

SALAAT FOR OUR BODY TOO.

Salaah not only benefits our souls, but also is very beneficial for our bodies!

- The different postures in Salaah are some of the best yogic postures, which help our body to remain firm and strong!
- By going into prostration, extra blood flows to the brain and face and increases blood circulation, which keeps it active and vibrant.
- Our body requires that the electrostatic charges present in it be released at intervals. So, our contact with the earth causes our static energy to be earthed.
- There are many other medical benefits due to regular physical exercise.
- Getting up early is also very beneficial in all ways. We become alert and healthy.
- Moreover, the proverb, 'The early bird catches its prey,' is true here. We can catch up with learning our daily lessons when young, and get more working hours in the daytime!
- We get a break in the midst of our work and feel relaxed and fresh, to continue our work anew, with more dedication and concentration.
- We can be relieved from the depression or problems, if any, during the course of our work and can get help from Allah and realise HIS closeness even while we are working hard.
- We learn to be punctual, disciplined, clean, humble, etc.

All these qualities ought to be those of a True Muslim.

- We realise that whatever Allah has ordained for us is not only for the Hereafter, but also for our own good in this world.
- In fact, it is the second of the pillars, given directly to our Prophet ﷺ during his night journey (Meraj). Thus, its importance is very great.
- A Muslim cannot be termed one, unless he fulfils all the duties that have been attributed to him/her.
- While he may postpone or not fulfil all other duties if he is unwell or does not have the means to do so, this Salaah is a duty which Allah has enjoined on every believing person, whether man, woman, or child above a certain age, even if he is sick or bedridden!
- Last but not least, we do Salaah only for Allah and not for anybody else.
- We are asked to: "-- Indeed our Salaah, and my Service, my life and my death is for Allah the LORD of the Universe. None is equal to HIM, and I am commanded to be the first to surrender to HIM (and to HIM Alone). Al-Quran, Surah al-Anam, 6: 162, 163

Allah has promised to expiate evil deeds (small sins) for our good deeds, namely Salaah and Zakat. So we can hope that our small sins will be forgiven. But this is only if we are ready to forget and forgive others! - AlQuran- 40:43

- 'No Servant pardons (others) but Allah grants him honour, and none humbles himself (in prayer) for Allah and Allah raise him in rank'- {Hadees Sahi Muslim--4:2001}
- Thus, we are taught not only to seek forgiveness (For, HE is All forgiving" 8: 70) but also to forgive others. Let them pardon and forgive. Do you not love that Allah should forgive you? 24: 22
- The magnanimity of forgiving others has a great position in Islam. Islam enjoins man to be patient and forgive others their sins. It enjoins him to reflect on himself if he is committing any sin. It is not his job to point out others' sins and term them sinners or wrongdoers. Only Allah has that right.
- We find that even our Prophet never termed others disbelievers or hypocrites as long as they said the Shahadah. He only guided them and taught them what Allah had revealed to him. And in this struggle to maintain the Faith, he had to undergo unbearable hardships. Still, he never sought revenge upon those who personally had hurt him. He forgave even those who had persecuted him.

THAHIRA IQBAL

DHMS/BAIS / MAIS (Alimah)