

The Intellect Bulletin



New Discovery may Safeguard your Brain from Dementia

- New research suggests fasting triggers a variety of health-promoting hormonal and metabolic changes that may help prevent age-related brain shrinkage and other chronic and debilitating diseases
- Fasting—quantified as consuming somewhere between 500 and 800 calories in a day—has been shown to reduce growth factor—a hormone linked with cancer and diabetes—LDL cholesterol, and inflammation levels, among other things. The protective processes triggered in your brain when suddenly decreasing your food intake are similar to the beneficial effects of exercise
- Calorie restriction appears to protect your brain cells and make them more resilient against stress. This protective effect is in part due to fasting's effect on leptin and ghrelin; two hormones involved in appetite regulation
- While it's long been known that restricting calories in certain animals can increase their lifespan by as much as 50 percent, more recent research suggests that sudden and intermittent calorie restriction appears to provide the same health benefits as constant calorie restriction, which may be helpful for those who cannot successfully reduce their everyday calorie intake (Source:www.mercola.com)

Nothing to Everything

And they will say: "Had we but listened or used our intelligence, we would not have been among the dwellers of the blazing Fire!" Surah Mulk (67:10)

Allah c has given us eyes and ears and minds. The eyes and ears are to receive information and minds to process it. Allah c gave us these tools of knowledge and then another gift—that of freedom of choice, freedom to take up whatever path we may desire.

Allah c has given us these gifts so that we may be grateful and receive another reward—that of the Gardens of Eternal Bliss. So the fact of the matter is that He is blessing us with a countless number of invaluable gifts.

And what it all boils down is to this: What are we doing in return?

In life, when someone comes to you, smiles and brings forth an undesired present, we feel such a rush of pleasure, and happiness and..... humility, because we did nothing to merit the offering. We thank them repeatedly and reserve for them a special place in our hearts.

Well, let's open our eyes to all that Allah c has given us! And then think of how little we are thankful to Him! We, may Allah c forgive us, cannot even give Him His due respect! We use the blessings He gave us in acquiring the world, seeking knowledge of the 'dunya', and basically, spending our lives, using our bodies (which HE has given us) in sin in front of His very eyes.

Allah c says the true losers are those who spend their lives working, but their deeds will be like ashes on the Day of Judgment. Why? Because they didn't do it for the right reasons or in the right way!

"Some faces, that Day, will be humiliated. Labouring (hard in the worldly life by worshipping others besides Allah), weary (in the Hereafter with humility and disgrace)"—Surah Ghashiya (88:2-3)

Human history is fraught with examples of how far the human mind can progress if we put our heart into it. We work and study and research and put in so much effort to run after the world. But guess what? That ISN'T our purpose in life. We are 'wasting' the tools of knowledge Allah c has given us.

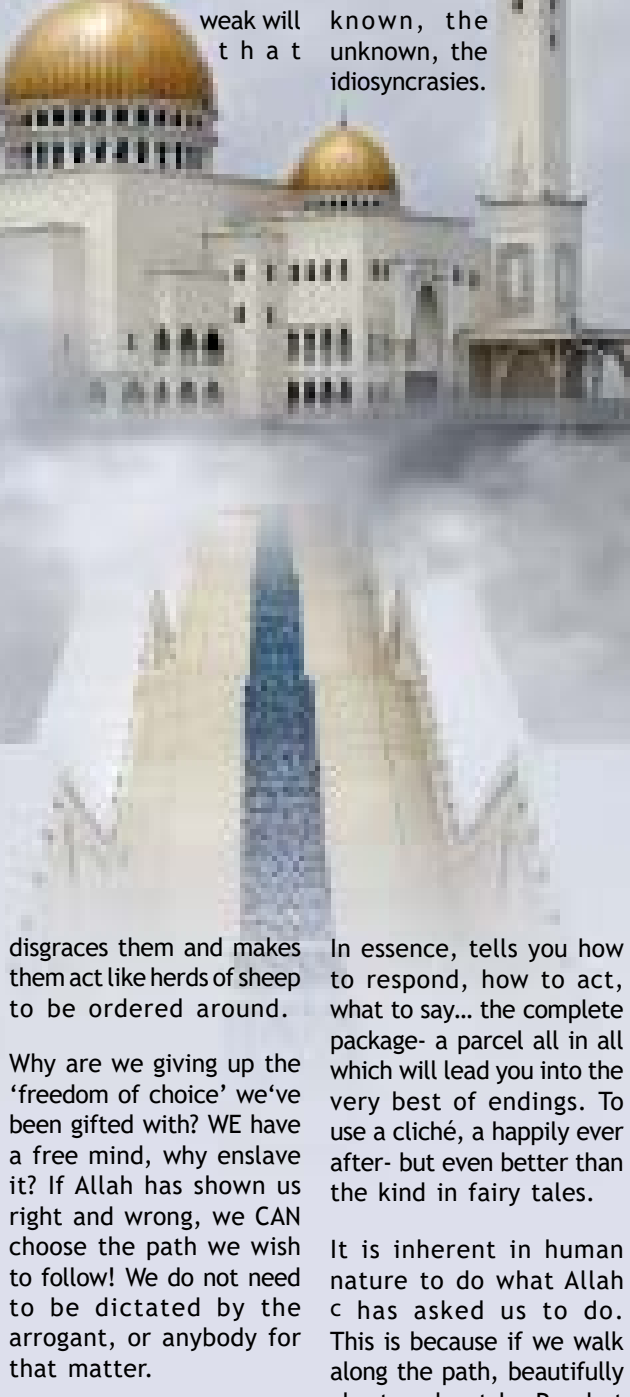
If we are to compare time spent in this dunya- say a 100 years at most, with the 'infinite' years which will be spent in the life here after; and then consider the time we need to work for both of them: it's like nothing to everything.

Let's consider our next blessing: freedom of choice. On the Day of Judgment:

The arrogant will say to the weak: "Did we hold you back from guidance after it had come to you? Certainly not. In fact you were yourselves guilty." But the weak will say to the arrogant: "Not in the least. It was your plotting night and day when you ordered us to disbelieve in God and associate compeers with Him." Surah Saba (34:32-33)

The thing is, the weak 'gave' away their freedom of choice and let themselves be pushed into whatever corner they were shoved into. If we look around the world, there are a few tyrants and a lot of weak people. Who gave the tyrants the authority they flaunt? No one can make the masses slaves UNLESS the masses accept it. It is their weak will that

even those which haven't as yet insinuated themselves in their magnitude to you; He provides for you, takes care of you... He, who has the power to stop the world from harming you and has the power to benefit you, Allah c who guides you, teaches you, about the known, the unknown, the idiosyncrasies.



disgraces them and makes them act like herds of sheep to be ordered around.

Why are we giving up the 'freedom of choice' we've been gifted with? WE have a free mind, why enslave it? If Allah has shown us right and wrong, we CAN choose the path we wish to follow! We do not need to be dictated by the arrogant, or anybody for that matter.

We are 'disabling' our eyes, ears and minds from setting forth in the path of Allah c. We are shutting ourselves out and enwrapping ourselves in a curtain of darkness with our own hands! Realise this: Sometimes even the gifts people give us, with seemingly good intentions, they too have a double-edged story to them. Give something, get something in return. That's how this façade of life is run, is it not? Allah c is giving you, but the beauty of it all is that if you accept the gift and give it its proper due- YOU are the one who will get in return.

This is Allah c: who is going to never forget you- unless you forget; He's going to keep on watching out for you, handle your problems-

In essence, tells you how to respond, how to act, what to say... the complete package- a parcel all in all which will lead you into the very best of endings. To use a cliché, a happily ever after- but even better than the kind in fairy tales.

It is inherent in human nature to do what Allah c has asked us to do. This is because if we walk along the path, beautifully chartered out by Prophet Muhammad g, we will find ease and contentment, we will find our cloud nine.

If we look at the example of the Companions of the Prophet g, we realize that their 'dunya' too was for their *deen*, because the Prophet g didn't want them to engage in worship 24/7 and adopt an extreme in religion. While us, we do 'deen' for our 'dunya'. A tragedy, won't you say?

We are pushing guidance away, we, those of little faith, think it is 'freedom' to be enslaved by the wishes and whims of people- which by the way, are ever changing and digressing.

May Allah c grant us the wisdom to put His blessings to good use! Ameen.

We all want to have a productive day. We strive hard in figuring out our interests and potential and learn to manage that precious commodity, time. We set goals and develop strategies to accomplish them.

Now, the point to ponder is, are these "goals" really aimed at gaining the pleasure of Allah subhanahu wa ta'ala (glorified is He)?

What goals should we set for ourselves to achieve in a day that are aimed at gaining the pleasure of Allah c and inching closer to Jannah (Paradise) insha'Allah (God willingly)?

Subhan'Allah (glory to God)!! Allah c—the

will help in dealing with traumatic situations and fighting discontentment and increase the chances of leading a stress-free lifestyle.

3. Be Kind—The Entirely Merciful, the Especially Merciful: Allah's c beautiful qualities of being Especially merciful and Entirely Merciful. We should try to adopt these qualities in our daily lives and be merciful and kind to the people around us. Be kind to your family, neighbors, and friends. Take a pot of chicken soup to someone with a cold, or give a ride to someone to the mosque or the *halaqas* (study circles) today.

4. Remember the Day of Judgment—Sovereign of

he should beseech Allah to send it to him." [Tirmidhi] We know and accept that only Allah c can help us during our hardships. We increase our reliance on Allah c and make du'a' and practice patience.

6. Follow the Sunnah—Guide us to the straight path: Yahiya ibn Mu'adh (rahimahu Allāh, may God be pleased with him) said, "Renew your hearts with the remembrance of Allāh because it rushes into forgetfulness." We should try each day to learn something new about the *deen* (religion). Learn a new sunnah (tradition) or Qur'anic ruling on some matter relating to your

The 7 Goals for a Productive Day Surah Al-Fatiha

By Sana Gul Waseem

Supreme Being—gives us the answer in 7 short ayahs (verses of the Qur'an) very aptly titled -"Al Fatiha—The Opening."

Here goes:-

1. Say Bismillah before beginning a task—In the Name of Allah, the Most Beneficent, the Most Merciful: Start each task with the name of Allah c. It increases *barakah* (blessings). Say Bismillah before eating, starting something new, entering the house etc.

2. Thank Allah c often—[All] praise is [due] to Allah, Lord of the worlds: A true believer is grateful in all circumstances. Look around you and acknowledge the blessings of Allah c and thank Him c for them each day. This very practical exercise

the Day of Recompense: Tell yourself each day that this *dunya* (life, universe) is just "play and amusement" and very soon that day will come when Allah c will recompense us for each good and bad deed done. This will insha'Allah assist us in balancing the *dunya* and the *aakhirah* (Hereafter). Read Surah *Mulk* every night.

5. Seek Only Allah c for help—it is You we worship and You we ask for help: Remember Allah c is only a *du'a'* (supplication) away. The Prophet g (peace be upon him) said: "Man should call upon Allah alone to provide for all his needs, so much so that even if a shoe-lace is broken, he should pray to Allah to provide a shoe-lace, and if he needs salt,

everyday life.

7. Do righteous deeds and seek the company of the righteous—The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray: Make an effort to do good deeds and seek the company of those people who remember Allah c when they meet. Listen attentively to the *jumu'ah khutbah* (Friday sermon) and attend *halaqas* (study circles).

The good news is that Allah c reminds us of these goals at least 17 times a day; in every *fard salah* (mandatory prayer). Alhamdulillah (praise be to God) for that.

[Courtesy: suhainweb.com]

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One young academically excellent person went to apply for a managerial position in a big company. He passed the first interview, the director did the last interview, made the last decision.

The director discovered from the CV that the youth's academic achievements were excellent all the way, from the secondary school until the postgraduate research.

The director asked, "Did you obtain any scholarships in school?" The youth answered "none".

The director asked, "Was it your father who paid for your school fees?" The youth answered, "My father passed away when I was one year old, it was my mother who paid for my school fees."

The director asked, "Where did your mother work?" The youth answered, "My mother worked as clothes cleaner.

The director requested the youth to show his hands. The youth showed a pair of hands that were smooth and perfect.

The director asked, "Have you ever helped your mother wash the clothes before?" The youth answered, "Never, my mother always wanted me to study and read more books. Furthermore, my mother can wash clothes faster than me".

The director said, "I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning."

The youth felt that his chance of landing the job was high. When he went back, he happily requested his mother to let him clean her hands. His mother felt strange, happy but with mixed feelings, she showed her hands to the kid.

The youth cleaned his mother's hands slowly. His

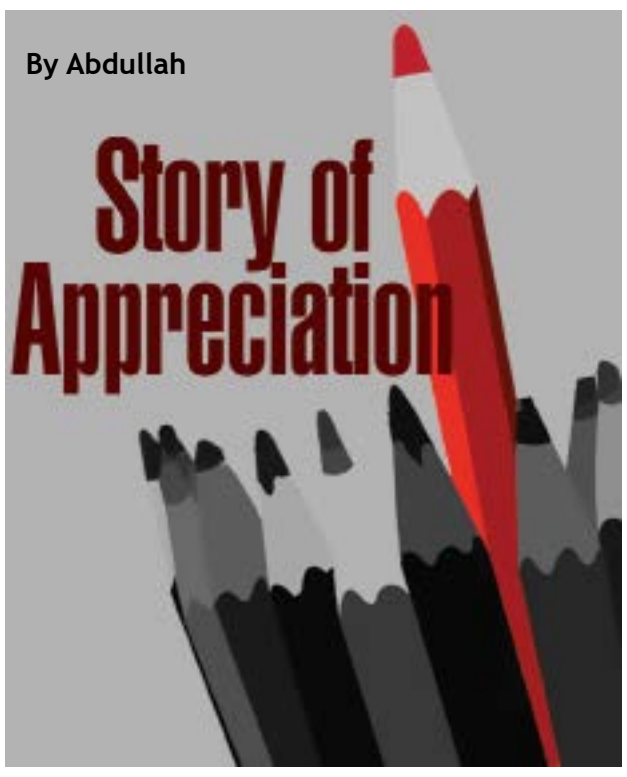
tears fell as he did that. It was the first time he noticed that his mother's hands were so wrinkled, and there were so many bruises in her hands. Some bruises were so painful that his mother shivered when they were cleaned with water.

This was the first time the youth realized that it was this pair of hands that washed the clothes everyday to enable him to pay the school fee. The bruises in the mother's hands were the price that the mother had to pay for his graduation, academic excellence and his future.

After finishing the cleaning of his mother's hands, the youth quietly washed all the remaining clothes for his mother.

That night, mother and son talked for a very long time.

Next morning, the youth went to the director's office.



The Director noticed the tears in the youth's eyes, asked: "Can you tell me what have you done and learned yesterday in your house?"

The youth answered, "I cleaned my mother's hand, and also finished cleaning all the remaining clothes' The Director asked, "Please tell me your

feelings."

The youth said, "Number 1, I know now what is appreciation. Without my mother, I would not have been successful today. Number 2, by working together and helping my mother, only now I realize how difficult and tough it is to get something done. Number 3, I have come to appreciate the importance and value of family relationships".

The director said, "This is what I am looking for in my manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired. Later on, this young person worked very hard, and received the respect of his subordinates. Every employee worked diligently and as a

team. The company's performance improved tremendously.

A child, who has been protected and habitually given whatever he wanted, would develop "entitlement mentality" and would always put himself first. He would be ignorant of his parent's efforts. When he starts work, he assumes that every person must listen to him, and when he becomes a manager, he would never know the sufferings of his employees and would always blame others.

These kind of people, who may be good academically, may be successful for a while, but eventually would not feel a sense of achievement. They will grumble and be full of hatred and fight for more.

If we are this kind of protective parents, are we really showing love or are we destroying the kid instead?

You can let your kid live in a big house, give him a driver and a car for going around, eat a good meal, learn to play the piano, watch a big screen TV. But when you are cutting grass, please let them experience it. After a meal, let them wash their plates together with their brothers and sisters. Tell them to travel in a public bus; not because you do not have money for a car or to hire a maid, but it is because you want to love them in a right way. You want them to understand, no matter how rich their parents are, one day their hair will grow grey, same as the mother of that young person. The most important thing is your kid learns how to appreciate the effort and experience the difficulty and learns the ability to work with others to get things done.

Courtesy???? / Source? Or is this an original piece for us? (which is improbable)

May the Stars Shine forever

Translated By Zaid Shah

Ibtihaj Khalil, a student of Jamia Baitus Salaam Karachi took the lead and secured first position on the occasion of All Madaris Speech Contest.

The Arabic Language Judges announced the results at this contest which involved the participation of more than 10 Madaris.

The Arabic Language Section at Jamia Baitus Salaam is renown among the established Arabic Institutes throughout the country. These very young and bright students belonging to this section usually display their

Arabic skills at programs held every now and then at Baitus Salaam Karachi. This All Madaris Speech Contest was held at the level of all Karachi for the first time, in which students of Baitus Salaam participated. A total of 20 students from 10 Madaris took part in this contest from which Ibtihaj Khalil belonging to the Arabic Language Section of Jamia Baitus Salaam Karachi took the lead and secured first position. He was greeted with awards and praises from Judges, organizers and audience who also admired the efforts by the Arabic Language Section of Jamia Baitus Salaam.

The Department of Memorization in Arabic Accent of Jamia Baitus Salaam is playing a lead role in the recitation of Quran.

The responsibilities of a judge at the Speech Contest were played by Sheikh Dr Muhammad Riyadh of Jordan, who even shared his thoughts on his arrival at Jamia Baitus Salaam.

"The Department of Memorization in Arabic Accent of Jamia Baitus Salaam is playing a lead role in the recitation of Quran" said Jordan's leading

Dr. Sheikh Muhammad Riyadh. These thoughts were shared after he encountered the amazing speech presentation in Arabic Language by the students of Jamia Baitus Salaam on the stage at Reflections. At the same time he also expressed his grief that this organization was putting in so much effort to propagate the Arabic Language of which he was unaware. It was one week after this contest when he visited and toured all sections of Jamia Baitus Salaam Karachi and praised the efforts of all of them including the Department of Memorization in Arabic Accent.

One of our neighbours had a huge garment factory but in order to increase the production, he took a big loan from the bank. In just a matter of three years, they lost everything they had from their factory to even their own house.

tell me an act which would make Allah < and his people love me. Rasoolullah & replied "Don't be gluttonous towards the worldly things (Duniya) and don't show your desire for wealth and

wealth illegally (in the haraam way) for their children. Apparently it looks like that by doing this, they are doing a favor to their children, but in reality, this illegitimate wealth does not do any

his own son. This illegal money did not do any good to those people, they always remained in misery for their whole life and Allah < blessed my great grandfather with immense success in life.

People believe that more money will bring more happiness and contentment. This is just a false perception, and has nothing to do with reality. Money does not bring happiness. Money can bring Air Conditioners but cannot extinguish the fire that is burning in the heart.

People, indeed, are not aware of the reality of this mortal and materialistic

ready to kidnap somebody or can even kill someone for money. Just in the greed for more and more and more. Human wishes are unlimited! You can't fulfill all of them. We always want more than we have. Instead of thanking Allah for his blessings and bounties we demand for more.

I know a lot of people who got trapped in the vicious cycle of getting things on credit. They start buying things beyond their means. For example if as per their salary they can only afford a motorcycle, they would go ahead and buy a car on monthly installments. Ultimately this leads to a disaster as their monthly expenses go beyond their monthly earnings.

Now let's come towards the solution of this problem. First of all we need to remain steadfast on this belief that we are not in this world for ever and we have to return to Allah <.

Whenever we take some decision and start some work, we should also think if this act will help us in the world hereafter.

May Allah expose the worldly possessions to our eyes and minds, and may make us true Muslims. Aameen.



A Materialistic World

The greed for money is the main cause of destruction and demolition of men. Many houses get destroyed because of the greed for money and in the pursuit of a luxurious lifestyle. Many people leave their old parents and the lust of wealth urges them to move to foreign shores. For instance, a son thinks that it's better to live abroad and to spend a happy and magnificent life there. He'll try his best to go abroad and settle down, he won't care about his relatives, his father and mother, and leave them all alone. Will this make him an ideal son? Will this lead him to Jannah? No, not at all. There are numerous examples of people who are not with their parents at the time of parents' death. So what benefit does this 'living abroad' give them? In fact, one should fear being treated to same by their own children in their old age.

earnings which belong to the other people, and the people would love you" [Tirmizi].

What legacy are we going to leave behind? Monuments representative of our attachments to this world, or deeds which have multiplied into blessings for the sake of Allah?

There are many people who try to accumulate

good to them. My great grandfather told me his own story that he was only 18 when his father became very sick and passed away. In the last twenty days of his life, he gave all his wealth to his very close relative and asked him to buy land/property for my great grandfather. This relative, instead of following his instructions, purchased the land/property in the name of

world. They think they're going to live here forever, and they are so wrong.

In this world, people strive for name and fame. They can even let go of their own blood relatives for the sake of gaining popularity. They say we need to have money for honour and respect. Comparing ourselves with the ones whose social status does not match ours is plain stupidity. Then people are

Regain Your Motivation

Contributed by Muhammad Haris Shah Nawaz

Do you feel your motivation has diminished recently; Or do you feel at the moment that it's gone completely; Do you wonder how you'll ever get it back?

It often happens that many people find their motivation decreasing or disappearing altogether. When this happens you tend to feel stuck and you're not really moving forward. You may feel frustrated because you're not making any progress. Seeing yourself making progress is one way to be motivated. But if that's not there, it becomes a vicious circle, because when you're not making progress, you don't feel motivated and vice versa.

When you want to increase your motivation, it's worth remembering that there's a difference between it and inspiration. Motivation is an external source which encourages you and gives you ideas. Inspiration comes from within and

the encouragement and ideas are your own. When it comes from within, you own it and will feel inspired. When you feel



inspired you'll take action and taking action is the key to achieving what you want, whether it's expanding your business, making changes in your life or progressing towards your dreams.

So, it is important to work on increasing your inspiration, not necessarily

just motivation. People's inspiration generally drops when they've been doing the same thing over and over again for some time. You may feel you're stuck in a rut; it's become a bit of a drag. If you're feeling this way, it's no

wonder your inspiration has decided to 'wander off'.

Sometimes you just need to take a break or rest from what you're doing and your inspiration might as well come back. This break also allows you to re-assess what you've been doing. Maybe then you'll see there are some changes you want to make, perhaps deciding to implement a different strategy or action plan.

Taking a break will mean different things to different people and you need to

determine for yourself what this break will be. You may decide to take a day or a week off work, to play and have fun outdoors. Or you may decide to go for a brisk walk. It is also a good idea that, while taking this break, you tell yourself that you're not allowed to do or think about anything related to work or whatever it is that you're taking a break from. (It's surprising how much most of us react to being told we can't do or have something! The rebellious part of us often surfaces and wants to fight it).

After a break, you'll feel refreshed and when you feel refreshed, your enthusiasm and inspiration will return. Then, you'll be ready to start moving forward again.

It is best that you take a break in an ethical & Islamic manner and allow your inspiration and desire for life and business to return naturally.

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