

## A FRIEND

A real friend is a smile, when you are sad.

A hope, when you are disappointed.

A song when you are happy.

A company, when you are lonely.

## **Nine Tips to Face Worldly Challenges**

Sana Zaman MAIS 4 th Semester

1. To be sincere whether in private or in public.
2. To do justice whether in anger or in happiness
3. To be moderate whether in richness or in poverty.
4. To join (in relations) with those who (try) to cut me off.
5. To give to those who deprive me.
6. To forgive those who do wrong to me.
7. That my silence be thoughtful
8. My speech be mindful (of Allah)
9. My vision is to take admonition

## **Sayings of the Holy Prophet. (s.a.w)**

Prophet Muhammad (peace be upon him) said:

“Seek help from God and do not lose heart. Moreover, if anything (in the form of trouble) comes to you, do not say, ‘If I had done something differently the trouble would not have happened,’ but (instead) say, ‘God did that what He had ordained to do, your’ if opens the gate for Satan.

[Sahih Muslim Hadith 1227]

The prophet Muhammad (peace be upon him) said:

: A wise person is one who keeps watch over his bodily desires and passions, and (keeps away) from that which is harmful, and strives for that which will benefit him after death. And a foolish person is one who subordinates himself to his cravings and desires, and expects from God the fulfillment of his futile desires.”

[Al-Tirmidhi, Hadith 16]

## **Original Sin or Original Forgiveness –a most pertinent question?**

**Ebrahim Saifuddin**

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The story of Adam and Eve is quite similar in the Bible and the Quran with minor differences yet the lessons derived from these stories differ greatly. Sometimes minor changes to any document can completely alter the actual meaning of the story. Both the scriptures are similar. However, the events after their creation are of significance. Soon after God commands them not to eat of this particular tree as eating of it would cause harm to them and the act would be transgression. We said:”OAdam! Dwell thou and thy wife in the Garden: and eat of the bountiful things therein as (where and when) ye will; but approach not this tree, or ye run into harm and transgression.”[Quran 2:35] According to the Bible, God said that if they would eat from this tree, they would die. But of the tree of the knowledge, thou shalt not eat of it: for in the day that thou eatest there of thou shalt surely die,-[Genesis 2:17]

According to the Bible, this warning was given to Adam before the creation of his wife, Eve. However, the Quran corrects this bit and mentions that at the time of the warning, Eve already existed, as the verse refers to both.

Woman misled Man or Satan misled Man?

According to Bible, soon after the creation of Adam and Eve, it was Satan, who whispered to Eve saying, that if they would eat of this tree then they would never die, contrary to what God had warned Adam earlier. This is an important stage in the stories of the two scriptures. According to the Bible, the woman was led astray, who ate the fruit and gave it to Adam. “And when the woman saw that the tree was good for food, and that it was pleasant to the eyes and the fruit of the tree was to be desired to make one wise, she took the fruit thereof, and gave it also unto her husband, who ate it. (Genesis 3:6 )

The Quran does not put the burden of the sin on the women, but makes it clear, that Satan led both astray and hence both are equally responsible for it. “Then did Satan make them slip from the (garden), and get them out of the state of felicity, in which they had been. We said: “Get ye down, all (ye people), with enmity between yourselves. Earth will be your dwelling-place and your means of livelihood for a time.”[Quran 2:36]

From these verses, it is clear that both Adam and Eve were misled by Satan and it was not the woman who had made the man do wrong. When religious doctrines like the Bible states that it was Eve who was influenced by Satan and thus ate the forbidden fruit and gave it to Adam to eat, it subliminally programs men to believe that woman is evil by nature. When God asks Adam from where he got the sense that he was naked, meaning the sense of shame, Adam replied:“The woman whom thou gavest me, she gave me of

the tree. And did eat, “[Genesis3:11] Clearly Adam is accusing the woman as being the culprit and later on when we read on this chapter, we see that it is further clarified that Adam listened to his wife and under her influence ate the fruit (Genesis3:16) rather than under the influence of Satan. The Quran corrects this and makes it clear that while Satan did mislead the woman. Satan also misled the man.

This act of eating the forbidden fruit by Adam and Eve, is known as the Original Sin in Christianity. The Christians say that because of this Original Sin, all people born afterwards were born sinful the newborn baby according to Christianity is a sinner. Islam however, goes on to give us a deeper lesson from the story. It is believed that after eating the forbidden fruit, Adam repented and God forgave him for God is the Most Merciful, This is the lesson given to all Mankind by Quran. It is not of the Original Sin but of Original Forgiveness, which shows the Merciful nature of God. Man is nature bound to commit sins either of small or of a big magnitude. God knows this nature of man because He is the creator. God on the other hand is Most Merciful and is there to forgive man when he repents sincerely. The lesson derived from the Quran is much more complete and gives us a better picture of the nature of God. For forgiveness, all man needs to do is to turn towards God, repent for the wrong he did and promise not to repeat it. God who is Most Merciful then forgives the creation and on the Day of Judgment, this act will not be held up against him. Thus the lesson, which God wanted to give to all humanity, was that of Original Forgiveness rather than Original sin. Islam teaches us this lesson and informs us that all newborns are without the burden of any sin on their shoulders. They are innocent. From the story its easy to understand. God created man - Man committed sin – Man turned towards God for forgiveness – God forgave man, for indeed, God is the most merciful.

## **Signs of a troubled soul.....**

The Holy Prophet p.b.u.h declared the following to be signs of a weak imaan:

- ☐ Committing sins and not feeling any guilt.
- ☐ Having a hardened heart and no desire to read the holy Quran.
- ☐ Feeling too lazy to do good deeds, e.g. being late for Salat, neglecting the Sunnah.
- ☐ Having mood swings, for instance being upset about petty things and bothered and irritated, most of the time.
- ☐ Not feeling anything when hearing verses from the Quran, for example when Allah warns us of punishments and his promise of glad tidings.
- ☐ Finding difficulty in remembering Allah and making shirk.
- ☐ Not feeling bad when things are done against the Shariah.
- ☐ Desiring status and wealth.
- ☐ Being mean and miserly, i.e. not wanting to part with wealth.
- ☐ Asking others to do good deeds when not practicing them ourselves.
- ☐ Feeling pleased when things are not progressing for others.
- ☐ Being concerned with whether something is Haraam or Halaal only; and not avoiding makrooh (not recommended) things.
- ☐ Making fun of people who do simple deeds, like cleaning the Masjid.
- ☐ Not feeling concerned about the situation of Muslims.
- ☐ Not feeling the responsibility to do something to promote Islam.
- ☐ Being unable to deal with calamities, for instance crying and wailing in funerals.
- ☐ Arguing just for the sake of argument.
- ☐ Becoming engrossed and very involved with worldly things, i.e. feeling bad only when losing something in terms of material wealth.
- ☐ Becoming obsessed about the self.

## **An ailing humanity.**

Mahpara Janjua  
MAEL 4<sup>th</sup> Semester.

In the midst of universal confusion on the idealism of modern living, Islam has become even more questionable than ever before. These times are the 'modern times,' The Quranic and Biblical words have been rewritten or misinterpreted respectively. Science and technology are at the peak. Time Magazine is shoving its-okay-to-be-gay-rams- in your face. Hormonal theories based on irrationality on behalf of the human beings are supported by negating the true sense of morality and consciences to seemingly illogical. Darwinian selection of such beings and further man revised rules and regulations have mismanaged to portray the actual role of man on earth, his supremacy over other creatures by not depending on his carnal instincts but on his morals. So what do we Muslims do? What do we tell our children? Is Islam conservative or is it modern? Is it to be followed or can we just be at ease ignoring it? Is the West to be blamed or are Muslims just simply lost? My prime concern in this article, as a teacher to be, Inshallah, is to clarify the position of Muslim behavior regarding their religious obligations.

Islamic Republic of Pakistan was founded in the name of Islam where the Muslims could practice freely. As the name indicates, the policies and laws of the country are based upon the Quranic principles. The trend towards modernizing our country in accordance with animal-like liberal beliefs, is fast. However, with the way our country is approving the non-Islamic laws and disapproving the Islamic' ones, lest be it that our country completely forgets the very basic reasons of its foundation. The passing of Haddood Ordinance act 2006 has created further loopholes in the gradually deteriorating society. Lest be it that it our society completely accepts the western principles of life, sense needs to be inculcated in our minds through Quran and Sciences.

Homosexuality and Homophobia has been a burning issue since the middle of the 20<sup>th</sup> century. Although, homosexuality is a tabooed word in our society, this problem has become common up to a certain extent even in a country like ours. Although the secular societies may consider it as a 'mind your own business,' thing. We have been as Muslims, tasked with the duty to educate the impact of such behaviors on health and wellbeing of our own brothers and sisters.

Realistically, these are not the times to gasp at and execute homosexuals as soon as they are identified. The current media portrayal is that such relationships are stable and loving as normal marriages with the support of some medical associations and NGOs. However, a detailed scientific study shows that human body was not designed

to accommodate this activity. According to John R. Diggs, JR. M.D., the list of diseases found in practitioners of anal intercourse is alarming. Diseases like Anal Cancer and Chlamydia trachomatis frequently occur in homosexuals.

Let me quote the following Quranic verses for you to read and decide for yourselves.

He said, "I do detest your doings."

"O my Lord! Deliver me and my family from such things as they do!"(Surah ash-Shu'ara: 160-169) Ibrahim said.

"And what, O ye Messengers, is your errand (now)?"They said, "We have been sent to a people (deep) in sin; to bring on, on them, (a shower of) stones of clay (brimstone). Marked as from thy Lord for those who trespass beyond bounds" (Surat adh-Dhariyat: 31-34)

When our messengers came to Lot, he was grieved on their account and felt himself powerless (to protect) them. He said: "This is a distressful day." (Surah Hud: 77)He (Lot) said:Ye appear to be uncommon folk. "They said: "Yea, we have come to thee to accomplish that of which they doubt. We have brought to thee that which is inevitably due, and assuredly, we tell the truth. Then travel by night with thy household, when a portion of the night (yet remains), and do thou bring up the rear: let no one amongst you look back, but pass on whither ye are ordered." Moreover, we made known this decree to him that the last remnants of those (sinners) should be cut off by the morning. (Surat al- Hija: 62-66)

But, the (mighty) blast overtook them before morning, and we turned (the cities) upside down, and rained down on them brimstones hard as baked clay. Behold! In this are Signs for those who by tokens do understand.And the (cities were) right on the high road. (Surat al-Hija: 73-76).

Pakistan is moving towards being an educated society. We hope to spread teachings of Quran round the world. As we, the youth of Pakistan need help in assorting our personality and identity. Not only the children need to be educated but also courses on smart parenting should be carried out. As soon as we have carried out our duties as students, teachers and parents, we may leave everything else in the hands of Allah.

"Muhammad is the Messenger of Allah, and those who are with him are severe against disbelievers, and merciful among themselves. You see them doing and falling prostrate, seeking Bounty from Allah and Good Pleasure. The mark of this is on their faces from the traces of prostration."

This is the description of true believers in the Quran

Their description in the Gospel is like a seed, which sends forth its shoot, then makes it strong, it then becomes thick, and it stands straight on its stem, delighting the sewers-that He may enrage the disbelievers with them.

Allah has promised those among them who believe and do good deeds, forgiveness and a mighty reward.

### **Mohtarama Fatima Jinnah, emancipation personified.**

Shireen Masood B.A Lit 4<sup>th</sup> Semester.

In the development of nations, women have always played a pivotal role. Despite being the weaker sex, they have fulfilled their responsibilities and performed splendid works that are a milestone in the pages of history. The name of Miss Fatima appears on the top of the list of such dignified women. All her life was devoted exclusively to the cause of social activities. During the time, when our Quaid had accepted active participation in the politics of the sub-continent, the Muslims were caught in a quagmire of helplessness. In such a state of affairs, the condition of Muslim women was ten times worse than that of the men. To organize a nation into an effective force was a tremendous job. However, to organize that part of the society, which was treated as if it did not exist was near to impossible. It was by the concerted efforts of Mohtarma Fatima Jinnah and other ladies, who worked by her side that the women were united on one platform. Mohtarma Fatima Jinnah urged the women to wake up, and to realize the responsibilities and see that the changing times were making demands on them to start a new life, a new outlook and a new zeal to meet the exigencies of the time. According to Miss Fatimah all this could happen only if they acquired knowledge and put it into practice by making their homes safe heavens. She informed the women that knowledge is the only source that would make them self-conscious and broadminded. She believed that some education was essential for every one, be it man or a woman. She stimulated women to acquire more knowledge, for the sake of not only greater social, economic, and political empowerment against the other sex but to drive them towards real empowerment. Fatima Jinnah knew that women possessed the strength to fight on all fronts as effectively as men did, if not more. She believed that women have a specific role to play in every field of life. They were in fact the raiment of the nation. This is what Mohtarma Jinnah and her effective group of social workers thought. These women made us proud of themselves, when at the critical time of Independence; they helped to organize the flow of shattered refugees, which was a momentous task. During the transfer of power in 1947, she was an inspiration to the Muslim Women Relief Committee, which later formed the nucleus and a model for all women associations. There is no royal road to success and glory, its only the devotion that lasts. Miss Jinnah was a great believer in the moral

values set out by Islam. She said and I quote, “Faith in your ideas, courage, conviction in your cause and above all righteousness, will ultimately bring triumph to you. In short, Fatima Jinnah was undoubtedly, an emancipated woman.

## **My mom, my guardian angel**

Saima Safdar

MAIS, 2<sup>nd</sup> Semester

Once upon a time, there was a child ready to be born. The child asked God;” They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?” God replied; “Among the many angels, I chose one for you, your angel will be waiting for you and will take care of you” The child further inquired; “But tell me God, what will I do there, here in heaven, I don’t have to do anything ,but sing and smile and be happy”. Again God said, “Your angel will sing for you and smile for you every day. Again the child asked, “And how am I going to understand, when people talk to me in a strange language, I don’t know!” God said, “Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak.” “Have a heart please, they say, that on earth there are bad men, and then who will protect me?” God said, “Your angel will protect you even if it means risking it’s life.” The child further said, “But I always talk to you about myself and who will teach me the way to the beach”. God assured him that “I will always be close to you.”

At that time, there was much peace in heaven, but voices from earth could be heard and the child hurriedly asked, “God, if I am to leave now, please tell me my angel’s name.” God replied, her name is not important. You can simply call her “MOM.”

**Do not waste your time reading it. Your time is money.**

Haven't you read the heading? Can't you understand English? You know you are not supposed to read this article and that it will not add to your knowledge. It is better for you to read something else and advise your friends not to read it. Are you still reading it? Can't you stop reading? Do you have no control over your eyes and mind? I was right when I said you would never stop reading. Well! It is not your fault, its human nature, and all human beings are tempted to do what they are forbidden to do.

However, let me ask you, dear friend. What interest do you have in reading the article that you go on reading it? You had better stop now. You are still reading it as if some; magical power is working on you. Pray! Do stop here! However, you are so curious that you want to read it until the very end and you are reading to waste your precious time on it. Now look at you, you wasted five minutes –ha-ha!. Did you have a good time? You could have done something useful. Remember, that, you do not have much time at your hands!!.

**“Money-Money-Money”**

It can buy a bed.  
However, not sleep.  
It can buy a house,  
But not more.

It can buy a clock  
Nevertheless, not time

It can buy a book,  
But not knowledge  
It can buy a position,  
However, not respect.

It can buy medicine  
But not health  
It can buy blood  
But not life.”

## **HEALTHY LIVING TAUGHT BY THE PROPHET**

By Fatimah Abdul Rahman

Health is the most important aspect of human life; without it, we cannot function well. Today we have made material progress and technological advancement, but the world is widespread with an increasing number of diseases. The Holy Prophet ~Muhammad (peace be upon him) taught us many aspects of healthy living which Allah ordered him to teach to the mankind. He himself enjoyed perfect health.

The Prophet (peace be upon him) prescribed black seeds (habbas-sawda), which he said is a cure for all diseases except death. It is true that if we take a few black seeds each morning, we will be protected from many diseases, to mention only a few: coughs, colds, arthritis, nausea, constipation etc. The Prophet (peace be upon him) said that olive oil is a cure for many diseases, which is quite true, as has been proved by medical standards. One tablespoon of olive oil daily, in the morning, overcomes pains in the joints and lessens the risk of heart attack. In the Quran Allah prescribed honey as a cure for humankind, which is so true. If we take honey at breakfast, we are protected from many diseases, for example, coughs, colds, asthma, depression etc. We should make sure the honey is pure. If we apply it to our eyes, we will not need to wear glasses.

Prophet Muhammad (peace be upon him) regularly ate dates, which has been proved by medical standards to contain all the nutrients of a well-balanced diet. It is very energizing as well, and we know from the Prophet Muhammad's life that he was always energetic. He relished goat milk, which is very low in fat and a cure for many diseases. Moreover, he was very fond of milk; he drank it himself and presented it to others. Drinking milk, reduces the risk of heart attacks as has been established by medical standards. The beloved Prophet used to put honey in it and drink it, which too is very revitalizing. When he did not have milk; he used to put honey in water and drink it, which is also very refreshing.

Prophet Muhammad (peace be upon him) prohibited the intake of pork as enjoined by Allah, as it is not healthy to eat its meat because it feeds on dirt, which causes many diseases. In the Quran it is also forbidden to use intoxicants, which are not healthy. Even occasional drinking of wine causes migraine and headaches.

Prophet Muhammad (peace be upon him) recommended using the miswak regularly, which keeps the teeth and gums clean and healthy. It is a cure for thyroid problems too, if we use it regularly.

The Prophet (peace be upon him) recommended sleeping early, in the night after Isha prayer, as early night's sleep promotes health. He enjoined us to wake early, as the early

morning sunlight is beneficial for health and cures many diseases. He also advised to rest in the afternoon after lunch, which refreshes us. Now most workers in the U.S.A. are demanding break in the afternoon for short naps, as they say the Mediterranean naps refresh them and they have a better input to continue work, instead of increase in wages.

The Prophet (peace be upon him) taught us to wash after relieving one's self, which protects us from many diseases. He also ordered the use of left hand for washing afterwards, since it protects us from becoming a carrier of many diseases. He recommended clipping the nails, which also keeps us from becoming a carrier of many diseases.

If we follow all the above-mentioned recommendations, we will be able to lead more healthy lives, which will be very fulfilling for us and for the people around us. As practiced and enjoined by Prophet Muhammad (peace be upon him), personal hygiene is about cleaning our teeth and washing ourselves or performing ablution before prayers, this too protects us from many diseases. Cataract of the eyes develops due to air pollution, so doctors recommend washing the eyes after exposure from outside or workplaces to avoid cataract from developing. If we follow all these health points preached and practiced by the Prophet (peace be upon him), we will lead more healthy and fruitful lives, Inshallah.

## **A letter to the Muslim Ummah**

Hello, Muslim Ummah!

Must we look to the West for the answers? Need we look to the West at all, for any answer? What is the West? The Power Zone? The Best Government Zone? The Freedom Zone? That half of the Map, where the women have been “given” the right to stand by the side of men in every field of life? The Science zone? Are you simply just not sick and tired of these conflicting questions? Perhaps not. For half of us tend to sleep through high water or hell. Nevertheless, some of us are concerned. Some of us want to use the life Allah (SWT) has blessed us with, contributing our positive share so strongly that perhaps it may be that we erase the negative imposition. We must stop wasting questions on the West or the East. We do not even have the time. We should not. Because as Muslims, we are subservient to, “the Lord of the East or the West, La illaha illa Huwa. So take him alone as wakil.”(73:09) Fighting with these issues that we create ourselves is silly. Because we let the confused ones master us. Therefore, we are to be blamed.

Blame taken.

What next?

The waking up, the performing of our duties. And our duties are not so hard. You and I are not in Kashmir. You and I are not in Iraq, Lebanon, Bosnia, and Chechnya. You and I are in Pakistan, the land of the believers. Ta! However, you and I are still asleep to the realities of the history. Who is to wake us up? Are we so lost, that we need others to wake us up? Muslims, why have we chosen to close our eyes to the dignity Islam has blessed us with? Have’nt we made so many brothers and sisters sad. Why have we lost the glorified pride in our Union? You and I need not vilify anyone, anymore. You and I just need to try to raise ourselves up to the standards of the Quran. Standards we will find the most agreeable. You and I need not scream to others. You and I need to guide each other. You and I need to restore our lost position. Our silly mistakes in the past have abused us

O Ye Muslim Women!

The word feminist came into origin after the revelation of the holy Quran. So what rights are you screaming for when you are already equal to men? Perhaps you need to instill respect in the male chauvinistic society that you let your very own men rub you off. Educate yourselves and the others through the holy Quran. Women of WISH, you are standing at a platform that has a vision. You are under the supervision of men who are

aware of the rights of their women. Therefore avail this opportunity and play your part in making this world a better place. Acquire knowledge and spread knowledge. Ask Allah SWT to bless us with the courage to strive for the betterment of the Umah.

Your sister in Islam

Mahpara

MAEL 2<sup>nd</sup> semester

## **Take a look.... this was told 1400Yrs ago!!!!**

Isn't it amazing, how the following predictions have come true. They were prophesized by the Holy Prophet s.a.w, almost 1500 years ago.

- \*Camels will no longer be used as a means of transport.
- \*People will ride on saddles that aren't saddles (cars?)
- \*The distances on earth will become shorter.
- \*Heroes will not fight in wars.
- \*Muslims will defeat the Byzantines, which will end with the conquest of Constantinople Istanbul.
- \*The Jews will gather again to live in Bilad Canaan
- \*Very tall buildings will be built.
- \*The disappearance of knowledge and the appearance of ignorance will be evident.
- \*Adultery will become widespread, and the drinking of wine will become common.
- \*The number of men will decrease and the number of women will increase until there are 50 women to be looked after by one man.
- \*Islam will become worn out like old cloth, until no one will know what fasting, prayers, charity and rituals are.
- \*Allah will send a disease to fornicators that will have no cure (Aids?)
- \*People will begin to believe in the stars and reject Al Qadar (the divine decree of destiny)
- \*Men will pass by people's graves and say: would that I was in this place", (large amount of suicidal deaths?)
- \*The Euphrates will uncover a mountain of gold for which people will fight over (the river of Alfurat that lies near Syria).
- \*Two large groups of people will fight one another, and there will be many casualties; they will both be following the same religion (World War II?).

- \*Approximately 30 Dajjals will appear, each one claiming to be the messenger of Allah.
- \*Earthquakes will increase in frequency and intensity.
- \*Time will pass quickly.
- \*Afflictions will appear.
- \* Killing will increase.
- \*Wealth will increase.
- \*Women will be wearing cloths but not wearing clothes (see-through fabric?).

The Prophet (saw) said: “If my Ummah bears 15 traits (qualities), tribulation will follow it.” (Day of Judgement) someone asked, “What are they, O Messenger of Allah?” He (s.a.w) said:

- \*When a gain is shared out only among the rich, with no benefit to the poor;
- \*When a trust becomes a means of making Profit.
- \*When paying Zakkat becomes a burden.
- \*When voices are raised in the mosque.
- \*When the leader of the people is worst of them; when people treat a man with respect because of what he may do.
- \*When much wine is drunk; red wind or the earth will swallow them, or be transformed into animals.
- \*Imran Ibn Husayn said, “The Prophet (s.a.w) said, ‘Some people of this Ummah will be swallowed by the earth, transformed into animals, and some will be bombarded with stones’. One of the Muslim asked, “When would that be, O Messenger of Allah? ‘He said, ‘When singers and musical instrument will become popular, and much wine is drunk, the greater singer of the hour, the Quran ,will disappear in one night , even from the people’s hearts, and no Ayah will be left on earth. Some groups of old people will be left who will say: “we heard our fathers ’saying, “LA ILLAHA ILLA ALLAH” so we repeat it.
- \*The appearance of the Imam Mahdi.
- \*The appearance of the Dajjal (Anti Christ).
- \*Appearance of Ya’juj Ma’juj (biblical Gog and Magog).
- \*Isa (Jesus) will come during the time of the Dajjal.
- \*The rising of the Sun from the West.
- \*The destruction of the Ka’ba and the recovery of its treasures.

If this prophesy, strikes home then ask yourselves, why is it so hard to tell the truth, yet so easy to tell a lie? Why is it so hard to talk about Allah and yet so easy to talk about the nasty stuff? Why is it that the mosques are getting smaller and the dance clubs are getting larger day by day?

Let's keep thinking about them!

## **The Healing Power of Prayer.**

*By Dr. Shahid Athar*

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We, the physicians, have now come to accept a fact, that healing is from God, and we are just a tool of the Healer. We give the same medication to two different patients with the same medical problem or perform similar operations on two different patients. It is more than simple luck, that one survives and the other does not. As Socrates puts it, "I dress the wound "And when I am ill, it is He who cures me".

God himself attests to it by saying: "if Allah touches you with harm, no one can remove it, but Him," (6:17)

The Qur'an is not a textbook of medicine; rather it contains rules of guidance that if followed, promote healing.

"O mankind! There has come to you a good advice from your Lord (i.e. the Qur'an and a healing for that which in your breasts, a guidance and a mercy for the believers" (Qur'an 10:57)

"And we sent down the Qur'an, that which is healing and a mercy to those who believe (17:82)

Healing from the Qur'an is of three types:

- a. Legislative effect: This includes faith (Iman) in God as not only the Creator but also the Sustainer and the Protector. This also includes the medical benefits of obligatory prayers, fasting, charity and pilgrimage.
- b. Health guidelines; Health-promoting items from the Quran and the traditions of the Prophet (peace be upon him) including the use of honey, olives, fruit, lean

meat, avoiding excessive eating, and the prohibition of alcohol, pork, homosexuality, sexual promiscuity and sex during menstruation.

The Quran has a direct healing effect on the ill. The Quran most likely uses the medical benefits of echo. Echo of a sound is such a powerful force that it has been used to blast off mountains. Now the miniaturized version of echo is used in medicine to break kidney stones (lithotripsy), gallstones and even vegetation in the sub endothelial bacterial endocarditic (SBE). Listening to the recitation of the Holy Quran has been shown in a study conducted by Dr. Ahmed E. Kadi and his associates, to lower blood pressure, heart rate, and to cause muscle relaxation in Muslim Arabs, non-Arab Muslims and even in non-Muslims. It is postulated, that the echo target of “Alif Lam Meme” (the first three words of Sarah Al-Baqarah, the second chapter of the Qur’an) is in the heart and that of Yaseen (chapter 36) is in the pituitary gland of the brain. Thus, prophet Mohmmad (pbuh) always stressed reading the Qur’an loudly and not silently by saying, “The comparison between a silent reader and a reciter is like a bottle of perfume when it is closed and when it is opened.” Use of meditation includes acts of remembrance and communications with God as ordained to us.

1.” And when my slave asks you (O Muhammad peace be upon Him) about me, then (answer them) I am indeed near (to them by My knowledge). I respond to the invocations of the supplicant when he calls on me. So let them obey me and believe in me, so that they may be led aright” (186)

2.”And your lord says ‘Invoke Me, I will respond to your (invocation)’ (40:60)

3.”And remember your Lord much and glorify (Him) in the afternoon and morning” (3:41).

4.”Those who remember Allah standing, sitting and lying down on their sides“(3:191)

The Prophet Muhammad (peace be upon him), like all the other prophets of God, was engaged in the remembrance of God, most of the time. He is known to have said:

1. There is a polish for every thing that removes the rust and the polish for the rust of heart is shirk (remembrance of God.)

2. He was asked which people would most highly be esteemed by God on the Day of Judgment. The Messenger of God (pbuh) replied” Those who remember God often.”

3. It is narrated in a Hadith Qudsi;” God The Most High says “Iam as my servant thinks I am. Iam with him when he makes mention of Me If he makes mention of me by himself, I make mention of him to myself. If he makes mention of me in an assembly, I make mention of him in an assembly better than his. If he comes closer to me a hand span, I come closer to him arms-length, if he comes to me walking, I come to him running.” In the words of Sheikh Al-Mursi “ shirk (meditation) displeases God, defeats and drives evil forces, increases livelihood, makes the personality more prestigious, cleanses the heart, removes the faults and saves the tongue from lying, gossip, backbiting and hypocrisy while engaged in the remembrance of God.” According to Imam Ghazali, illness increases faith and brings man closer to God. Knowing to this nature, we are told by the

Qur'an: "O you, who believe, seek help with patience and As-Salat (the prayer). Truly Allah is with As-Sabirun (the patient),(2:153) Prophet Muhammad (P.B.U.H) used to comfort the ill when he visited them and would say the following prayer: "O Allah remove the hardship, O lord of mankind, grant cure, for you are the Healer. There is no cure but from you, a cure which leaves no illness behind." He would also make following prayer for his own health: "O Allah cure my body, cure my heart and cure my eyesight from any illness." (Repeated 3 times).

## **Get the dose of sunshine**

Ayesha Niaz

B.A Lit 4<sup>th</sup> Semester.

Over exposure to the sun may cause skin cancer, wrinkles and dehydration. It can also break down the cortex covering hair strands leading to thinning of hair. Nevertheless, did you know that if you do not get any sun exposure, you might not get enough vitamin D that your body makes in response to sunlight? So while you should not give the high SPF sunscreen a complete miss, remember your bones need vitamin D to be able to absorb calcium and phosphorus in adequate amounts to protect against osteoporosis. About 10-15 minutes in the sun, every day is good enough. Especially encourage the elderly, and the children to go out in the sun.

### **Skip the Medicine: -**

You need not pop an anti-allergen or rush to the doctors every time your nose starts running.

Your runny nose explained

### **Condition:**

You do not have a cold, but the minute you sleep outside, you end up needing a tissue.

### **The reason: -**

Before the air travels to your lungs, the body tries to warm it up, Small structure in the nose (turbinate) swell up, creating more surface area to warm the air. However, the mechanism that kicks the swelling into action also sends a signal to create mucus. This reaction to temperature change is more common in those allergic to various air components such as dust and smoke particles. So avoid medications... just let it be! Or use honey

## JOKES

A man was wandering in the woods pondering about the things of life, and his own personal problems. The man could not find the answers so he sought help from God. "God, God, are you there please?" he asked.

"Yes. What is it?" God answered.

"I have a few questions, mind if I ask them?" the man asked.

"Go ahead, anything."

"God, what is a million year to you?"

"A million year to me is only a second." God answered.

The man asked again, "God, what is a million dollars worth to you?"

God replied, "a million dollars to me is worth only a penny."

The man lifted his eyebrows and asked his final question,

"God? Could I please have a penny?"

"Sure. In a second."

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A man hears a ghostly voice say, "Quit your job, sell your house, take all your money you have and go to Vegas."

The man, though shocked to hear the voice, ignores it and goes to bed. The voice continues throughout the night and for another week until the man is fed up. So the man sells his house, quits his jobs, takes all his money and he goes to Vegas. When he gets off the plane, the voice tells him to go straight to the nearest casino, so he heads to the Emerald Queen casino. When he gets in, the voice directs him to the nearest spinning wheel and tells him to put all his money on black 17, the man does what the voice says and the host of the table wishes him luck and spins the wheel. The wheel makes a couple of turns and the arrow stops on red nine. The ghostly voice says... "Darn."

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Mommy dearest,

My mother taught me TO APPRECIATE A JOB WELL DONE-

“If you’re going to kill each other, do it outside- I just finished cleaning!”

My mother taught me about TIME TRAVEL-

“If you don’t straighten up, I am going to knock you into the middle of the next week!”

My mother taught me LOGIC,

“Because I said so, that’s why.”

My mother taught me IRONY:-

“Keep laughing and I’ll give you something to cry about.”

My mother taught me about CONTORTIONISM-

“Will you ‘look’ at the back of your neck?”

My mother taught me STAMINA-

“You’ll sit there ‘till all that spinach is finished.”

My mother taught me HYPOCRISY-

“If I’ve told you once, I’ve told you a million times – don’t exaggerate!

My mother taught me the circle of life “I brought you into this world, I can take you out.”

My mother taught me about BEHAVIOUR MODIFICATION- “stop acting like your father!”

My mother taught me about ENVY- “there are millions of less fortunate children in this world who don’t have wonderful parents like you do!”

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## Quotable Quotes

- Just do not give up trying to do what you really want to do. Where there is Love and inspiration, I do not think you can go wrong (Ella Fitzgerald)
- Life is the movie you see through your own eyes. It makes little difference what is happening out there. Its how you take it that counts (Deenis Waitley)
- My father gave me the greatest gift any one could give another person, he believed in me (Jim Valvano)
- Never, never, never give up, (Winston Churchill)
- Ninety-nine percent of the failures come from people. Who have the habit of making excuses? (George Washington)
- No love, no friendship can cross the path of our destiny without leaving some mark on it forever (Francis Muriac)
- No one ever played a chess game by betting on each move. Sometimes you have to move backwards to get a stop forward (Amar Gopal Bose).
- One person with a belief is equal to a force of ninety-nine who have only interests.

### **“Some thoughts on Positive living”**

Saeeda Niaz BAGL 2<sup>nd</sup> Semester.

- Don't spend time beating on a wall, hoping to transform it into a door (Dr. Laura)
- Believe only half of what you see and nothing, that you hear (Dinah Mulock)

- Defeat never comes to any man until he admits it. (Josephus Daniels)
- Difficulties are things that show person what they are. (Epictetus)
- Hate and fear can poison the body as surely as any toxic chemical. (Joseph Krimsky)
  
- If a door slams shut, it means that God is pointing to an open door further on down. (Anna Delany)
- If there exists no possibility of failure, then victory is meaningless. (Robert H.Schuller)
- If you do not stand for something, you will fall for anything. (Steve Bartkowski)

## **I Wonder....**

Comilla Badar

If Prophet Muhammad visited you  
Just for a day or two  
If he came unexpectedly,  
I wonder what you'd do.  
Oh, I know you'd give your nicest room,  
To such an honored guest  
And all the food you'd served him,  
Would be the very best  
And you would keep assuring him,  
You're glad to have him there,  
That serving him in your home,  
Is a joy beyond compare.

But.... when you saw him coming,  
Would you meet him at the door,  
With arms outstretched in welcome,  
To your visitor?  
Or.... Would you have to change your clothes  
Before you let him in?  
Or hide some magazines and put,  
The Quran where they had been?  
Would you still watch X-rated movies,  
On your T.V. set?  
Or would you switch it off,  
Before he gets upsets?  
Would you turn off the radio,  
And hope he hadn't heard?  
And wish you hadn't uttered the last loud hasty word?  
Would you hide your worldly music,  
And instead take Hadith books out?  
Could you let him walk right in?  
Or would you rush about?  
And, I wonder.... if the Prophet spent  
A day or two with you,  
Would you go on doing the right things,

You always do?  
Would you go right on saying the things  
You always say?  
Would life for you continue,  
As it does from day to day?  
Would your family conversations,  
keep its usual pace,  
And would you find it hard, at each meal,  
To say a table grace?  
Would you keep up each and every prayer?  
Without putting on a frown?  
Would you sing the songs you always sing,  
And read the books you read?  
And let him know the things on which,  
Your mind and spirit feed?  
Would you take Prophet with you,  
Everywhere you plan to go.  
Or, would you may be change your plans,  
Just for a day or so?

Would you be glad to have him met?  
Your very closest friends?  
Or, would you hope they stay away,  
Until his visit ends?  
Would you be glad to have him stay,  
Forever on and on?  
Or would you sigh with. Great relief,  
When He, at last was gone?  
It might be interesting to know,  
The things that you would do,  
If Prophet Muhammad, in person,  
Came, and spend some time with you.

## **ARE WE MUSLIMS?**

Syedah Batool Habibah Husaini

We believe that Allah's the only God,  
Who's the king of kings,  
Then fail I to understand  
Why dare we to disobey Him?

'Allah is the wisest', we say,  
Then why to alter His Commands?  
We feel pleasure drinking wine,  
Thus we disobey Almighty God,

We have passed "Women Protection Bill",  
In fact, we have disobeyed the laws of Islam,  
With a motivated will,  
We have opened more doors for evil sins,

Thus, we all want to convey,  
That we are wiser than God is,  
Qur'an was only for the past,  
And we can think better than Him,

It is food for thought for all,  
To ask themselves sincerely,  
'Are we following the non Muslims?  
Or are we believers?' Honestly!

## **The Editorial**

Dear Readers,

Asalaam o alaikum wa Rahmatullah!

Welcome to the second edition of Nibras, this magazine truly reflects the potentialities of WISH's breed of young and budding women writers. I believe that literature can inspire and guide people who have the inclination towards writing. Read selectively! Believe me, a good book or any printed material worth reading, can teach you, what thousand sages cannot.

Reading heavy material can be boring, but the rewards are innumerable. The reward for going to the gym every day is a healthy, attractive body. At first our muscles ache, but eventually become toned. Its hard work, but it is worth it.

So it is with your heart, your mind and your soul. You must use your mental gym to exercise your heart, mind and soul. You can become good writers by emulating the great ones in the field of literature. Trust me, one day you will become shining literates yourself, if you keep practicing this art of writing.

Remember, nothing is better than a person rejoicing in his own work, for that, is his heritage. I ask you to be my companion in shedding the light of Nibras, which can only perhaps save the world.

Be my companions in this noble mission and keep sending your articles to us.

Yours,

Samina Najeeb.

