi Bala Lau, national chairman of the prominent Muslim Group JIBWIS.

Paris, FRANCE – A French governmental organisation has revealed that Islamophobic acts in France have increased by 23.5 percent in the first six months of 2015, compared with the same period last year. "Attacks against mosques, death threats against veiled women, school kids humiliated by their teachers, female students prohibited from wearing long skirts, religious profiling of Muslim children, propagation of hate speeches and even declarations of war on Muslims have been and still are dire for Muslims," the report by the Paris-based Collective against

Islamophobia in France read.

Manchester, UK - Seeing Ramadan as an opportunity to raise awareness about Islam, a Manchester mosque is offering free tours during the holy month along with a three course dinner with hundreds of worshippers. Hosted by the UKIM Khirza Mosque on Cheetham Hill Road, the free tours and Iftar meals aim at correcting the image of Muslims in England. At the huge mosque, visitors are invited to join 300 worshippers for a meal including samosas and bhajis, kebabs, curries and traditional Asian sweets. Visitors are also offered a brief tour of the Cheetham Hill mosque. Since the start of Ramadan, the mosque Ramadan events have been attended by Royal Mail staff, local police officers and groups of teachers.

Madinah, SAUDI ARABIA - King Salman opened the new Prince Muhammad Bin Abdulaziz International Airport in Madinah at a grand ceremony. The iconic project, spread over an area of four million square metres, is the Kingdom's first airport constructed and operated entirely by the private sector. The main passenger terminal has 72 check-in counters, The waiting lounge has capacity for 4 000 people. It is the first facility in the world outside America to abide by the standards for energy use stipulated by the United States Green Building Council.

Berlin, GERMANY - Chancellor Angela Merkel noted during her speech at a Ramadan Iftar in Berlin that there is no doubt that Islam belongs in Germany and will remain so. Taking part for the first time in an official Iftar with senior officials and clerics of different faiths and prominent figures in politics and

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society, Merkel said that other steps will be taken to form bonds with Muslim groups and those actions taken in the name of Islam.

Singapore, SINGAPORE – The government of this island state has announced the launch of a new helpline for Muslims seeking answers on religious issues. The helpline, launched by Religious Rehabilitation Group (RRG), targets those seeking information about extremism and radicalisation. "We want to save people from being radicalised," Deputy Prime Minister Teo Chee Hean said at the Khadijah Mosque. RRG vice-chairman Muhammad Ali said the helpline can prevent young people from taking in religious information from the wrong sources, and counsellors can help clarify doubts.

Bangkok- THAILAND - A smartphone app has been launched to attract Muslim visitors, something that could help further boost an industry which has been steadily recovering since a 2014 coup. Thailand is predominantly Buddhist but parts of the south are majority Muslim. The country's tourism body hopes the new app will help further boost Thailand's tourism sector, which makes up about 10 percent of its economy. With search and navigation features, it will help visitors find hotels and shopping centres with prayer rooms and Halaal restaurants.

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