

Scientific and logical
reasons

WHY

Allah has forbidden or
recommended deeds in
the Quran



Dr. Thahira Iqbal DHMS/ BAIS/ MAIS

WHY?

WHO IS GOD? DOES GOD EXIST?

IS IT FAIR THAT ALLAH CREATED MAN WEAK

AND THEN PUNISHES HIM FOR HIS DEEDS?

HOW WILL ALLAH RESURRECT US, EVEN IF BURNT TO ASHES?

WHY HAS ALLAH GIVEN PROHIBITIONS AND CURBS IN OUR LIVES?

WHY HAS HE ORDERED US TO BE PUNCTUAL AND CLEAN?

WHY HAS ALLAH TOLD US TO FEAR HIS WRATH?

WHY IS IT ESSENTIAL TO CHOOSE ISLAM AS A WAY OF LIFE?

WHY? WHY? WHY?

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REVIEW:

By the Grace of Allah, many appreciated this work of mine. However, I have not recorded any yet. In sha Allah, I will do so as soon as possible.

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Please note that I have divided the chapters into Seven Parts,

According to the importance of the subject concerned, and given separate chapters are given for longer answers.

THIS OUR RELIGION

TO GAIN VICTORY OVER THE DISBELIEVING FOLK AND
SAVE OURSELVES FROM HARASSMENT AT THEIR HAND,

LET US JOIN HANDS AND BE

AS A CEMENTED STRUCTURE FOR ALL TO SEE.

'HOLD ON TO THE ROPE OF ALLAH' AND BE READY TO SACRIFICE

WHEN THE TIME COMES, WITH OUR LIVES AND WEALTH, WE SHOULD RISE.

LET US SHOW THE WORLD THAT WE ARE A FORCE WITH WHICH TO RECKON

AND INVITE OTHERS TO BE A BEACON.

BY BEING FIRM IN OUR WAY OF LIFE, WHICH

ENJOINS RIGHTEOUSNESS, WITHOUT A HITCH.

IN EVERY ACTION OF OURS, WE MUST BE JUST

SO THAT WE MAY BE KNOWN AS BEING THE BEST,

THE DAY WHEN WE ARE KNOWN AS: TRUE AND RIGHTEOUS AMASS,

AND IN DEBAUCHERY AND CORRUPTION, LET US NOT LET OUR DAYS PASS.

LET US NOT BE KNOWN AS GOOD ALTHOUGH WE ARE MUSLIM,

BUT BE KNOWN AS GOOD, BECAUSE WE ARE MUSLIM.

ONLY THAT WILL BE THE DAY OF VICTORY,

IT IS NO USE TO GIVE A COMMENTARY.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

INTRODUCTION

Once, I was with my granddaughter in a hotel room, and she started ironing her clothes on the mattress with the iron box. When I advised her not to iron clothes on a mattress, she asked, "Why?" She thought that I was being superstitious. But when I told her that the mattress is made of sponge. Hence, the mattress will get spoiled if you put a hot iron on it.

She immediately understood I was right and laid it on the table. This made me ponder.

I am sure that most of us know what Allah has ordained or forbidden for us. During the days of the Sahaba, no one asked WHY or HOW? Whatever our Prophet ﷺ had advised, they obeyed unquestioningly and avoided what he forbade.

We are not allowed to try to find out HOW Allah's (God's) commands operate, *except what HE has revealed to us*, as that comes within the ambit of the Unseen (Ghaib). Only Allah knows how it operates. However, in today's world, where the youngsters want to know WHY Allah has allowed or forbidden certain actions as Halal and Haram, it becomes essential for us to explain to them with logic or scientific proofs.

Today, many have started asking questions, such as: Does God really exist? If HE does exist, WHY has HE hindered human beings from living as they please, which they think will give them happiness! Some ask: 'How is it fair that Allah has created us with all the evil traits and then punishes us for it?'

Some even conclude, 'Who has seen the Hereafter?' They reject the warnings of the Prophets and fail to realize that whatever Allah has ordained for us is for our own benefit.

Doubt creeps into their minds; Many claim that this world is the only life; hence, let us fulfil our desires, and enjoy this one life to the utmost.

And they say, "There is none but our worldly life, and we will not be resurrected." - Al-Quran: 6: 29

"Far, very far away is that which you are promised. There is nothing else but the life of this world. We die and we live! And we are *not going to be resurrected.*" - Al-Quran: 23: 36,37

However, Allahut'alah has revealed through today's Science, indications of HIS existence.

HOW HE sends revelations, HOW man will be resurrected, WHY HE forbade us from certain deeds and has recommended some, etc. It is amazing to note that today's science explains that there is a reason behind all the prohibitions. All that Allah has ordained for us is to maintain a healthy and peaceful lifestyle. Allah does not need our prayers. But, if we want to live in this world in peace and tranquility, there is no doubt that we surely need HIS Grace and guidance.

Therefore, I have compiled some of the most asked questions and have ventured to answer, *through research, what Allah has allowed me, through the Scientific inventions* of today. May Allah guide us and accept my work for the betterment of today's youth. Ameen

PART I: GOD /ALLAH

1. HOW CAN WE PROVE THAT ALLAH DOES EXIST?

The literal definition of “atheist” is “a person who does not believe in the existence of a god or any gods. “If you are not certain that God exists, and take a neutral stand, you could describe yourself as AGNOSTIC. Atheists make up a larger share of the population in many European countries than they do in the U.S. Atheists might argue that since the entire universe, and all of creation can be explained by evolution and scientific cosmology, we do not need another entity called God (That means that they take their desires as gods).’

They claim that the concept of a GOD is man’s imagination to keep him controlled, and to prevent evil and chaos from reigning in society. Only if a man has a fear of the unknown, will he change his way of life and live in peace with society. They claim they can live peacefully without this concept, which curbs their freedom. They consider themselves superior and can manage the affairs of the world without these outdated imaginary inventions.

- Darwin’s *theory* of evolution claims that man was formed through evolution from the unicellular being > to monkey > to man. However, Darwin himself admits, ‘I cannot explain; WHY DOES THE FIRST ORGANISM STILL EXIST ALONG WITH THE MOST ADVANCED BEING: MAN.’ ¹

- Astronomers claim that around 13.7 billion years ago, everything in the entire universe was condensed in an infinitesimally small singularity, a point of infinite density and heat. They formed the theory that ‘the origin of the universe was in a cataclysmic explosion in which all the matter of the universe, packed into a small superdense mass, was hurled in all directions. Suddenly, an explosive expansion began, ballooning our universe outwards faster than the speed of light.’ ²

- Scientists claim that this BIG BANG has taken place, without any intervention of a GOD. They claim that the different planets, floating in space with perfect balance, so as not to hit against each other, were formed by themselves! Have they ever pondered that when it is impossible to even make a desk without proper craftsmanship and measurements, is it possible that this phenomenon took place by itself, without a creator?

- If we say that we must be able to see GOD, to believe in HIS existence, then how is it that we believe in Air, the internet, and other things that are not visible?

- When we believe that an astronaut, even if he is flying in space, can contact anyone else on earth through the internet and other devices, then is it not possible for Allah to contact HIS Prophets, whom HE sent to mankind?

¹ <https://theconversation.com/darwins-theory-may-be-brilliant-but-it-doesnt-explain-everything-46146>

² <https://www.collinsdictionary.com/us/dictionary/english/big-bang-theory>

- As long as MAN is healthy and has no problems, he does not require help or higher guidance. However, when these very atheists fall victim to circumstances of poverty or illness, they become desperate and begin to turn for help and Solace. They then realize that they are helpless and understand that some Supreme Power does exist that has to be approached for their redemption.

- And in the Quran, Allah orders man to look at the greatness of the Universe and ponder over the creation of different matters, how it is maintained without any visible support, and marvel with awe, the Great Power of Allahut'alah, the Supreme Creator, WHO is the sole Creator, maintainer, and destroyer of all things.

- Allah has already declared 1445 years ago, in the Quran, that the whole Universe was one unit, and it was split by a BIG BANG into the different planets and the sun and moon, all floating perfectly in their orbits... (Al Quran, Sura 21: 30)

He tells us to ponder over the following:

- All planets float in their orbits and do not clash with each other. Al-Quran, surah 21: 33 / 36: 40

- The birds float in the air seemingly without support- Al-Quran, surah 67: 19

- The bees and other migrational birds can find their way back home. Al-Quran, Surah 16: 68,69

- Man is created from despicable mixed fluid and grows in various stages, remaining in the darkness of the womb, protected by three veils, till they emerge as a baby. (Al-Quran, Surah 39: 6 / Surah 22: 5-7) etc.

- HE orders man to go back in History and find out how those who were stronger and more powerful than the present generations, were destroyed due to their following their whims and fancies, instead of obeying the Messengers sent by HIM to guide them (The remains of the great civilization still exist, and continue to be excavated that proves the strength and power those people before us had, and how they were destroyed because of their arrogance and high-handedness).

✓ *"O People, if you should be in doubt about the Resurrection, then [consider that] indeed, WE created you from dust, then from a sperm-drop, then from a clinging clot, and then from a lump of flesh, formed and unformed - that We may show you. And We settle in the wombs whom We will, for a specified term, then We bring you out as a child, and then [We develop you] that you may reach your [time of] maturity. And among you is he who is taken in [early] death, and among you is he who is returned to the most decrepit [old] age, so that after [once having] knowledge, he knows nothing. And you see the earth barren, but when We send down upon it rain, it quivers, swells, and grows [something] of every beautiful kind."* Al-Quran, 22: 5

يَا أَيُّهَا النَّاسُ إِن كُنْتُمْ فِي رَيْبٍ مِّنَ الْبَعْثِ فَإِنَّا خَلَقْنَاكُمْ مِّن نُّرَابٍ ثُمَّ مِّن نُّطْفَةٍ ثُمَّ مِّن عَلَقَةٍ ثُمَّ مِّن مُّضْغَةٍ مُّخَلَّقَةٍ وَعَيْرٍ مُّخَلَّقَةٍ لِّتُبَيِّنَ لَكُمْ - وَنُقَرُّ فِي الْأَرْحَامِ مَا نَشَاءُ إِلَىٰ أَجَلٍ مُّسَمًّى ثُمَّ نُخْرِجُكُمْ طِفْلًا ثُمَّ لِتَبْلُغُوا أَشُدَّكُمْ وَمِنْكُمْ مَّن يُتَوَقَّىٰ وَمِنْكُمْ مَّن يُرْدُّ إِلَىٰ أَرْدَلِ الْعُمُرِ لِكَيْلَا يَعْلَمَ مِن بَعْدِ عِلْمٍ شَيْئًا ۗ وَتَرَىٰ الْأَرْضَ هَامِدَةً فَإِذَا أَنزَلْنَا عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ وَأَبْتَتْ مِن كُلِّ زَوْجٍ بَهِيجٍ

Many scientists who have examined the stages of growth were amazed at this clear explanation of the embryo in the womb of the mother.

An ordinary man could not know these details 1445 years ago, while all this was discovered only recently in the past few centuries.

They are baffled at how it can be mentioned in the Quran in such detail.

Who informed the unread prophet ﷺ of all these things?

How is it that the child is formed so perfectly?

Who maintains the whole Universe without causing harm to the people living on Earth?

Who holds the planets floating in space without hitting each other?

✓ And HE declares: “That is because Allah is the Truth and because He gives life to the dead and because He is over all things competent. And [that they may know] that the Hour is coming; no doubt about it - and that Allah will resurrect those in the graves.” Al-Quran, Surah, 22: 6,7

ذَلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ وَأَنَّهُ يُحْيِي الْمَوْتَى وَأَنَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ -
وَأَنَّ السَّاعَةَ آتِيَةٌ لَا رَيْبَ فِيهَا وَأَنَّ اللَّهَ يَبْعَثُ مَنْ فِي الْقُبُورِ

And, HE declares that the cause of most of the pain and suffering is that man, from the time of Adam and Eve, has been running after his greed for fulfilling his desire to enjoy life. He has been neglecting the guidance, GOD sent from time to time to warn mankind to take control of their way of life and live in peace and tranquility.

If they turn back, they will find that all their scriptures contain the same message to sincerely surrender to the ONE GOD, THE ONE WHO created and maintains them.³

All the scriptures, if not interpolated, guide man on how to live a life that does not cause harm to his fellow beings in any way.

All the scriptures warn mankind that if he does not follow this guidance, they are in for destruction and ailments that we see all around us.

Therefore, it is only logical that there must exist some SUPREME BEING, WHO has created and is still maintaining the Universe with such perfection and without any flaw.

And it is this Supreme Being that we call GOD.

In Arabic, GOD is mentioned as ALLAH. Muslims maintain this noun to indicate GOD, because, while in all other languages, there are gods and goddesses, the name ALLAH does not indicate any gender nor does it have any plural form.

³ Please refer to my book:” The Eternal Guidance through the Morals of Prophets Found in the Quran.”

WHAT DO SCIENTISTS SAY ABOUT THE CREATION OF THE UNIVERSE?

Scientists have discovered today that it is true that: ⁴

- According to new scientific research, all life on Earth may have come from clay. This fact has been suggested by, the Bible, Quran, and even Greek mythology for thousands of years.
- The latest theory is that clay, its most basic combination of minerals in the ground, acts as a breeding laboratory for tiny molecules and chemicals which it ‘absorbs like a sponge’.
- The journal Scientific Reports states that this process takes billions of years, during which the chemicals react to each other to form proteins, DNA, and, eventually, living cells.
- Biological Engineers from Cornell University’s Department for Nanoscale Science in New York State believe clay might have been the birthplace of life on Earth.’
- It is a theory dating back thousands of years in many cultures, though perhaps not using the same scientific explanation.
- In religious texts from ancient Egypt to Chinese legends, God molds clay into the shape of man and then breathes life into him through his nostrils.
- Even Genesis talks of man being born from dust and returning to dust when he dies, with scholars translating this from the ancient Hebrew as also meaning clay or the earth itself.
- In seawater, clay forms a hydrogel – a mass of tiny spaces that soak up other minerals, chemicals, and tiny molecules from its surrounding area. Professor Dan Luo of Cornell said: ‘In early geological history, clay hydrogel provided a confinement function for biomolecules and biochemical reactions.
- ‘Over billions of years, chemicals confined in those spaces *could have carried out the complex reactions that formed proteins*, DNA, and eventually all the machinery that makes a living cell work.’ The conclusions are based on experiments by the researchers using synthetic hydrogels, adding DNA, amino acids, and enzymes, and stimulating the production of proteins. They discovered that clay enhanced protein production.’ Yet they refuse to believe that there has to be someone to start the process!

THIS FACT THAT LIFE ORIGINATED WITH CLAY: A MIXTURE OF WATER AND MUD IS MENTIONED IN THE QURAN MORE THAN 1445 YEARS BEFORE ITSELF.

THE FACT THAT IT IS MENTIONED IN ALL THE OTHER SCRIPTURES (ALTHOUGH IT IS INTERPOLATED) PROVES THE FACT THAT ALL THE SCRIPTURES WERE SENT BY THE ONE SUPREME CREATOR (ALLAH IN ARABIC), FOR THE GUIDANCE OF MAN.

⁴ Clays and the Origin of Life: The Experiments Jacob Teunis (Theo) Klop Rogge 1,2, Hyman Hartman 9- 2- 2022, < <https://www.google.com/search?q=origin+of+life+on+earth+with+clay> >

2. HOW WILL MAN BE RESURRECTED FROM THE DEAD, EVEN WHEN REDUCED TO DUST?

Allah has given various examples of HIS capability to resurrect life that has been dead. Allah orders the Prophet ﷺ to say to those disbelievers who refused to believe in resurrection.

“Say, ‘Yes, by my Lord, you will surely be resurrected; then you will surely be informed of what you did. And that, for Allah, is easy.’” Al-Quran, Surah 64: 7

قُلْ بَلَىٰ وَرَبِّي لَتُبْعَثُنَّ ثُمَّ لَتُنَبَّؤُنَّ بِمَا عَمِلْتُمْ - وَذٰلِكَ عَلَى اللّٰهِ يَسِيْرٌ -

HOW CAN A MAN BE RESURRECTED?

Many doubt how it is possible for MAN, who will perish and turn to dust even after it is burnt (or drowned in the oceans), can be resurrected and brought before their LORD for taking account of their deeds.

- *The German scientist Hans Spemann discovered in 1931-33 that cloning is possible, using a cell of a living being. He declared that there is a cell in the last coccyx bone of the body, which never perishes even when thrown into the fire, boiled, or crushed beyond recognition!* ⁵

- *A group of Chinese scientists proved in some of their laboratory experiments that it is impossible for this part, "Agboh Adh-Dhunooba" (the end part of the coccyx), to perish. They tried to dissolve it chemically in the strongest acids, through burning, pounding, and subjecting it to various types of radiation. But it could not be destroyed!*

- *This proves the hadith of the Prophet ﷺ that precedes all scientific experiments, by more than 1450 years, to be true.* ⁶

- *Abu Hurairah عليه وسلام narrated that Allah's Messenger ﷺ said: "There is nothing of the human body that does not decay except one bone; that is the little bone at the end of the coccyx of which the human body will be recreated on the Day of Resurrection."* ⁷

- *"The earth would consume every part of the son of Adam (after his death) except for one bone; the coccyx (the bone at the base of the vertebral column) from which he is created and from which his body will be reconstituted on the Day of Resurrection."* ⁸

✓ Allah Subhanat'alah has declared that HE is the one who created the whole Universe and maintains it. HE provides a means of subsistence to all living creatures. HE keeps creating many new beings, and every creature in this world is provided with its sustenance. If we refer to the SCIENCE DIGEST, we find that scientists keep finding new creatures alive, in the depths of the earth or in space, where air or water cannot reach.

HE who can create the Universe with just a word: 'BE' can bring it back to life after destroying it as and when HE wishes. Thus, there can be no doubt that there is a SUPREME POWER who created us

⁵ < <https://orlandparkprayercenter.org/guest-articles/role-of-the-tail-bone-coccyx-in-resurrection/> >

⁶ < <http://samirisaoui04.blogspot.com/2013/03/the-miraculous-coccyx.html#.YckVy2hBzIV> > --

By: Dr. Zaghoul El-Naggar, retrieved on 27-12-2021

⁷ Sahih al-Bukhari 4935

⁸ Sahih Muslim 2955b // Sunan an-Nasaa'i 2077—source:

<<http://www.quranicresources.com/humans-will-resurrect-from-tailbone/>>

and will resurrect us on the Last Day, and will take account of the deeds we performed in this life. As the Quran says, when we ponder over the creation, we find how

- ✓ The rain revives the dead earth, and
- ✓ The mountains and valleys are formed for the convenience of man to travel through the passes,
- ✓ The different plants and trees with different hues and colors are watered with the same water,
- ✓ The different animals and insects have different shapes and sizes, living in colonies together, helping each other.
- ✓ The migratory birds fly thousands of miles across the globe and return to the same spot every year in their mating season. (Who shows them the way to and fro?)
- ✓ The bees fly miles around seeking food from the flowers, producing honey from their bellies, which is beneficial for humans, etc.

Is it possible for all these to reproduce by themselves?

WHO guides and provides them with provisions?

- ✓ Today, Science has discovered that no two individuals have similar fingerprints. And a man is identified by his fingerprints! This has been mentioned 1450 years before itself in the Quran:

“Does man think that WE will not assemble his bones? Yes. [WE are] Able [even] to proportion his fingertips.”

(Quran: Al-Surah 75: 3,4)

أَيَّحْسَبُ الْإِنْسَانُ أَنْ نَجْمَعَ عِظَامَهُ - بَلَىٰ قَادِرِينَ عَلَىٰ أَنْ نُسَوِّيَ بَنَانَهُ -

With this, our limited knowledge of HOW Allah can resurrect human beings and bring them to account is proved without doubt.

NOW, NEXT COMES THE QUESTION ‘WHY?’

WHY HAS ALLAH FORBIDDEN SETTING PARTNERS IN WORSHIP WITH HIM?

WHY HAS ALLAH CREATED US AND PROHIBITED CERTAIN ACTS?

3. WHY HAS ALLAH FORBIDDEN SETTING PARTNERS WITH HIM?

Although the Quran and Sunnah contain valid answers, I have tried to derive a scientific reply to the question:

Why is Allah so strict against calling others with HIM or setting partners with HIM?

Why has HE declared that shirk is the greatest of sins, and HE will forgive anything else except doing Shirk? – (Al-Quran, Surah Nisa: 4: 48)

This Question has been raised by many people all around the world. They ask, while most other religions adjust to the worshiping of thousands of gods, why is it that Islam stands apart? Even the Christian version of one of the characteristics of GOD *given in the BIBLE: (Exodus 34: 14)* says:

“YOUR GOD IS A JEALOUS GOD. HENCE DO NOT WORSHIP OTHER THAN HIM.”

This attribute of Jealousy does not befit Allah سبحانه وتعالى, as accused by the Christians.

Allah is far above such and is our MOST GLORIOUS AND SUPREME MASTER who provides us all we need in this world for our benefit.

JEALOUSY IS NOT AN ATTRIBUTE OF ALLAH.

IT IS A CHARACTERISTIC OF SHAYATEEN AMONG HUMANS AND JINN.

THE CONCEPT OF JEALOUSY ARISES ONLY AMONG EQUALS.

“AND THERE IS NONE EQUAL TO ALLAH”

(Al-Quran, Surah Al-Ikhlās: 112)

Then, why is it that Allah warns us against calling on others with HIM? Why does HE declare that if one does not repent during his lifetime and dies as a Mushrik, all his good deeds will be wasted, and carry no weight on the Last Day? 18: 105, and he will end up in Hell? – 2: 217

WHY! WHY IS SHIRK CONSIDERED AN UNFORGIVABLE SIN?

No. 1: First, and foremost, we must realize that:

“ALLAH DOES NOT NEED OUR WORSHIP, BUT IT IS WE WHO NEED HIS GRACE AND GUIDANCE.”:

Man is at a loss to know the right way of life. He is happy when all goes well. But when a problem arises, he feels lost. He even contemplates suicide. This is because he does not know whom to turn to for help.

✓ “O mankind, you are those in need of Allah, while Allah is Free of need, the Praiseworthy. If HE wills, HE can do away with you, and bring forth a new creation.” Al-Quran, Surah 35: 15, 16

يَا أَيُّهَا النَّاسُ أَنْتُمُ الْفُقَرَاءُ إِلَى اللَّهِ - وَاللَّهُ هُوَ الْغَنِيُّ الْحَمِيدُ - إِنْ يَشَأْ يُذْهِبْكُمْ وَيَأْتِ بِخَلْقٍ جَدِيدٍ -

✓ Allah declares that HE deals with us “...with only justice and no wrong will be done...Unquestionably, to Allah belongs whatever is in the heavens and the earth. The promise of Allah is true, but most of them do not know.” Surah: 10: 54, 55

- وَفُضِّيَ بَيْنَهُم بِالْقِسْطِ - وَهُمْ لَا يُظْلَمُونَ - أَلَا إِنَّ لِلَّهِ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ - أَلَا إِنَّ وَعْدَ اللَّهِ حَقٌّ وَلَكِنَّ أَكْثَرَهُمْ لَا يَعْلَمُونَ

Allah’s Majesty is so great that we cannot even imagine calling upon anyone else for help, who does not even own a Qitmir (the thin membrane of the date stone).

✓ *“HE merges the night into the day and the day into the night. And HE has subjected the sun and the moon, each runs its course, for a term appointed. Such is Allah: your LORD; to HIM belongs the kingdom. And those to whom you call upon instead of HIM do not own a Qitmir.”* Al-Quran, Surah Fatir, 35: 13, 14

يُولِجُ اللَّيْلَ فِي النَّهَارِ وَيُولِجُ النَّهَارَ فِي اللَّيْلِ وَسَخَّرَ الشَّمْسَ وَالْقَمَرَ كُلًّا يَجْرِي لِأَجَلٍ مُّسَمًّى -
ذَلِكُمْ اللَّهُ رَبُّكُمْ لَهُ الْمُلْكُ - وَالَّذِينَ تَدْعُونَ مِنْ دُونِهِ مَا يَمْلِكُونَ مِنْ قِطْمِيرٍ -

✓ *“If you invoke them, they hear not your call, and even if they hear, they could not grant your request AND ON THE DAY OF RESURRECTION, THEY WILL DISOWN YOU OF EVER HAVING ANY CONTACT WITH THEM, and NONE can inform you like the ONE Acquainted”* Al-Quran, Surah, 35: 14

إِنْ تَدْعُوهُمْ لَا يَسْمَعُوا دُعَاءَكُمْ وَلَوْ سَمِعُوا مَا اسْتَجَابُوا لَكُمْ - وَيَوْمَ الْقِيَامَةِ يَكْفُرُونَ بِشِرْكِكُمْ ۗ وَلَا يُنَبِّئُكَ مِثْلُ خَبِيرٍ

When that is the case, what is the use of our calling any other than HIM?

Allah taught us how to supplicate to HIM through Surah Fatiha for guidance, and in answer to our supplications, HE sent the Qur'an for our guidance for mankind, so that WE MAY STRIVE TO BE HIS AULIYA (friends) by pleasing HIM. By this, we can achieve the reward of Paradise in the Hereafter and simultaneously live a life of peace and tranquility, without worry or grief, in this world. HIS aim is not to cause pain and suffering for us. *It is our deeds that cause most of the disasters in our lives.*

✓ *“And whatever strikes you of disaster - it is because of what your hands have earned; but He pardons much.”* Al-Quran, Surah Shura, 42: 30

وَمَا أَصَابَكُمْ مِنْ مُصِيبَةٍ فِيمَا كَسَبْتُمْ أَيْدِيكُمْ وَيَعْفُو عَنْ كَثِيرٍ

✓ *“Certainly, the friends of Allah will have no fear, nor will they grieve.”* - Al-Quran, Surah Yunus: 10: 62

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

✓ *“No doubt! Verily, to Allah belongs whosoever is in the Heavens and Earth. And those who invoke others besides Allah, they follow nothing except a conjecture, and only invent lies.”* - Al-Quran, Surah Yunus: 10: 66

أَلَا إِنَّ لِلَّهِ مَنْ فِي السَّمَاوَاتِ وَمَنْ فِي الْأَرْضِ - وَمَا يَتَّبِعُ الَّذِينَ يَدْعُونَ مِنْ دُونِ اللَّهِ شُرَكَاءَ -
إِنْ يَتَّبِعُونَ إِلَّا الظَّلَّ وَإِنْ هُمْ إِلَّا يَخْرُصُونَ

No. 2: Moreover, as Allah says, all that is on the earth and the Heavens are created by HIM, and are subservient to HIS will. None can even create a fly. Even if a fly takes its food, can anybody snatch it away? That demonstrates that nobody can go against HIS decision (Al-Quran, Surah Al-Hajj: 22: 73).

No. 3: Those who worship other than Allah and take their desires as gods, result in;

- On the one hand, various rituals benefit only the priests and ‘God-men’ to fill their coffers, and,
- On the other hand, they ignore it completely, go beyond the limits, and live their lives as they wish, resulting in all the various diseases and turmoil we find around us.
- Each god they worship has different rituals and beliefs associated with it, which make them intolerant and result in enmity and hatred towards each other.

- They imagine having many gods who will help them with their specific needs, and create rituals, wasting time and money, which is of no use to them either here or in the Hereafter, because only if Allah wishes will HE redeem us from our problems. None can intercede in HIS decision.

No. 4: Allah gives various examples of the result of having many gods:

✓ *"Allah presents an example: a slave owned by quarreling partners and another belonging exclusively to one man - are they equal in comparison? Praise be to Allah! But most of them do not know."* Al-Quran, 39: 29

This verse explains that if a man has many masters, who have opposing views and give opposing commands, what will be the condition of the slave? Whom will he obey? Will one master not punish him if he obeys the other? And his life will be intolerable. While a man with only ONE Master will have no such problem. All he needs to do is obey the one Master.

✓ *Allah asks: "Is Allah not sufficient for HIS slave? And yet they threaten you with those other than HIM. And whoever Allah sends astray, for him there is no guide! Is not Allah All-Mighty, possessor of Retribution?"*

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أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ - وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ دُونِهِ - وَمَنْ يُضْلِلِ اللَّهُ فَمَا لَهُ مِنْ هَادٍ -
 ---Al-Quran, Surah 39: 36, 37
 وَمَنْ يَهْدِ اللَّهُ فَمَا لَهُ مِنْ مُضِلٍّ - أَلَيْسَ اللَّهُ بِعَزِيزٍ ذِي نِقَامٍ

✓ If there were many gods, would they not fight with each other for the throne of Allah?
"Say, [O Muhammad], 'If there had been with HIM [other] gods, as they say, then they [each] would have sought a way to be the Owner of the Throne." A-Quran, Surah, 17: 42

- قُلْ لَوْ كَانَ مَعَهُ آلِهَةٌ كَمَا يَقُولُونَ إِذًا لَأَبْتَعُوا إِلَىٰ ذِي الْعَرْشِ سَبِيلًا

✓ *"And verily, if you ask them: 'Who created the heavens and the earth?' They will say: 'Allah.' Tell me then, the things that you invoke (call upon) besides Allah—if Allah intended some harm, could they remove HIS harm, or if HE intended some Mercy for me, could they withhold HIS Mercy? Say: 'Sufficient for me is Allah; in HIM those who trust must put their trust.'" Al-Quran, 39: 38*

وَلَئِنْ سَأَلْتَهُمْ مَنْ خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ لَيَقُولُنَّ اللَّهُ ۗ قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ أَوْ أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَاتُ رَحْمَتِهِ ۗ قُلْ حَسْبِيَ اللَّهُ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ -

✓ *Have you seen the one who takes as his god his own desire? Then would you be responsible for him?*

---Al-Quran, 25: 43
 أَرَأَيْتَ مَنْ اتَّخَذَ إِلَهَهُ هَوَاهُ أَفَأَنْتَ تَكُونُ عَلَيْهِ وَكِيلًا

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No. 5: Scientific and logical observations:

a. If there were many gods, each would try to implement their laws, and the world would be in chaos. And, will they not quarrel and fight against each other to assert their right and superiority?

From time immemorial, we find that kings and rulers who considered themselves superior to their subjects have inserted their laws as they fancied. They implemented Draconian laws, which, if not implemented, resulted in severe torture and punishments.

The Crusades and the World Wars, which were induced for power and wealth, have taken their toll of destruction and loss of human life. Even today, we find those who have many gods, or think their gods are Superior, or consider themselves as gods (Atheists), trying to impose their views on others, and they cause most of the political turmoil in this world.

The unnecessary bloodshed and violence are a result of people not being guided, or ignoring the guidance that had been given in their scriptures, and interpolating it to suit their fancies and desires.

Are we not facing such a situation? The 'Super Powers' that govern us are dictating over us and prescribing laws allowing homosexuality, drugs, and other vices that are completely against our pure and true Shariah. Is this not devastating the very fabric of our existence?

Hence, the Command to NOT call upon any other than Allah, which leads to their worship (worship of their desires ^{25: 43}), is because it leads to only destruction and chaos in our society, which we are witnessing day in and day out.

b. The guidance given in the Qur'an is perfect and crystal clear. *The order in matters of every aspect of life, from war to peace, is so overwhelmingly perfect that if followed sincerely, there would be no injustice or destruction.* It is not interpolated in any way, and it is present in its original form, even today, for us to follow. Those who stick to this have realized the peace and contentment they experience, without any hatred or rancor towards their fellow beings. This leads to peace and tranquility.

c. Experience shows that what Allah says is true. Allah tells us that the true believers are those when reminded of HIS signs; "...fall down prostrate and glorify the praises of their LORD, and they are not proud" and "their sides forsake their beds, to invoke their LORD in fear and hope, and they spend out of what WE have bestowed on them." al-Quran, Surah, 32: 15, 16

إِنَّمَا يُؤْمِنُ بِآيَاتِنَا الَّذِينَ إِذَا ذُكِرُوا بِهَا حُزُّوا وَسَجَدًا وَسَبَّحُوا بِحَمْدِ رَبِّهِمْ وَهُمْ لَا يَسْتَكْبِرُونَ
تَتَجَافَى جُنُوبُهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ

Whether in adversity or well-being, just turn to Allah, the Ever-Living. Understand HIS message, obey the laws given in the Qur'an, and as explained by our beloved Prophet Muhammad ﷺ, you will experience the bliss HE has promised, here and in the Hereafter. There is no doubt about it.

At the same time, Allah acknowledges that man is not perfect and tends to falter. Hence, HE tells us to strive every moment of our life to control our senses, seek HIS pleasure and guidance, and ask forgiveness for any fault committed.

This striving is called JIHAD!

By constantly striving and seeking help through Salaat and Thikr, we are freed from unnecessary rituals and from being misled by others. This is because we have the Book of Furqān (Arabic: فُرْقَان). Furqaan is an Arabic Islamic masculine noun given to 'the Quran,' which means "criterion, proof, evidence, affirmation, testament; that helps us differentiate clearly between right and what is wrong."⁹

When we are confused as to how to deal with a matter, all we need is only refer to the Qur'an for Guidance, and seek help from Allah through Salaat, as shown by our beloved Prophet ﷺ, and we see the right! Alhamdulillah!

✓ *"And if an evil whisper comes from Shaitan, then seek refuge with Allah. Verily, He is the ALL-HEARER AND ALL-KNOWER." "Verily, those who are Al-Muttaqun, when an evil thought comes to them from Shaitan (Satan), they remember Allah, and they see (right)." - Al-Quran, Surah 7: 200, 201*

وَأَمَّا يَنْزِعَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ - إِنَّهُ سَمِيعٌ عَلِيمٌ -
- إِنَّ الَّذِينَ اتَّقَوْا إِذَا مَسَّهُمْ طَائِفٌ مِّنَ الشَّيْطَانِ تَذَكَّرُوا فَإِذَا هُمْ مُبْصِرُونَ -

Are these verses not clear enough for a Muslim (Mu'min- believer) to realize that all he has to do to gain the pleasure of Allah, is to obey HIM sincerely, without calling upon anybody else?

All human beings are clueless about what they are to do when they face any adversity or loss. We are gripped with fear in the face of any problem. In such cases, all we have to do is turn to Allah for help. Although all religions teach us to turn to the Supreme Creator Alone for help, as mentioned earlier, the scriptures of all the previous religions are interpolated (2: 78/ 3: 78). They can easily lead them to ruin and destruction. However, there can be no doubt about the guidance in the Quran, the final revelation, because it has remained uncorrupted and will remain so till the end of time.

d. Calling others for help with Allah means asking others to intercede on their behalf against Allah's decision. Please ponder:

Does it not mean that you are not satisfied with Allah's decree?

Does it not mean that you think you know more than Allah, and thus, disobey HIM?

⁹ https://www.google.com/search?q=What+is+the+meaning+of+Furqan%3F&rlz=1C1GCEA_enIN1008IN1008&oq=

Allah declares in many Ayat that there is none as a helper with Allah. HIS is the final decision, because *He is Just in His Judgement*, and it is not fair to show partiality or accept a recommendation from any others for the sinners.

“HE DOES NOT ALLOW ANY TO SHARE IN HIS DECISION AND HIS RULE.” – Al-Quran, Surah al-Kahf, 18:26

This is because HE is JUST, AND IT IS NOT FAIR TO DO INJUSTICE to his slaves *who strive to be obedient to HIM ALONE*, seek HIS help, and are rightly guided. Most of the verses of the Qur’an emphasize the fact that there is none other than Allah to seek help, and if you do, then you are the losers. Allah knows what is good for you. Everything that happens is for your benefit only.

✓ *“... With HIM is the knowledge of the unseen of the Heavens and the Earth. How clearly, HE sees and hears everything! They have no Wali, Guardian, other than HIM, and HE makes NONE to share in HIS Decision, and HIS Rule.” 18:26*

..لَهُ عَيْبُ السَّمَاوَاتِ وَالْأَرْضِ - أَبْصِرْ بِهِ وَأَسْمِعْ - مَا لَهُمْ مِنْ دُونِهِ مِنْ وَلِيٍّ وَلَا يُشْرِكُ فِي حُكْمِهِ أَحَدًا -

✓ *“...if you are a believer, you will put your full trust in HIM and HIM ALONE, if you are Muslims.”*

– يَا قَوْمِ إِنْ كُنْتُمْ آمَنْتُمْ بِاللَّهِ فَعَلَيْهِ تَوَكَّلُوا إِنْ كُنْتُمْ مُسْلِمِينَ – (Al-Quran, Surah: 10: 84)

Thus, as long as man sticks to his duties in doing good, and seeks help from Allah directly, through Salaat, and supplications, that are due to HIM ALONE, and puts his trust in HIM, Allah will not punish anybody. Only when he tends to stray away from this straight path that our Prophet ﷺ has shown us is his being punished justified.

Allah commands the Prophet to:

✓ *“Say, ‘I call upon only my LORD, I associate none as partners along with HIM.’ ‘Say: It is not in my power to cause you harm or bring you to the right path.’ –*

✓ *‘Say: None can protect me from Allah’s punishment (if I disobey HIM), nor shall I find refuge except in HIM’ ... and whosoever disobeys Allah and HIS Messenger, then verily, for him is the Fire of Hell, he shall dwell therein forever.” – (Surah Al-Jinn: 72: 20-23)*

IS IT NOT A GREAT RELIEF TO KNOW WE HAVE OUR CREATOR READY TO HELP US?

WHEN WE KNOW AND ARE SURE THAT THERE IS NONE OTHER THAN ALLAH, WHO DECIDES WHAT

IS GOOD FOR US, WHY DO WE RUN AFTER OTHERS FOR HELP?

ALL WE HAVE TO DO IS *TRY TO OBEY HIM* IN ALL MATTERS, ESTABLISH SALAAT, GIVE ZAKAT, AND

BELIEVE THAT ALL THE PROPHETS BROUGHT THE SAME MESSAGE OF TAWHEED:

‘LAA ILAAHA ILLALLAH’ AND DO GOOD DEEDS TO ATTAIN HIS PLEASURE.

MAY ALLAH GUIDE ALL OF US. AMEEN

4. WHAT IS THE PURPOSE OF LIFE? WHY DID GOD (ALLAH IN ARABIC) CREATE MAN?

This Question pops up now and then among us. Many ask, what is man heading towards?

Is life nothing but a circle of birth, growth, earning, marriage, having children, growing old, and death?

What is the purpose of life?

Why do we have to undergo so much suffering to get to Heaven, where we are promised eternal bliss?

- We know through the Quran that man and Jinn were created to worship Allah. (Adh-Dhariyat51: 56)

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

- We also know that the angels *cannot* disobey Allah's command. They are like robots who obey Allah, unquestioningly. On the other hand, mankind and Jinn are given limited free will to choose their destiny.
- However, while Allah taught the Jinn only limited knowledge, HE aimed to create a special species that would live on Earth, and manage its affairs beautifully.
- As a result, Allah honored man and favored him over all HIS Creations by the intellect and knowledge HE bestowed on him, which helps him to manage his affairs and maintain good relations with all others. HE wanted HIS attributes to be manifested on Earth, to make peace and Justice prevail.
- It is this intellect and knowledge that makes man stand apart from HIS other creations. And it is this attribute given to Man that made the angels bow in honour to Adam, when Allah ordered them to do so.
- However, Iblis, who was a Jinn, disobeyed Allah and antagonized HIM through his evil traits of jealousy, vengeance, hatred, etc.
- Allah cursed him and threw him as an outcast. Shaitan, instead of repenting, justified his action and challenged that he had the power to mislead Man from the straight path.
- Allah accepted this challenge and said: "Whoever obeys you will be thrown into Hell along with you. And whoever obeys and adheres to MY Command will get the reward of returning to Heaven."
- *While all the other species of life on Earth just obey Allah unquestioningly, HE has given man the choice to obey or disobey HIM. This is the test Allah has placed for Man, through Shaitan, so that HE can choose the best gems for HIS Paradise from among us. If we obey HIM, we can attain Jannah (Paradise), and if we disobey HIM, we will be punished in Hell.*

"[HE is the ONE] who created death and life to test you [as to] which of you is best in deed - and HE is the

Exalted in Might, the Forgiving." Al-Quran, Surah, 67: 2

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا ۗ وَهُوَ الْعَزِيزُ الْعَفُورُ

a. WHY DID ALLAH COMMAND THE ANGELS AND JINN TO PROSTRATE TO ADAM?

How can a man raise himself above the standard to demand such respect from the angels to have them prostrate before him? What traits does man have that can take him back to Heaven, the abode of Bliss?

The answers to all these Questions are found in the Quran and the Sunnah (Life of the Prophet ﷺ).

Before man, Allah had created the angels to do HIS bidding unquestioningly, like a slave does to his master, and then HE created the Jinn with limited free will.

After creating the universe and all the beautiful creations on Earth, Allah wished to create a species that would be the best of HIS creations. HE created Man in the best of forms, and taught him all the things of this world. It is this knowledge and intellect that Allah bestowed upon us that gives us the privilege of reaching a status higher than the angels.

The Angels and Jinn realized that Man was indeed of greater rank than themselves, because of his knowledge, which he had imbibed with Allah's Help. That is why when Allah commanded them to prostrate to Adam, they immediately complied. All obeyed except Iblis, one of the Jinn, who grew Jealous and considered himself above all other creations of Allah. Although Allah knew that Iblis would not obey HIM, and cursed him to be Shaitan (the rejected), HE allowed him to try to mislead man away from the main aim of life. HE declared:

“Do what you can with your cavalry and power, but those who:

WORSHIP NONE OTHER THAN ALLAH, AND DO GOOD DEEDS TO ATTAIN THE PLEASURE OF ALLAH.¹⁰

They will never be affected by your temptations.” Surah Al-Isra, 17: 64

o HE declares: **“WE have certainly created man in the best of stature;** Then WE return him **to the lowest of the low,** Except for those who believe and do righteous deeds, for they will have a reward uninterrupted.”

95: 4-6 - لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ - ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ فَلَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ -

This verse explains how man, who is created in the best of Creations, turns to the lowest of the low by turning away from Allah's worship. He let himself into ignorance and worldly attractions and became the lowest of the low. Instead, if he chooses the way ordained by Allah, educates himself spiritually and academically, and does good deeds to earn HIS pleasure, it would enable him to return to the paradise that Adam عليه وسلام had lost, due to his greed, curiosity, and succumbing to Satan's temptation.

b. WHY WAS ADAM AND EVE (HAWWA) SENT DOWN TO EARTH?

Adam and Hawwa failed in their first test and succumbed to the temptation of Satan. *In their curiosity and greed for a long life,* they ate of the forbidden fruit in Jannah. This resulted in their *no longer being pure enough to remain there, because their body was exposed, and all the human traits of hunger, sex, excretion,*

¹⁰ <https://islamqa.info/en/answers/87534/why-do-we-worship-allah>

etc., became manifest. Therefore, they could no longer remain in Paradise, where only the pure can enter. And that is where our return and end is supposed to be.

c. WHAT DOES SCIENCE SAY ABOUT THE WORLDLY BENEFIT WE GET BY WORSHIPING ALLAH ALONE?

When we ponder this concept of seeking help from only HIM and surrendering to HIS will, ***we find that there is a psychological benefit in this.*** Man is born weak and requires the help of some power to guide him through the straight path. For example:

- When he is born, he requires the help of his parents or guardian to mold him towards the path shown by Allah, and help him realize HIS greatness.
- After he has grown into adulthood, without the help of Allah, he finds himself lost against the temptations of Satan.
- When he is tempted by sexual arousal, he finds it difficult to suppress his feelings, which leads to harassment or illegal sex, rape, and all other illegal activities, which result in innumerable venereal diseases worse than STD.
- The guilt, caused when a man sins, causes his life to be restless and ends in depression, remorse, and sorrow, resulting in many ailments.
- It is the nature of man to want to reciprocate when he is opposed and attacked verbally by his opponent. This burst of anger can lead to even murder.
- On the other hand, at this juncture, when he turns to Allah for help and calls out seeking refuge with HIM from the accursed Satan, he will find that his heart finds peace and tranquility.
- *Doctors warn that when a man suppresses too much anger or grief (or sexual urge), he is prone to a heart attack or stroke that can lead to paralysis and other ailments. However, if he diverts his feelings towards meditation and slight exercises every 3 to 4 hours, he can stay calm and poised throughout the day. Through this method, he remains free from stress and frustration and is saved from all the accompanying diseases.*
- Allah commands us to call upon HIM Alone for help in such situations.

What better way to save ourselves than turning to Allah in Salaat (Prayers) and Athkaar?

"Those who believe and whose hearts find comfort in the Athkaar (remembrance) of Allah. Unquestionably, by the remembrance of Allah hearts are assured." 13: 28

"One who calls upon Allah sincerely need not worry nor grieve." 2: 38

THUS, WHEN WE CALL UPON ALLAH, WE FIND DUAL BENEFIT. THE ENMITY TOWARDS OUR COUNTERPART IS SUBDUED. SIMULTANEOUSLY, THE CALM FEELING THAT WE WILL EXPERIENCE WILL SAVE US FROM GRAVE HEALTH CONSEQUENCES.

d. WHAT IS WORSHIP?

In English, worship means honour for something which we have great love and respect.

Worship means veneration and obedience to the ONE whom we love the most.

All scriptures, including the Torah, Injeel, etc., brought this same concept:

Surrendering to the will of God and doing deeds pleasing to HIM.

Will we not be ready to fulfil the command of one whom we love the most?

In Islam, worship goes beyond this. We glorify Allah after we ponder over the grandeur and beauty of HIS creation. In Islam, worship means Ibadah: Submitting to the will of Allah in all our deeds.

Is it not our duty to be thankful to Allah for having given us the wonderful worldly life with the responsibility to preserve its pristine greenery and beauty?

Is it right to misuse our strength to bring destruction and loss to ourselves and the world?

Would you like it if you gave a person even a garment as a gift, and he tears it and throws it away in your presence? You would feel happy when it is preserved and taken care of with love.

Then how can you ignore Allah's guidance to preserve our well-being and all that HE created?

Then how can you ignore the right path Allah has shown for man to live in peace in this world as a condition to attain the Heaven promised for you? How can you remain complacent and ignore the warnings sent by Allah through HIS prophet ﷺ for your betterment?

THROUGH THE ROUTINE IN OUR LIFE CIRCLE OF BIRTH, GROWTH, EARNING, MARRIAGE, HAVING CHILDREN, GROWING OLD, AND DEATH, WE HAVE TO STRIVE TO GET BACK TO THE PLACE WHERE WE WERE CREATED. FOR THIS, WE HAVE TO REGAIN THE PLEASURE OF ALLAH.

THUS, MAN IS DUTY-BOUND IN ATTAINING MAXIMUM KNOWLEDGE THROUGH EDUCATION, BOTH ACADEMIC AND SPIRITUAL, TO STRIVE AGAINST THE TEMPTATIONS OF SHAITAN AND RISE IN THEIR STATUS ABOVE THE ANGELS AND JINN. THIS WILL ALSO HELP HIM REALIZE THE GREATNESS AND GLORY OF HIS CREATOR, AND BOW TO **HIM** IN SINCERITY AND AWE. BY OBEYING HIS COMMANDMENTS WITHOUT QUESTIONING HIS RULE OF LAW, WE CAN REALIZE WHAT IS GOOD AND BAD AND ADHERE TO THE LAWS OF SHARIAH, found in THE Quran, THAT HE HAS SENT THROUGH HIS PROPHET ﷺ. THIS WAY, WE CAN ALSO ATTAIN PEACE AND TRANQUILITY IN THIS WORLD, WHICH MOST OF US ARE LACKING.

THEREFORE, THE PURPOSE OF OUR LIFE IN THIS WORLD LIES IN FULFILLING THE WILL OF ALLAH: TO WORSHIP ALLAH ALONE AND DOING GOOD DEEDS PLEASING TO HIM: WORSHIPING HIM EVERY MOMENT OF OUR LIFE, AND SEEKING HIS FORGIVENESS WHENEVER WE FALTER IN OUR STEPS.

MAY ALLAH GUIDE US ALL TOWARDS LIVING A LIFE PLEASING TO HIM. AMEEN.

5. WHY HAS ALLAH PROHIBITED OR ORDAINED CERTAIN ACTIONS?

Allah declares that HE has sent our Prophet ﷺ as a guide to humankind on how to live in this world. Every order that *HE has given to us is for our own benefit, to live this life in peace and tranquility.*

- All the lack of peace and grief rampant in society today is only because we do not follow the injunctions of the Quran and Sahih Hadith that pertain to it. We do realize that every command of GOD has a great significance to our daily lives. For example;
- The 5 times Salaat gives us the needful exercise regularly, and freedom from mental stress, by surrendering all the problems we face in our daily routine to our Creator. Today, doctors advise us to take an interval after every 2-3 hours of our working hours, to relax and meditate if we are to be healthy.
- Gathering in the Jumma in the Masjid helps us to interact with our neighbors, develop friendship and love, look around us, and identify those who really deserve our charity.
- Apart from making us God-Conscious, fasting cleanses our body and relieves the toxins accumulated by our nonstop devouring of food. While fasting, without any intake of even water, from morning to dusk, the undiluted digestive juices cleanse the walls of the abdomen and intestines of any residue that may be sticking to them (and turned stale and poisonous), and prepare them for fresh food. Just as we spring clean our houses, Fasting helps to rejuvenate our digestive system. Today, Science has proved this to be true.
- Zakat and Charity help those below the Below-Poverty Line (BPL), to maintain their existence, honorably. It does not overburden us, because we are asked to give only 2.5% of our savings to the needy. The word needy does not mean beggars, but those who try to live honorably and try to hide their poverty behind a veil of self-sufficiency. Moreover, the amount we give should only come from our Halaal income. This induces us to earn only in the Halaal way: without cheating, dealing with interest, stealing, etc. Zakat also purifies our body of miserliness and selfishness, and induces us not to be self-centered.
- Hajj shows explicitly the equality of mankind, whether rich or poor, Black or White. And makes us realize that there is a world beyond our country, and we learn how to interact and behave with others with discipline and kindness. It declares the universal brotherhood.
- Last but not least, the most important and most often ignored clause is the first pillar of Islam: Tawheed, which helps us not to be subservient to any other but our ONLY CREATOR, who created us and provides for us. HE Alone can we depend upon for all our needs. That is the only way to unite the people of the world and keep them free from fear and worry. This main clause is essential for understanding the benefits behind all HIS Commands.

- We also realize that this world does not end here. We will be resurrected (as mentioned above) and return to our Almighty, where true justice prevails, and where we will be rewarded or punished according to what we did in this world.
- We realize that this world is a test, where each has to strive to be truthful, trustworthy, punctual, humble, and maintain cleanliness and truthfulness to the best of our ability, without jealousy and lewdness.

Allah has laid out examples of the true message of various prophets who came before our Prophet ﷺ, whose followers have forgotten or interpolated it. Every Prophet before Mohammad ﷺ taught mankind the same message of love and kindness to fellow beings and worship none other than the One Supreme Creator. This is the only way to attain Allah's Pleasure. And, our Prophet Mohammad ﷺ was sent as our last prophet, whom Allah declared as the best of examples for mankind, to lead a peaceful life, without any worries or grief.

6. WHY ARE THERE NO MORE PROPHETS AFTER MUHAMMAD ﷺ?

There are no more prophets sent after our dear Prophet Muhammad ﷺ because *all the final laws of Shariah have been legislated in the Quran, and the way to follow it was shown through the practical life (Sunnah) of the Prophet ﷺ during his lifetime.* The Quran is the only scripture in its original form, as it was 1455 years ago. Nothing has been added or subtracted from it.

Thus, there was no longer a need to send another prophet to enforce any new laws. Moreover, as he said in his Last Sermon, on the day of Arafat, the Ummah of the Prophet ﷺ has been entrusted with the burden of conveying the true path as shown by him.

Propagating through his behavior, the true concept of Islam: Tawheed, Trustworthiness, Truthfulness, Kindness, etc., which bring peace to society. That is the true picture of a true Muslim.

7. IS IT FAIR THAT ALLAH CREATED MAN WEAK AND PUNISHES HIM FOR NOT OBEYING HIM?

Why do we have to undergo so much suffering to get to Heaven, where we are promised eternal bliss?

If we compare this to the worldly grades attained by students, we can ask:

Can those who are weak not just be given pass marks?

Can they not be allowed to be Doctors and Engineers?

Do we not see that in this world, if he wants to reach the highest position in education in a certain subject, Man has to undergo the various stages of graduation?

Can he become a doctor or an engineer without passing the 10th and 12th grades?

Will he get his degree if he ignores the teacher's warning and remains careless in his work?

Should he not struggle hard to learn all the techniques and be worthy of treating the ill if he wishes to be a doctor? Can he ask why he has to struggle so much?

- The police are supposed to be installed for the protection of the common people. As such, is it right to question their strictness in dealing with miscreants and rowdies? And if the law of the land

is weak and lets off criminals with mild punishments, will the common people be able to live in security and peace? We cannot argue that these criminals have this weakness in their genes and ought to be excused.

CAN CRIMINALS AND GOOD LAW-ABIDING CITIZENS BE CONSIDERED EQUAL?

Similarly, Allah has created us with our weaknesses, to test who among us is worthy to gain HIS pleasure. In order to attain Heaven, which is the ultimate goal of life, man has to struggle against the temptations that Allah has sent Satan with.

There are various stages where we are tested. To reach success, we should constantly seek Allah's Help through Salaat and supplications, all the time asking HIM to forgive us for any deeds that led us astray, or may have angered HIM, and guide us through the straight path. This, we do in Surah Fatiha at least 17 times a day.

And we must remember that the Prophets who were the most pious and worshiped Allah were those who were tested with greater calamities than we endure. This only shows that Allah tests those HE loves the most. As mentioned earlier, HE wishes to choose the best pearls for HIS Heaven.

The Quran explains why and how Allah created Man. After creating and preparing the earth for Human beings' comfort, Allah created Adam from sounding clay, and blew HIS spirit into it, thus giving it life. Then, when HE found that he would feel lonely, HE created Ewe (Hawa) of his nature, to give him company with love and tranquility ^(Al-Quran, Surah 4: 1). ¹¹

Allah declares HIS attributes: the KNOWER OF THE UNSEEN, AND SEEN, MOST MERCIFUL AND BENEFICENT. It is this Mercy that manifests itself when HE forgives us when we repent, and seek forgiveness.

- Is it not HIS Beneficence that manifests itself when HE provides for even those who do not believe in HIM, abuse HIM, and reject HIS very Existence? And HE gives us a chance till the end of our lives to repent. The only thing is that we do not know when that end is.

- Is it not because HE is Merciful that if we continue to do good and give charity and show mercy and justice to our neighbors and family, HE even rubs off our small sins and grants multiple rewards for our good deeds?

"...Your LORD has written MERCY for HIMSELF, so that, if any of you does evil in ignorance, and thereafter repents and does righteous deeds, then surely, HE IS OFT-FORGIVING AND MERCIFUL." ^{Quran: Surah, 6: 54}

HOWEVER, ALLAH IS ALSO JUST.

- How can it be justice to bring the sinners and mischief makers who knowingly do it, at par with those who believe, are patient, and do good deeds?

- All HE requires of us is that we seek forgiveness and Guidance from HIM. But if we are arrogant and feel it below our dignity to bow to the ONE and ONLY Creator, and we attribute HIS powers to other than HIM (that causes all the corruption), how can we expect HIM to forgive us?

¹¹ The Holy Quran, Tafseer No. 504, King Fahd publications, Medinah.

- Is it just that of your two children, the evil one is rewarded at the same level as the good one? However much you love your children, will it not be partiality if you reward them equally?

- Is it just to reward a murderer or robber who destroys the peace of the country?

- Is it right to seek help elsewhere when Allah specifically orders us to:

"Ask ME Exclusively, and I will answer your prayers?" Quran: Surah 40: 60

- Will a spy who leaks the secrets of the country to the enemies, to destroy the peace, or induce corruption and terrorism in the land, not be punished with death?

- In an office, will any diligent worker like it if the laziest or most corrupt of them, who works against their boss, be promoted? Ought not such individuals be thrown out of the office? Being thrown out of paradise itself equals being thrown into Hell!!

- *"Say: O Muhammad, I am commanded to worship only Allah, and not join partners with Him. To Him I Call and to Him is My Return."* Quran: Surah: 13: 36

- *"Say (O Muhammad ﷺ) 'I have been prohibited to worship those whom you invoke (worship) besides Allah. Say: 'I will not follow your vain desires (innovations: Bid'ah). If I did, I would go astray, and I would not be one of the rightly guided (on the straight Path)'"* —Quran surah: 6: 56

When a person begins to seek help elsewhere and obeys his whims and fancies, it will lead to corruption and strife among the people, who will start fighting for supremacy and power for themselves. Thus, those who do not obey the laws laid down by the very Creator, for the peace of mankind, and cause corruption and shirk, ought to be punished. He is not worthy of Allah's LOVE and MERCY.

Is it not a real shame that we do not seek HIS pleasure even when we are warned clearly against disobedience and are shown the Right path through the Quran? Then how much more can Allah warn us? And we find that although all Prophets propagated the same message, most people innovated new ideas to approach Allah, while HE forbids it.

Some people took their desires as a god, while others imagined the holy men and prophets were children of God. After many years of Christ being raised to heaven by Allahut'alah, this same concept was adopted when he was declared the son of God.

This is a great sin of shirk: setting partners with Allah, who has declared that HE has no children nor is born of any, and none can be equal to HIM. *Al-Quran, Surah Al-Ikhlās 112*.

Allah clearly warns us not to innovate anything new in religion for this very reason.

Despite being warned and threatened with fire, "most are heedless."

Then, do not such Faasiqun (rebellious and disobedient) deserve the worst of Punishments?

THUS, ALLAH WILL IGNORE US ON THE LAST DAY, IF WE IGNORE HIS WARNINGS.

WHO ARE WE TO QUESTION HIM: THE ONE AND ONLY, WHO NOT ONLY CREATED US BUT ALSO HAS GIVEN US ALL THE PROVISIONS AND GUIDANCE FOR OUR COMFORT AND PEACEFUL LIVING?

- "...And who is better in judgment than Allah for a people who have firm Faith?" -(Quran: Surah Ma'idah: 5: 50)

- "Declare (O Muhammad) unto MY slaves (us), that truly, I am The Oft-Forgiving, The Most Merciful.

- HE also warns us: "MY TORMENT IS THE MOST PAINFUL TORMENT." - (Quran: Surah Al- Hijr: 15: 49,50),

- "I will forget them as they forgot this Day of meeting US."

- If we forget that we will have to face Allah, then he will also ignore us on the Day. (Quran Surah A'raf: 7: 51)

8. WHY IS THE WORLD AGAINST ISLAM?

A message everyone should know is a beautiful piece of advice from Ranjit Lal Madhavan, who wrote it in Malayalam. After reading and listening to it, a brother felt the urge to translate it into English. I have copied this into all my later books.

The global drug trade is worth \$321 billion a year.

Alcohol sales in the world are 1600 billion dollars per year

The global arms trade is worth more than \$100 billion a year

The prostitution business is worth around \$400 billion a year

The gambling business is around 110 billion dollars a year

The gold business is 100 billion dollars a year

The computer game business is worth \$54 billion a year worldwide

Islam stands against 2685 billion dollars in business every year!

One billion dollars is approximately 8400 crore rupees/ 2685 billion Dollars = 2,25,540 crores rupees (Two Lakhs 25 thousand 540 crores Rupees). And it keeps increasing. Each of the above industries is run by private corporate bosses. If the world accepts the Islamic policy of not selling alcohol, liquor, and drugs, the loss will be \$2000 billion in the drug mafia's business! Islamic law will end the 100-billion-dollar arms mafia business, through which they attack other countries for petrol, causing chaos on earth, killing innocent people, and shedding blood!

- If the Islamic policy that forbids prostitution comes into force, the prostitution mafia's 400-billion-dollar business will end! Websites born of porn videos will be affected
- If the world adopts the Islamic principle of no gambling, the 2110-billion-dollar business of the gambling and drug mafia will end!
- If the world accepts the Islamic principle that a woman's nudity is her privacy and not an exhibition, the \$100 billion business of the porn mafia will end!

It is Islam that has waged war on this 2685-billion-dollar trade. Will they welcome that Islam, without opposing it? These mafias have bought the world media to make them declare that Muslims are terrorists, and the media world has grown and flourished by eating the bones thrown by these mafias. They marched across the country, chanting that Islam is terrorism. Everyone said with one voice that Islam is extremism, making those who desire worldly enjoyment believe in it. Some Muslims who do not know think that they are telling the truth.

Islam, which says that killing one, is equal to killing all people, became a religion of terrorism.

- If your eyes and hearts are not blinded by bigotry, open your eyes, your heart, and your ears: How skillfully they have led you away from the words of your Lord. How skillfully they have impressed upon your hearts that Islam is terrorism! - Ranjit Lal Madhavan

INDEED, MAN IS UNGRATEFUL TO HIS LORD - THE HOLY QURAN

9. WHY DID ALLAH CREATE DIFFERENT RELIGIONS IN THE WORLD?

Allah created only one religion: Islam.

Islam means submitting your will to the Almighty GOD: Allah in Arabic.

Allah says in the Quran 3:19: “Indeed, the religion in the sight of Allah is Islam. And those who were given the Scripture did not differ except after knowledge had come to them - out of jealous animosity between themselves. And whoever disbelieves in the verses of Allah, then indeed, Allah is swift in [taking] account.”

إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ ۗ وَمَا اخْتَلَفَ الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِنْ بَعْدِ مَا جَاءَهُمُ الْعِلْمُ بَعِيًا بَيْنَهُمْ ۗ
وَمَنْ يَكْفُرْ بِآيَاتِ اللَّهِ فَإِنَّ اللَّهَ سَرِيعُ الْحِسَابِ

When we go through the stories of the Prophets, ¹² we realize that all the messengers brought the same message, and the Prophets who followed each accepted the teachings of their former prophet and worshiped none but the Supreme Creator, who created the Universe and is in charge of its maintenance.

However, as the above verse says, most of the followers deviated from their teachings and interpolated the texts sent by God for the Guidance of Mankind. They added matters to it to suit their desires and greed for worldly possessions like lust, wealth, and power. This caused divisions in their beliefs. Some feared the elements of nature and began to worship the rain god, sun god, etc. Some feared Satan and began to worship him, in fear of any harm that might befall them through him.

Despite such blatant disobedience, Allah kept sending Messengers to warn mankind about the great sin they were committing. The Prophets advised them that NONE can help them in their difficulties, except the Supreme Creator (Allah in Arabic), who is All-Knowing of what we do, and guides those who are humble and seek HIS help.

All the Scriptures sent through those from Adam to Mohammed (May the peace and Blessing of Allah be on them), brought the same message: worship NONE other than Allah and do good deeds (love and mercy towards HIS creations).

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¹² Please refer to my book on stories of the Prophets, summarized from the book of Ibn Kathir and the Holy Quran.

10. WHY IS THE QURAN REVEALED IN BITS AND PIECES?

We find that the information and commands given in the Quran are not continuous. Many are mentioned repeatedly in various verses of the Quran.

Many ask this question. Cannot all these unnecessary repeated verses be avoided?

“Those who disbelieve ask: Why is the Quran not revealed to him all at once?” – “Say; To strengthen the hearts: Thereby WE have rehearsed it to you in slow well-arranged stages. And when they come with an argument, WE reveal it to you the Truth with the best explanation”- Quran, 25: 32, 33

وَقَالَ الَّذِينَ كَفَرُوا لَوْلَا نُزِّلَ عَلَيْهِ الْقُرْآنُ جُمْلَةً وَاحِدَةً - كَذَلِكَ لِنُثَبِّتَ بِهِ فُؤَادَكَ -
- وَرَتَّلْنَاهُ تَرْتِيلًا - وَلَا يَأْتُونَكَ بِمَثَلٍ إِلَّا جِئْنَاكَ بِالْحَقِّ وَأَحْسَنَ تَفْسِيرًا

‘Allah gives three reasons: ¹³

- ‘To strengthen the heart: The tremendous task of winning the Arab nation and through them the whole world, required superhuman patience, constancy, and firmness, and these qualities were strengthened by granting solutions to each difficulty as it rose.’ This enabled our Prophet ﷺ to gradually bring the people to understand and have full faith in his message.
- ‘Giving answers to the Questions of the Sahaba, so that doubts are cleared. Hence, the stages were gradual as the occasion demanded from time to time. By the 23rd year of the prophethood of the Prophet ﷺ, the whole Furqan emerged on its completion, as a well-arranged scheme of spiritual instructions, in the form of well-arranged Surahs.
- ‘When concrete Questions arise by the logic of events, and they are answered not only for the occasion but from a general standpoint, the teaching has a far greater chance of penetrating the human intelligence and taking shape in practical conduct.’ - (Holy Quran Tafseer number 3087- 89)

The Quran was not sent in written form, but is the speech of Allah. Just like in a monotonous Bayan, the audience tends to feel sleepy, and unable to grasp what is being commanded, while a Question-answer session is very interesting, the Quran is revealed in answer to the questions, or solutions to occurrences during the life of our dear Prophet ﷺ. *This gradual revelation brought a practical impact* so that it can be well ingrained into the minds of those who witness and follow Allah’s guidance HE has sent through HIS Prophet ﷺ.

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¹³ The Tafseer 3088 of the King Fahd publications of the Holy Quran explains these verses:

11. WHY HAS ALLAH TOLD US TO RECITE THE QURAN LOUD ENOUGH TO HEAR? Al-Quran, 17: 110

a. Allah orders: "Say, 'Call upon Allah or call upon the Most Merciful. Whichever [name] you call - to Him belong the best names. And do not recite [too] loudly in your prayer or [too] quietly but seek between that an [intermediate] way.'"

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ ۗ أَيًّا مَّا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ
وَلَا تَجْهَرُ بِصَلَاتِكَ وَلَا تُخَافِتُ بِهَا وَابْتَغِ بَيْنَ ذَلِكَ سَبِيلًا

Science now tells us that: Exercising the tongue helps to control and prevent Alzheimer's... Medical research has found that the tongue is connected through nerves to the BIG Brain. When our body becomes old and weak, the first sign is that our tongue becomes stiff, and we often tend to bite it.

After the age of 50, one may experience many types of illnesses. But the one most to be worried about is Alzheimer's. Not only would we not be able to look after ourselves, but it would cause a lot of inconvenience to family members. They become dependent on others, even for their daily routine, like using the toilet. Although there is no scientific proof, many (including me) have experienced a positive change in their mental confusion and ability to pronounce words by this exercise.

'The tongue exercise effectively reduces the onset of Alzheimer's and is also useful in reducing/improving: Body weight / Hypertension/blood clots in the Brain / Asthma/ Farsightedness / Ear buzzing / throat infection/shoulder/ neck infection/ Insomnia, etc.

By regularly moving the tongue ten times to the right and ten times to the left each morning, many claim that this has caused much improvement in Brain Retention with clear sight as well as relief from giddiness, better digestion, and fewer bouts of Flu and cold. Frequently exercising your tongue will stimulate the brain, help to reduce your thoughts from shrinking, and thus achieve a healthier body.¹⁴

We find that reciting the Quran with Tajwid has the same effect. Allah Subhanat'alah has ordained us to recite the Quran loudly enough for us to hear even during salaah so that our tongue gets the needed exercise. Moreover, HE has encouraged us to recite the Quran during the Fajr. This is to keep our brains fresh and healthy and our minds sharp and clear. Subhan Allah.

Another important point is that it acts as a breathing exercise. The doctors tell us that if we inhale air fully into our lungs and let it out through the mouth slowly, it prevents many ailments of the lungs, like asthma, infection of the lungs, etc. When we recite the Quran with proper Tajweed, we have to inhale the air fully and exhale slowly to be able to recite the verses of the Quran correctly. Thus, in both instances, we gain peace of mind through our recitation and benefit health-wise.

¹⁴ < <https://www.facebook.com/promphomehealth/posts/benefits-of-tongue-exercisecopiedthe-tongue-exercise-is-effective-to-reduce-the-/1052189728249006/> > retrieved on 2021. Today, this location is not found.

PART II

12. WHY IS SILK HARAM FOR MEN?

The Prophet (peace and blessings be upon him) forbade Muslims any indulgence in conspicuous consumption. Although beautification and elegance are permitted and required by Islam, in general, it repudiates any attempts to commit excess to show off their luxury among the poor. Almighty Allah says, "O children of Adam, take your adornment at every masjid, and eat and drink, *but be not excessive. Indeed, He likes not those who commit excess.*" Al-Quran, 7: 31

- a. Allah has made the physique of the man different from that of the woman, and it does not befit a man to wear clothes made of fine material or to adorn his body with costly ornaments.
- b. Islam must safeguard the manly qualities of men from any show of weakness, passivity, and lethargy.
- c. The prohibition of gold and silk to males is part of a broader Islamic program of combating luxuriousness in living. From the Qur'anic point of view, luxurious living leads to weakness among nations and their eventual downfall; luxurious living is an enemy of every call toward truth, justice, and social reform. The existence of luxury is also an expression of social injustice, as only a few can afford luxurious items at the expense of the deprived masses.

The Qur'an says: "And when We intend that We should destroy a township, we permit its luxury-loving people to commit wickedness therein. Then the word is proved true against it, and We then destroy it utterly" (Al-Isra', 17: 16), "And We did not send a warner to any township without its luxury-loving people saying, 'Assuredly we are disbelievers in that with which you have been sent.'" (Surah Saba': 34)

- d. Men are prohibited from wearing silk dresses or gold ornaments because it is considered a sign of arrogance. A man, if he wears such adornments in the assembly of the common man, causes the poor to feel humiliated, and, to maintain the false respect, they will even fall into debt to keep up in society. ¹⁵ However, they are allowed to dress well and decently without being extravagant.
- e. On the other hand, it is not haram for women because it is a sign of beautification: Women are advised to adorn themselves for the pleasure of their husbands.
- f. *Science proves that sex acts differently between males and females. While a woman generally gets aroused only by touch, a man gets aroused by sight: by just seeing the beautiful shape of a woman, and is advised to satisfy his hunger by approaching his wife. That is why women should reciprocate when their husband approaches them, so that they may not stray.*
- g. Hence, women are allowed to enhance their beauty with silken clothes and gold ornaments in the presence of their husbands, to enable them to feel satisfied, and not stray away towards illegal relations. And men too should dress smartly for their sake.

However, using golden utensils, pens, or extravagant clothes, etc., is prohibited for both men and women, as flaunting them also causes discomfort to the poor, who feel lowly and will wish for such grandeur in their lives also. Moreover, wasting our money on extravagance leads to arrogance and is discouraged for a Muslim because his main aim in life is to do deeds pleasing to Allah to attain HIS Grace.

¹⁵ > <https://fiqh.islamonline.net/en/gold-and-pure-silk-are-forbidden-for-men-why/> <
al-Bukhari (5633) and Muslim (2067)

13. WHY SHOULD WE SAY ALHAMDULILLAH WHEN WE SNEEZE?

I was wondering why Prophet ﷺ has laid so much stress on us to say Alhamdulillah (all praise to Allah) while sneezing, and for one who hears it should say: “Yarhamuk Allah” (may Allah have mercy on you) - and the one who sneezed should reply: ‘Yehdeekum Allah wa Yuslahu Baalakum’ (May Allah guide you and improve your condition).” (Reported by Sahih Al-Bukhari, 6224). When I went through various sites, I came across many interesting facts about the different effects of sneezing.

- Sneezing brings a person the blessing of relief by releasing vapors that are trapped in the head, which, if they were to remain there, would cause him pain and sickness. Islam tells him to praise Allah for this blessing and for the fact that his body is still intact after this jolt that shook him like an earthquake... for sneezing causes a disturbing movement in the body. (Reported by Muslim 2992)
- ‘A Sneeze’s velocity is nearly 100 miles per hour! It lasts one second.
- ‘Holding in a Sneeze Can Damage Your Hearing. When you sneeze, the air that you expel is estimated to be traveling at around 100 miles per hour. Trying to hold in such a strong force (by pinching your nose, for example) pushes the air into the Eustachian tube, which connects to the middle ear and eardrum. Redirecting a sneeze could theoretically result in a ruptured eardrum and loss of hearing.¹⁶
- Sneezing loudly can break one of your ribs.
- ‘Holding your nose and closing your mouth while sneezing may cause pseudo mediastinum (air trapped between your lungs), a cerebral aneurysm (ballooning blood vessel in the brain), and thus lead to death. While sneezing, the whole human body system stops functioning, including the heart.’ – a doctor’s report.
- ‘When you sneeze, the intrathoracic pressure in your body momentarily increases. This will decrease the blood flow back to the heart. The heart compensates for this by momentarily changing its regular heartbeat to adjust. However, the electrical activity of the heart does not stop during the sneeze. Cardiologist Dr. David Rutten would agree with this logic. However, he says that when this change happens, the heart could momentarily stop.¹⁷ You come back to life every time you sneeze. ‘So, which of the favors of your Lord would you deny?’

I have had an experience in this matter that I would like to share with you. Once, when one of my nephews sneezed, his nose began to bleed. Doctors informed me that the nasal blood vessel had ruptured due to the velocity during sneezing. It would have been life-threatening if not operated on.

¹⁶ Source: > <https://www.winchesterhospital.org/health-library/article?id=157001> <

¹⁷ <https://uamshealth.com/medical-myths/does-your-heart-stop-for-an-instant-when-you-sneeze/> <

14. WHY THE PROPHET TOLD US TO CUT OUR NAILS ONCE A WEEK, OR, AT LEAST, 40 DAYS?

The Hadith narrated by Abu Hurairah says: ‘The Prophet ﷺ said: “The five things are part of the fitrah; circumcision, shaving the pubes, cutting the nails, plucking the armpit hairs, and trimming the mustache.’¹⁸ ‘Do not leave that for more than forty days.’¹⁹

The main reason is for cleanliness.

- If the pubic hair is left to grow, it causes a lot of perspiration and bad smell to be emitted from the area, as well as causes irritation and diseases.
- If the mustache becomes too long, it would be inconvenient to eat and drink.
- If the nails are left to grow, they can cause them to break when working, and cause injuries.
- It causes dirt to collect between the nails and skin, and leads to harboring dangerous germs.
- When we scratch our skin, it can cause an infection, leading to skin diseases.
- This is why it is important to continually wash your hands with soap and to trim your nails at least once a week.

15. WHY HAS ALLAH MADE OUR MOUTH SALIVA TASTELESS, EAR WAX BITTER, AND TEARS SALTY?

- a. The mouth can taste any bad food and avoid it. If it had a particular taste, the bad taste would be camouflaged in it, and we may take poisonous food without knowing it.
- b. The earwax is bitter to safeguard from any insects from entering it, and if at all it enters, it will be killed by the bitter earwax.
- c. Tears are salty to safeguard the eyes from infectious germs, which will not thrive in a salty atmosphere. Salt is a very effective disinfectant.

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¹⁸ Al-Bukhari (5889) and Muslim (257)

¹⁹ <https://islamqa.info/en/answers/26266/> >

Narrated by Imam Muslim in al-Sahih (258)/ and narrated by Imam Ahmad (11823) and by al-Nasaa’i

16. WHY SHOULD WE NOT SLEEP ON OUR STOMACHS?

Our Prophet declared that Allah hates one sleeping on his stomach and forbade it.²⁰

Today, science says that sleeping prone on your stomach is generally not recommended.

Sleeping face down on your stomach (Prone Sleeping) creates stress on your back, neck, and shoulders. The pain increases if we sleep the whole night in a prone position. Therefore, it does not allow those muscles to rest and recover.

Prone sleeping throws your alignment off by flattening and abnormally twisting your spine's ideal curve, and causes harm to it.

- It puts added stress on your lower back — and that is the part of the body that most of us are already taxing in our day-to-day activities,” *says Dr. Bang.*
- When you have to turn your head on one side to avoid suffocation, it extends your neck backward, compressing your spine. This turning causes our body to be out of alignment.
- While sleeping, keeping your hands raised for the whole night causes increased tension on your shoulders. It also leads to rotator cuff problems or other shoulder issues.
- It brings wrinkles to the face, and compression and stress increase.
- Researchers have found that prone sleeping is deadly for infants. “Safe Sleep” recommendations by the American Academy of Pediatrics emphasize that babies should always be placed on their backs to sleep. Sleeping on their belly causes ‘cot death’: Sudden Infant Death Syndrome (SIDS).²¹

In the last decade, doctors insisted babies sleep well if laid on their stomachs. However, it resulted in cot deaths, causing them to revise their decision.

17. WHY SHOULD WE NOT EAT TILL OUR STOMACH IS FULL?

Have you seen a washing machine washing clothes? It will not move if we stuff it with clothes to the full. Even while washing clothes in a bucket, we will be able to rinse them only if there is one-third clothes and two-thirds water. Similarly, for the digestive juices to work on the food and to digest it, the stomach needs some water and some space. That is the mechanism behind the Hadith.

We note that every advice given by our dear Prophet has a real scientific reason and benefit for both our body and soul.

²⁰ Sunan Ibn Majah 3723 / Al-Adab Al-Mufrad 1187 – Source: Sunnah.com

²¹ <https://health.clevelandclinic.org/sleeping-on-stomach>

18. WHY DO THE GASTRIC JUICES NOT DIGEST THE WALLS OF THE STOMACH?

We all know that our stomach contains the strongest of HCL (Hydrochloric Acid) that can digest even iron pieces!! Then how is it that it does not digest the walls of the stomach and intestines?

Do you know why? The inner layer of the stomach and intestines is provided with layers of mucus. The stomach is lined with a dense layer of cells, called epithelial cells, which continually sacrifice themselves to protect deeper layers of the stomach wall. Each minute, the surface lining sheds some 500,000 cells, and it completely replaces itself in three days. Thus, the walls of the stomach and intestines are protected from the strong gastric juices that are present there. ²²

SUBHAN ALLAH.

19. WHY IS A NEWBORN BABY GIVEN TAHNEEK?

Tahneek means putting something sweet, such as dates or honey, in the child's mouth when he is first born. ²³ It is narrated on the authority of Aa'ishah رضي الله عنه that when the children were brought to him, Nabi ﷺ used to make Dua for Barakah and do Tahneek. (Narrated by al-Bukhari, 5150; Muslim, 2145)

'Tahneek is the practice of a pious person chewing something sweet (preferably a date) until it is suitable for a newborn to consume and placed in the palate of the newborn mixed with a little of the saliva of the pious person with the hope that the saliva of the pious person will cause the child to grow up upright and have his qualities.' This tradition is followed even today, in this day and age. However, the person who does Tahneek does not chew it in his mouth for fear of infection. He just touches Honey, or something sweet, and applies it to the palate of the newborn baby.

SCIENCE: *Researchers from New Zealand tested the gel therapy in 242 babies under their care, and, based on the results, it should now be a first-line treatment. Their work is published in The Lancet.* ²⁴ 'A dose of sugar given as a gel rubbed into the inside of the cheek is a cheap and effective way to protect premature babies against brain damage, say experts. The tahneek also exercises the muscles of the mouth and helps with the circulation of blood in the mouth - this may help the baby to be able to suck and take mother's milk. Neonatal hypoglycemia is common in the first few days after birth.' *Dangerously low blood sugar affects about one in 10 babies born too early. Untreated, it can cause permanent harm.* ²⁵

Only recently have Scientists discovered what the Quran and the Sunnah had declared over 1445 years ago. The Tahneek is a sunnah of our Noble Prophet ﷺ, wherein he used to take a small part of a date, place it in his mouth, and chew it. He would then rub the chewed date into the palate of the newborn baby.

²² <https://www.gi.alaska.edu/alaska-science-forum/why-doesnt-stomach-digest-itself>

²³ <https://islamqa.info/en/answers/7889/what-to-do-when-a-baby-is-born>

²⁴ <https://thejamiat.co.za/2020/11/07/science-discovers-the-sunnah/>

²⁵ <https://www.auckland.ac.nz/en/news/2021/01/29/sugar-treatment-cuts-risks-for-babies.html>

20. DOES THE UNCONSCIOUS DYING MAN HEAR THE WORDS OF THE QURAN RECITED TO HIM?

In the last hours before an expected natural death, many people enter a period of unresponsiveness, during which they no longer respond to their external environment. Anecdotal reports from near-death experiences commonly include stories of the dying person hearing unusual noises or hearing themselves pronounced dead. A groundbreaking report in June 2020 says:

‘As humans lay dying, new research suggests that one crucial sense is still functioning: The brain still registers the last sounds a person will ever hear, even if the body has become unresponsive. A study released in June suggests that hearing is one of the last senses to disappear during death.’

‘Even when the patient is unconscious and close to death, they still have their sense of hearing and can hear what their loved ones are saying to them.’

‘Interactions with individuals at the end of their life can have profound emotional significance, and to understand how the role our words and presence play is critical during these final moments.’

²⁶ ‘Electrophysiological evidence of preserved hearing at the end ...This is consistent with the trope that hearing is one of the last senses to lose function when a person is dying, and lends some credence to the advice that loved ones should keep talking to a dying relative as long as possible. Electroencephalography (EEG) was used to measure the dying brain's response to sound. The findings may help family and friends bring comfort to a person in their final moments.’²⁷

‘Research suggests the auditory system might retain some capacity to perceive sound after other bodily functions have ceased. In a groundbreaking study, evidence shows that individuals nearing death may still respond to auditory stimuli. Measurements using electroencephalography (EEG) on terminal patients have demonstrated the brain’s response to sounds, such as tone changes, during the time when the person is in an unresponsive state.

For patients who are minimally conscious or have sustained brain injuries, their brain’s response to auditory patterns, demonstrated through signals like the mismatch negativity (MMN) and P3a and P3b waveforms, suggests an underlying awareness. Activity in the cerebral cortex in response to auditory irregularities indicates that hearing can be one of the last senses to remain active before natural death.’

²⁶ Source: A breakthrough research on Jun 25, 2020, finds that ‘Sense of Hearing Persists at the End of Life’
< <https://www.sciencedaily.com/releases/2020/07/200708105935.htm> > retrieved on 27 2 2025

²⁷ < <https://suchscience.net/how-long-can-a-person-hear-you-after-they-die/> > retrieved on 27 2 - 2025

21. WHY DO GASES IN OUR ATMOSPHERE NOT ESCAPE INTO SPACE?

Allah says in the Quran: Indeed, "In the creation of the heavens and earth, ... [His] directing of the winds and the clouds controlled between the heaven and the earth are signs for a people who use reason." ^{Al-Quran, 2: 164}

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ و--- وَتَصْرِيْفِ الرِّيَّاحِ وَالسَّحَابِ الْمُسَخَّرِ بَيْنَ السَّمَاءِ وَالْأَرْضِ لآيَاتٍ لِّقَوْمٍ يَعْقِلُونَ

It has been found that the gravity of the Earth prevents the air from escaping into space. The ozone layer protects the Earth from the harmful rays of the sun that would have otherwise scorched the whole land and made life impossible on Earth.

22. WHY DOESN'T THE WEIGHT OF THE EARTH INCREASE WITH POPULATION?

THE WEIGHT OF THE EARTH IS CONSTANT. WHERE DOES THE WEIGHT OF THE INCREASING POPULATION GO?

The continued circle of birth and death keeps the weight in balance. New life is created from existing matter. The molecules that make up your body were part of the Earth before they were a part of you. The population does not just appear from nowhere. The materials used to create a new human are from food ingested by the mother. No new mass is created, but only reformatted.

The mass of the increased population comes from the matter derived from the Earth, food (plants and animals), and the air. Plants get their mass from sunlight, air, water, and chemicals in the ground.

"The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the nutrients that compose the body parts, all are created from the material found in the earth.

So, ultimately, every new person has taken their mass from the other things on the earth - plants, animals, the atmosphere, the ground, the sea, etc. If you could somehow follow every atom you could say "Oh cool, this atom used to be part of an orchid, which got eaten by a slug, which got eaten by a bird, which crapped it out again, and then got absorbed by a tomato plant which ended up in that pizza I had for dinner last night". Everything on Earth is in Equilibrium. You are part of this planet as much as this planet is a part of you. _(Quotes)

23. WHY SHOULD WE NOT DRINK WHILE STANDING?

Unlike food, water and other liquids flow rapidly down the gullet, and if we drink while standing, it causes harm to the stomach and intestines.

Drinking water while standing can cause:

1. **ARTHRITIS:** This might come to you as a greater shock. This practice disrupts the fluid balance in your body, deteriorating the health of your joints to eventually cause Arthritis. If you are in the

habit of drinking while standing, it is wise to stop it right away, because, if not earlier, at a later stage, you will witness the signs and symptoms.

2. *Improper Kidney Functioning:* Our kidneys effectively filter water and other liquids while we drink. However, drinking water while standing does not allow the water to flow properly. This causes impurities to remain in the kidneys and bladder, which eventually creates severe damage.

3. *Excessive Thirst:* Drinking water while standing does not satiate your thirst, despite having a sufficient amount. None of the essential nutrients is properly distributed throughout your body. This causes you to feel thirsty, time and again. So, to extinguish the dryness, sit down comfortably and drink water, sip by sip, to let it stay in your liver and circulate the vitamins thereafter.

4. *Heartburn:* Drinking water while standing severely splashes the lower half of your esophagus and disturbs the sphincter, a joint between the esophagus and stomach. As a result, the acid starts flowing backward to cause a burning sensation.

5. *It causes indigestion:* If you drink standing, it rapidly gushes through the food pipe and splashes on the wall of your stomach, causing a shock that weakens your digestive system. This has a long-term damaging effect. It causes indigestion. Whereas, when you are comfortably seated, the nervous system and your muscles are much more relaxed. This helps in digesting the liquid much faster.

WHAT IS THE BEST WAY TO DRINK WATER?

We should not drink packaged water, and one that is refrigerated or ice cold, along with greasy edibles, or gulp down from the bottle taken straight away from the refrigerator. Lukewarm water is ideal, and smaller sips are better. Wet your tongue before you swallow. Swish it in your mouth and take water at room temperature or lukewarm water. Sit somewhere calmly, in a pleasant environment, and attain optimum health sip by sip. Drinking water standing up and at a faster rate causes a lack of oxygen for the food and the windpipe, which leads to lung and heart issues. Therefore, drink it slowly and steadily.’²⁸ Our Prophet ﷺ has preferred sitting while drinking. However, in any emergency, it is not Haram to drink water while standing.²⁹

²⁸ www.ayurvedum.com/drinking-water-while-standing/

²⁹ Islam Question and answer: 21147

PART III

24. WHY IS NON-VEGETARIAN FOOD ALLOWED?

We find that Allah has created a balance in HIS creations. It is a circle of life that can be maintained only by consuming all kinds of food that are allowed.

○ We find that the four sets of animals allowed to us, multiply rapidly. If we do not eat them, they will soon outrun the human population! While the wild animals in the jungle reproduce at a slow pace, and have no impact on the general public.

- “And of the grazing livestock are carriers [of burdens] and those [too] small. Eat of what Allah has provided for you: [They are] eight mates of the sheep, two and of the goats, ... And of the camels, two and of the cattle, TWO...” - Al-Quran: Surah 6: 142-144

وَمِنَ الْأَنْعَامِ حَمُولَةً وَفَرْشًا كُلُوا مِمَّا رَزَقَكُمُ اللَّهُ ... ثَمَانِيَةَ أَزْوَاجٍ مِّنَ الضَّأْنِ اثْنَيْنِ وَمِنَ الْمَعْزِ اثْنَيْنِ ...
وَمِنَ الْإِبِلِ اثْنَيْنِ وَمِنَ الْبَقَرِ اثْنَيْنِ ...

○ With the scarcity of farming land, and the farmers themselves looking for other jobs, if all people are only vegetarians, the food cultivated by farmers will never be sufficient for all. If it were not for the fact that we can eat animals, food would be scarce, with the price escalating.

○ We must realize that all countries, such as deserts, cannot grow crops. If they have to have only vegetarian food, which is not easily available, they cannot survive in the hot desert. Hence, their staple food is meat.

○ Moreover, the animals eat the grass, and when they die, their body becomes manure for the vegetation. Hence, the balance is maintained. ³⁰

○ Another proof that non-vegetarian food is allowed for us, Human beings are our set of teeth, and our digestive system enables us to chew and digest it. On the other hand, herbivorous animals cannot eat or digest non-vegetarian food, and carnivorous animals cannot digest vegetarian food.

○ Non-veg food contains more proteins essential for humans, to enable them to be healthy and work hard for the family and society.

○ Thus, Allahut’alah in HIS great wisdom has created the animals also as food for us. However, the conditions are laid that the animals should not be tortured, not killed by hitting them on the wall or severing their heads as other people do. Nor are we allowed to eat dead meat, because the blood of such animals gets clotted and contaminates the animals, thus rendering them unfit and harmful to be consumed.

Science today tells us that those who eat non-veg food are healthier as it contains more protein.

³⁰ Source: <http://awe2much.blogspot.com/2019/10/the-circle-of-life.html>

25. WHY HAS HE FORBIDDEN CERTAIN FOOD?

Allah has categorically forbidden certain foods for us because they are harmful to our health.

Today, science has proved it true:

a. PIG:

Meat that is high in saturated fats and trans fats causes the greatest health risk. However, we find that while beef or mutton does not affect the organs directly, multiple conditions have been associated with pork consumption. ³¹

Although there is an urge to declare pork as the national food in America, and the world over, especially the USA, tries to promote its products of pork, by not making public the true harm that it causes. Although it is the most commonly consumed meat in the world, pork may also be one of the most dangerous. It leads to numerous incurable diseases in the world. It has been found by doctors through surveys that pork and pork products cause numerous diseases due to the germs harboring in pork, which cannot be killed unless at abnormal temperatures.’ ³²

The following are the evil results of pork consumption.

b. *It contains more cholesterol, 300 times more than goat and 100 times more than cattle. Thus, eating pork products, which are loaded with artery-clogging cholesterol and saturated fat, is a good way to increase your waistline and increase your chances of developing deadly diseases such as heart disease, diabetes, arthritis, osteoporosis, Alzheimer’s, asthma, and impotence.*

c. *Unlike beef and mutton, pork products have a direct effect on the organs of the human body, especially the Liver.*

d. *Listi-cirrhosis- Diseases in the Americas and China: Manson’s tropical diseases and Meningitis are all traced to the consumption of pork. Apart from that, pork products cause severe complications of Hepatitis E, Multiple Sclerosis (a devastating autoimmune condition involving the central nervous system), Liver cancer, Trichinosis (a type of roundworm infection), Yersinia, an infection resulting in reactive arthritis that targets even children and causes severe joint pain requiring lifelong treatment. The majority of pork products of the tested samples are contaminated with the Yersinia Bacteria, according to a Consumer Reports analysis.*

e. *‘The larva of the cityite from pigs enters the brain and heart, etc.; they cannot be killed even by boiling! N-nitroso compounds are found abundantly in processed pork products cooked at high temperatures.*

f. *Trichinosis, a type of roundworm infection that cannot be destroyed, has ravaged pork consumers. Although now it has been controlled by cooking it at abnormally high temperatures, another type of infection by Yersinia bacteria has been seen as the cause of arthritis even in children, causing severe pain and other joint problems, including Rheumatoid arthritis, and many deaths have been attributed due to food poisoning due to pork consumption. This infection could also raise the risk of Graves’ disease, an autoimmune condition characterized by excessive thyroid production.*

³¹ Source: ZME SCIENCE: Why is pork bad for you – a look at what science says>

³² https://www.healthline.com/nutrition/is-pork-bad#TOC_TITLE_HDR_5

According to a Consumer Reports analysis. The majority, as high as 69%, of pork products are contaminated with *Yersinia* bacteria

g. Not only do people fall ill through eating it, but the pig farmers too are affected, when workers inhale their tissue particles, their immune systems are affected.³³

h. It causes cysticercosis--an infestation of pork tapeworms, normally found in pork eaters, even after years of eating it.

i. 'De-worming may be a task that is often handed down to interns, but not this time. Initially, a 54-year-old farmer had been diagnosed with aorto-iliac occlusion, a block in the large arteries, and had been brought in for a bypass surgery, but this paled in comparison to what they found.

When doctors at the Rajiv Gandhi Govt General Hospital in Chennai looked at his CT scan, they thought the machine was conked! Because it showed lesions from head to toe, resembling gun pellets. When ducked under the scanner, they found, to their shock, that the dots were hundreds of 'pork tapeworms' (*Taenia Solium*), swimming around every major system in his body, throughout his skin and muscles!!!

j. As the name of the worm belies, pork eaters are susceptible to it, especially if it is not cooked properly. The worms would lay and hatch larvae inside the body (not in the stomach, as other worms) and multiply abundantly, causing neurological issues and seizures--sometimes years after entering the host!! -Source: by Sinduja Jain, Chennai (India) 14-2-2015

THAT IS WHY ALLAHUT'ALAH, IN HIS INFINITE WISDOM, PROHIBITS MAN FROM CONSUMING PORK.

b. EATING BLOOD: Blood is the drainage of animals and contains all the impurities! The iron overload in the blood is dangerous because it can spread disease. Several blood-borne diseases could potentially be spread by drinking blood. Hepatitis B, Hepatitis C, and HIV are all diseases that could be contracted through ingesting infected blood. Therefore, as a general rule, do not drink blood.³⁴

c. SICK ANIMALS: It is dangerous to slaughter sick animals because, naturally, the illness that has affected the animals will cause us to contract that disease.

d. DEAD ANIMALS: The germs and waste are not drained away, as the blood clots in the body and remains in all parts of the body!

- 'Dead animals no longer have any circulation, maintaining tissue material like muscles, and pathogens may increase without internal regulation and would consequently be very toxic.'

- Another reason is that if the animal dies from an infection, it will cause harm to us.³⁵

That is why Allah prohibits us from eating dead animals. **Quran, Surah 6:145.**

- Animals are Haram if not slaughtered in the Islamic way: Allah has ordered us to kill the animals for our food by cutting their jugular veins so that it causes the least pain to the animal, after treating them kindly and causing them no fear, hunger, or thirst. *The pain is even less than when it is killed after it is made unconscious!!! This has been scientifically proven.*

³³ "4 Hidden dangers of Pork", Written by Denise Minger — Updated on June 22, 2017

³⁴ <https://www.labmate-online.com/news/news-and-views/5/breaking-news/is-drinking-blood-dangerous/39660>

³⁵ <https://www.physicsforums.com/threads/why-we-shouldnt-eat-already-dead-animal-instead-of-killing.787803/>

Thus, the claim that we are being cruel does not hold water. Allahu'talah has ordained us to eat the meat which is slaughtered only in a halal way for this very reason.

By slitting the jugular veins, all the blood is drained away, leaving the flesh clean, pure, and palatable. If the blood is left on the flesh after death, it is harmful, as mentioned above.

THEN WHY IS FISH CONSIDERED HALAL WITHOUT BEING SLAUGHTERED?

Many ask this question. *Today, Science tells us that the moment a fish is taken out of the water, the entire blood of the fish redirects and moves into a part called the epiglottis, which is in its mouth, draining the blood from the whole body and leaving the meat pure and Halal.*

Ibn Al-Qayyim said: 'The dead animals are forbidden because witnesses (fluids), excretions, and harmful blood remain in it, hence slaughtering is a reason for making it lawful to eat because it removes these excretions and blood. If there is no blood and excretions in the animal, which are removed by slaughtering, it is not a condition to slaughter it to make it lawful to eat, as is the case with locusts, flies, bees, and the like. Fish is the same as them because if it had blood and excretions that remain in it by its death, it would not have been lawful when it dies, without being slaughtered according to Islamic rites.' (Allah asks us to ponder on the fish caught in the salty water and how they remain tasty, saltless, and fresh to eat. Allah is pure and wants purity.'

Hence, we should strive to be pure and avoid the evil that surrounds us. Allah declares in the Quran:

- "He has only forbidden to you dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah." -- 2: 173

إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ الْخِنزِيرِ وَمَا أُهْلَ بِهِ لِغَيْرِ اللَّهِ

- "...Forbidden to be is dead animals, or blood pouring forth, or flesh of swine for surely they are impure, or impious which is slaughtered as a sacrifice for other than Allah..." -- 6: 145

أَوْحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ يَطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا أَوْ لَحْمَ خِنزِيرٍ فَإِنَّهُ رِجْسٌ أَوْ فِسْقًا أُهْلَ لِغَيْرِ اللَّهِ بِهِ

- "Prohibited to you are dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah, and [those animals] killed by strangling or by a violent blow or by a head-long fall or by the goring of horns, and those from which a wild animal has eaten, except what you [are able to] slaughter [before its death], and those which are sacrificed on stone altars, and [prohibited is] that you seek decision through divining arrows..." 5: 3

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخِنزِيرِ وَمَا أُهْلَ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَفَقَةُ وَالْمَوْفُوذَةُ وَالْمُتَرَدِّيَةُ وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَيْتُمْ

5: 3 --- وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ - ذَلِكُمْ فِسْقٌ ۗ الْيَوْمَ يَبْسُ الدِّينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنَ

THUS, WE FIND THAT EVERYTHING THAT IS CREATED IS IN BALANCE.

ALLAH RECOMMENDS FOOD THAT IS PURE FOR OUR HEALTHY EXISTENCE ON THIS EARTH. 36

³⁶ <https://cityislam.com/islam/haram-and-halal-food-in-the-light-of-quran-and-hadith/>

PART IV - FIQH

26. WHY DO ADOPTED CHILDREN NOT GET INHERITANCE FROM THEIR ADOPTED PARENTS?

In general, Islam discourages adoption for various reasons. And HE has strictly prohibited marriage between foster sisters, own brothers, sisters, mothers, stepdaughters, etc., Al-Quran: Surah an-Nisa 4: 23

a. From my personal experience as a social worker, I have experienced the sufferings of adopted children regarding their feelings of rejection and loss. They wonder why they were abandoned by their biological parents and get depressed at the slightest reprimand from their adopted parents. On the other hand, with their biological parents, they do not feel out of the ordinary because their blood ties are strong. When a foster child does wrong, and the adoptive parents try to correct them, they feel abused.

b. *The article by Dr. Abdul Daem Al-Kaheel says:*

- *A study published in the Archives of Pediatric and Adolescent Medicine found that adolescents adopted as infants are twice as likely to have behavioral disorders as those who are not adopted. These behavioral disorders include ADHD and oppositional defiant disorder.*

- *The risk of incest between the adopted children and biological children increases, resulting in numerous diseases. Children born of incest are at risk of schizophrenia and several other severe mental and physical disabilities.*

- *The children are particularly vulnerable despite being treated well, and they frequently struggle with feelings of abandonment by their biological parents.*

- *Many want to return their adopted child due to the psychological impairment they find in the child, despite giving their best.*

c. *The famous Dr. Tracy Carlis, Ph.D., Psy. of California, explains through his work as a psychologist the turmoil an adopted child experiences from birth to adulthood throughout his life. He says:*

d. *'As an adoptee and adoption specialist, I understand that during childhood and adulthood, all adoptees are at a higher risk for psychological maladjustment. A child cannot be separated from their birth mother without repercussions.*

e. *Adoptees struggle with genealogical bewilderment (the experience of not growing up with one's biological parents, not knowing any blood relatives, and losing the protection that genealogical continuity provides), and most of them suffer from rejection issues at one time or another. As they grow, they begin to show symptoms of sadness and loss surrounding their adoptions. Despite their having no previous history of criminal behavior in their original parents, many turn into mental patients, alcoholics, or criminals, with more than 15% ending up with even murder!' ³⁷*

³⁷ Source : > <https://www.cga.ct.gov/2018/juddata/tmy/2018HB-05408-R000309-Carlis,%20Tracy-TMY.PDF> < date. 1-4- 2005

Allah discourages adoption because:

- f. *The distorted lineage causes many disruptions in society.*
- g. One of the reasons why inheritance is forbidden for adopted children is that, by adopting someone's child as one's own, *the rightful and deserving heirs to the property of a man are deprived of their shares.*
- h. Hence, we understand the miracle, Allah Almighty in HIS infinite wisdom says in the Holy Qur'an: "...nor has He made your adopted sons your real sons. That is what you are saying with your mouth. But Allah says the truth, and HE guides you to the Right Way. Call them (adopted sons) by the names of their fathers, that is more just with Allah." (Al-Quran: Surah Al-Ahzab -33: verse 4-5). ³⁸
- i. The Quran gives specific rules about the legal relationship between a child and his/her adoptive family. If this rule is not followed, the adopted children become Naa-Muharim to the biological children. This again leads to Zina if they mingle with each other. If the parents are sure that they will have no children, then even if they adopt, they should take care to adopt a Muharim child (one who cannot marry them). Therefore, if they adopt a girl, it should be born of the father's own, or a foster sister or brother, and if a boy, he should be from the mother's own or foster sister or brother.
- j. However, Islam allows adoption, intending to take care of an orphaned child and to give it the needed love. Moreover, a Muslim can write his will, with 1/3 of his wealth to whoever he wants. This includes the adopted child or even a loyal servant. When this is so, he can will any amount he likes from this 1/3rd to the child, if he is found to be loyal and loving to his adopted parents. Hence, no injustice is done in this matter.
- k. *Moreover, although adoption in its legal form is prohibited in Islam, it allows persons to provide love and solace to the needy, namely orphaned children, with protection and financial support. In other words, any parent can give parental care and affection to a child without granting him legal obligations such as inheritance. The child's biological family is never hidden; their ties to the child are never severed. The Holy Quran specifically reminds adoptive parents that they are not the child's biological parents.* ³⁹
- l. *However, today, the West, who have many children from broken homes and out of wedlock, finds it very convenient to recommend Adoption as a solution for their upbringing. But most of the children who are adopted suffer from the lack of care and love that they would have obtained in a family that has close ties, where they can thrive in happiness and security. Thus, we find that whatever Allahut'alah has commanded is for the peacefulness and security in Society.*

³⁸ Site of Abdul Daem Al-Kaheel in Secrets of Quranic Miracles: < **Error! Hyperlink reference not valid.**

³⁹ Source: > <https://www.khaleejtimes.com/nation/general/adoption-in-islam-and-law> > Legal Terminology by Mustafa Barakat, (Filed on March 28, 2004)---Today, (if you go to the above sites, you may not find this link. The reason is today, adoption is the main business for the west, where the illegal children that are rampant in society can find a shelter.)

27. WHY DOES ALLAH PROHIBIT DEALING WITH RIBA?

WHAT IS RIBA AND WHY HAS ALLAH PROHIBITED IT? HAS HE SHOWN THE METHOD TO AVOID IT?

The following compilation is a complete, comprehensive explanation of why Allah has prohibited Riba: one of the great sins in Islam, a curse for the Society and community, and how Muslims as a whole help each other to keep away from it. Therefore, I have added all the elements that explain the subject in one chapter. I hope Allah will guide my readers to benefit from it. Please read till the end to realize the great sin of Riba, and how to avoid it.

There are two types of Riba:

- 'Riba An-Nasiyah; EXCESS FROM PREDETERMINED INTEREST the lender receives from the capital he lends to the borrower.
- Riba al-Fadl: Excess compensation without any consideration resulting from the sale of goods.
- Taking unreasonable profit from one's sale of goods is also prohibited. Taking a superior thing of the same kind of goods by giving more of inferior quality. E.g., dates of superior for dates of inferior quality in larger amounts.' The exchange of inferior goods for superior ones is also Riba.' Sahih Hadith al-Bukhari 2312/Sahih Muslim 1580b ⁴⁰
- 'The prohibition of Riba an-Nasiyah (forcefully taking more money than is due) is one of those issues confirmed in the revealed laws of all the Prophets (Peace be upon them). -- Some verses of the Old Testament have rendered Riba as haram. Yet it is ignored by them.' ⁴¹

- In the Quran, Allah has prohibited dealing with Riba in not less than 7 places.
- *"O you who believe, devour not Riba, doubled and multiplied, but fear Allah that you may prosper. Fear the fire which has been prepared for those who reject faith, and obey Allah and HIS Prophet (ﷺ) so that you may receive Mercy."* Surah 3: 130
- *"[On the Day of Resurrection, those who consume interest cannot stand except as one beaten by Satan into insanity. That is because they say, "Trade is similar to interest." But Allah has permitted trade and has forbidden interest. So, whoever has received an admonition from his Lord and stops taking Riba, what he may have done in the past; his affair rests with Allah. But whoever returns to [dealing in interest or usury] - those are the companions of the Fire; they will abide eternally therein."* Surah 2: 275
- *"Allah destroys interest and gives an increase (of Barakah) for charities. And Allah does not like every sinning disbeliever."* Surah 2: 276
- *"O you who have believed, fear Allah and give up what remains [due to you] of interest if you should be believers. - And if you do not, **be informed of a war [against you] from Allah and His Messenger.** But if you repent, you may have your principal - [thus] you do no wrong, nor are you wronged."* Surah 2: 278, 9
- *"As for their taking interest even though it is forbidden for them, and their wrong appropriation of other people's property; WE have prepared for those who reject faith, a grievous punishment."* Surah 4: 161

⁴⁰ Sahih Hadith al-Bukhari 2312 – Source: sunnah.com

⁴¹ (See Exodus 22:25, Leviticus 25:35-36, Deuteronomy 23:20, Psalms 15:5, Proverbs 28:8, Nehemiah 5:7 and Ezekiel 18:8,13,17/22:12).: Source: Riba and its types. pdf

Hence, we learn from the Quran: ^(4:161) that the people of the previous books, too, were forbidden from dealing with Riba, and devouring others' wealth unlawfully. However, the Jews and the Christians ignored the warning of Allah. HE has prepared for those who disbelieve (whoever ignores the Warnings of Allah), a painful punishment here as well as in the Hereafter. And the Prophet (ﷺ) has categorically prohibited Riba of any form when he says:

- 'May Allah curse whoever consumes Riba, whoever pays Riba, the two witnesses to it, and the scribe who records it!!' ⁴²

- 'Riba is of seventy types, the least of which is equal to one having sexual relations with his mother' ⁴³

Through these Hadith, the magnanimity of the sin makes us beware of even approaching Riba, which seems to us only like an added income. But Allah has made it illegal.

May Allah save us from this great sin. Ameen.

a. **WHY? WHY HAS ALLAH AND HIS MESSENGER ﷺ FORBIDDEN RIBA SO VEHEMENTLY?**

1. Allah always wishes us to earn our money through hard work and forbids man to consume others' wealth illegally.
2. When we deposit money in the bank, they give us 6% as interest. From this money, the Bank lends to the general public at 20%. Thus, we are indirectly consuming a part of the Riba that the bank gets.
3. We find that those who take loans to do farming, their crops fail them. This renders them unable to repay the loan, and the ever-piling interest will make them lose their land and property. We find many committing suicide due to this, as a result, rendering the family homeless and stranded.
4. A person who takes a loan for interest will leave his family bereft of the little land or gold they had pledged if he suddenly dies.
5. When a man starts his business by taking a loan, he will have to increase his selling price many times over the cost price, to be able to repay the interest at the end of the day!
6. While in trade, one can increase the price as they like, but because of the competition from the traders, they will be forced to keep the selling price low. If he has taken a loan on interest, he will incur a loss if he reduces the selling price.
7. Hence, an increase in prices is inevitable. It burdens the consumer who is cheated of the real cost price that he may have had to spend, if the goods had been sold without having to take a loan at interest.
8. *Last but not least, it will not bring Barakah and Happiness to the household, because Allah has cursed him and his business, which he conducts with haram Riba (interest).*
9. The moneylenders try to illegally acquire people's money by relying on evil methods. Such will think twice about spending even a small amount on the needs of their family because they will

⁴² Muslim Hadith No. 3: 1219. / Sunan an-Nasaa'i 5102/ Jami` at-Tirmidhi 1206 – source sunnah.com

⁴³ Source: Ibn Khathir, 1st edition 2000, vol. 2, pg. 76 / Ibn Majah 2: 764 / Al-Haakim: 2: 37

want to lend that amount too, for interest. Thus, they will turn miserly and will not give charity, nor have any compassion towards those who had taken loans from them.

10. Those who consume Riba are not satisfied with the permissible and pure resources allowed for them. This demonstrates their lack of appreciation for the bounty that Allah provides.

11. *They will find that such wealth will not avail them when needed, as it will be devoid of the Grace of Allah that HE will shower on hard-earned Halaal money.*

12. *It only shows their lack of complete surrender to Allah, as Shai'tan threatens them with poverty if they do not indulge in such wrong methods of acquiring wealth.* ^{Al-Quran, 2: 268}

13. Whereas legitimate trade or industry increases the prosperity and stability of men and nations, a dependence on Riba would merely encourage a race of idlers, cruel bloodsuckers, and worthless fellows who become *akin to madmen due to their greed.* ^{Tafseer No. 325—Saudi Holy Quran.}

14. Hence, we find money flowing like water in drugs, gambling dens, flesh trade, etc. Will any sane person spend his hard-earned money on all this wastage, which he knows will only destroy him?

Many Mutawallis—caretakers of the Masajid, forbid their Imam from talking about the evils of Riba in the Qutbah, because those who help maintain the Masajid, want to thrive in it!

b. RESULT OF RIBA ON SOCIETY AT LARGE.

1. As a result of this Riba, we find that 80% of the wealth of the world is concentrated in the hands of a few wealthy, and 30% are below the poverty line.

2. What is the income for BPL: Below the Poverty Line? The poverty line is the level of income required to meet the minimum living conditions. ⁴⁴ According to the World Bank, the BPL was fixed at \$1.90 per day (Rs. 142.32) in 2015, where it currently stands.

India has not counted its poor since 2011. But the United Nations estimated the number of poor in the country to be 364 million in 2019, 28 percent of the population. However, this number has risen to roughly 381-418 million, with nearly 42.4% in 2021, with an additional 36-46 million people falling under the poverty line. More than 800 million people in India are considered poor. Most of them live in the countryside and keep afloat with odd jobs. Today, we find that more than 77% of the population in India earns below 100 Rupees!

3. The lack of employment, which provides a livable wage in rural areas, is driving many Indians into rapidly growing metropolitan areas such as Bombay, Delhi, Bangalore, or Calcutta. There, most of them can expect only a life of poverty and despair in the mega-slums, made up of millions of corrugated ironworks, without a sufficient drinking water supply, without garbage disposal, and in many cases without electricity. The poor hygiene conditions, as a result, are the cause of diseases such as cholera, typhus, and dysentery, in which especially children suffer and die.' ⁴⁵

4. Today, though the superpowers have not colonized other countries, they have enslaved poor countries by offering loans at interest. They take loans to improve the country's conditions, but more than 21% of their revenue is spent on interest.

Where does this money go? Does it go to the poor?

⁴⁴ <https://www.indianeconomy.net/splclassroom/what-is-poverty-line-how-poverty-line-is-constructed-in-india/>

⁴⁵ > <https://www.soschildrensvillages.ca/news/poverty-in> <

No! It goes to the bankers.

The West Bank gives several billion dollars as loans to businessmen, who invest in high-technology institutions and make huge profits and mint money, giving the workers a pittance of their profit. Thus, we find the rich becoming richer while the poor grow poorer!!! But the Government that has taken the loan keeps itself afloat by just paying the interest, as it is unable to repay the capital, which is trapped in the hands of the business tycoons. This is the curse caused by taking loans from the superpowers.

Taking loans surely enslaves one man to another. That is why we should try to live within our means and not yearn for the luxuries of others if we cannot afford them.

c. THE QUESTION ARISES AS TO HOW AN ORDINARY CITIZEN CAN SUBSIST WITHOUT INTEREST?

✓ 'Since interest occupies a central position in modern economic life, and especially since interest seemingly is the very lifeblood of the existing financial institutions, several Muslims have been inclined to interpret it in a manner radically different from the understanding of Muslim Scholars. They claim that Riba indicates only compound interest (Usury), which never ends and pulls the borrower into the depths of poverty. On the other hand, they claim that it is not wrong to deal in interest, for legitimate trade or for buying a first house, etc.⁴⁶ However, the categorical prohibition of our Prophet ﷺ indicates that all types of interests come under the title: RIBA. 'The Messenger of Allah ﷺ cursed the one who consumes usury, the one who pays it, those who witness it, and the one who writes it down.'⁴⁷

✓ Hence, we cannot accept these arguments.'

✓ We find many people claiming that only when we put our life savings in the Bank do we feel safe; that our hard-earned life savings will not be lost. However, we do not realize that such income will never bring us peace of mind, and the money so obtained will only be wasted on our illness and other unnecessary expenses. I have seen many households that subsist on taking interest. They will never rise from their poor condition, and have to live a miserable life. Their children have mental problems and other incurable diseases. Seemingly, they are safe, but as Allah has warned in the Quran, and through HIS dear Prophet Muhammad ﷺ, **Allah has cursed them.**⁴⁸

✓ *Moreover, those who deposit the money will never be able to avail of the capital that they have deposited, even in times of emergency, because if they do so, they will be devoid of their regular income for subsistence.*

✓ As for those who think they can increase their business or take loans from banks for a house at interest, they are not devoid of problems and stress. Although people seem to become rich through this method, they will find that their lives are full of tension, in fear that they may not be able to repay the loan if they incur a loss. There are thousands of those who are ruined through this transaction.

⁴⁶ (Footnotes no: 326; Holy Quran by King Fahd publications)

⁴⁷ Narrated by Abdullah ibn Masood, Sunan Ibn Majah 2277- Source: Sunnah.com, graded Hasan

⁴⁸ And if you do not (give up Riba), then be informed of a war [against you] from Allah and His Messenger. Al-Quran 2: 278,9

✓ The Banks deduct the original capital of the loan only after the interest amount for the fixed period is fully paid. Hence, even after they have repaid many times over the amount they took, their capital loan will remain unpaid. This results in many having to spend all their lives repaying the loan they took (Personal survey on EMI).

✓ During the COVID-19 pandemic, the newspapers were full of advertisements displaying flats for sale, which the banks had seized from the defaulters. For all those who took out a loan for a house, their dreams are shattered.

✓ Many millionaires have declared that they were wrong in considering that money was enough for achieving happiness in this world, and many have committed suicide after they have reached seemingly the heights of glory. Therefore, if we have the correct understanding of why Riba is so much hated by Allah and HIS Messenger (ﷺ), none would dare to even approach it in fear of punishment in this world as well as the Hereafter.

Many think that business cannot be done without involving Riba. But the fact is that today, most of the top companies of the world are running on 0 debt loans. They go to the public and sell equity shares, and they thrive in this wealth, which can be shared by all. If there is a profit, all get a percentage of the profit. If there is a loss, it will be shared by all who have taken the shares. This is the Islamic way and is accepted by even other religions.

Similarly, many builders offer houses if paid in installments, while the house is being built. This helps the owner to pay the amount in full, by the time the building is complete, without having to pay interest.

d. COUNTER QUESTIONS:

Then what is the solution for those who have become old and left with only their life savings for their subsistence, or in case of emergency, to pledge their ornaments?

I wish to thank all my friends and colleagues who have ventured to provide answers by asking their Ulema about this fact. Herewith, I am providing a summary in simple words of what they said about this subject.

1. The first point is that the false feeling of ‘feeling safe’ with our money in banks is that, at any moment, the banks can declare new rules, by which the interest they offer for these deposits has depreciated. i.e., they will be given a lower interest rate for the amount deposited. This will reduce the means of subsistence for the depositors who rely solely on it. We have noticed that in recent times, because of the devaluation of the Rupee vs the dollar, many banks have adopted this policy.

2. If we need it in an emergency, it is impossible to withdraw our money from the bank immediately in bulk. The banks allow only a portion of the money to be withdrawn.

3. The value of the money deposited depreciates as the years go by. i.e., supposing we have deposited ONE lakh rupees for 5 years, if we can buy a scooter with it at the time of depositing, after five years, the price of the Scooter will have increased to 2 lakhs. This is called the depreciation of the value of money with time. Hence, the Riba consumed is in no way a profit for our money, but the value of money will reduce with time, rendering it of far less use by the time the date of withdrawal is reached.

4. This money, which seems 'safe,' can be erased with one headache if Allah wishes. If Allah wills, any amount we have saved will not be of avail to us to cure our problems.
5. And since Allah has cursed Riba, the one who consumes will surely be affected with some problem or other, either physical. Loss of children or anxiousness causing Blood pressure or heart disease, for which the ever-increasing medical bill will render the income obtained through Riba not sufficient for their subsistence.
6. It is Haram to depend on the money from interest. Indeed, Riba leads you towards poverty, not an increase in wealth. Riba is not only from the loan, it is from any benefit you get from the borrower in return: a house for mortgage or any other article that generates income.⁴⁹
7. The money obtained by pledging gold ornaments or documents for interest is also prohibited in Islam. Even if we get immediate finance through this, we find that we have to pay back through the nose to take back the pledged items.

e. THEN WHAT IS THE SOLUTION?

The Quran gives us the solution in detail:

- 1) 'The very thought that banks are more reliable and safer and that one cannot subsist without taking interest, means that they do not have full Tawakkul on Allah's command. They doubt Allah's words!
- 2) The first step is to educate our Ummah, academically and spiritually. This will help them realize the dangers of taking an interest and other sins prohibited in Islam. Simultaneously, they can uplift themselves in Society.
- 3) Parents should sacrifice comfort and work hard to educate their children. Our children should be educated enough to raise their status and find ways to invest their wealth, so they will not depend on interest transactions. Then the parents can rest assured that their savings will be taken care of by their children and can leave it to Allah to safeguard them and their future.
- 4) Last but not least, it will bring Barakah for the income, which will suffice us even if it is less than what we get from the bank.' Source: Financeinislam.org.
- 5) If someone has savings, they may invest it in something that may generate money for an income. Allah is the All-Provider; the tiny amount of Riba is not worth its enjoyment in this world compared to its consequences in the Akhirah.
- 6) The best alternative is to invest in property that fetches good income. In case of insufficient funds, join with like-minded others and invest. Even if the returns may not be as much as bank interest, we will find that the value appreciation will compensate.
- 7) There are many organizations today that help people out during their times of crisis. Hence, instead of pledging their ornaments to moneylenders, it would be advisable to request loans from these organizations using the gold or documents as collateral.

⁴⁹ <https://islamqa.info/en/answers/159213/are-mortgages-haram>

- 8) In case we are not able to obtain help from such organizations (which are very few comparatively), in case of dire need, it is better to sell the gold or property and start afresh to collect money that they would otherwise have had to repay to the banks or moneylenders. This way, we can have our conscience clear, and we can pray to Allah to give us Barakah for the firmness of Taqwah we have shown.
- 9) The rich, educated Muslims should come forward to help such deprived poor Muslims by guiding them to good investments. Such organizations should be made available in every Mohalla, where the poor can approach and seek help and guidance in their times of need.
- 10) Zakat is first to the relatives who are needy and Miskeen (who do not beg):

“Give the kindred his due and the Miskeen and wayfarer.” — Al-Quran: Sura Al-Isra’: 17:26

وَاتِ ذَا الْقُرْبَىٰ حَقَّهُ وَالْمِسْكِينَ وَابْنَ السَّبِيلِ

The rich should find the needs of their poor relatives and enable them to overcome their difficulties with their Zakat money. They can also help them by giving them loans (without interest in place of their gold or property). This way, many can be saved from falling into the trap of moneylenders or banks. For this, there should be a good rampart between them.

- 11) All the time, those who give should not flaunt their charitable act and try to keep it secret. The rich should not look down upon the poor, and keep reminding them of their help. (Al-Quran: Surah Baqarah: 2: 262- 274) This is because, if they do so, the poor will hesitate to ask them, and turn to the banks or moneylenders, as their self-respect will not allow them to be demeaned by the constant taunting of their rich relatives.
- 12) As for the poor, unnecessary expenses should be avoided, and the family should learn to live within its means. Only in extreme circumstances, like serious illness or the education of their children, should they seek loans (without interest).
- 13) UnIslamic rituals like dowry, grand weddings, Urs, etc., and other extravagances should be avoided, as they are forced to take loans, which will ruin their life.
- 14) *Allah says in the Quran: (30: 39) “That which you give as interest to increase the peoples’ wealth will not increase with Allah; but that which you give in charity, (without expecting anything in return) seeking the goodwill of Allah, multiplies manifold.”*

وَمَا آتَيْتُمْ مِّن رَّبًّا لِّيَرْبُو فِي أَمْوَالِ النَّاسِ فَلَا يَرْبُو عِنْدَ اللَّهِ ۗ
وَمَا آتَيْتُمْ مِّن زَكَاةٍ تُرِيدُونَ وَجْهَ اللَّهِ فَأُولَٰئِكَ هُمُ الْمُضْعِفُونَ

Thus, however little we earn, after setting aside the provision for the family: there should be a small amount allotted for charity and savings. We will surely be blessed with multiple benefits through helping the needy. Experience has shown that this charity (Sadaqah) wards off evil and brings prosperity in the long run. May Allah guide all of us to maintain our Ummah’s dignity and save ourselves from the satanic temptation of Riba. Ameen.

f. WHY HAS ALLAH ORDAINED ZAKAT AND CHARITY (SADAQAH)?

As mentioned in the chapter on Riba, all those eligible for Zakat and who give Sadaqah will obtain a reward, many times over, for what they spent on charity. The Quran mentions in countless verses the great benefits of spending. While fasting and Hajj are only mentioned once, Establishing Salaat, seeking forgiveness, and giving in charity have been mentioned numerous times in the Quran.

- Allah says: "O you who have believed, spend from the good things which you have earned, and from that which We have produced for you from the earth..." *Al-Quran, 2: 267*
- "Satan threatens you with poverty and orders you to immorality, while Allah promises you forgiveness from Him and bounty. And Allah is all-encompassing and knowing." *Al-Quran, 2: 268*

Giving charity (Sadaqah) when we face a difficult situation is a highly recommended Sunnah. Whenever one faces any problem, whether it be illness or any other calamity, the first thing a righteous person does is turn to Allah seeking forgiveness and giving charity, from the most beloved possession he may have. Prophet ﷺ said: "Treat your illness with charity."⁵⁰

Science confirms this action. A man can be cured by giving away his riches for the service of the poor, and this has been proven true in many cases around the world.

I came across an article by Mr.MK. ANGAJAN. He says: 'John D Rockefeller, the first billionaire of the world: He started his business at the age of 25, he had control of the largest oil refinery in America, and by 38 commanded 90% of the oil refineries of America. But when he was 53, he developed a disease that the doctors pronounced had no cure, and he would not last for another year. The man who could buy anything in the world could not eat anything but biscuits and milk.

It was then that he woke up to the fact that he would not be able to take his wealth with him after death. He decided to channel his wealth for the benefit of mankind. It led to the formation of the "Rockefeller Foundation". Many hospitals, research centers, and charity work were initiated. The research made many discoveries that were able to even erase many diseases from the earth.

However, the most amazing fact was. His body chemistry was altered so significantly that he began to recover. The man who was doomed to die at 53 lived on to 93 years, busy doing philanthropic work. By the time he reached the age of 58, he was the richest man in America, and by the time his life ended, at 93, he was the richest man in the world. This was because he learned the power of gratitude and charity, and gave back the vast majority of the wealth that Allah had given him. He began to participate in spiritual activities and engaged himself in many humanitarian causes. His body chemistry changed, and it started healing and made him whole and deeply fulfilling.

Science says that your thoughts and feelings influence your health. Medical research called 'Psycho Neuroimmunology (PNI)', reveals the impact of your thoughts and emotions on your immune functions. Whether or not you will be healthy and stay healthy, it is said that your body is the most

⁵⁰ Hadith. Commentary and Reflections on Hadith #5669 from al-Jāmi' al-Saghir: "Treat Your Sick with Charity."

powerful laboratory or pharmacy in the world. It has the ability to heal itself by producing its own chemicals. Your state of mind is the controller of it.

Feelings such as gratitude, compassion, and charity change the chemistry of the body favorably, while ill feelings like selfishness, holding grudges, anger, greed, grief, guilt, hatred, and anxiety change your body chemistry adversely.

Giving and sharing are the most powerful feelings. All of us have something or other that we can share, and be the cause of someone's happiness. It can be knowledge, time, labor, money, or material blessings like clothing or food. Even psychological blessings like giving a compliment or wishing well for the other people in your mind help in the healing.

g. WHY HAS ISLAM LAYED STRESS ON KEEPING RELATIONSHIP (KINSHIP) INTACT?

Harvard University conducted a study and found, after a decade-long study, that the quality of our relationship has a profound influence on our health. ⁵¹ Dr. Robert Waldinger, a clinical professor of Harvard Medical School for Psychiatry, says: 'What we found is that relationships actually protect our health and happiness, and they enter into the body and help it to prevent diseases and prevent aging.'

The reason he says this is that keeping relationships helps us to weather the stress and problems that are normal. 'Like if something happens to me, I have the feeling that I can go home and share my troubles with somebody, or I can talk to my partner, who would help me. This will literally help my body to calm down. It is this calming effect that protects us from the ravages of time (and diseases).'

While the study tackles all kinds of relationships, we also know that those who neglect their people are notoriously miserable with the type of friendship they have. This is because ties of friendship can have a reason of selfishness behind them, and people usually move on and forget the past. While ties of relationship is something else. Any disruption between family members cannot be healed in the same way. Thus, the best relationships are those between your family, and maintaining a relationship is a sure way to add to your years.'

These findings align with the words of our dear Prophet ﷺ:

"Whoever would like his Rizq (provision) to be abundant, and his life span to be extended, let him uphold his ties of kinship."⁵² We find that Islam has always placed great value on strong family bonds. Allah, in the fourth chapter of the Quran, recalls our duties to our family.

"Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler, and those whom your right hands possess. Indeed, Allah does not like those who are self-deluding and boastful."^{4:36}

⁵¹ <https://www.youtube.com/watch?v=xzp-rTM3cqw>

⁵² Source: Sunnah.com; Sahi Al-Bukhari (2067/ 5986) and Muslim (2557)

وَأَعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا^٥ وَبِالْوَالِدَيْنِ إِحْسَانًا وَبِذِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسَاكِينِ وَالْجَارِ ذِي الْقُرْبَىٰ وَالْجَارِ الْجُنُبِ
وَالصَّاحِبِ بِالْجَنبِ وَابْنِ السَّبِيلِ وَمَا مَلَكَتْ أَيْمَانُكُمْ^٦ إِنَّ اللَّهَ لَا يُحِبُّ مَن كَانَ مُخْتَالًا فَخُورًا -

This verse refers especially to our relatives, both close and extended, as well as any acquaintances we may come across in our lives. Our behavior with all should be courteous and kind. By including it with the same verse with the command to worship Allah Alone, the Quran underscores the importance of maintaining family ties and respecting our elders.

‘The religion for centuries has emphasized the importance of positive and compassionate connections and places upholding ties of kinship among the highest priorities of the believer.’ While we do not act only based on a study, this discovery can help those who are intellectually curious to realize that every command of Allah Subhanat’alah and the example of the life of our Prophet ﷺ is for the benefit of mankind.

h. WHAT ARE THE BENEFITS OF UPHOLDING THE TIES OF KINSHIP?

Kinship is the basis of the continuity of the progeny. The whole world depends on this relationship to bring love, tranquility, and unity to the world. That is why Allah has given great importance to maintaining this kinship. In many ayahs of the Quran (eg.47: 22-23), Allah has cursed those who break ties of kinship.

According to numerous Hadith, maintaining kinship increases life span, wealth, and an increase in love in return from the family. And those who break the ties of kinship will never enter paradise. The mercy of Allah will never descend on them, and their good deeds will not be accepted.

Thus, maintaining kinship helps them to

1. Maintain *their relationships with their in-laws.*
2. Helps to identify the poor among them and improve their financial condition through Zakat.
3. *Saves them from Riba for their emergency needs from their zakat and charity.*
4. Helps them to maintain a balanced friendship with siblings and cousins, which will help them to find a suitable spouse for their children when they are grown.
5. Helps to propagate Islam to their people and earn a great reward.
6. By learning to forget and forgive them, they will gain psychological well-being, which in turn maintains a healthy body, which in turn, increases their life span.
7. Learns to respect others, and in turn receives respect and love.
8. Receives help, psychologically or materially, from their relatives in case of any calamity.
9. If they need any monetary help, their relatives will pool in and help them.
10. It can save them from the ill effects of stress and bring tranquility to the heart.

IF EACH OF US STRIVES TO MAINTAIN THE RELATIONSHIP WITH OUR SPOUSES, IN-LAWS, NEIGHBOURS, FRIENDS, CHILDREN, PARENTS, ETC. THE WORLD WOULD BE A BETTER PLACE TO LIVE IN. MAY ALLAH GRANT ALL OF US THE GREAT TREASURE OF MAINTAINING KINSHIP, THAT WILL BRING PEACE AND TRANQUILITY TO THE WORLD. AMEEN.

PART V

28. WHY HAS ALLAH FORBIDDEN INTOXICANTS?

✓ Allah tells us “O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows (relying on luck), are but defilement from the work of Satan, so avoid it that you may be successful.” (Al-Quran, Surah 5: 90, 91):

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ -

ALLAH HIMSELF EXPLAINS IN THE NEXT VERSE:

✓ “Satan only wants to cause between you, animosity and hatred through intoxicants and gambling and to avert you from the remembrance of Allah and prayer. So, will you not desist?”

إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ وَالْمَيْسِرِ وَيَصُدَّكُمْ عَن ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ - فَهَلْ أَنتُمْ مُتَعَبُونَ -

However, we must realize that it is not only for our spiritual needs but also to preserve our physical well-being, and to live a healthy and prosperous life, that Allahut’alah, in HIS Supreme Wisdom has prohibited us from committing these harmful deeds.

You may wonder, when it has been proved that alcohol and drugs, smoking, etc., are harmful to health, is it the fashion of the day? WHY is all this encouraged by the Government and the public?

We see that in every advertisement for smoking or drinking, there is a caption warning people that their products are harmful to health.

YET:

There is no function (except among True Muslims) where the bottle is not opened, be it a celebration or a sad event. Drinks are so common, and although the government knows their implications for the public, it deliberately turns a blind eye to them!

‘The reason is

- The revenue and power of the drug mafia are so strong that they can bring pressure on the government, which is always in need of an increase in revenue.
- Moreover, addicts to the drinks and smoking will surely protest if it is banned, or the Whole industry will go underground. This will be an even greater headache for the government.
- The multinational drug tycoons, who spend billions of dollars every year on promoting their foul products, are another reason why this evil cannot be eradicated easily.’ ---
- The drug companies even propagate that a peg a day is good for health; Red Wine contains HDL, which is beneficial in reducing heart disease!!!!
- However, that ONE peg is more than enough to numb your senses and subdue your conscience!!!

It is scientifically proven that it directly reaches the brain. The effect of it on the human mind is such that it numbs the senses and fails to make us realize right from wrong. 'And the brain is the most affected organ due to this poison, which man has taken to, like water!

Today, it has been proven that:

Wine and other drinks shrink the portion of the brain that controls memory, sense of direction, and spatial awareness! This area of the brain -the hippocampus- is one of the first areas affected by Alzheimer's disease, and is 10% smaller in alcoholics than in the normal adult!!' Source Science Digest

Moreover, most of those who take it are not satisfied with 1 peg! The moment they start with one peg, they get addicted and will drink more, which will have adverse effects on the metabolism of the LIVER. As for heart disease, many more healthy foods can be taken instead.

The famous cardiologist CHIA STANLEY, from Singapore ⁵³ Informs us that although most people are aware that smoking and heavy drinking are unhealthy habits, not many realize just how much harm they can cause. He says: The importance of public awareness about the dangers of heavy smoking and drinking has never been greater. This is because women and even children consider it cool and manly to take a puff of a cigarette or a shot of alcohol.

As for smoking, although earlier, it was termed only detestable for Muslims to smoke, today it is declared Haram. That is because science has discovered that any amount and type of smoking is harmful to your health. 'Cigarettes contain more than 4,000 chemical compounds and 400 toxic chemicals that include tar, carbon monoxide, DDT, arsenic, and formaldehyde. The nicotine in cigarettes, in particular, makes them highly addictive. Any amount and type of smoking is bad for your health.'

There are so many diseases caused by smoking. Besides being a notorious risk factor for lung cancer, coronary artery disease, heart attack, and stroke. Smoking can damage almost any organ in our body, leading to leukemia and cancers of the kidney, pancreas, bladder, throat, mouth, and uterus. It can damage the airways and air sacs of our lungs, causing chronic bronchitis and breathing difficulties. It can also raise our blood pressure and cholesterol levels, reduce bone density in women, and increase the risk of infertility, preterm delivery, stillbirth, and sudden infant death syndrome. This not only affects the smoker but also those accompanying them who inhale the smoke.

HENCE, THE ULEMA HAVE DECLARED IT HARAM FOR MUSLIMS.

We find that Women are more sensitive than men to alcohol! This is because women have less water content in their bodies than men. So, alcohol is less diluted and corrodes their bodies more quickly. This is the reason why women easily succumb to it, and they are seduced just by adding a few drops to their soft drinks!!! Moreover, the liver is more quickly affected in women. Yet women consider it liberation and fashionable to smoke and drink!!

⁵³ <https://www.mountelizabeth.com.sg/healthplus/article/how-smoking-and-drinking-affects-the-body>

Those women who pamper their ego by pretending to be equal to men in all spheres-----

Those who take to smoking and drinking should realize where they are heading!!

The risk of smoking in women is 50% higher than in men!!

They are more prone to

1. *Cervical cancer*
2. *The child born to a smoking pregnant woman is prone to various diseases.*
3. *Osteoporosis and heart disease: double risk*
4. *Early Menopause*
5. *Women get addicted to smoking more easily than men. The census in 2000 showed: 22 million women smoked, and 67,000 women died of Lung cancer. Today it has grown almost 10 times more!!!!*
6. *They are more prone to depression and stronger withdrawal symptoms!!*
7. *Premenstrual cramps last longer for smokers!* ⁵⁴

That is why both smoking and intoxicants are forbidden for Muslims, not only to reach Heaven, but also for their own benefit.

Youngsters who think it is cool to take a puff just for the fun of it should remember that it also affects their reproductive organs. In Australia, researchers led by Chris Millet studied over 8000 men between the ages of 16 and 59, and recorded that more than 40% of those who smoked were more likely to be impotent! This is more serious than lung cancer and cardiovascular diseases because it affects the generation's progress. And it has been found; frequent use of alcohol accelerates HIV progression." ⁵⁵

Thus, it is very essential to warn the young generation from childhood itself of the harm they will commit to themselves by going after such wrong practices. Beware! There have come many more drugs that have been introduced to trap the youth into Fahisha and Zina, from which they will never be able to retract their footsteps once they are hooked.

School and college girls and boys, whose parents are away in the Middle East or other places minting money, hire apartments and they prefer that to hostels, for it offers more liberation to do what they please. The result is they get drowned in all these evil practices that ruin their future without their realization of the harm they commit to themselves.

Today, worse drugs have been found that turn the consumers into Zombies, out to commit all the evil, that they do not even realize having committed it, when they recover from their drug consumption. These are found roaming all over the streets at night, causing the worst crimes that

⁵⁴ < <https://www.tobaccoinaustralia.org.au/chapter-3-health-effects/3-4-lung-cancer> >

< <https://www.researchgate.net/search?q=effects%20of%20smoking> >

⁵⁵ Article contributed by Dr Stanley Chia, cardiologist at Mount Elizabeth Hospital
References; What is Nicotine Withdrawal? (n.d.) Retrieved September 2, 2020, from:
< <https://www.webmd.com/smoking-cessation/understanding-nicotine-withdrawal-symptoms#2> >
Review of Smoking Cessation Interventions. (n.d.) Retrieved September 2, 2020, from:
< <https://www.medscape.com/viewarticle/504516> >

one can even imagine. The innocent person can get intoxicated by the drug that may be offered to them by way of chocolate, or even a few drops in their drink by their friends. That is why our Prophet ﷺ has said: 'Choose your friends so that you can be among those who are God-fearing.'

Indeed, this Qur'an guides to most suitable and gives good tidings to the believers who do righteous deeds that they will have a great reward. —Surah Al-Isra, 17: 9

إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا كَبِيرًا

29. WHY HAS ALLAH PROHIBITED GAMBLING?

When we turn to science, we are told: "When you gamble, your brain releases dopamine, the feel-good neurotransmitter that makes you feel excited. You would expect to only feel excited when you win, but your body produces this neurological response even when you lose.

Along with the release of dopamine to the brain, gambling comes with other potential rewards, including money, social participation, and enjoyment. Even if they lose, most of them may continue gambling to win back the money they have lost in a phenomenon known as chasing losses. These individuals may begin to develop problems with gambling.

"People will get inured to the high of gambling at a certain point and need to gamble with bigger bets and riskier betting options," says Jon Grant, who studies addiction at the University of Chicago. "When people try to stop, they go through withdrawal, with insomnia, agitation, irritability, and a feeling of being at ease, similar to what we see in some substance abuse disorders."

A Behavioral Addiction

'Gambling disorder refers to the uncontrollable urge to gamble, despite serious personal consequences. Problem gambling can impact a person's interpersonal relationships, financial situation, and physical and mental health. Yet it has only recently been recognized as an addiction.'

By: Mary Bates ⁵⁶

Research conducted by Brain Connections explores how gambling can spiral from an enjoyable pastime into an addiction. This change comes from neuroscience research, which has shown that gambling addicts have a lot in common with drug and alcohol addicts, including changes in behavior and brain activity. When the brain's reward system becomes altered by problem gambling, new habits form that become hard to break. This can lead an individual to feel out of control. ⁵⁷

- a. Usually, gamblers tend to cheat, and this leads to quarrels, fighting, and may even end up in murders, as is apparent in many cases.

⁵⁶ <https://www.responsiblegambling.org/for-the-public/about-gambling/the-science-behind-gambling/>

⁵⁷ <https://www.brainfacts.org/diseases-and-disorders/addiction/2015/gambling-addiction-and-the-brain>

b. *Gambling includes any game that requires betting using money as collateral, or even anything using dice, like the famous Snakes and Ladders, business, or Ludo. Prophet (ﷺ) has said: "Whoever plays with dice, it is as if he were dipping his hand in the flesh and blood of a pig."*⁵⁸

c. *The money and time wasted are such that they cannot be redeemed. The loss disrupts the family economy and causes frustration and inability to maintain the social status in society. A Gambler usually spends all he earns in the gambling den, whether on mobile, TV, or hotels, etc., and Allah does not love those who waste.* (Al-Quran: Surah A'raf: v. 31)

d. *Any game that relies on chance is haram. We should completely avoid games that rely on chance or luck. There are plenty of other games that rely on intelligence and movement. The reason is that it encourages laziness and makes the players depend on luck. This induces them to implement it in other aspects of life. Allah prohibits the Divination of arrows (for luck), and hence it is prohibited in Islam.* (Al-Quran, Surah Maida, 5: 90)

e. *The same applies to playing cards with or without money. 'They affect society, for the bonds of a strong society are achieved utilizing two things: following the commands of Allah and heeding His prohibitions. A society disintegrates when it neglects any of those duties or does any of those things that are forbidden. These cards form one of the factors that affect society.*

f. *They cause people to neglect prayer in congregation, and they generate alienation, breaking of ties, hatred, and negligence through the committing of Haram actions, and they make people too lazy to earn a living.'*⁵⁹

g. *The time for zikr for Allah is either postponed or forgotten altogether, causing the gambler to be misled into wrong perceptions in life.*

h. *Last but not least, playing cards or sitting with dice does not teach any skill that would improve our health or mental skills, nor bring any social benefits or relaxation. Instead, it causes arguments, simply kills time, and leads to disputes and fighting, just as the drinking of intoxicants does.*

i. *The addiction to playing with dice or cards also causes one to neglect one's duty and responsibility towards the house and society at large.*

j. *Statistics show that the effects of drinking, drugs, and gambling result in*

- *Most of the violence and other crimes committed in this world*
- *90% of accidents take place due to drinking and drugs.*
- *Rape and murders also take place because of these intoxicants which numb the brain of the users to such an extent that they do not realize what they are doing.*
- *Abuse of spouses and the resultant divorces are on the rise because of these addictions.*
- *Illegal relationships result in delinquency in children, who, having no one to guide them, fall for this evil. And corruption and most of the crimes like robbery, murder, and more rapes and abuses are ever on the increase because of men running after these false pleasures that Allahut'alah has forbidden for mankind.*

⁵⁸ Muslim (2260), Abu Dawood (4939), Ibn Majah (3763) and Ahmad, Albani, Bukhari and many others.

⁵⁹ Fataawa Islamiyah, 4/436- Source Islamqa.info

THE MISUSE OF MOBILE OR COMPUTER:

TODAY, WRONG OR EXCESSIVE MOBILE USE HAS THE SAME EFFECT AS DRUGS AND GAMBLING. IT TURNS CHILDREN INTO ZOMBIES AND ENDS UP COMMITTING ALL SORTS OF HORRIBLE CRIMES INCLUDING MURDER, THEFT, AND RAPE. THEREFORE, IT IS IMPORTANT TO IMBIBE INTO OUR CHILDREN THE DANGER OF BEING ADDICTED TO IT. SCIENCE TELLS US THAT MORE THAN ONE OR TWO HOURS SPENT ON THE MOBILE LEADS TO DETORATION OF THE MENTAL FACULTIES AND ABILITY TO REMEMBER AND UNDERSTAND MATTERS. TEACH THEM TO SEEK HELP FROM ALLAH TO CONTROL THEIR SENSES AND THE PRODDING OF SATAN. NEVER WATCH PRONO OR VULGAR VIDEOS.

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30. WHY DOES ISLAM DETEST BEGGING?

WHY DO PEOPLE BEG?

Poverty is the major cause of begging, which has forced hundreds of people to commit suicide, compelled women to sell out their children, and forced youngsters to leave their homes and start begging. When a person has nothing to eat or feed his/her family members, he/she feels compelled to do this. Thus, extreme poverty forces a person to beg for survival.’⁶⁰

- Begging is requesting donations in a supplicating manner. A person who makes a living by begging from other people is a beggar.

WHY IS BEGGING DETESTED?

- Once a person becomes used to extending his hand for begging, he turns lazy and mentally weak.
- It cripples his/her mind and hampers the development of good feelings in his/her heart.
- Begging creates a sense of idleness and irresponsibility in a beggar.
- Beggars tend to forget cleanliness and to remember Allah, and depend on others' pittance
- *Begging is disreputable and brings nothing to society but a burden of a heavy nature.*
- *Beggars are humiliated by most of those they approach*
- *Beggars contribute nothing useful to society, and their sheer existence is parasitic.*
- *Beggars represent a decomposing and putrid element of society; a societal illness that must be removed immediately and completely. He deserves no pity but contempt.*
- *Because looks may be misleading, it might be difficult to distinguish between the real and the fake.*
- *Begging is now one of the organized crimes and has become a profession with a larger industry. Many children are kidnapped and maimed, so that they can be left on the streets to beg. The gangs that thrive on such unfortunate children are a danger to Society.*
- *And many pretend to be lame or sick to extract money from those passing by. Today, many professional beggars own bungalows and are well-settled in life.*

⁶⁰ qsstudy.com/begging-a-social-problem/

Therefore, it needs to be eliminated by serious policy formulation and planning.

- Even the youngest children have been instructed in the proper method of begging with dirty cheeks and pleading looks. Once, while I was walking near a Masjid, I found a mother and a few children in dirty clothes playing in the streets. The children came running to me with extended hands as soon as they saw me. The mother sat smugly, watching with expectations.
- Many women take leave during the month of Ramadan for the sole purpose of going to beg from the rich. And the rich give those who ask and think their Zakat obligations are fulfilled, and their conscience is cleared. They do not realize this is not why Zakat or charity is ordained in Islam. The non-Muslims who witness this have named Ramadhan a Beggar's Festival!
- Many organizations thrive by creating orphanages, allowing the children to stand with a sheet and a banner, seeking alms for their maintenance. Most of the money so obtained will be in the coffers of the owners, while the poor orphans are given very little care. (personal survey)

WHAT DOES ISLAM SAY ABOUT BEGGING?

Allah reveals in the Quran the criteria for who is eligible to receive zakat or charity:

The Prophet ﷺ has said;

- 'The poor person (Miskeen) is NOT the one who asks for a morsel or two, but the poor is the one who has nothing and (yet) is ashamed to beg from others.' *Sahih Bukhari, Hadith, No. 1476- 79 / Sahih al-Bukhari 4539 / Sunan an-Nasaa'i 2571*
- 'If one of you would cut a bundle of firewood, and carry it on his back, then sell it to earn his living, it would be better for him than begging from someone, whether they give him or not, as they may give or they may not give.' *Sahih Bukhari, 1470/ 1471*
- 'One who begs without a just cause would come before Allah on the day of Judgment without any skin on his face (he would be resurrected with a walking skull, hideous because of his begging).' *Sahih Bukhari, H. No: 1474*
- 'The upper hand (the giver) is better than the one who receives (begs).' *Sahih Bukhari, H. No. 1472*
- 'And Allah hates three things: Vain talk and slander, wasting of wealth, and...asking others for something (except in great need).' *Sahih Bukhari, H. No. 1477*

SOLUTION:

- The very purpose of Zakaah is to eradicate poverty, so that the one to whom Zakaah is given this year does not have to depend on Zakaah and will become self-sufficient in the coming years.
- "Zakat expenditures are only for the poor, the needy, those employed to collect [Zakat], for bringing hearts together [for Islam] and for freeing captives [or slaves]; those who are innocent who languish in jails because they do not have the means to free themselves], for those in debt, for the cause of Allah, and the [stranded] travellers; an obligation [imposed] by Allah. And Allah is Knowing and Wise." *Al-Quran, 9: 60*

"For Fuqara... the ignorant will think they are self-sufficient because of their restraint, but you will know them by their (characteristics) sign. **They do not ask people at all.**" *Al-Quran, 2: 273*

- Thus, Zakat and charity help in the cause of saving all Muslims from the scourge of Society: Riba and begging, which destroy the very foundation of the Muslim community.

- *Hence, the words in the Quran: 'those who ask' (70: 25/ 93: 10) are not Beggars, but those who are in such dire necessity that they will die of hunger if they do not ask, or their near and dear ones may die, if not taken to the hospital, forcing them to ask from others'.*
- *It is incumbent upon a Muslim to work hard for a living and not be a burden upon others, unless he is too handicapped, which makes him unable to earn a living of his own. This does not mean we should drive away any beggar who comes to our door. Some people may be in genuine trouble. The best way to help them is to offer them food or clothing, whatever they require, rather than money.*
- *If the rich from every group of people, or family, take it upon themselves to survey the poor among their relatives or neighbors and come forward to help them, there will not be a situation where a Muslim will have to extend his hand to beg. The rich among Muslims should learn to prioritize their charity to improve society. Instead of building mosques in every corner of the country, let them concentrate on building schools and colleges, or start a vocational training centre with a Mosque attached. By teaching them a vocation, people can earn a living and not have to depend on charity.*
- *The trustees of the sprawling lands, received as Waqf, can utilize a part of it to create Islamic schools and colleges. The land grabbed by unscrupulous recipients can be taken back and used for the development of our Society. Thus, Muslims who are at present in the lowest strata of society can rise to be responsible citizens of the country and be of service to society. For this, accountability and openness are very essential to keep track of what we have and how it is utilized.*
- *It is imperative to remember that Allah hates those who hurt those whom they give to, by looking down on them, or reminding them now and then, of the generosity bestowed on them. This destroys the very concept of charity, and Allah renders it useless. ^{2: 262,264}*

AND, AWARENESS SHOULD BE CREATED AMONG THOSE WHO CONSIDER IT THEIR RIGHT

TO BEG FROM THE RICH, THAT BEGGING IS NOT AN EMPLOYMENT BUT A CURSE.

BY PROPAGATING ALL THESE TRUE CONCEPTS,

EVEN NON-MUSLIMS, WHO DO NOT KNOW ABOUT THE RELIGION,

WILL BE ABLE TO REALIZE THE BEAUTY OF ISLAM.

31. WHY IS MUSIC DECLARED HARAM?

- Poetry and other arts like Music are not EVIL by themselves, but may be used in the service of religion to bring out the most beautiful expressions found in it. Hadith says that it is not wrong to sing the praises of Allah⁶¹. It is also allowed to sing the praises of our Prophet ﷺ, to the extent that it does not go beyond limits: of raising his status to that of the attributes of Allah, thinking he is still alive and hears our praises and prayers.

- Hadith says that when the Prophet ﷺ reached Medina, the girls began singing Nasheed praising him and welcoming him. But when they sang, 'Here comes the prophet who knows the future,' he stopped them. He said he was only a warner and did not know the future, or the unseen, except what Allah informs him. This shows that there is always the danger that singing and Music may be prostituted for wrong purposes. These little deviations are what we should be aware of.

- E.g., when we sing the praises of Allah and the Prophet ﷺ, if we exaggerate the form of praise to the Prophet ﷺ which ought to be directed to only Allah, we would be committing shirk--- as is being done in many Qawwalis!!

- On the other hand, today it has been discovered that singing and amusing oneself at functions and parties brings Hypocrisy to one's heart and leads towards Fahisha.

- Gradually, this kind of Music, which is a form of entertainment, turns these arts into the illegal and obscene Fahisha, as in films, theatres, and TV. This in turn causes us to commit Zina, illegal sex, rape, and all kinds of vulgar behaviors.⁶²

- The words of a Music producer (I do not want to mention his name), who recently reverted to Islam, vouch for the fact of the bad effects of Music in general upon the Human psyche (mental ability). Through working for so many years in the Music industry, he asserts that Music is indeed harmful, does affect the heart negatively, and is attached to worldly attractions.

- Most of those who create Music are found to have haram relationships, take drugs and alcohol, and are victims of psychological disorders like depression and anxiety. In some cases, they end up in some weird acts that look like Satanic rituals.

- We need to stop and ponder over where those who are giving us this beautiful Music are leading us; toward haram acts, and away from the pleasure of Allah, forgetting our Salaat and thikr that is needed for us to bring ourselves close to the pleasure of Allah.

- Our Prophet ﷺ has advised that we should keep our lips moist in the remembrance of Allah. This does not mean that we should keep rolling our beads while our eyes roam about, eager to watch evil, and our minds yearn for Fahisha. This only means we must introspect our actions, whether we are following the way of life shown by our dear Prophet ﷺ, who was the best example for us to emulate, as all his actions were sincere and only for the pleasure of Allah.

⁶¹ Ṣaḥīḥ al-Bukhārī 3931, Ṣaḥīḥ Muslim 892a, Grade: Muttafaquun Alayhi (authenticity agreed upon).

⁶² (Foot Note: 3237, Holy Quran: 26: 224,227)

32. WHY IS MAN ASKED TO CONTROL HIS ANGER?

It is well known that anger leads to all kinds of wicked actions. It can even result in Murder and the destruction of property. But have you wondered why it is so?

Today, science tells us that when one gets angry, the reasoning process, Biologically, the thinking, is delayed literally by 10 seconds. The thinking process and anger race with one another, and usually, the anger wins in the race. When you get angry and ignore your reasoning, for every 10 seconds of your delay in allowing your anger to take hold of your actions, it boils over 10 times. However, the moment you get angry, if you can control your temper for at least 10 seconds, you will find that you will start thinking. When you start thinking, you can control your anger and direct it in the right direction.

For example, people with road rage immediately act upon it, leading to all kinds of accidents and destruction around them. Most domestic violence is also caused by allowing our reasoning to go astray, the moment we lose our temper. Moreover, many ailments are connected with losing temper. If we let our temper loose, Blood pressure rises and may cause a stroke or heart attack.

*The Prophet said, “The Strong is **not** the one who wins another with his strength, but the strong is the one who can control his anger, and avoid harm to others.” — Sahih Hadith Bukhari: 6114*

One is also prone to many ailments when one suppresses their anger.

Then how are we to control our anger?

Prophet ﷺ advised: ‘When you feel anger, if you are standing, sit down. If you are sitting, lie down.’⁶³

Thus, a Muslim can control his anger by: Seeking refuge with Allah, keeping silent, not moving, knowing that resisting anger is one of the signs of righteousness, listening to reminders, knowing the bad effects of anger, and making du`a. Praise be to Allah.⁶⁴

Having experienced this in my personal life, whenever there is unrest or a sign of a quarrel, I begin to recite: “I seek refuge with Allah from Shaitan the rejected.” Immediately, those who have started the quarrel come to their senses. Alhamdulillah. Please remember this in your life., Make it a practice to seek refuge in Allah whenever you are in trouble. For Allah says: *Surah Fussilat, 41: 36*

“And if there comes to you from Satan an evil suggestion,
then *seek refuge in Allah*. Indeed, He is the Hearing, the Knowing.”

وَأَمَّا يَنْزِعَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ ۗ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ

⁶³ (Sahih al-Jami' al-Saghir, no.694, 695)

⁶⁴ <https://islamqa.info/en/answers/658/how-to-control-anger-in-islam>

33. WHY HAS ALLAH PROHIBITED HOMOSEXUALITY AND ZINA?

○ LGBTQIA is an abbreviation for LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX, and ASEXUAL, etc. While Islam forbids such acts, today these strange and evil types of Zina are introduced into society, by first introducing them to drugs that induce them to follow their desires as they wish. However, Allah prohibits these acts because they harm the natural way of life.

○ Allah says: "Your wives are tilth for you, so come to your place of cultivation however you wish and put forth [righteousness] for yourselves (to appropriately approach her). And fear Allah and know that you will meet HIM. And give good tidings to the believers." 2: 223

نَسَاؤُكُمْ حَرْثٌ لَّكُمْ فَاتُوا حَرْثَكُمْ أَنَّى شِئْتُمْ وَقَدِّمُوا لِأَنفُسِكُمْ - وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّكُمْ مُلَاقُوهُ - وَبَشِّرِ الْمُؤْمِنِينَ

The above words only mean that just as a man will till his land sparingly and give time for it to recover from its former yield of grain, man should treat his wife with care and not treat her like a child-yielding machine. Tafseer: Holy Quran, footnotes.

"And do not approach unlawful sexual intercourse. Indeed, it is an immorality and is evil as a way." 17: 32

Allah mentions the torment HE sent upon the people of LUT for having practiced Homosexuality^{15: 58-74}.

"And, the land which practiced it was rained upon by stones of layered hard clay" 11: 82

Now The Question Arises:

WHY HAS ALLAH FORBIDDEN HOMOSEXUALITY SO VEHEMENTLY?

1. EVILS OF HOMOSEXUALITY (SODOMY):

a. Allah HIMSELF explains it is a great Fahisha (dirty, shameless act). We find that these thoughts may result in blind ogre gatherings with sharing partners to reach the peak of dirty pleasure.

b. Innumerable incurable diseases have been attributed to these actions; like AIDS, Anal Cancer, oral stricture with incurable ulcers, etc. It has been proven that almost all of them will end up with one disease or another. (But this fact is hidden from the public)

c. It has no benefit to society. It ruins the procreation of human beings. With no lineage or family structure and the institution of marriage at risk, a decline in children born will end up with the end of humankind in society.

d. The family structure is destroyed. If this evil continues, there will be no increase in progeny. Imagine a scenario where 10 men and 100 women are left on a deserted island. In 100 years, you will have a thriving community of boys and girls. On the other hand, if these men and women practice LGBTQIA, in 100 years, you will find only the skeletons of 110 people. Imagine if the whole of mankind opts for this, will mankind continue to exist? When the answer is no, what is the justification for these perverted beings to try and convert all they meet towards their way of life?

e. Even the libraries (in the West) for small children have books promoting their ideas in such a blatant nakedness that even we adults are unable to read such content. It is the need of the hour to warn our children not to be attracted to such actions, which will bring about the ruin of our progeny.

2. REASONS FOR SUCH THOUGHTS TO PREVAIL IN INDIVIDUALS VARY, SUCH AS:

Doctors say:

1. Early childhood abuse
2. Not bonding with their parents
3. Experiments with siblings
4. Not trained from childhood against the evils.
5. Conditioning of the mind by the constant viewing of mobiles/ TV: Satan has entered every home!
6. Attractions towards the film line and modeling, which thrive in it.
7. Giving in to the pressure from the higher-ups to attain success in life.
8. Today, chemicals are introduced to induce same-sex feelings even in animals.

‘Scientists have discovered that certain chemical pollution containing endocrine disruptors like herbicide atrazine affects gender development in animals and humans. They cause changes in reproductive health and development. It has been found to cause homosexual behavior in frogs, giraffes, etc.

‘However, we find that in the West, especially in the USA, the LGBTQIA movement has taken it upon themselves to promote this repulsive activity, *falsely claiming that homosexual attraction is a natural inclination; genetically determined and immutable like the skin, eye, and hair color.*’ They assert that every individual has a right to do what he likes. In order to create a myth that the majority of children are born Gay, they have launched a movement to ‘recruit children as young as possible, and make them have the right of choice of gender selection, as well as encourage pedophilia, so that they feel it is their right to choose what sex they want and be free and shameless concerning it.’⁶⁵

If what they say is true, that a child is born Gay and ought to be allowed to be homosexual, why do they not allow robbery, murder, and other deeds? Does Science not say that such illegal activities are a result of their DNA and genes? When such offences are punished, is it not only right that homosexuality and all the evil that follows it, should be nipped in the bud, not only because they are the cause of many incurable diseases like STD and HIV, but also because the very survival of humankind depends on a pure and clean society with family and children to carry the progeny forward?

Today, Homosexuality is rampant, and LGBTQA is being induced into the minds of young children, thus ruining society, and the future of the world is at risk from such evil deeds. Many are at risk of AIDS and other diseases like cancer. Many new, worse diseases, that are not published, have popped up. Hence, many who are unaware ask: ‘When technology allows choosing what sex you want to be, why does the old-minded, superstitious society forbid us from having fun?’

⁶⁵ Source: Why Homosexuality is Prohibited in Islam by Abu Zaynab Abd ar-Rahmān al-Qawīm (z-lib_org)- pg. 39

When warned that they will die of illness, I have heard many youngsters say, 'We are already fed up with life, we would rather enjoy life before we die.' But they do not realize the horror they will have to face when affected by the consequences in the form of incurable and horrible diseases.

However, this fact is hidden by the media for the benefit of the drug mafia, who mint money at their expense. It only requires a visit to the hospitals in the USA to confirm what I have said. The drugs injected for the change of sex, and in the case of girls, to suppress their menstruation, are very harmful to the body and lead to cancer or worse diseases.

Alas, once they fall into this trap, they cannot get out of it and become slaves to drugs and alcohol that turn them into animals. They try to force their ideas upon the true and pious people who oppose them, to hide the true harm it causes.

Islam forbids such activities to warn our future generation, and make them realize and be saved from such temptations early in life, and live a long, healthy life. Therefore, it is important to know the truth. We must realize how the former prophets were sent as guidance to mankind and towards Tawheed, and to lead a disciplined life with justice and kindness.

3. WHY IS MASTURBATION PROHIBITED?

Masturbation is indulging in a self-satisfying sexual urge that arises from watching Fahisha (porn), in movies, films, or even bad thoughts that Satan may induce. Most indulge in this act so that they may not have to sin through illegal sexual intercourse.

However, it is a sin to commit anything that goes against the natural course of having sexual satisfaction with their spouses, and whoever cannot marry due to financial restraints should fast, as fasting diminishes their sexual power. This advice by the Prophet ﷺ in Sahih Bukhari hadith ⁵⁰⁶⁶ makes it clear that it is not right to satisfy our sexual urges in any other way.⁶⁶

- Allah orders men to remain chaste and not indulge in illegal sexual activities.^{23: 5-7/ 24:33}
- Excessive masturbation may cause damage to the nerves that allow ejaculation. This can cause premature ejaculation or even ejaculation during sleep. As a result, it reduces sexual satisfaction with one's spouse when they marry, causing dissatisfaction and discord.
- Over-indulgence in masturbation leads to many ailments connected with the nerves like diminished eyesight, weak nervous system, back pain, fatigue, and early ejaculation, and may inhibit sexual activities with your partner.'
- The guilt it causes, and the probability of missing prayers due to the inability to do Ghusl afterward, is another reason for it being prohibited.

⁶⁶ <https://islamqa.info/en/answers/329/is-masturbation-haram-in-islam>

4. **SOLUTIONS TO REPEL SUCH TEMPTATIONS:**

It is here that Islam stands apart from others. Islam believes in the adage: 'Prevention is better than cure.' 'In Islam, a person is not held accountable for merely having unlawful thoughts and desires unless such impulses are acted upon. Islam has prohibitions and commands for deeds that are beneficial to individuals and society at large.

'A Muslim is supposed to have clear boundaries in his conduct: His behavior should be noble, upright, and value the natural concrete foundations, upon which the family and Society can remain stable. Just as he does not give in to other temptations like gambling, intoxicants, anger, cheating, Riba, etc.

He must curb his temptations away from evil ways of sexual life that have no benefit to himself or Society.⁶⁷ (AND THIS STRUGGLE TO CURB OUR EVIL TEMPTATIONS IS CALLED JIHAD). We find numerous Hadith where the Prophet has warned us against actions that lead to incitement of wrong sexual feelings and shown us how to train our children from a young age to keep away from it. Our Prophet ﷺ has advised: 'When your children reach the age of seven, separate their beds...⁶⁸

"Separate their beds and do not let them sleep dressed lightly on the same bed, but if they sleep in their clothes without touching, that is permissible so long as there is no risk of fitnah." This includes males with males, females with females, and males and females. If the parents cannot afford it, either all should sleep together, or if two of them need to sleep in one bed, each one of them should be given a separate blanket to cover themselves, and not sleep under one blanket.⁶⁹

The world is now open to such ideas and encourages young minds to experiment with such evil actions. The Mobile is a fertile ground for such pieces of information.

Hence, parents cannot be complacent with just ordering them about. They must explain the harm behind such evil actions, and that they will end up in misery and diseases if they give in to such temptations. They should set an example by shutting off the TV or Mobile when it shows vulgar scenes that can induce them towards Fahisha. Thus, we should set an example for them to understand it. Their children should be taught that Islam takes pride in purity and clean habits, to prevent diseases and depression that would ensue later on in this life itself, apart from the torment in the Hereafter.

Last but not least, it is here that it is important to teach them to seek Allah's help. Salaat and Zikr should be enjoined for them from an early age before they begin to look around and get prone to temptations. It should be inculcated in the child's mind to seek the help of Allah whenever temptations assail them, and that Allah Alone can help them in such times of need. Allah rewards the righteous.^{17:9} / O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient."-2: 153

- يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

⁶⁷ Source: Why Homosexuality is Prohibited in Islam by Abu Zaynab Abd al-Rahmān al-Qawīm (z-lib_org)-1

⁶⁸ Al-Daraqutni narrated this hadeeth... classed as sahih by al-Albaani in Sahih al-Jaami', no. 418.

⁶⁹ <https://islamqa.info/en/answers/106242/is-it-permissible-for-her-to-sleep-next-to-her-sister-on-one-bed>

PART VI; WOMEN:

34. WHY DO WOMEN HAVE TO WEAR A HEADSCARF AND LOOSE CLOTHES?

The first point to be noted is that it is not only women who cover themselves. In Islam, we find that Muslim men, too, are nearly covered and wear loose clothing. In the Middle East, they have a head scarf and a tope that covers their full body. In India, too, most Muslim men pride themselves in wearing the kurta Pajama: a loose dress that covers their whole body without showing the shape of their body, as well as a cap for their head. In the Quran:

The first command is for the men to dress in loose clothing and lower their gaze, to prevent Fahisha. The next command is for women to lower their gaze and *cover themselves*, so as not to expose their shape or adornments that may arouse the evil Fahisha in men by seeing their shape. ^{24: 30, 31}

When we ask our women why the Hijab and covering their hair is ordained for them, most of them do not know the real reason, because no one has taught them. However, the Quran gives us a vivid explanation for it. We find that Allahut'alah has HIMSELF explained in Surah Ahza'b:

“O Prophet, tell your wives and your daughters and the women of the believers to bring down over themselves [part] of their outer garments. That is more suitable so that they will be known and not be abused. And ever is Allah Forgiving and Merciful” ^{33: 59}

يَا أَيُّهَا النَّبِيُّ قُلْ لَلزَّوْجِاتِ وَبَنَاتِكَ وَنِسَاءِ الْمُؤْمِنِينَ يُدْنِينَ عَلَيْهِنَّ مِنْ جَلَابِيبِهِنَّ
- ذَلِكَ أَدْنَى أَنْ يُعْرَفْنَ فَلَا يُؤْذَيْنَ وَكَانَ اللَّهُ غَفُورًا رَحِيمًا -

Thus, the Headscarf and the Hijab are a covering for the body so that we may be known.’

‘KNOWN FOR WHAT?’

The best explanation I found came from a beautiful speaker: Sister Aminah Assilmi ^(1945- 2010).

She says that when we do not know the reason, how can we expect non-Muslims to know it?

Thus, they naturally assume that women are subdued and, hence, are forced to cover themselves by the patriarchal society.

I am quoting her verbatim because I do not think there is a better explanation for this question:

- *“To be known that we are Muslim women. We are proud to be Muslim women.*
- *To be recognized that what you see before you is a woman of enormous strength, enormous courage, and integrity.*
- *This woman will not lie, will not cheat, she will be the best of employers as well as employees, the best advisor, the best counselor.*

- *That is a Muslim woman. You can trust her. (Our character also should reflect this claim).'*
- And it is a warning: 'O Yeah, who stands before you is a woman who knows her worth, she knows her value, she is not a toy. So do not even try to play with her.
- This is a woman you take seriously. My hijab lets people know straight up front that I want to be set apart from anyone else. I want you to know who I am, and this is what you have a right to expect from me. And this is what you can expect from me.
- Hence, when you approach me, leave your profanity somewhere else. I will not hear it.'

All around us, women are viewed as only sex dolls and treated as such. Though they call themselves civilized, this is the gospel truth. That is why the women of the West, whom we Indians have also begun to follow, roam about almost naked while their men are in full suits. A woman who pleases men through their sexual prowess is more preferred than those who come up the corporate ladder through their hard work. However, the zina and sexual diseases, which are a result of all those who pretend to be happy, are rarely publicized by the media. ⁷⁰

SCIENTIFIC REASONS:

A. As for the reason why women are not allowed to expose their body parts, the famous psychologist, Leon F. Seltzer, Ph.D., says that men and women experience sexual arousal very differently. Men are sexually stimulated visually; hence, they get *aroused at the very sight of the body parts* of women.⁷¹ (While women are aroused by touch or by gradual provocation).

- Arousal means not just attraction. Just as a person feels the urge to go to the washroom, a man feels the urge towards sexual acts at the very sight of the shape of a woman. Marriage provides a channel to satisfy this arousal.
- Today what with the vulgar scenes in the media and films, when the man does not have an obliging wife, or if he is single; unless he is GOD fearing, this arousal would result in sexual abuse or rape leashed out upon the more vulnerable weaker group of women and children.

B. Science today warns that wearing tight clothing hinders blood circulation, which can lead to many problems, including infertility and blood clots.

1. 'From skinny jeans and body shapers to way-too-tight neckties and that itchy woolen sweater, some of what we wear is not just uncomfortable — it is unhealthy. Too-tight clothing causes acid reflux and meralgia paresthetica: irritation of the nerves.
2. Changes in cerebrovascular reactivity, which relate to the dilation ability of arteries in the brain, are a potential marker for stroke.
3. Allergic reactions from synthetic material rubbing on the skin.

⁷⁰ Please refer to my book on ETERNAL GUIDANCE TO PEACE for further details.

⁷¹ <https://www.psychologytoday.com/us/blog/evolution-the-self/201205/the-triggers-sexual-desire-men-vs-women>

4. A 2018 study found that in men, lower sperm counts in people who wear tight underwear or tight jeans regularly can cause infertility. Those who stop wearing tight jeans and switch to loose garments have improved sperm count and chances for conception. This is because the testicles need air circulation and a cool environment.

5. A 2014 study by Trusted Source suggested wearing tight pants or underwear can cause yeast infections in women, in turn leading to infections in the uterus, which can lead to infertility. In addition, extremely tight undergarments (like shapewear, for example) can potentially cause your circulation to slow. Also, because shapewear is notoriously hard to remove, people may go to the bathroom less often, leading to urinary infections and kidney issues in men and women, and prostate enlargement in men.⁷²

35. IDDAH: WHY IS IDDAH PRESCRIBED FOR ONLY WOMEN AND NOT MEN?

We find in the Quran the explicit command that a widow must remain in Iddah for four months and ten days. —Surah Al-Baqarah 2: 234, while the Iddah is three months for those who are divorced. ^{-2: 228}

There are many reasons for this arrangement. It is obvious that even today:

1. A woman has to be protected, and her inheritance should be decided.
2. She will be the one who will be bereft of the emotional love of her spouse, which she has experienced all these days, and will need time to adjust her life to loneliness and self-sustenance.
3. The man must go to work to maintain the rest of his family. Only if a woman has no one to look after herself and her children can she go to work on condition that she does not beautify herself to attract other proposals.
4. The woman has to prove she is not pregnant because if she is, it is not right to marry while pregnant, and the inheritance of the child is at stake.
5. Remarriage cannot take place until a period of waiting removes all doubt about any existing pregnancy. 'Sa'id bin Musayyib and Abu Al-'Aliyah stated that the wisdom behind making the `Iddah of the widow four months and ten nights is that the womb might contain a fetus. When the woman waits for this period, it will become evident if she is pregnant.

< (The creation of a human being is put together in the womb of his mother in forty days in the form of a seed, and next he becomes a clot of thick blood for a similar period, and next a morsel of flesh for a similar period. Then, after four months and ten more days, Allah sends an angel who is ordered to breathe life into the fetus. Even if the marriage is not consummated, if the widow remarries another immediately, the paternity of the child is a question mark because she cannot prove that she had not had relations with her former husband before he died. Thus, to ascertain for sure that the widow carries a child, this period is decided by the Almighty.⁷³

⁷² <https://www.everydayhealth.com/pain-management-pictures/ways-clothing-can-make-you-sick.aspx>

⁷³ <https://www.answering-islam.org/Quran/Contra/iddah.html>

Science tells us that:

We have other reasons to be considered, although today we can say that there are means of proving pregnancy at an early stage. When we go through the science books, it has been discovered that:

- a. 'However much a woman declares herself equal in all fields to men, she cannot deny the fact that she is on the condition of the receiver, during her intimate relationship with him.'*
- b. A sperm reservoir in the Fallopian tube: 'The Fallopian tube provides a haven for sperm. A few thousand sperm swim through the uterotubal junctions to reach the Fallopian tubes (uterine tubes, oviducts), where sperm are stored in a reservoir, or at least maintained in a fertile state, until ovulation. ⁷⁴ Unlike the vagina, cervix and uterus, the tube does not respond to insemination with an influx of leukocytes (Rodriguez-Martinez et al., 1990).'*
- c. Vigorously motile sperm have been recovered from the human cervix up to 5 days after insemination (Gould et al., 1984), and the presence of sperm in mid-cycle cervical mucus forms the basis of the 'post-coital test' (PCT) (Mortimer... Sperm were recovered from the fimbrial segment of the ampulla in two women whose tubes were removed 5 min after insemination, even though they had been abstinent for at least 16 days.*
- d. Thus, scientific research has proved that the sperm are trapped in the folds of the fallopian tube even 16 days after coitus. It has not yet been proved how long the footprints of her husband remain in the body of a woman after she has had intercourse with her husband. Allahut'alah in HIS supreme wisdom has declared that a woman should not marry another man at least until four months and ten days, for this reason also.*

In the uterus, muscular contractions may enhance the passage of sperm through the uterine cavity. A few thousand sperm swim through the uterotubal junctions to reach the Fallopian tubes (uterine tubes, oviducts) where sperm are stored in a reservoir, or at least maintained in a fertile state, by interacting with endosalpingeal (oviductal) epithelium. As the time of ovulation approaches, sperm become capacitated and hyperactivated, which enables them to proceed towards the tubal ampulla. Sperm may be guided to the oocyte by a combination of thermotaxis and chemotaxis. Motility hyperactivation assists sperm in penetrating mucus in the tubes and the cumulus oophorus and zona pellucida of the oocyte, so that they may finally fuse with the oocyte plasma membrane.'

Therefore, it can be safely concluded that there must be a reason for the waiting period, which Allahut'alah has fixed for widows as four months and ten days. One of them is to cleanse her of the former footprints of her husband, so that she can marry another. This will avoid many diseases and confusions that may otherwise happen when a woman marries immediately after her husband dies.

36. WHY IS POLYANDRY PROHIBITED IN ISLAM?

While we search on Google, you will find that modern research indicates that it promotes polyandry, homosexuality, proximity, etc. Today, all the diseases that result from these activities are covered up and not made public, to encourage them for obvious reasons. Hence, although Modern Science

⁷⁴ < www.researchgate.net › publication › 7496330 > retrieved on Nov 30, 2005

declares that there are many polyandrous species common in animals and birds, it also declares, although grudgingly, that there are many disadvantages in this arrangement in Humans.

IN POLYANDRY

1. Human males are usually jealous of their partners having another and consider them rivals.
2. Polyandry can reduce the amount of paternal care males invest if they are unsure of paternity.
3. The primary grooves and the cervical crypts can entrap sperm and cause infections.⁷⁵ As sperm pass through the uterotubal junction and enter the tubal isthmus, they may be trapped and held in a reservoir.

Thus, polyandry has many disadvantages:

- 1) The causes of diseases: Polyandry leads to genetic conflict during pregnancy. Cell Loci of paternal origin in the offspring are predicted to draw more resources from the mother than are maternal loci, because males may not be the father of offspring produced later in the female's life. Such a genomic tug-of-war has been proposed to be a causative agent of human diseases, including preeclampsia and mental illness
- 2) Evolutionary consequences: Polyandry frequently causes mixed paternity within the clutches of individual females, meaning that similarly aged offspring may be half-siblings. This increase in within-family genetic diversity may have far-reaching evolutionary consequences.
- 3) Sibling rivalry: Ultimately, sibling rivalry, by the difference in relatedness between an individual versus their siblings, is predicted to be more intense in broods containing half-siblings.
- 4) STD (Sexually Transmitted Diseases): These infections likely have population dynamic consequences, particularly when the parasite sterilizes, but does not kill the host, leaving it to mate and compete with uninfected individuals. Confounding this problem is the prediction that males should often be selected to invest less in avoiding disease or clearing infections than females. Lowered male immune defense should exacerbate sexual conflict over mating rates in the case of STIs, and turn males into easy targets for pathogens, in turn increasing the incidence of disease in females.'
- 5) Lower Productivity Rate: There is abundant evidence that the female lifetime productivity is reduced by male adaptations to polyandry.
- 6) Increase in desertion: Polyandry leads to less care and more desertion.⁷⁶

⁷⁵ (Reproduced, with permission, from Kessel and Kardon [1979]).

⁷⁶ Sperm transport in the female reproductive tract, S.S. Suarez, A. A. Pacey> Human Reproduction Update, Volume 12, Issue 1, January/February 2006, Pages 23–37,

IN CONCLUSION: ⁷⁷

- It adversely affects women's health, since women with multiple husbands are more prone to STDs.
- It destroys the family, which is the foundation of a healthy society. It is usually NOT easy for a woman to perform her duties as a wife and a mother if they have several husbands
- Women undergo several psychological and behavioral changes due to different phases of the menstrual cycle. It increases sterility among women/ It causes population problems / It increases the number of divorces / It threatens social progress / It may cause identification problems for the conceived child.

All this shows the great wisdom behind Allah prohibiting polyandry while allowing Polygyny, which results in the opposite of the above conditions.

37. WHY THE DIFFERENCE IN CLEANSING THE URINE OF A FEMALE AND MALE INFANT

The Prophet ﷺ said, 'Water should be sprinkled over the space where the baby boy's urine falls, while for a female's urine, it should be washed.'⁷⁸ This rule is allowed only as long as the baby sustains on breast milk, and does not eat food. '— Fiqh and differences between the two nursing infants:⁷⁹

Although both urines are impure, this ruling is based on many scientific reasons.

WHY?

1. The urine of a boy spatters here and there, so it is difficult to wash it, and the urine of baby girls spills in one area, and there is no difficulty in cleansing the soiled area.
2. Second, the urine of a female, even when she is a baby, is more noxious and foul-smelling than the urine of a male. This is because the temperature of the male's body is hotter than the female's. This heat reduces the smell.

On scanning through the Scientific sites, I came across the following, which I have summarized:

*'Newborn girls will often still have vernix (the white sticky coating on the skin) in the vulva between the labia... It will gradually dry up and come off when you wipe with diaper changes. Newborn girls may have a slight vaginal discharge, which may be tinged with blood.'*⁸⁰

*A study found that a child's urine is not sterile: A pilot study evaluating the pediatric studies state that 'The vagina is designed to be moist, so discharge at every age is normal. Typically, you will see only small amounts in infants and young children, and it is usually clear, white, or slightly yellow and odorless.'*⁸¹

⁷⁷ According to Salam Islam: Answered Jan 22, 2017

⁷⁸ Sunan Ibn Majah 526: source: Sunnah.com

⁷⁹ < <https://www.islamweb.net/en/fatwa/83281/ruling-on-the-urine-of-boy-and-that-of-girl> >

⁸⁰ < <https://my.clevelandclinic.org/health/diseases/24281-smegma> > 7 Jun 2020

⁸¹ < <https://babygooroo.com/> > reference in the advice

*'Newborn baby girls may have a small amount of vaginal discharge, which is usually normal and odorless. This discharge is often white but can also be bloody or milky. Vaginal discharge in a baby girl does not require any special treatment.'*⁸²

All the above shows the great wisdom behind the advice of our Prophet ﷺ regarding the baby's male and female urine. When we observe the vaginal region of the girl, we can see some secretion that usually gets mixed with the urine and hence has to be washed.

38. WHY IS CIRCUMCISION FOR MEN A PART OF THE SUNNAH IN ISLAM?

Mr. Zakir Aijaz, in his book, 'How to Bring up Muslim Children' says: "The word Circumcision means 'cutting off the extra foreskin covering the glans penis, or surgically removing the lower portion of the glans penis, which forms its fringe in a circular shape.'

1. Although circumcision is not an invention of Islamic custom, our Prophet (ﷺ) has advocated it, only because it is part of Fitra (to be clean), similar to shaving the pelvic region, cleaning the hair of the armpit, cutting short the mustache, and clipping nails.
2. The main reason for this is that as the foreskin covers the glans penis, drops of urine and magma infiltrate into it, leading to unhygienic conditions. And cleanliness is one of the conditions for ablution for prayer (Salaat). A man's Salaat will not be accepted if he has not perfectly cleaned himself!
3. It is one of the basic demands of human nature and is imbibed by Islam as an Islamic practice.
4. It is a mark of distinction between the Muslims and the followers of other religions.
5. It is an acknowledgment of being God's servant, obedience to Him, and a sign of bowing before His Sovereignty.
6. ***"Medically speaking, Circumcision comprises hygiene and protects men against disease.***
7. *Amputation of the foreskin saves a male from the oily substance- 'Magma' that accumulates beneath the skin and causes a foul smell.*
8. *The circumcised individual is less addicted to masturbation!*
9. *The earlier a boy is circumcised, the less he will be in the habit of urinating in bed*
10. *The penis of an uncircumcised person remains beneath the foreskin at the time of erection and this is harmful to health.*

⁸² < <https://www.parents.com/why-your-baby-girl-has-discharge-4083038> > 17-01-2025

11. *A circumcised person is generally immune to cancer. The male whose skin is narrow develops the cancer of the penis, and so circumcision saves man, regardless of the religion he follows.”⁸³*

World Opinion on Circumcision:

“...In the United States, it is often done before a new baby leaves the hospital. According to the American Academy of Pediatrics (AAP), there are medical benefits.”⁸⁴ We find that, though Circumcision was considered an Islamic ritual, today it has been accepted on medical grounds by doctors and recommended for all men. Many nurses I interviewed in 2021 stood witness to this fact. They informed me that they have seen many non-Muslim men, who have not been circumcised, having horrible infections.

There is a surge of demand for circumcision in foreign countries, and doctors are being trained more and more in this surgery. In America, it is recommended for a boy to be circumcised within the sixth day of his birth, and in Africa, it is imbibed as a common practice, whatever religion he may belong to!!!’ There is enough evidence on the health benefits of circumcision, including reductions in both urinary tract infections (UTIs) and sexually transmissible viral infections —⁸⁵ (However, UN health agencies have given a guarded welcome to US trials in Africa showing that male circumcision halves the risk of HIV infection in men of normal heterosexual relations, but they warn that ‘this cannot be guaranteed for homosexuals, nor, who go out of wedlock for their satisfaction’- Jennifer Singer, MD, a UCLA pediatric urologist.

‘The specific health benefits of circumcision include a lower risk of:

- a. Certain penis conditions: · These penile disorders include balanoposthitis (inflammation of the glans and foreskin), paraphimosis, and phimosis when the foreskin gets stuck out of place.*
- b. Cervical cancer: Female sex partners of circumcised men are less likely to get cervical cancer.*
- c. Penile cancer: Men who had circumcisions are less likely to get cancer of the penis.*
- d. Sexually transmitted infections: Men who are circumcised have a lower risk of STIs.*
- e. Urinary tract infections: UTIs are more common in uncircumcised males. Circumcision is the most common surgery among males.*
- f. In the United States, up to 60% of baby boys are circumcised. Around the world, the rate is about 33% of males. The highest rates of circumcision are in the U.S., the Middle East, and South Korea. It is much less common in Europe, other parts of Asia, and South America. Jewish and Muslim people perform circumcision as part of their religions.’⁸⁶*

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⁸³ ---- (Zakir Aijaz—How to bring up Muslim children.)

⁸⁴ <https://medlineplus.gov/circumcision.html>> Page last updated on 2 August 2021

⁸⁵ <https://www.uclahealth.org/vitalsigns/health-benefits-of-circumcision-promoted-but-the-choice-remains-a-personal-one->> retrieved on 19-3-2022 (not available today on 2-2-2025)

⁸⁶ <https://my.clevelandclinic.org/health/treatments/16194-circumcision>> retrieved on 19-3-2022

39. WHY SHOULD A WOMAN HAVE A MALE COMPANION WHILE GOING ON A JOURNEY?

Prophet (ﷺ) said: “It is not permissible for a woman who believes in Allah and the Last Day, to travel for one day and night (24hrs), except with a Muharim”⁻⁸⁷

The Imam, Al-'Allamah 'Abdul-'Azeez Ibn Bāz says; Many hadith of the Prophet ﷺ say: it is not permissible for a woman to embark on a journey except with a Muharim. As for normal moving around within the city or town, and to the limits of the city, then she does not require a mahram if she is in the company of other women or she is in a safe locality; in a safe and secure township where she does not fear anything, then there is no problem in her moving about the area, to fulfill her needs. But where there is a hazard of jeopardizing her safety, she will require a bodyguard to safeguard her from unscrupulous men who can harm her.’⁸⁸ Women often consider this a restriction on their freedom. They ask:

‘When Hijab is there to protect us, why do we need a man to accompany us?’

However, even when in a Hijab, it is not safe to travel alone in an area where there may be unscrupulous men who roam on the lookout for easy prey. If she has to travel long distances and during the night, surely it is not safe to go alone! This fact will not be denied even today, where robberies and rape is rampant in society. Then what is wrong with this restriction?

Why do VIPs need ‘guards’ and ‘Black cats’?

Why are the chief guests invited to a function accompanied by a guard of honor onto the stage?

A chaste woman is a VIP in her own right, whom Allah has bestowed upon her.

Instead of a woman having to wear flimsy clothes and accompany men to the stage for functions as guards of honor.

Just as VIPS are given extra protection to guard them against any harm, she is accompanied by a man to guard her!

Is this not really a privilege? She ought to feel honored to have a ‘guard of honor.’

A Muharim (a Man whom she will not marry in ordinary circumstances, like father, father-in-law, brother, or her husband) should accompany a woman, not because she is his slave, but because she needs a guard and one who can protect her from other thugs or sexually perverted beings.⁸⁹ For this, he himself must be a close relative who honors her chastity.

In today’s world, the situation is as bad as it was 1450 years ago. Men should realize this fact. They should know the importance of honoring their women and not ordering them about, considering them a slave, as is the norm today.

This does not mean she cannot step out of the house without a guard. (Sahi Bukhari vol. 8, H. No. 5237)

If women want to go to the masjid, the men should allow them to go. — Sahih al-Bukhari 5238

Thus, a woman can go out for her needs and fulfil her duties, where the place is safe and within reach of her people, in case of emergencies. *If each individual (men or women) realizes the great*

⁸⁷ Vol. 2, S.B. H. No. 194/ Sahih al-Bukhari 1086/Riyad as-Salihin 989

⁸⁸ – (Sahi Bukhari vol. 8, H. No. 5237)

⁸⁹ (Tafseer 4580—Holy Quran)

benefit behind Allah's commandment, then there would be no controversies or rancor between them.

40. IS A WOMAN HALF COMPARED TO A MAN?

There is a misconception among many Muslims themselves that Allah has mentioned in the Quran that a woman's status is half that of a man. THEY QUOTE AS PROOF:

The first instance is: the Verse in the Quran ^{2: 282}, where Allah says, "If you do any transaction with money, you should get it written by a scribe and have 2 male OR one man and 2 women as witnesses, so that if one forgets, another will remind."

However, they do realize the great wisdom behind this command. Some Muslim men often misuse this verse to prove that a woman must be a liar and cannot be depended upon! This concept is wrong, and the honor of women is at stake when we do not know the true reason behind Allah's Order!

Allah tells this because Man is the authority in money transactions, most of the time. It is the majority considered here. We cannot deny that men do most business transactions even today.

We may ask, 'Why? Is the woman so fickle-minded that she will not remember anything and needs another woman to remind her?

Science tells us that a woman has moments when she is preoccupied with her health (Monthly periods, birth of a child, or Menopause). Her hormones play havoc and cause bouts of forgetfulness!! In important matters like accounts and numbers, the risk of this forgetfulness cannot be taken lightly.!

OR,

She may be coerced into submission by her unscrupulous husband. At times, she may be too weak to stand for justice! During such times, another may have to remind her. NO Injustice should take place in case of money transactions. That is why Allah (Subhanat'alah), in His Great Wisdom, has mentioned it. As for being a witness for other crimes, equal numbers of men or women are sufficient as witnesses. For example, murder, rape, theft, etc.: and Allah orders "to stand firm for justice even if it is against themselves or their kith and kin" -Al-Quran, 70:33

On the other hand, the Jews and Christians forbade women as witnesses. Even if they are accused of illegal activities, their women have no right to prove their innocence themselves! Their parents had to prove their innocence for them! And as late as the last century, the Christian West debarred women from giving witness. Even today in Israel, women are not allowed to give evidence in rabbinical courts!

The second instance given to prove that a woman is only half of a man is that a woman is given only half of what a man gets as an inheritance.

41. WHY DO WOMEN GET ONLY HALF INHERITANCE?

Allah, in HIS great wisdom, has done no injustice here.

The justice behind the difference in share between man and woman is that the man has responsibilities towards providing for his family, parents, and kith and kin. A Muslim man, if he has the means, must see to it that his close relatives are at least not deprived of the basic necessities of life.

Allah has made Man responsible for the well-being of his wife and children, and his parents and sisters in need. On the other hand, every penny a woman spends from her money, even for the upkeep of her own family, is considered charity. This means that *a man will be sinning if he does not care for his parents and sisters while keeping his wife and children well off.*

In addition, Husbands have been enjoined to give part of their wealth in dowry and are duty-bound to financially support their wives irrespective of their wives' ownership and financial abilities, whether multimillionaire or poor.

On the other hand, a woman has no such obligations, as far as the maintenance of the home is concerned. However, if she helps in the household, or her family or relatives with her money, she will get an extra reward.

“The true believers spend from the wealth; WE have made you trustees. And such of you as believe and spend, theirs’ will be a great reward” 57:7 -

آمَنُوا بِاللَّهِ وَرَسُولِهِ وَأَنْفَقُوا مِمَّا جَعَلَكُمْ مُسْتَخْلِفِينَ فِيهِ ۗ فَالَّذِينَ آمَنُوا مِنْكُمْ وَأَنْفَقُوا لَهُمْ أَجْرٌ كَبِيرٌ

We must remember that we are only trustees of the wealth that Allah Subhanat’alah has bestowed on us, and we must distribute the wealth as HE Has Ordained!

*In other words, the wife’s property is hers. This is the fourth and soundest opinion of nearly all Madhabs. In addition, she has a share in her husband’s wealth too.*⁹⁰

*In general, if we calculate what conditions men or women have to fulfill their responsibilities, we can see that the net result is again the same. This implies complete equality between men and women in Islam.*⁹¹

- Thus, we find that as early as 1455 years ago, Islam was the only religion that gave women full control over their wealth, without anybody interfering with it without her consent!

To summarize the whole matter:

If a woman helps out her husband, with her wealth when he is poor, she can claim it back when he grows rich, for it is his duty to maintain the family and not hers!!!!—I.e., if her husband is going through a financial crunch, if she helps him out, she will be getting double the reward and yet she can claim it back!!

⁹⁰ <https://islamqa.info/en/answers/4037> > al-Mughni, 4/513; al-Ansaaf, 5/342; Maaani al-Athaar, 4/354; al-Baari, 5/318; al-Awtaar, 6/22).

⁹¹ <https://medcraveonline.com/AHOAJ/the-concept-of-responsibility-of-men-and-women-in-islam.html>

- Moreover, she can retain the wealth she earns through her hard work. No one has the right over it but herself-- 'To man is allotted what they earn, to woman what they earn' ^{14:32}
- She has full authority over the dower (Mehr), which is given to her by her husband during the marriage, and any gifts he may have given afterward.
- She need not return it, even when divorced!!
- So, ultimately, it is the woman who is left with more property than her counterpart!!!!
- The girls' parents are not under any obligation to present a gift to the groom.
- The woman does not offer dowry to attract prospective grooms, while the groom must offer Dower as a marriage gift, which is considered her property.
- She retains her independent legal status and her family name.

THEREFORE, WHEN A MAN HAS SO MANY RESPONSIBILITIES, INCLUDING THE MEHR HE HAS TO OFFER HIS WIFE AT MARRIAGE, IF HE GETS AN EQUAL SHARE AS INHERITANCE, IT IS NOT AT ALL JUST (Source: Ibn Khathir).

42. WHAT ARE THE DUTIES OF THE SPOUSES TOWARDS EACH OTHER? WHY?

a. A point to note here is that some women disagree with their husbands when they spend on their parents or relations and consider themselves and their children, the sole beneficiaries of their husband's wealth!

This selfishness is one of the reasons for many discords and quarrels among spouses, where the husband is trapped between his duties and the nagging of his wife!! She should remember that if she prevents him from performing his duty, she will be held responsible on the Day of Judgment.

A wife who does not allow her husband to spend on his parents and others as Allah has ordained is committing a great sin: Devouring the wealth of others. Similarly, unless she is being unreasonable, if the wife has surplus wealth, he should not prevent her from spending on her parents, if they are in dire need, or on charity, within reasonable bounds!

b. - The Prophet ﷺ has declared that every individual has responsibilities to maintain. ⁹²

The King is responsible for his subjects' welfare,

The man is responsible for the provisions of his wife, children, and parents.

The woman is responsible for the welfare of the household,

The slave is responsible for the safety of the wealth of his owner...

c. *While the man is commanded to be kind to his wife and children and treat her with respect and dignity, the woman has to be obedient to her husband, respect him, and reciprocate when he approaches her. This is because the very aim of marriage is to save oneself from Fahisha.* ^{Al-Quran, 4:34}

⁹² Sunan Abi Dawud 2928 / Jami` at-Tirmidhi 1705 – Source: Sunnah.com

The Messenger of Allah ﷺ said: 'When a man calls his wife to bed and she refuses, and he goes to sleep angry with her, the angels will curse her until morning.'" (Narrated by al-Bukhari, 3065; Muslim, 1436)

Hence, unless she is ill or too tired, she should be ready to reciprocate his sexual approaches and not repel him.

d. Women are responsible for protecting their men's interests in their absence. She should be able to manage the household within the means of her income, and not nag him for more. If she can, she can earn the extra money she may need, and lessen the burden of household expenses.

- *She should not demand her rights over her duties.*

- On the other hand, if she is earning, it would be better if she discussed her financial expenses with her husband before indulging in spending it. This is the etiquette on her part, while the husband also should give sound advice and not consider all her wealth as his, and prevent her from spending reasonably for her parents and in charity. This method helps in creating unity and love between the spouses.

e. All said and done, in most families, the inheritance, due to the daughter, is usually ignored.

- The parents either gift their wealth in their lifetime to their sons, thus making their daughters devoid of their rightful share, OR,

- In case of the death of the parents, the sons pretend to wait to sell their ancestral home and postpone giving the share to their sisters. Ultimately, the sisters get cheated. The share should be distributed as soon as possible to prevent any injustice.

- *The Prophet ﷺ said: "Whoever seizes a handspan of land unlawfully, will surround him to the depth of seven earths."* Sahih al-Bukhari Hadith; 2454

- *Allah warns: "Verily, those who unjustly eat up the property of orphans, they eat up only fire into their bellies, and they will be burnt in a blazing Fire"* — Surah An-Nisa, 4:10

- *"And eat up not one another's property unjustly (in any illegal way, e.g., stealing, robbing, deceiving), nor give bribery to the rulers (judges before presenting your cases) that you may knowingly eat up a part of the property of others sinfully"* 2:188 - *"Do not think you can escape in this world"* 24:57 -

We need not be complacent that we will not be punished in this world! The money earned by cheating our siblings will not avail us when we need it the most, and we find many a household destroyed by such means! In my experience, many children of such who cheated have turned delinquents, while those who were cheated are in high positions by the Grace of Allah!!

f. An important point to note is how Allah warns us ^(64:14) regarding the family:

- *"Verily among your wives (spouses), and children there are enemies for you, therefore beware of them."*

This verse means that his blind love for his wife and children should not prevent him from doing his duty towards others, especially his parents, and kith and kin! Even if she instigates him against it, he should stand firm for justice and perform his duty perfectly.

- And, Allah reminds us, *“Your wealth and children are only a trial, and with Allah is a great reward (for those who behave justly in all matters). Just as when your spouse can be your enemy, your wealth and children can be your enemy.”* 64:15

Your Wealth? If by it, you tend to be haughty and indifferent to the etiquette of Islam.

Your children? If you go to any extent to earn through unlawful means, to fulfill the unlawful demands of your children, then they are an enemy to you!!

- Only if he is spending beyond the limit, not caring for his wife and children, can he be brought to task, for he should remember that they depend on him as Allah has ordered him.

That is because: *“Allah does not love the arrogant and the Vainglorious”*— 4: 36,37

*“And let not your hand be tied (like a miser), nor stretch it forth (like a spendthrift) so that you become blameworthy and in severe poverty!”*17:29

“Those who are misers and enjoin miserliness---- and who turn away from Allah—Then Allah is ever Rich, Worthy of all Praise!” 57:24

If the husband does not give his wife and children enough money for survival, she has a right to take a reasonable amount from him with or without his knowledge. Sahih al-Bukhari 5364

Consequently, women have the independence to keep and defend their individual and public rights. However, they must **respect their husbands** and try to please them. The Prophet ﷺ has said that a woman who dies pleasing to her husband will reach the highest position in Heaven. Riyadh as-Salihin 286

He has also said, *“The believers who show the most perfect Faith are those who have the best behavior, and the best of you are those who are the **best to their wives.**”* Riyadh as-Salihin 278

g. Another important matter to be noted is: Many women, especially if they are working, get frustrated when they have small children and expect their husbands to help them take care of them. And discord and fights ensue when he does not respond, either due to exhaustion from work or laziness. Both should realize the difficulties each other faces and try to adjust and talk things out before things get out of hand. They should realize that this phase will pass once the children grow.

BE AWARE: SATAN IS EVER READY TO SOW DISCORD BETWEEN THE SPOUSES.

“They (the Shayateen) cause separation between a man and his wife. But they do not harm anyone through it except by permission of Allah.” AL-QURAN 2: 102

فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ

THEREFORE, INSTEAD OF FIGHTING FOR YOUR RIGHTS, BETTER UNITE TOGETHER TO FIGHT HIM.

43. WHAT MAKES US THE WAY WE ARE? IMPORTANCE OF THE ROLE OF THE MOTHER.

A woman has a very important role to play in family life and the children she bears.

Recently, science has answered many questions that were not answered before.

Why are some people predisposed to be anxious, overweight, or asthmatic?

How is it that some of us are prone to heart attacks, diabetes, or high blood pressure?

The answer has so far been as follows:

1. Because it is in our genes.
2. Because of our childhood experiences, how we were treated, and what we took, especially during the first 3 years.
3. Or, from the lifestyle choices we make, as adults, what kind of diet we consume, how much exercise we get, etc.

But research in the field of fetal origins has revealed that there is one more reason:

Another more powerful source of influence you may not have considered;

Your life in the fetus.

The kind and quantity of nutrition you received in the womb;

The pollutants, drugs, and infections you were exposed to during gestation.

Your mother's health, stress level, and state of mind while she was pregnant with you;

All these factors shaped you as a baby and a child and continue to affect you to this day. The conditions we encounter in the uterus shape our susceptibility to disease, appetite, metabolism, intelligence, and temperament.

It also shows fetal origins of cancer, cardiovascular disease, allergies, asthma, hypertension, diabetes, obesity, mental illness, and conditions associated with old age like arthritis, osteoporosis, and cognitive decline.

This may make us think that if we are given good food, play Mozart to a pregnant belly, and the like, it would be fine. But it requires far more than that.

Much of what a pregnant lady encounters in her daily life - the air she breathes, the food and drinks she consumes, the chemicals she is exposed to, and even the emotions she feels is shared in some fashion with her fetus. The fetus incorporates these offerings into its own body, making them part of its flesh and blood!!

'Often it does something more: It treats these maternal contributions as information, biological postcards from the world outside. What the fetus is absorbing in utero is not Mozart's Magic Flute but the answers to questions much more critical to its survival.'

Will it be born into a world of abundance or scarcity?

Will it be safe and protected? or,

Will it face constant dangers and threats?

Will it live a long, fruitful life or a short, harried one?

Therefore, if you want your child to be born healthy, not only that,

If you want it to be safe from all the abnormalities and problems of life in the future, the mother should be protected from these things in the first place.

For example;

e. If the mother gets poor nourishment, the fetus, faced with inadequate food, diverts nutrients to its most important organ: the Brain. This can reciprocate to its lack of nourishment by causing a weakened heart decades later. Hence, the man is prone to heart disease at 50 because he had less nutrition when he was in his mother's womb!!!!

f. If you want your child not to be overweight in his later years, you should control your diet and try to be of normal weight.

g. If you do not want your child to suffer from diseases like diabetes, try to conceive when all these diseases are not in you. (*Better marry early during your fertile years, 15- 25*)

Exposure to maternal diabetes in utero accounts for most of the increase in type 2 diabetes among children born to mothers who were over 30 years old.

It has also been found that the intrauterine environment is a third pathway by which mental illness is passed down in families:

1. Schizophrenia—if you do not want your child to develop this disease, avoid living with stress. Be calm.

2. Depression: Increased rates of premature delivery and low birth weight among babies born to depressed women. Scientists are also discovering the possible links between a mother's mood and the fetus's sensitivity to stress, and perhaps even the temperament it exhibits after birth!!!

3. Mothers being exposed to pollution in the environment leads to subtle DNA damage --- damage that has been linked to increased cancer risk. Further analysis found that such children are twice as likely to be cognitively delayed at age 3, have low performance at school, low IQ, etc.
4. A pregnant woman's mental status can shape her offspring's psyche. Research indicates that even before birth, the mother's mood may affect a child's development.
5. A stressful person may have his behavior drafted during the fetal stage itself when he was in his mother's womb because the fetus's nervous system is already being shaped by his mother's emotional status. The woman's heart rate and blood pressure, or their levels of stress hormones, could affect the intrauterine milieu over the nine months of gestation, influencing the individual's first environment and thereby shaping its development. ⁹³
6. The brain development, specifically that of the hippocampal system, which is heavily involved in learning and memory, is adversely affected by prenatal stress and stress hormones during gestation, creating lasting effects on learning and memory." - Studies were done by the Columbia Center for Children's Environmental Health. ⁹⁴

SOLUTION:

How can we prevent these problems that cause ailments to the fetus, which affect the temperament and health of the future individual?

- Science proves that yoga is a very good method to control our moods and anxieties. *What better yoga do we need than the Salaah, which Allah has ordered? Has not Allah shown the way for our good in this world and the Hereafter as well?*
- The best way is to constantly ask for Allah's Help and put our full trust in HIM.
- Salaat and reading the Quran help to maintain a calm mind and peaceful existence for the mother and child.
- That is why a mother is given so much importance. The future of the child in the fetus depends on *how the mother is dealt with during gestation*. The mother-to-be should be given the utmost care and love, and not disturbed emotionally. If she wants her child to be strong and of good health and character, she should spend more time in zikr and reciting the Quran to give her solace.

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⁹³ <http://cumc.columbia.edu/dept/mailman/ccceh---> 4-10-2010

⁹⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5052760/>> Obstet Med. 2013 Jun; 6(2): 52–57.
Published online 2013 May 3. Doi: 10.1177/1753495X12473751

44. WHY SHOULD WE NOT SAY NAMAZ DURING OUR PERIODS?

ARE WE ALLOWED TO TOUCH THE QURAN DURING THAT TIME?

During menses, our body requires rest. Allah, the ALL-KNOWING, has given women the privilege of not saying namaz during their periods for this very reason. The reason not to hold the Musaf during our periods is that we are in a state of uncleanness, which causes disrespect to the revelation of Allah. However, the Prophet ﷺ has said that we can recite the Quran without touching the Musaf. Hence, reading with gloves on, or from the mobile, is allowed because our mouths are not unclean even during periods. And, ALLAH KNOWS BEST.

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45. WHY ARE THERE NO FEMALE PROPHETS?

Allah announces in the Quran, “No Prophet came to the people, but they used to mock at him. --^{36:30}. In other places, it is mentioned that “No prophet was sent, but they were persecuted and harmed and killed or punished.”

The status of Prophethood is not a bed of roses, and a woman is supposed to be respected and cherished like a flower. Not to be thrown into the storm of this life’s adversities.

Moreover, when a woman had a status of only a slave or worse, how could she be expected to be appreciated, or accepted by even a few? The first to oppose them would have been women themselves!! And you may well imagine what men would have done to them in a world where they do not even leave alone a child of 2!!!

Hence, Allah Subhanat’alah in His Wisdom has not chosen women as Prophets.

Instead, many women have been mentioned as role models for women, like

Aasiah -- wife of Pharaoh, who was constant in her Faith that

None is worthy of worship other than the One Allah, and bore all her husband’s tortures, and,

Maryam (Mary) -- who was an epitaph of chastity, ---*Al-Quran, 66: 11 & 12*

The mothers of the Prophets and the Imams are held in great honor for grooming their sons into righteous and good human beings. It is because of the sacrifice of these noble souls that the world has such great scholars like Ibn Taymiyyah, Imam Bukhari, Imam Muslim, and others.

- The mother of Imam Bukhari is a typical example: when her son was at a young age, he lost his sight, and her mother constantly prayed to Allah to return his sight so that he may become an imam and propagate the true concept of Islam to the world.

- Wonder of wonders, Imam Bukhari regained his sight and became one of the foremost in collecting Sahih Hadith, which he could memorize back to front, and earned the name of the most just and truthful in the golden chain of Hadith collection.

PART VII: DUTIES TOWARDS ALLAH:

46. WHAT IS JIHAD? WHY IS JIHAD PRESCRIBED IN ISLAM?

First and foremost, it is essential to understand the meaning of Jihad in Arabic if we want to know what Jihad truly means. The conception that Jihad means holy war, fighting, or armed conflict, is false.

Jihad truly means struggle. When we struggle to lead our lives according to Allah's command, that is called JIHAD FEE SABEELILLAH (struggle in the way of Allah). When we know that the results of all that Allah has forbidden are for our benefit, we can understand that the struggle we have to undergo to keep ourselves from all the evil is the only means to save the world from corruption and ruin.

Thus, JIHAD is to:

- ✓ Speak nicely to people, *even when they are rude to us!*
- ✓ It is jihad to smile at others, *even when you are not in the best of moods.*
- ✓ It is jihad to refrain from intoxicants, backbiting, and other vices *even when you are tempted towards them.*
- ✓ It is Jihad, an inner struggle, personally to live our lives pleasing to Allah.
- ✓ It is jihad to speak the *truth in the face of a tyrant.*

However, when a robber attacks us or our family, we cannot stand still watching them take away our precious wealth or women. *Here, it is jihad to fight in self-defense. It is here that Jihad is mentioned, concerning fighting.*

Islam does not recommend anyone to be a terrorist. We cannot and should not force or terrorize others to believe or follow our way of life. Allah prohibits it in the Quran (2: 256), and our Prophet ﷺ never forced anybody, even the prisoners of war, to revert to Islam.

Even during war, Allah commands: "If any one of the polytheists seeks your protection, then grant him protection so that he may hear the words of Allah. Then deliver him to his place of safety. That is because they are a people who do not know" Al-Quran, 9: 6.

This is because the belief that there is NO OTHER GOD WORTHY OF WORSHIP" has to come from the heart. When he won Mecca in a bloodless coup, our Prophet ﷺ forgave all those who had

caused him harm and tortured him and his followers. The behavior of our Prophet ﷺ was such that anyone who approached him used to wonder how he could be so patient with those who had abused him.

Jihad in opposing others from causing harm to us and our community, due to their ignorance, comes in place when; if we are not allowed to follow our ways, we will have to struggle within ourselves to find means to counter their attacks whether it be through kindness of speech, or prevent harm by hand. And, if we cannot do so, at least by being remorseful about the happenings in our minds. This is the lowest form of Jihad. “Whoever among you sees an evil action, then let him change it with his hand [by taking action]; if he cannot, then with his tongue [by speaking out]; and if he cannot, then with his heart – and that is the weakest of faith.” sunnah.com › an-Nasai:5008

47. SCIENTIFIC BENEFITS OF WUDHU:

We all know the spiritual benefits of wudhu- Ablution. Performing wudhu grants us forgiveness for our sins. When washed with the water of Wudhu, it grants forgiveness for our small sins, to every part of the body, and makes our face glow during the Day of Qiyamah.

But do you know that this performing ablution has great scientific benefits for us, in this world?

1. *It has been scientifically proven that being clean will save us from many diseases.*
2. *Blood circulation improves. The pressure points get activated, and many intestinal diseases can also be avoided.*
3. *The common people came to know how important it is to wash their hands before eating something, only as late as the COVID-19 pandemic. But it is imbibed in us, Muslims, from our young age, whether during wudhu or otherwise.*
4. *Through constant massage, Blood circulation, which is less active in the arms and legs, improves, and prevents blood vessels from shrinking. This prevents heart problems and other circulatory diseases.*
5. *By moisturizing our arms and feet, the ultraviolet rays that constantly attack our exposed parts are ineffective, thus preventing their ill effects.*
6. *By cleaning the nostrils and throat, the Lymphatic glands that help the immune system are stimulated, thus destroying any disease-causing germs from being harbored.*
7. *The bad effects of static electricity that causes wrinkles in the face can be avoided simply by doing Wudhu several times a day.*

8. *Washing the face invigorates facial skin and helps prevent early wrinkles. It also helps invigorate the end of the blood vessels, as well as the nerves and glands near the skin's surface. This helps them perform their functions properly. (That is why we see the faces of those who regularly do Wudhu, glowing without any makeup or cream!)*
9. *Washing hands prevents the transmission of various contagious diseases. And, washing the face recharges the intestines, stomach, and bladder, and has a positive effect on the nervous and reproductive systems, because of the pressure points connected.*
10. *Washing hands also helps your brain shake off old ideas and focus on new tasks. Scientists at the University of Toronto have recently found: 'It extends more flexible thinking and reorients one's priorities (because of the pressure points).'*
11. *Washing prevents mouth, teeth, and gum problems, as food particles are eliminated.*
12. *Washing the nostrils removes germs trapped inside., They do not reach the respiratory system.*
13. *Washing the ear decreases high blood pressure and relieves tooth and throat pain, as well as removing any extra wax that could cause ear infections and general body imbalances. "If ears are not kept clean, debris accumulates behind the ear lobes. This can lead to ulceration and infection."*
14. *Ablution helps prevent skin cancer because the areas washed are parts of the body most prone to exposure to pollution. Ablution removes this pollution and therefore maintains a clean outer layer of the skin, which assists cells underneath to function efficiently.*
15. *Washing the two feet with massaging leads to a feeling of quietness and complacency that engulfs the Muslim after ablution. This is because all the nerve endings of the body end here. Washing the feet also helps prevent a fungal problem of the foot named athlete's foot.*
16. *Our Prophet (ﷺ) encouraged us to do Wudhu before going to sleep. This same ritual is also encouraged by Yoga experts who say that washing important motor and sensory organs such as the hands, arms, eyes, legs, mouth, and genitals before sleep using cool water relaxes the body, preparing it for a deep sleep!!*
17. *Experts recommend washing the face before sleeping, to remove any make-up or debris due to the dust settling on the face during the day, thus keeping it clean and fresh!*
18. *And, just as after taking a bath we will not like to wash the toilet or do dirty work, if we are always in Wudhu, we will refrain from thinking or doing evil.*

48. SCIENTIFIC ADVANTAGES OF SALAAT:

When we feel we cannot get over the problems, this supplication during Sujood relieves us of our worries, and we feel calm and at peace. We can be free from stress and tension, which cause most of the diseases of our body.

When a child is hurt, it runs to its mother for Solace. And Allah's Mercy, which is 100 times more than the mother's, encompasses us with HIS protection, when we turn to HIM for help.

a. WHAT IS THE IMPORTANCE OF EACH SALA'AT IN OUR DAILY LIFE?

1. FAJR:

The proverb: Early to bed and early to rise makes a man healthy, wealthy, and wise, is not just a proverb. This expression has a great insight.

When we start the Day with Fajr, we ask Allah to keep us happy, and on HIS path the whole day. We ask him to save us from the evil temptation of the Devil during our business transactions and our dealings with people outside our house.

We pray that our house remains safe from the temptations and tribulations of the Evil of Shai'tan and the Evil Eye. This is so that we may go out to do our work in peace. (Allah promises that angels witness the Sala'at Fajr – (17: 78)

---Recently, Neurologists have discovered that a man's brain's ability to work out matters is at its peak before sunrise. At daytime, it has the capability of only 30%, while its ability is more than 70% before sunrise. As a result, by waking up early, we can solve many problems,

- a. The early hours of calm solitude help meditate and improve our connection with the Almighty, with more concentration and sincerity.
- b. A student can memorize and retain lessons and excel in their exams
- c. One who could not solve or complete his project the day before will find it easy to solve and complete it when he gets up early the next morning.

----We find that it is the natural tendency of a human baby to wake up early in the morning. It is the parents who are too lazy to wake up and put them back to sleep.

2, 3, and 4: DHUHR, ASR AND MAGRIB:

Usually, one starts their day after 10 O'clock. Once we start, we are so engrossed in our work that we have no time to think of anything else. There is a possibility that we will have trouble with our boss, or we may face some problems. This causes strain and tension. This affects our health. We get tired or tense, leading to various related diseases.

- a. The breaks every three hours for Sala'at give us relief.
- b. It gives us time to ponder and make the right decisions with the Help of Allah.
- c. We can leave all the consequences of our deeds with HIM.
- d. We can return to our work with a calm mind and work harder to achieve our goal, whether it is business or other work. Thus, we return home with ease.

5. ISHA:

Any businessman or shopkeeper takes account of his profits and losses at the end of the day's work. He will check whether he has made any mistakes and ponder how to make his business more successful the next day.

Similarly, a true Muslim takes stock of how he has spent the whole day.

- a) Whether he has made any mistakes or gone against the Law of A
- b) If he has done any good deed for the day, he thanks Allah for helping him.
- c) If he has done any wrong, he repents, and if he has slandered or backbitten anyone, he asks forgiveness from Allah, and he promises to rectify his sin by speaking good of him the next day.
- d) If he has hurt or cheated anybody during his hectic schedule, he again asks Allah for forgiveness and promises to correct his mistakes. E.g., accusing chaste women, cheating others, etc. Allah warns those who accuse chaste women/men, "are cursed in this life and the Hereafter." -- unless he rectifies his sin and asks forgiveness of the wronged. - Al-Quran 24: 23
- e) Allah also commands in 24: 22:

"Let them pardon and forgive others who have hurt them... Do you not want Allah to forgive you?"

- f) Prophet ﷺ commands us to take account of our deeds before they are taken account of. – (Hadith Sahih Muslim 3: 1518)

This helps him get a sound night's sleep. He can polish his soul on a daily basis and be at peace with himself.

It also helps prevent the accumulation of sins, which can throw him into HELL.

Even if he dies during his sleep, he can hope for Allah's Mercy and forgiveness.

This is the true aim of Sala'at.

If anybody prays during the Sala'at with complete surrender, intention, and belief ^{2: 45}, then he will have nothing to worry about or grieve!!! ^{2: 38}

Prophet ﷺ has said that if only man knew the benefit of salaah, especially the Fajr, he would not miss it ever, even if he had to crawl out of his bed to perform it.

THIS IS BECAUSE SALA'AT HELPS TO EXERCISE THE BODY AS WELL AS THE SOUL!!!

b. YOGA AND SALAAT: SIMILARITY AND DIFFERENCES:

Many yoga postures represent namaz, viz. Vajrasana, Tadasana, Padhastasana, Yoga nidra, etc.

When we Google 'the Top 16 benefits of yoga', Most of the exercises in both Yoga and Salaat give

us more or less similar benefits. However, it has been found that Salaat gives the extra benefit of de-stressing ourselves every 2-3 hours during working hours.)

YOGA is a famous form of ritual initiated by the Indians. It was practiced by many yogis (Sanyasis; Holy men) long before the advent of Islam. Today, every other exercise mentioned by doctors is claimed to be Yoga. But at times, difficult postures have been known to cause great pain and discomfort. We must remember that those exercises are not essential for ordinary lay people. Allah Subhanat'alah by HIS great wisdom has commanded light exercises for us during Salaat, that would keep us healthy both mentally and physically, throughout the day. By turning to Allah for guidance, we also attain spiritual calm and tranquility that saves us from stress.

IT HAS BEEN PROVED BY SCIENTISTS THAT:

'Namaz (Salaat) is one of the best stress busters and tension reliever modules. Namaz (Salaat) is the perfect example of meditation where the performer thinks only and only about Allah.

- Thus, Namaz provides the ultimate satisfaction and peace to the mind, which saves you from many diseases and disorders. It enhances your concentration, reduces the level of depression, and helps to develop a positive milieu around the Namazi.' - Although all our actions in Islam are done for the pleasure of Allah Alone, most of us do not realize that Allah has commanded us to perform such actions for our well-being and peace of mind in this world itself.

- Studies on the benefits of 'salaat' have revealed that it improves our spiritual well-being. When performed correctly and with the right postures, it also helps us gain mental and physical health, improving muscle strength, joint mobility, and blood circulation.

- It strengthens the back, extends the spine, and increases the flexibility of the hips and hamstrings. It relieves the stiffness in the spine and neck. Standing erect with our head bent gives the needed pull to our spine and improves blood circulation.

- Reciting the Quran with Tajweed induces us to inhale fully and pronounce the words without stopping, breathing out through the mouth slowly. This exercise is similar to yoga and has a positive effect on our heart and lungs.

- Thus, there is no doubt that regular and proper posture in Salaat gives the same benefits as the exercises found in Yoga! And even more. The problem is that we say the Salaat lazily and without sincerity or concentration, to have a duty towards Allah done, without realizing how beneficial it is for our worldly life too. And, Allah promises in 41:30: "THOSE WHO STAND 'ISTIQAM' (STAND STRAIGHT AND FIRM), ON THEM THE ANGELS WILL DESCEND (SAYING) 'FEAR NOT NOR GRIEVE. BUT RECEIVE GLAD TIDINGS OF PARADISE, WHICH YOU HAVE BEEN PROMISED"

c. WHAT OTHER BENEFITS DO WE GET FROM SALA'AT?

Sala'at not only benefits our soul but also is very beneficial for our body!

1. The different postures in Sala'at are some of the best yogic postures that help our body to remain firm and strong! Scientists say that doing prostration, which is also a part of Yoga, is good for lower back pain.
2. By going into prostration, extra blood flows to the brain and face and increases blood circulation, which keeps it active and vibrant. This is why we do not have any mental hospitals in Muslim countries. It is because most of them establish their Salaat to the best of their ability.
3. Our body requires that, the electrostatic charges present in it should be released at intervals. So, our contact with the earth causes our static energy to be earthed. (We notice that we do not find in the worship of others this kind of prostration.)
4. By having our eyes fixed at a certain spot in front of us, our eyes get invigorated, and while we move towards the ground and rise again, the pupils get dilated and thus prevent many ailments of the eyes. (Eye specialists recommend such exercises)
5. Getting up early morning 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 our daily lessons or get more working hours in the daytime!
6. The repetition of the verses of the Quran helps in Speech therapy, by improving the articulation of the tongue. (And prevents diseases like Alzheimer's and Parkinson's!)
7. Doctors recommend breathing exercises for asthma and other lung problems. One is to breathe in fully and let it out through the mouth slowly. We get this same benefit when we recite the Quran with Tajwid, it is an exercise for the lungs!!
8. We can retain whatever we memorize by repeating the Verses of the Quran after Surah Fatiha, thus making our brain sharp and alert.

Regular physical exercise has many other medical benefits, too.

1. Sitting continuously for many hours (at the office or home) is bad for health. Doctors recommend meditation or exercise for at least a few minutes, every 2½- 3 hours between working hours, to remove the tension and stress. This is what Sala'at does. By this, we can be relieved from

the depression or problems, if any, during our work and can get help from Allah and realize HIS closeness even while we are working hard.

2. We get a break from our work and feel relaxed and fresh, to continue our work anew, with more dedication and concentration. According to the Mayo Clinic, meditating for just a few minutes every day (at intervals) will not only ease stress but also fight against depression, fatigue, high blood pressure, and insomnia. Like other important activities, however, meditation should be scheduled at certain times of the day.'

3. We learn to be punctual, disciplined, clean, humble, etc. All these qualities ought to be those of a True Muslim.

We thus realize that whatever Allah has ordained for us is not only for the Hereafter, but also for our good in this world.

"DID MUHAMMAD ﷺ KNOW ALL THESE SCIENTIFIC ADVANTAGES?

No, he was an unlettered Prophet (ﷺ), and Wudhu was a commandment from Allah to be taught by him (ﷺ) to all Believers. This shows the miraculous scientific advantages of Wudhu, which we benefit from, as well as the spiritual advantages we get, since doing this is a good deed in Islam. These scientific benefits may attract non-Muslims to do Wudhu.

As for Muslims, these scientific advantages are not the main reasons why we do Wudhu and Salaat. We do Wudhu, because it is a commandment from Allah, to be clean, in body and thoughts during prayer." ----- (Source: Ummah.com – 2-5-2011)

“WE HEAR AND WE OBEY”-

(Al-Quran, Surah 5: 7// 2: 285);

THAT IS THE STAND FOR A MUSLIM.

49. WHY IS TAHAJJUD PREFERRED TO BE PRAYED ON THE THIRD PART OF THE NIGHT?

TAHAJJUD (a voluntary night prayer) is considered very beneficial.

It is highly virtuous and Allah promises a great reward for it. Allah commands the Prophet: “And in Some Parts of the Night Offer the Sala’at with It (along with the obligatory Prayers), as an Additional Prayer for You. It may be That Your Lord Will Raise You to ‘Maqaamam Mahmoodan’--- [A Station of Praise and Glory –Highest Degree in Paradise!]” (17: 79) For, Allah has promised the Righteous;

o “Who Obey Allah and His Messenger (ﷺ) Will be In Company of the Prophets, Siddiqueen (The Truly Faithful), The Martyrs and Saaliheen (The Righteous).” 4: 69-70

o “The Rising by Night (Tahajjud prayer) is very hard and most potent, a time when impression is keen and speech more certain, and the quiet stillness of the night is Most Suitable for understanding the Word of Allah.” 73: 6

‘The closest that a servant comes to his LORD is during the middle of the night. If you can be among those who remember Allah the Exalted ONE, at that time, then do so..’ – narrated by **Tirimidhi**.

We may ponder why Allah asks us to pray specifically during the third part of the night.

Science tells us that the brain produces an enzyme called MELATONIN during the night, in complete darkness from 11 pm to 3 am, that keeps us vibrant and healthy for the rest of the day. It also reduces aging and prevents diseases.

But this enzyme can be produced only when the person sleeps in total darkness during this time. It cannot be produced if he is awake! It is for this reason that Allah recommends waking up to worship HIM, after sleeping the first and second part of the night.

ALHAMDULILLAH! ALLAH COMMANDS EVERYTHING FOR OUR GOOD IN THIS WORLD AND THE NEXT

50. WHY IS OUR FASTING MORE RIGOROUS THAN THAT OF OTHERS?

When a person’s body is hungry, his body performs the work of cleansing.

Scientists have found that when the human body is exposed to hunger for not less than 8 hours, and not more than 16 hours, it produces special proteins called autophagosomes.

In all parts of the body, they are more like giant brooms that collect around dead, cancerous, and diseased cells, analyze them, and return them to an image that the body benefits from. This study, by the Nobel Prize winner for Medicine, Japanese Doctor “Yoshinori Ohsumi” recommends

fasting at least twice or thrice a week, to purify our body from the filth collected in the body, and to keep it healthy.'

Allah has made fasting during Ramadhan compulsory, and it can be compared to the spring cleaning of the House. Islam recommends fasting twice a week, on Mondays and Thursdays. Our Prophet said, 'All my deeds are presented to Allah on Mondays and Thursdays....' This fasting helps us control our anger, keeps us away from Fahisha, gives us patience, and saves us from sins.

51. WHY DO WE KEEP REPEATING SURAH FATIHA BEFORE STARTING ANY GOOD WORK?

- We know that Surah Fatiha is a supplication taught by Allah. In it, we promise Allah that we will worship None other than HIM, and seek help from only HIM for all our requirements. We also seek guidance to live our lives, and do good deeds pleasing to HIM.
- Surah Fatiha is the first Surah of the Quran, revealed by Allah, and has spiritual benefits. We are saved from the Sharr of Shaitan and the Evil Eye when we recite it.
- By repeating this Surah before starting any work, we are assured that Allah will guide us, give Barakah, and save us from unnecessary tension, because we surrender the consequences of our deeds to HIM. Usually, when we have somebody to give us solace, we will be saved from stress and tension. This saves us from many ailments like high Blood Pressure, heart diseases, etc.

52. WHY IS SALAAT UL-HAAJAAT CONSIDERED FABRICATED AND DISCOURAGED?

We are told that there is no such Salaat as Salatu Haajat. Haajat means our desires. We do not know if what we desire is good for us or not. Most of the time, what we think is good can cause harm to us. That is why we are discouraged from requesting Allah to fulfil our wishes. Allah says in the Quran: "You may wish for something that may not be good for you, and sometimes you do not like something that may be good for you." 2: 216

On the other hand, we are asked to pray the Salaat-Istikhaarah, where we ask Allah to give us what we desire *if it is good for us*. By asking so, when our prayers are not answered, we will rest assured that *it is not good for us*. After deciding to do something, if we pray to Allah to fulfill it, if it is good for us, we will find that the way to attain it will be made easy for us. Otherwise, if we are not granted it, we will not be unduly worried or frustrated when that action or wish is not granted. This will increase our faith in Allah's Graciousness.

53. WHY HAS ALLAH FORBIDDEN US FROM SEEKING OUR FUTURE THROUGH SOOTHSAYERS?

Allah says that HE has ‘tied man’s fate to his neck’

“And [for] every person We have imposed his fate upon his neck, and We will produce for him on the Day of Resurrection a record which he will encounter spread open.”⁹⁵

“And whatever strikes you of disaster - it is for what your hands have earned; but He pardons much.

وَمَا أَصَابَكُمْ مِّنْ مُّصِيبَةٍ فَبِمَا كَسَبَتْ أَيْدِيكُمْ وَيَعْفُو عَن كَثِيرٍ -42: 30

–i.e. our real fate does not depend upon birds or omens or stars.

ONE'S FATE DEPENDS UPON HIS PAST DEEDS. Therefore, 'it is no use to find the future of man because his destiny is fixed according to his previous deeds'!!!

This is why it is essential to inculcate in our children the importance of leading a life of Righteousness from a young age. This helps them be aware and not have to be punished for their deeds later on.

- We can never know what is in store for us in the future because Allah Alone knows that. Therefore, all we can do is ‘plead Allah’s forgiveness regularly, seek HIS refuge from Satan, and strive to do good deeds pleasing to Allah as much as possible. Ultimately, it is this effort that we take, and the humility and submission we show to Allah, that would count.

- It is important to realize that any problem we may face in this world can be a result of our own sins,

- Or the adversities may be to make us realize and give us a chance to repent for our sins, that we may have committed previously.

- Or, it can be a test to check if we are steadfast and sincere in our repentance.

- Hence, instead of blaming others or questioning Allah’s judgment, the first step is to introspect within ourselves if we have done any sin for which we must ask for forgiveness.

This is why Allah and HIS Messenger (ﷺ) have forbidden man to approach the fortune tellers, to find out about their future. The Prophet (ﷺ) has warned that if he does so, 40 days of his Sala’at will be wasted without benefit for him (even if he regularly prays). — ‘And one who believes in fortunetelling, and goes to him, is not a follower of the Prophet (ﷺ) and has disbelieved in his teachings.’ –

⁹⁵ Al-Quran, Sura 17: 13- ---Tafseer No: 2187 Holy Quran

54. WHY HAS ALLAH RECOMMENDED PRAYING SALAAT IN THE MASJID FOR MEN?

Many are reluctant to go to the Masjid for their daily Salaat. The Prophet has said: 'If they were to know what excellence lies in joining the prayer in the first takbir (prayer), they would have vied with one another. And if they were to know what excellence lies in the night prayer and morning prayer, they would have definitely come even if crawling (on their knees).'⁹⁶

Apart from the spiritual benefits that Allah has ordained for those who pray in congregation,

a. Praying in congregation shows the strength of Muslims in the community.
 b. Walking daily to the Masjid gives the body the required exercise.
 c. Intermingling with the neighbors gives men the opportunity to interact with them and get to know their neighbors.

d. Praying together fosters a sense of community and unity among Muslims.

e. It is considered to have more social and spiritual benefits than praying by oneself.

f. When there is a problem in the neighborhood, you can interact and solve it collectively.

g. By knowing your neighbors, you can know their needs and help them if they are helpless.

This helps us provide for them from our Zakat or Sadaqa funds. If their need is genuine and we are not able to help, we can declare a collection from those present who can afford to help. This can be done without mentioning their name to guard their honor.

h. *This saves the poor from falling into the trap of Riba.*"⁹⁷

j. Another great advantage is that we will have a rapport with the neighbors and develop a good opinion towards us among them, which will help us when we require an alliance for our children, or when others inquire about us for anything else. Today, when we do not even know who our next-door neighbor is, Allah has ordained us to be friendly with our neighbors: Al-Hasan was asked the definition of the 'neighbor said, "The term 'neighbor' includes the forty houses in front of a person, the forty houses behind him, the forty houses on his right, and the forty houses on his left."⁹⁸

How can we acquaint ourselves with them without attending the mosque for Salaat?

⁹⁶ Sahih Muslim 437 - Source: Sunnah.com

⁹⁷ Sunan an-Nasaa'i 4995 / Sahih al-Bukhari 11; Book 2, Hadith 4 – Source: Sunnah.com

⁹⁸ Hasan (Al-Albani): Al-Adab Al-Mufrad 109 - Source: Sunnah.com

55. IS IT OBLIGATORY TO FOLLOW PROPHET MOHAMMAD ﷺ, ONLY TO REACH HEAVEN?

DO WE NOT GET ANY BENEFIT FROM IT IN THIS WORLD?

From all the above answers, we can conclude that Islam has the most logical and scientifically proven answers to all the questions asked. Although all the prophets have brought the same message, most of the Rabbis and Monks interpolated the words given in the text and added and subtracted from them, according to their desire.

- When a man wants to travel to an unknown place, he would prefer to choose an illuminated path known to everybody, to be safe from any hazardous elements.
- He will not go into a dark alley. Neither will he ask a blind person the way.
- He would look for the latest map that shows the directions to reach that place.
- When we want to read a book on science, we will choose the latest edition, which will give us accurate information on the most recent technology. When that is the case, when we wish for guidance between good and bad, is it not more logical to follow the Quran and the latest prophet's teachings sent by Allah, perfected and preserved till the end of time?
- When he can be sure that it leads him from darkness to light (ignorance to knowledge), towards peace and tranquility, *why would any person in their right mind not choose Islam (the illuminated path) over the dark alley?*
- If he is in doubt, he needs only ask GOD (ALLAH in Arabic), the right path (as Abraham did). When he would read through the text of the Quran, with the intention of searching for the TRUTH, and for Eternal Guidance, he would find the laws mentioned in it, as the most logical of all manmade laws, invented from the beginning of time till today. ⁹⁹

The Messenger of Allah ﷺ said: "The Muslim is the one from whose tongue and hand the people's lives and wealth are safe, and the believer is the one whose character shows the true concept of Islam.

⁹⁹ Please refer to my book: ETERNAL GUIDANCE TO PEACE, a comparative study on family life

CONCLUSION

WHAT IS THE DIFFERENCE BETWEEN ISLAM AND OTHER RELIGIONS?

Please note that I am only mentioning facts for the information of those who do not know.
Here, I do not intend to hurt the feelings of those who do not believe in Islam.

Many ask what the difference is between Islam and other religions.

'Islam is completely different in its preservation, authenticity, and applicability till the Last Day. Islam cannot be judged by individuals because they are influenced by Satan. However, the truth in Islam cannot change, in its fundamental beliefs and historicity.' - Quotes.

We must realize that Monotheism and Good behavior (and trustworthiness) are the two important basic components for one to be termed a Muslim. As mentioned earlier, although all other religions believed that good deeds are essential for peaceful living;

The pagans practiced polytheism, worshiped idols, and imagined that their gods had wives and children, and that they had sex with Human beings. Some consider that all will get salvation through various births, by which they will be purified and will merge with the Creator. One of the pagan beliefs is the freedom to choose. Pagans believe that every individual has the right to choose what they want to believe, and how they want to believe it. Hence, they take into their fold all those who believe in God, in whatever form they like to choose.

The Christians consider that none can attain Heaven unless they believe that the Prophet (Essa عليه السلام) Jesus is God, or the son of God. Although the other sects of Christianity do not worship idols, their basic belief in the Trinity and 'Jesus is God' has not changed. The Catholics even have idols of saints, along with the idols of Jesus and the Virgin Mary. But they have no answer to the Question: What was the condition of those who lived before Jesus Christ, and did not know this concept? Will they all be in Hell?'

The Jews consider that no one else will attain Heaven except the Jews. Although most of them are truly now monotheistic, they think that they are the chosen people, and all others are not worthy of being considered equal. This belief makes them complacent about whatever sin they commit against others. This apartheid is seen even today in their behavior towards the Palestinians and other Muslims.

The Muslims, on the other hand, are the only Monotheistic people who are ordered to respect all others, despite the differences in their beliefs. Allah says ‘Do not revile their gods, lest they, in their ignorance, revile Allah.’ ^{6: 108}

And Allah declares that HE is JUST.

Hence, NONE can intercede with HIS decision during the Day of Judgement.

Islam is the only religion that asks its followers not to blindly follow their leaders, but to ponder upon the great gift they have been bestowed by HIM: the beauty and miraculous existence of nature, and decide for themselves if any other being is capable of creating even a gnat.

- ✓ It is Allah Alone who has created the world, spread out vast, for our comfortable living.
- ✓ It is Allah Alone who maintains all living things and gives them provisions.
- ✓ It is Allah Alone who gathers water in clouds, and allows it to be sprinkled on the earth for the growth of vegetation, and to quench the thirst of the living beings.
- ✓ It is Allah Alone who keeps creating new species of life, as the scientists keep discovering.
- ✓ Allah Alone knows even our innermost thoughts, and guides those who seek HIS Guidance.
- ✓ It is Islam alone that declares that a Muslim must treat his slave with kindness. If they are of good character and wish for freedom, we must help them financially or earn their liberty legally. Must not force them into prostitution. ^{Surah Nur, 24: 33} A slave girl owned by a wife cannot be used by her husband, unless he marries her with her permission.
- ✓ It is Islam alone that says, if men cannot treat their wives equally, they must marry only one.
- ✓ A Muslim surrenders totally to the Supreme Creator and seeks only HIS help.
- ✓ *A Muslim believes that* all the Messengers from Adam to Jesus were only human beings sent by Allah as Prophets with the same message, and all who followed them *were Muslims*
- ✓ A Muslim is not considered a Muslim unless he believes in the Last Day of Judgement and remembers that he will be judged according to his Deeds.
- ✓ A Muslim is not considered a Muslim unless he accepts that NO ONE is worthy of worship other than Allah.
- ✓ A Muslim is not a Muslim unless he believes that Mohammed ﷺ was the last Prophet sent for our guidance. We must follow his way of life and propagate it to the world through our behavior.

- ✓ Muslims cannot be complacent that they will be saved from Allah's Wrath, by the intercession of the Prophet Mohammed ﷺ (or other Auliyas), even if they go against HIS teachings,
- ✓ A Muslim realizes that his account will be taken on the Last Day, and his deeds will be weighed on a balance with Justice. Allah is never unjust to his slaves.
- ✓ Allah says, "Avoid the 7 great sins, and do good. Then Allah may forgive your small sins and admit you into Heaven." - (Surah Najm, 53: 32)
- ✓ Allah declares that HE is JUST and does not allow our deeds, however little, to go to waste.

Thus, while all other religions think they will not be punished for their sins, as long as they seek help from their gods or believe that Jesus was the son of God, it is only Islam that says; whatever sins you will do will be accounted for, even if you are a Muslim (one who submits to Allah Alone), unless you repent and seek forgiveness.

"If you avoid the major sins which you are forbidden, WE will remove from you your lesser sins and admit you to a noble entrance [into Paradise]." Surah An-Nisa, 4: 31

Unless you seek forgiveness immediately, you will be tested through diseases, loss of wealth, etc., as an expiation for your small sins in this world, Surah Al-Baqarah, 2: 155.

Unless you expiate for your great sins, you will be thrown into hell till your sins are washed away.

Thus, the Salaat is to test you, remind you to get back on track, make you repent, seek forgiveness daily, and receive guidance, for living our life as ordained by Allah.

TO BE CONTINUED.

THERE IS NO END TO QUESTIONS THAT KEEP POPPING IN THE
MINDS OF THE YOUNG, ABOUT THE SCIENTIFIC OR LOGICAL
REASONS BEHIND THE LAWS OF ALLAHUTALLAH.

IN SHA ALLAH (IF HE WILLS), I SHALL CONTINUE TO TRY TO
CONTINUE TO ANSWER THEM IN THE NEXT EDITION.