

YOUR BEST MEDICINE:

Your medicine is in Allah's revelation,

Your delight in prayers and ablution,

Your peace of mind is in contentment,

With what Allah has given for your betterment.

The beauty of your face is in your smile,

Which can spread for many a mile,

By Hijab, your honor is protected

And, by Zikr and charity, your character is perfected.

You must realize that your happiness is not like theirs,

who say: relax with music and reprehensible plays,

With obscene thoughts and offensive magazines, you spend your days.

They will only lead to depression, misery, and distress,

While in this life and the Hereafter, you will find no real progress.

The real happiness comes from hard work and true friendship,

One who reminds you of the way to be saved from hardship,

To recite the Quran, good books, sincere repentance, good deeds,

By which, Allah's love, you can earn, who provides all your needs.

By turning to HIM, you can attain the tranquility and peace,

That which, without Allah's help, you cannot find with ease.

Dr. THAHIRA IQBAL

DHMS/ BAIS/ MAIS (Alima course)