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the joys of
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radiance

LIVING AND LOVING THE YOUNG MUSLIM LIFESTYLE

I Don't Know

So who do you want
to resemble?

Lost in
thought



The Colours of
a Picture



AJ

ARABIAN JEWELLERS

A DREAM COME TRUE

SINCE 1978



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sneak a peek

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Lost in thought

Bismillah-hir Rahman-nir Raheem

As soon as I gave the finishing touches to the cake and cookies, I stole a glance at the wall clock. OMG! It was 12 pm already. Past 25, 30 minutes had all been spent in the kitchen! That was a lot of time, especially considering the many other important tasks at hand.

They seemed to have been wasted all the more because I realised I hadn't done any Zikr while making them. I was lost in thought of the expected guests but still, 'How can I be so thoughtless!' I admonished myself.

So how can we remember Allah ﷻ throughout the normal course of our day without withdrawing from the routine of our worldly life? How can we ensure that our personal and professional lives and other activities all continue in full swing, and yet, at the same time, ensure that our life as a whole, every moment of it, is permeated with the remembrance of Allah?

It is our mistake to believe that Zikr may be a requirement only for the excessively pious and virtuous people. Zikr provides the blessings which are in effect the lifeline of every human soul. It transforms even the most corrupted humans into virtuous souls by bringing out the best in them.

The fact is that practicing Zikr regularly removes all traces of anxiety and restlessness, and thus guides the human soul to eternal bliss and peace. The holy Quran has pointed to this eternal fact that it is only through Zikr of Allah that hearts can find satisfaction. Such satisfaction and peace are the ultimate requirements of every person.

What we hear and say affects the heart and soul. By listening to rap and other such horrible sounds, Shaitan is bringing that person's soul down. So Shaitan's motive is to take our frequency down and as soon as he brings it down, he brings the spectrum of our defence system down too. Now a person can become possessed, he can be under a satanic attack *nauzobillah!*

And Allah ﷻ gave us the best defence which is *zikrullah*. Means, every time we are praising Him, every time we are reading *durood shareef*, every time we attend the *majlis of zikr*, the energy that is coming from that is not something that can be imagined. You raise the frequency of the soul, the light, the illumination of the soul is changing and that is the defence of the body. The body pushes away difficulty, bad characteristic and brings us closer to the reality that Prophet ﷺ wanted for us.

Hazrat Abu Hurairah ؓ narrates from Rasulallah ﷺ that 'there is a group of angel's who patrol the earth and wherever they find any gathering of Zikr they call out to each other and form a circle around this gathering that reaches to the sky. When this gathering disperses, they return to the sky...'

This implies that Allah's and angels' praising begins to descend onto the people, thus these people's energies and frequencies are changing, the illumination of their light begins to change and thus their whole being is transformed.

Allah ordains every soul in the Quran to perform Zikr. This not only means reciting the Quran and Tasbeeh but also Zikr-e-Qalb. Through this, Prophetic light reaches the depths of the human soul and purifies it from all evils. Zikr infuses a realisation of constant Divine Presence and a seeker feels a great improvement in the level of sincerity and love towards Allah and Rasulallah ﷺ. Such conscious feelings and love can never be obtained without Zikr.

So when you are waiting in a queue, at the hospital or for the traffic light to turn green, when you are walking anywhere, when you are just relaxing or trying to sleep, why are you silent? Every single moment of our life is being counted by Allah ﷻ. Besides, the thoughts of the beloved seldom leave a person who is in love. Indeed, we too desire to be lost in thought of our beloved Allah ﷻ.

Was'salam,

Bint Zahid

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The Colours of a Picture

A refreshing story by Faria Ali depicting the prominence of various tints that make up a beautiful picture



Sara came home that day in a very bad mood. She neither had lunch nor did she respond when her mother called her.

"It might be some serious case," Sara's mother thought. "Maybe she wants to stay alone for a while."

When Sara didn't show up even at the dinner table, it heightened her mother's concern.

She went to her room. When at first she opened the door, all she could see was darkness dwelling around in the room. She switched on the light.

"OH! My lamb what happened to you. Are you alright?"

"I am fine mom. I just need a bit of rest," Sara said in a polite but rather gloomy tone.

"Of course my dear, all you want is rest but you have been resting since you came from school. Is there something you would like to share with me?" Sara's mother patted her hands.

Sara hesitated for a while but at last mustered up some courage, "Mama I had a fight with Gulnoor today."

"Oh I see. Huh... what's the apple of discord between you and your best buddy?"

"Actually mama, as you know that Gulnoor is a Pathan and she belongs to the province of KPK. Today we had a topic about tourist attractions in

Pakistan. And we went so far in telling the places of our respective provinces that we broke up."

Fatima smiled, got up and went to the cupboard from where she took out a painting of a scenery, beautifully framed.

"Look Sara, here you see a picture, beautifully depicted because of the lovely combinations of colours. The amalgam of these colours gives rise to this alluring picture. Isn't it so?"

"Yes," she said while nodding her head, immersed in scepticism; not knowing what was the idea behind all of that.

"So we come on a conclusion that every colour is equally valuable for this painting. What if any one of these colours disappears?" Sara's mother asked in an attitude filled with wisdom.

"It would be tedious, of course for this colour has its own value and place among this painting and other colours have their own."

"Exactly, my daughter, this is what you have to understand now. You see, our country Pakistan is just like a painting too and the provinces of Pakistan are basically the colours of this painting. Now since every colour of the painting has its own place and value, no other colour can be a substitute for that

Continued on pg 07

Hafsa Kamal talks to her subconscious mind and tries to find the answer to some delicate 'I don't know' questions

I don't know. I really don't. What does a person say when they're numb?

"Hey, how are you?"

"Good?"

Good isn't the answer though.

"Numb?"

Why is that a question? Am I asking myself if I really am numb?

"Oh, ok..." This is that's awkward, elaborate pause. So painful.

"See you." Just like that.

You see, I make conversations like these in my head. Why? It is because I am a loner, that's why. I don't have people asking me if I am ok and people don't know how numb I genuinely feel. So now I proceed to ask myself why I feel so numb.

"Why're you numb though?"

"Oh, you know. People."

"Yea, I know people, but what is it about them that numbs you?"

"Words."

"Words?"

"Yea, words."

"Um, ok?" Awkward again. Very awkward.

Words affect me so much. Sticks and stones and all that. It is baloney. I am too weak skinned to say I can take the physical pain but I couldn't bear emotional pain... Scratch that, I can't tolerate either. What happened to live and let live?

So now, the psychiatrist in me coaxes me to break the silence.

"What do the people say?"

"Harsh words."

"How harsh?"

"They say I can't do the simplest task and someone else the same age as me is capable of doing much more."

"Do they matter?"

"Yes, apparently, they do."

"They do?"

I stare at my reflection into my eyes and try to gauge the core reason behind why I feel the way I do. Why do these people matter anyway?

"If they didn't, their words wouldn't affect me so much, would it?" I scratched my already red chin. I scratch it whenever I am nervous. I feel so nervous right now. Besides feeling depressed, that is.

The other person in me isn't convinced. I stare at my reflection into my eyes and try to gauge the core reason behind why I feel the way I do. Why do these people matter anyway?

"Why do they matter?"

"They just do."

"Why?" Wow, I'm insistent. And that's actually pretty annoying.

"They say words I don't like to hear, it's like re-echoing my insecurities which I'm already aware of!" I feel so deep. Where are these words coming from? Oh right, I'm a writer. A writer has these 'words' whenever they really think of expressing themselves. I guess.

"Why don't you try to prove them wrong by overcoming your insecurities and working on it?"

Good question.

"I don't know."

"Why don't you filter the important people in your life who were really there for you and allow their opinion of you change who you are rather than accepting people who never lifted a finger to your aid to break you?"

Very good question.

"Why don't you opt to find out your strengths instead of focusing on your problems? No one is born perfect and just because you don't do things the way they want doesn't mean you're useless. Change your field and do what you do best. Why do you have to fit into a particular category?"

These questions keep firing at me and all I can think of is how amazingly worded and perceptive they are.

"Why don't you simply let go of all the toxic thoughts entering your brain and tell people trampling over your self-esteem to get out?" I really like this particular question. I finally exhale.

"I don't know."

Continued from pg 05

colour. In fact, in other words none of the provinces can be a substitute for the other. Every province of this country has something unparalleled. You have to understand this dear, Gulnoor's province has something like a gold dust which your province might not have.

Remember that we all are Pakistanis, Muslims and above all humans. When we'll get into this discord of the regional discrimination, it is only we Muslims who will be weakened and of course this would not be good for them. We should be united for the betterment of our own country, for our own selves. Always remember: "United we stand, divided we fall!"

Sara's eyes brightened as if she had acquired some lost treasure. She instantly got up to give a call to Gulnoor and patch up with her for the silly argument that she had had with her earlier in the day



So who do you want to resemble?

Compiled by
Umm Urwah

One of the most important basic principles of our religion is that of al-walaa' wa'l-baraa'; loyalty (walaa') to Islam and its people, and disavowal (baraa') of kufr and its people. One of the essential features of this disavowal of kufr and its people is that the Muslim should be distinct from the people of kufr, and he should feel proud of his religion and of being a Muslim, no matter how strong and advanced and civilized the kuffaar may be.

It was reported that the Prophet ﷺ said: "Whoever imitates a people is one of them." (Abu Dawood) No doubt imitating the disbelievers is one of the greatest indications that a person has befriended them and loves them.

Muslims are not even supposed to copy the disbelievers in their ibadah, like we are not allowed to fast a single day on Ashura i.e. 10th Muharram but to combine a fast with it: either fast both 9 and 10 or 10 and 11 so as not to resemble the Jews who fasted only on the 10th.

So as a reinforcement of this concept, we asked the little Ummatis on our Radiance kids Club to tell us how can they apply the same rule (not copying the non-Muslims) in any other matter of their lives. It got them and us thinking on the lines where we can decide for ourselves that who do we want to resemble and who do we never want to be like. Below are their thought-provoking answers. Lets read on and be inspired...

I will not celebrate birthdays and never attend them too Insha'Allah.

Muhammad Maaz

We are Muslims, therefore, we shouldn't follow Jews and Christians in any way of life. Even our way of celebrations, like Eid, should not resemble them.

Aatika Fatima

I will not celebrate their festivals Insha'Allah. I don't wear their clothes and don't follow their ways.
Urwah bin Masood
I will learn Surah Kahaf to be protected from dajjal Insha'Allah.

Ahmed Shafqat

I will not listen to music Insha'Allah.

Amna Ahmed

I will not copy Jews and celebrate their festivals like Valentine's day, birthdays etc Insha'Allah.

Dua Faraz

I will not fast a single day on Ashura like Jews and will not copy them in the daily routine as in dressing, meals, gatherings etc Insha'Allah.

Tooba Abdul Haseeb

I will not copy Jews and celebrate their festivals as birthdays and new year Insha'Allah.

Khansa Osama Puri

I will not celebrate Non-Muslim occasions as birthdays, mother, father days and will not listen to music Insha'Allah.

Hafsa Mansoor

I will not celebrate any festival of Non-Muslims Insha'Allah.

Muhammad Taha Junaid

I will offer salah, follow sunnah as in dress, cap etc Insha'Allah.

Abdul Samad

We should not resemble Jews in any aspect of life as Rasool ﷺ said nearest to its meanings whoever resembles any nation he will be with them in the hereafter.

Aamina Fatima

I will not listen to music Insha'Allah.

Asiya Yasir

I will not celebrate birthdays Insha'Allah.

Haniya Ahsan

I will not celebrate birthdays and will wear Islamic dress always Insha'Allah.

Usman Arif

I will not celebrate Valentine's day Insha'Allah.

Muhammad Saad Puri

I will not eat and drink while standing. I will not wear a tie, suit and unsuitable clothes Insha'Allah.

Bushra Irfan

I will not use a tablet for games and wasting my time. I will wear abaya Insha'Allah.

Khawla Saud

I will not listen to music and resemble the non-Muslims in anything I do Insha'Allah.

Zakariya Yahya



101



Student: Teacher paper time should start when 2.5 hours have passed after it's given.

Teacher: But why?

Student: Because brain runs with its maximum capacity when the last 30 minutes are left.

Q: Why didn't the skeleton want to go to school?

A: His heart wasn't in it.

Mom: Sweetie! how was school today?

Daughter: Mom you can read all about it on my Facebook account.

A scientist tells a pharmacist, "Give me some prepared tablets of acetylsalicylic acid."

"Do you mean aspirin?" asks the pharmacist.

The scientist slaps his forehead. "That's it!" he says. "I can never remember the name."

I've given up social media for the New Year and am trying to make friends outside Facebook while applying the same principles. Every day, I walk down the street and tell passersby what I've eaten, how I feel, what I did the night before, and what I will do tomorrow. Then I give them pictures of my family, my dog, and me gardening. I also listen to their conversations and tell them I love them. And it works. I already have three people following me—two police officers and a psychiatrist.

find 10 differences



Dissolving Sugar at Different Heats

So you want your sugar (or anything else like Ovaltine) to dissolve faster?

Learn about solutions as you add more and more sugar cubes to different temperature water. This easy experiment shows that you can only dissolve a certain amount and that this changes as the water gets hotter.

What you'll need:

- Sugar cubes
- Cold water in a clear glass
- Hot water in a clear glass (be careful with the hot water)
- Spoon for stirring

Instructions:

1. Make sure the glasses have an equal amount of water.
2. Put a sugar cube into the cold water and stir with the spoon until the sugar disappears. Repeat this process (remembering to count the amount of

sugar cubes you put into the water) until the sugar stops dissolving, you are at this point when sugar starts to gather on the bottom of the glass rather than dissolving.

3. Write down how many sugar cubes you could dissolve in the cold water.
4. Repeat the same process for the hot water, compare the number of sugar cubes dissolved in each liquid, which dissolved more?

What's happening?

The cold water isn't able to dissolve as much sugar as the hot water, but why? Another name for the liquids inside the cups is a 'solution', when this solution can no longer dissolve sugar it becomes a 'saturated solution', this means that sugar starts forming on the bottom of the cup.

The reason the hot water dissolves more is because it has faster moving molecules which are spread further apart than the molecules in the cold water. With bigger gaps between the molecules in the hot water, more sugar molecules can fit in between.

The last sermon

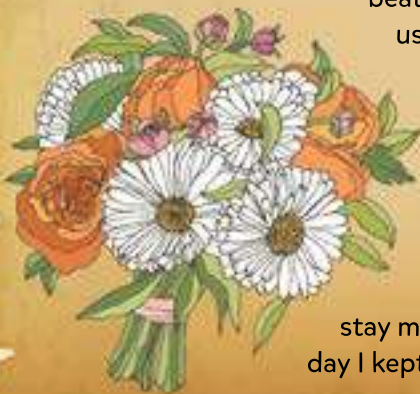
Ayesha Marfaní details the last sermon and becomes one of those who abided by the Prophet's ﷺ instruction when he said, 'All those who listen to me shall pass on my words to others and those to others again,'

I had been rehearsing in front of the mirror for the past hour. I carefully studied my facial expressions and checked the pitch of my voice, before turning to eye the timer. I visualised the audience in front of me. The urge to travel the world made me perspire even more.

"I want to become the most influential speaker," I said under my breath.

From the corner of my eye, I saw Dada looking at me, perplexed. He frowned as he realised I was repeating the same lines in front of the mirror. How could I explain to him the importance of the next few days?

On the 24th of June, the day before my speech, I was up at dawn. My nerves were jittering with excitement and my heart was beating faster than usual. Yes, tomorrow is the day.



I thought. I practised my speech and gargled with salt water to help my throat stay moist. The entire day I kept asking people

if my voice was clear and sharp and if my oratory was convincing. In the evening, I finally took out my new dress and expensive watch and selected the best perfume before laying everything carefully on the bed.

As I was eyeing my preparations with pleasure, I saw Dada stepping into the room. 'Oh no; please, no more questions,' I muttered to myself. I smiled weakly at him and braced myself for his curiosity.

He questioned, "Bacha, I see you standing before the mirror and constantly talking to yourself, may I know what you are saying?"

I decided to give a detailed answer to prevent him from asking further questions, "It's the humanitarian seminar, and I want to win the title of the most influential speaker so that I can enjoy the world tour for the humanitarian cause. I am sure of my skills as a public speaker and I have selected my best dress and accessories for the occasion."

He smiled fondly at me, and I grinned sheepishly back. Maybe it wouldn't be so bad if I shared a little bit of my excitement with him. Then he said, "Let me tell you about the most influential humanitarian speech in the history

"O People, lend me an attentive ear, for I know not whether, after this year, I shall ever be amongst you again.

of mankind and the reason behind the success of this one man."

I was curious to know who this could be, and so I sat down on the bed and got lost in his tale.

The last sermon in 10 A.H:

It was 10 A.H and most of the Arabs had accepted Islam as their true religion. The Prophet Muhammad ﷺ travelled with 124,000 companions to perform Hajj. The sight was awe-inspiring, with the believers doing seven circumambulations, loudly calling out Takbir in unison. From the act of Sa'ee to the walk and stay at Arafat, all symbolised the sacrifice and success Muslims had gained after many hard years of facing and fighting persecution.

Rasulullah's ﷺ amazing humanitarian speech

On this sacred occasion, Prophet Muhammad ﷺ delivered a short, yet influential speech. To this day, it is considered the most eloquent speech on human rights in the history of mankind.

"O People, lend me an attentive ear, for I know not whether, after this year, I shall ever be amongst you again. Therefore, listen to what I am saying to you very carefully and take these words to those who could not be present here today.

O People, just as you regard this month, this day, and this city as Sacred, so regard the life and property of every Muslim as a sacred trust.

Return the goods entrusted to you to their rightful owners. Hurt no one so that no one may hurt you. Remember that you will indeed meet your Lord and that He will indeed reckon your deeds. God has forbidden you to take usury (interest). Therefore all interest (related) obligations shall henceforth be waived. Your capital, however, is yours to keep. You will neither inflict nor suffer any inequity. God has Judged that there shall be no interest and that all the interest due to Al-Abbas ibn Abdul Mutalib shall henceforth be waived.

Beware of Satan, for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, so beware of following him in small things.

O People, it is true that you have certain rights with regard to your women, but they also have rights over you. Remember that you have taken them as your wives only under a trust from Allah ﷻ and with His permission. If they abide by your right then to them belong the right to be fed and clothed in kindness. Do treat your women well and be kind to them for they are your partners and committed helpers. And it is your right that they do not make friends with any one of whom you do not approve, as well as never be unchaste.

O People, listen to me in earnest, worship Allah ﷻ, perform your five daily prayers, fast during the month of Ramadan, and offer Zakat. Perform Hajj if you have the means.

All mankind is from Adam and Eve. An Arab has no superiority over a non-Arab, nor does a non-Arab have any superiority over an Arab; a white has no superiority over a black, nor

does a black have any superiority over a white; [none have superiority over another] except by piety and good action. Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not, therefore, do injustice to yourselves.

Remember, one day you will appear before Allah and answer for your deeds. So beware, do not stray from the path of righteousness after I am gone.

O People, no prophet or apostle will come after me, and no new faith will be born. Reason well, therefore, O people, and understand words which I convey to you. I leave behind me two things, the Quran and my example, the Sunnah, and if you follow these you will never go astray.

All those who listen to me shall pass on my words to others and those to others again; and it may be that the last ones understand my words better than those who listen to me directly. Be my witness, O Allah, that I have conveyed your message to your people."

I gaped at my Dada, awestruck by the powerful words. He said, "It was the pure intention and Ikhlaas that gave his words the power to touch the hearts and make an influence. It was his practice of things he preached that made people affected. Mere words without practice and true intentions are nothing."

He went away having successfully planted the seeds of thought within me. I woke up after a good sleep. I left my script on the table. I made a pledge to be active in all humanitarian causes with all my heart and soul.

When I climbed the stage the next day, my legs weren't shaking for the first time nor was

I rehearsing the words to be spoken. I spoke whatever came to my mind and heart. My words had a meaning; they came out from my heart. I even finished before time. I had no urge to get the title of the most influential speaker as my task was to deliver the message and deliver it right.

At the end of the session, I saw the clouded expressions on the faces of other participants. It was the time of the announcement of the most influential speaker and when the judges called my name, I walked mechanically forward, thinking Seerah has it all

Congratulations to our fabulous champs!

Here are the names of the children who sent in the right answers to the 'Quiz time' of Hadhrat Hamza bin Abdul Mutallib :

Amna Ahmed
Zahra Ashraf
Muhammad Hudhair
Muhammad Ali Raheel
Amsa Ansari
Maria Armoghan
Muhammad Ibrahim Khan
Amna Anis
Sabeen Ali
Muhammad Ahmad Ali
Omama Anis
Zainab Zahra
Muhammad Hussain Rehan
Ayesha Salman
Tooba Abdul Haseeb
Fatima Ashfaq Bhatti
Hafsa Shoaib
Manaal Amin
Sarah Kashif
Muznah Ashfaq Bhatti
Maliha Imran
Maaz Amin
Muhammad Fahad Adeel Virani
Haleema Salman

4 poisons of the heart

1. Unnecessary talking

2. Unrestrained glances

3. Keeping bad company

4. Too much food



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 NewZaibyJewellers

poetic
rush

Blessings of Allah

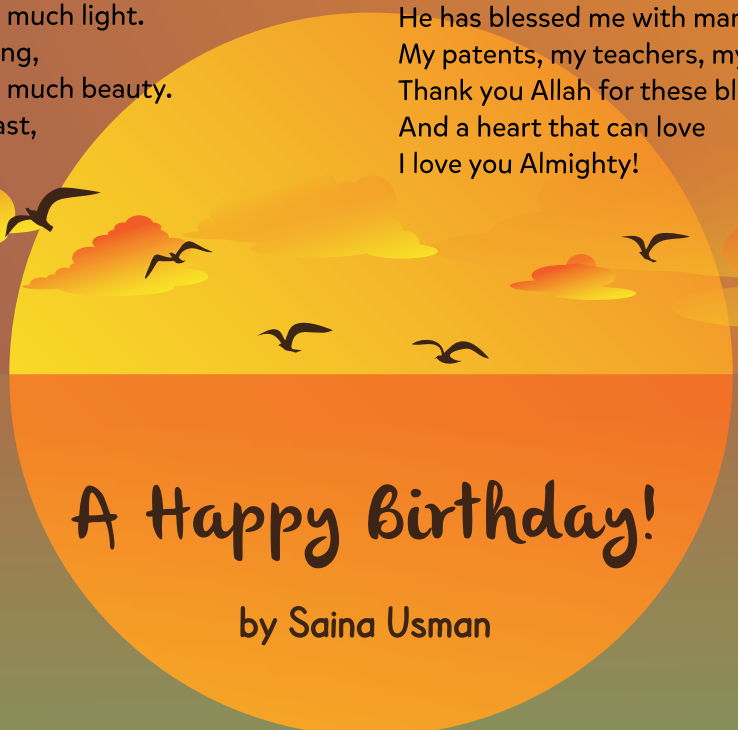
Aiman Aamir
8 years
DA public school

I have so many blessings
That Allah Almighty has given,
I am so blessed I can never count them
But I can always be grateful,
For everything I have.

I am grateful I have food to eat.
When I go to school,
I am grateful I have friends.
When I do my work,
I am grateful my hands help me to write.
When I do my homework,
I am grateful, my mind works so bright.

When I wake up in the morning,
I am grateful that I am alive.
When I see the sunshine,
I am grateful there is so much light.
When I hear the birds sing,
I am grateful there is so much beauty.
When I have my breakfast,

I am grateful to Almighty Allah,
He has blessed me with many bounties
My parents, my teachers, my sister and my cousins,
Thank you Allah for these blessings,
And a heart that can love
I love you Almighty!



A Happy Birthday!

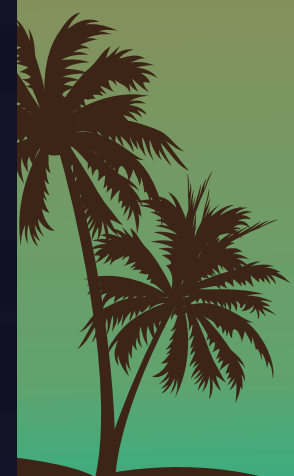
by Saina Usman

The days of my life
The charm of my face
The glow of my hair
The calmness in my phrase
All coming to an end
Reducing to old age
Yet, they wish me 'A Happy Birthday'!

All ruined, displaced
Shattered and battered
Yet, they wish me 'A Happy Birthday'!

Fighting a battle
Which can never be won or settled
A decisive decision
Lost in all ways

Sobbing and knelt down
Ashamed of what I found
From a bidd'ah of which I claim
A celebration or a way of showing I'm blessed
Burning in the Hell of my sins
All ashamed
Yet, they wish me 'A Happy Birthday'!



TIBB-E-NABAWI COURSE ON E-BAITUSSALAM



COMPILED BY UMM IBRAHIM

Recently, a course on Tibb-e-Nabawi ﷺ on E-Baitussalam was conducted by the Radiance magazine's Editor. It was a journey full of passion, vitality and spirituality helping us to make better lifestyle choices in the light of Sunnah and as a result, developing more energy and resistance to diseases, all for the sake of Allah Subhanahu wa'taala!

We felt really inspired to have had many dedicated sisters on board with us, some of whose reviews are being copied below verbatim for others to take inspiration from. May Allah ﷻ accept us all for His deen and help us to become positive agents of change, bringing back the lost sunnahs in the lives of all those around us. Ameen.

The Tibb-e-nabawi course reminded us that, like many other Sunnahs, following it will not just

mean some cosmetic changes, rather a lifestyle shift. One was training myself to follow the threefold process for treatment. That meant not rushing to a doctor or medicine, rather holding myself back and doing the following as apprised to us by our teacher:

1. Making dua/offering Sa-tal-e-Hajat
2. Doing sadaqah and then
3. Seeking treatment.

Another Aml I adopted was to perform wudhu before sleeping. Laziness had earlier prevented me from implementing this Sunnah, but Alhamdulillah, post course, I make a concerted effort. I was surprised to experience a major improvement in the quality of my sleep and decrease in bad dreams.

I walked away with something beyond Tibbe nabawi, a Sunnah

which was probably not intended to be 'taught' but was surely learnt.

Our teacher's emotional connection to the word of Allah and Rasool ﷺ was felt whether it was about Tibb or Eman or Akhirah. And I felt the fruit of Salih suhbat despite not physically being present in her company.

Just as Prophet ﷺ promised the benefit of such company, I walked away with perfume and it's scent.

Umm Muaaz

Homeschooling mother of three and a freelance graphic designer

Assalam.o.alaikum wr wb...I'm currently taking Tibbe Nabawi ﷺ classes and I get to know new things with every session. Planning to implement some and already implemented upon a few by the taufeeq of Allah ﷻ which are

as follows:

- 1 ...tried relaxation techniques when I get stressed.
- 2 ...trying to make a habit of eating my dinner earlier, at least 2 to 3 hours before sleep time.
- 3 ...making dua and daily azkaar.
- 4 ...Chewing food properly and other sunnahs of eating, drinking, sleeping etc.
- 5 .. Tibb about cold and flu and other diseases.
- 6 ...Reading namaz slowly and doing muhasibah.

In a nut shell, Tibb-e-Nabawi is a treasure most people don't know about or don't pay much importance to but thanks to Allah ﷻ that we are getting to know about it with every session.

Jazakumullahu khair

Sania Usmani, Karachi

All the sessions of tibb-e-nabawi are very informative and very well-delivered. I have listened to them all and trying to follow these things in my routine: dua e hajat for any problem being faced, giving sadqa regularly, before purchasing any food items trying to confirm that its halal or not and now I avoid junk foods and try to cook balance food.

I also use miswak now, follow Sunnahs of eating food and recite masnoon duas in morning and evening.

Madeeha Butt

During this course on Tibb-e-nabawi I have made a few positive changes and Alhamdulillah, I can see drastic improvement in my life.

I always have weight issues and I have tried many diets; Mediterranean, low fat, protein diet etc. But the problem is that initially you get the result but then you get bored because it is not your usual diet. Now I started to follow the rules of Sunnah for taking food. So I am taking all sorts of healthy food, but only 1/3 of the stomach gets filled as the Hadith tells. My weight is already stable and I am enjoying my food. I plan to continue it all my life Insha'Allah.

Jazakillahu khair for the amazing course.

Dr Shaheen Nasser, Riyadh

Alhamdulillah, I have learnt a lot from this course and feel really blessed to be enrolled for it. Although I knew that eating just before sleeping is the main reason for obesity I was not able to avoid it, however, when I learnt that it is a Sunnah to eat dinner at least three hours before sleeping, I now make sure to take dinner just after maghrib and avoid eating after that. Alhamdulillah this makes me more active the next day.

I used to take multi vitamins and calcium supplements daily to avoid Iron and Calcium deficiency however now instead I try to have a glass of milk daily together with a date, as I learnt that it is a Sunnah, and feel much better now. I ensure to eat Talbinah in break fast more often which keeps me energetic at work.

I have also learned the remedies for various diseases and recommended it to others too. Once my brother was suffering from diarrhea I gave him a cup of warm water mixed

with honey and it really made him feel better. Alhamdulillah!

I have printed the dua for protection from all evils and pasted it in the prayer room to ensure that I and my family read it after morning and evening prayer. Furthermore, I now ensure to read manzil daily.

JazakumAllah khairan

Hina Irshad Khan

Assalam o Allaikum wr wb,

It is an awesome experience attending the Tibb-e-nabawi course...many known but forgotten sunnahs are revived and lot many unknown things also came into knowledge. It is really wonderful and satisfying applying these Sunnah method in our everyday life...couple of them like using Miswak and Talbinah are unfortunately on and off done but will Insha'Allah try to start them once again on a completely regular basis.

Sunnahs like washing hands and not wiping them before meal is now Alhamdulillah in continuous practice, along with the duas especially the one of evil eye.

Best of all, the Muallimah made us keen to have the same fear of Allah and love of Rasulullah ﷺ that we noticed during the lectures in her voice. May Allah ﷻ bless her in this world and the hereafter and help us practice all that we have learned in this course. Jazakumulah o khair to the Muallima and the E-Baitussalam team

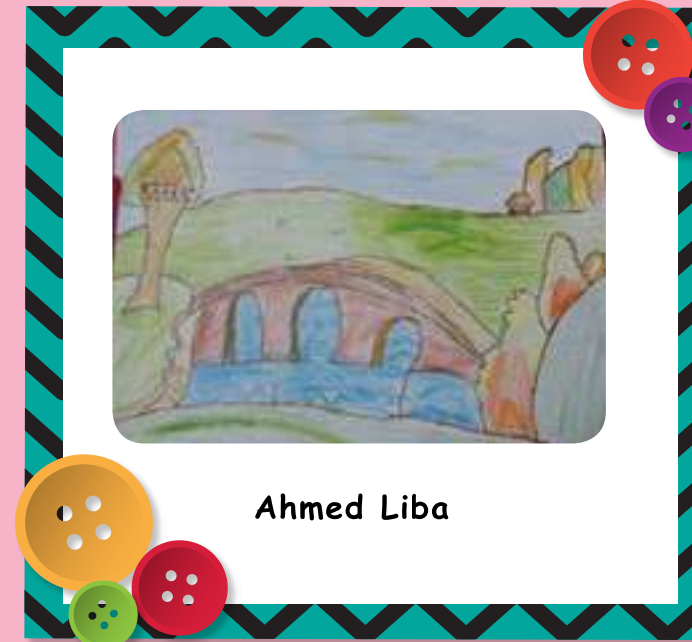
Rabia Usmani



Hafsa Siddiqi
9 years



Khadija Khan



Ahmed Liba



Muhammad Hassnain Rehan



Umaima Munir



Zainab Fatima



Areeba Ghani



Maryam Kamran



Zainab Zahra



Aqsa Saleem
10 years



Sarema Saleem



Arsal
Class 2
The Intellect school

HADHRAT SAA'D BIN UBADAH رضي الله عنه

How bright, like the stars, how charmed, as if a dream, are the lives of our beloved Sahabah. Zawjah Junaid Mukaty mesmerizes us with the life accounts of one such astounding Sahabi: Hadhrat Saa'd bin Ubadah رضي الله عنه

Stories of the Companions

The companions of the Prophet ﷺ are the protectors of our Islamic history. They kept the Prophet's ﷺ teachings alive and protected them more than their own lives. They travelled far and wide to spread Islam to the four corners of the Earth, for the benefits of those who were to come. Some of the Sahabah are more commonly known than others, but their importance does not diminish either way. Among the Companions (may Allah be pleased with them all) was Hadhrat Saa'd bin Ubadah رضي الله عنه.

Early Life

Hadhrat Saa'd also known as Abu Qais and Abu Thabit was a prominent figure of Banu Sa'ida, and later became the chief of the entire Khazraj tribe. His father was Ubadah bin Wulaym and his mother was Amrah bint Masood who embraced Islam. The people of Khazraj used to say, "He is our master and the son of our master." He was an expert archer and swimmer, and could also read

and write; a skill that very few could lay claim to in those days.

Conversion to Islam

Hadhrat Saa'd, was among the seventy-three who were present at the Pledge of Uqbah Saniya. The pledge was meant to take place under the cloak of secrecy, but the Kuffar of Makkah came to know about it and followed behind. All the Muslims present, who had just newly accepted Islam, were lucky to escape except for two: Hadhrat Saa'd and Hadhrat Munzir bin Umro (May Allah be pleased with them). The Kuffar of Makkah arrested them but Hadhrat Munzir managed to flee with his life. Thus Hadhrat Saa'd was left behind to the ruthlessness and cruelty of the polytheists. They tied his hands around his neck and beat him brutally. Haris bin Ummayya and Jabeer bin Mutta'm finally managed to negotiate his freedom because he had protected their business caravans in Madina. When Hadhrat Saa'd was freed, he immediately returned to Madina after this ordeal and broke all the idols of Banu Sa'ida.

He was a rich man with a generous heart. Every day he sent a bowl of meat stew or clarified butter or milk to the Prophet ﷺ and many a times he fed Ashaab e Suffah, who were more than seventy.

Generosity

He was a rich man with a generous heart. Every day he sent a bowl of meat stew or clarified butter or milk to the Prophet ﷺ and many a times he fed Ashaab e Suffah, who were more than seventy. In case of any calamity that befell the Muslims, he happily helped them with all his heart. During Ghazwa Banu Nazeer, he used to distribute dates among the Mujahideen. His son, Qais, was equally generous. They were blessed in terms of money and they worked to spend it in the way of Allah ﷻ.

Love and respect for the Prophet ﷺ

The Companions of Prophet ﷺ had a very deep love for him. For them, each word and gesture of their Prophet ﷺ was more precious than pearls. Hadhrat Saa'd was no different. One day, the Messenger of Allah ﷺ knocked on his door and said "Salam"; Hadhrat Saa'd, sitting inside, silently answered the Salam. This happened the second time, his son who was watching all this, asked his father as to why he is not welcoming the Prophet ﷺ. He dotingly smiled and replied, "I want to take this dua of Salam at my house again and again from my Prophet." Therefore, when after the third time, the Prophet ﷺ turned around and began to return, he rushed out of the house and welcomed him in. Hadhrat Saa'd also had the honour of guarding the house of the Prophet ﷺ the night before they were leaving for the Battle of Uhud. He was among those Sahabah who were protecting the Apostle ﷺ on the day of Uhud. When the polytheists injured him that day, Hadhrat Saa'd also took part in his treatment.

As a soldier

There are two different narrations regarding Hadhrat Saa'd being a Badri Sahabi. One is that he

went for Battle of Badr while the other narration says that he was bitten by a dog, therefore he had to stay back. Regardless, Rasool Allah ﷺ listed him among the Badri companions and also rewarded him with the booty.

In the Battle of Ahzaab, the Messenger of Allah ﷺ gave him the responsibility of taking care of the flag of Ansaar. He also appointed Hadhrat Saa'd to be his deputy in 6th Hijra while he was gone after the dacoits of Banu Ghatfan and Banu Fazarah.

The Conquest of Makkah took place on the 8th Hijra. A total of 100,000 Muslims were present at the event, but they came without the intention of attacking the holy city of Makkah. Rasool Allah ﷺ gave Hadhrat Saa'd his special flag, and he led the group of Ansaars. He was a very exuberant and energetic man and became extremely emotional that day. He was reciting some verses of strong poetry as they rode, which frightened Abu Sufyan who was watching the massive troops moving towards Makkah from the top of a hill. Abu Sufyan pleaded for mercy in front of Prophet ﷺ. Apostle ﷺ send Hadhrat Ali to take back the flag from Hadhrat Saa'd and give it to his son Hadhrat Qais. After some time, this flag shifted to Hadhrat Zubair bin Awwam.

Following this historical event, came Battles of Hunain and Tabuk. These battles are considered to be a great challenge for the Muslims and Hadhrat Saa'd once again put his complete effort in it to please Allah and His Messenger ﷺ. He was again nominated as the flag bearer in Hunain and spent unflinchingly for the Mujahideen.

May Allah be pleased with him and grant him from amongst the highest ranks in Jannah.

Quiz Time of Hadhrat Saa'd bin Ubadah رضي الله عنه on pg 25

Always forgive others

by Maria Armoghan
Class VII
The Intellect School

The bell for the third block rang. Everyone closed their English books and the Islamiyat books and notebooks were distributed since the third block was of Islamiyat. Then everyone was seated and the teacher entered the class. She said salaam aloud and told the pupils to recite the dua. So everyone started reciting the dua while the teacher filled out the objectives and the agenda on the board.

Soon the class began.

“Dear children! Today we will study about forgiveness and overlooking others mistakes so everyone please open page 25 of your textbooks,” said Miss Bushra and then she went to open her own book. Everyone quickly opened page 25.

“So girls, does anyone know what forgiveness refers to?” asked Miss Bushra. Several girls raised up their hands so Miss chose Aasiyah to give the answer.

“Miss, forgiveness means to not take revenge on a person when they have done something bad to us. Prophet ﷺ forgave people

who were bad with him and thus has taught us to also forgive others,” answered Aasiyah.

“Masha Allah Aasiyah! What a nice answer! Girls, as said by Aasiyah, forgiveness, means to not avenge people for some bad committed by them to you and move ahead. In the life of Prophet ﷺ, we can find many examples of he forgiving people for their bad commits towards him and not taking revenge on them,” explained Miss Bushra. “Some examples include when he forgave the people of Taif who threw stones at him so much as his feet started to bleed but still instead of cursing them he forgave them and supplicated to Allah ﷻ to give them Hidayah. Our beloved Prophet ﷺ even forgave the murderer of his eldest daughter, Hazrat Zainab ﷺ.”

Miss Bushra further explained, “When the brutally speared body of his dearest uncle, Hazrat Hamza ﷺ was brought to him, he became extremely sad and his heart cried on looking at his uncle’s condition but he was patient and even forgave his murderer. So, girls, Islam teaches us to forgive each other as this spreads broth-

erhood amongst people. And the biggest example of forgiveness is the forgiveness Allah grants His people when they repent for their sins. So if Allah can forgive our sins how can we not forgive other people? He doesn’t make us go without food and drink and all his other blessings till the time we repent. I dearly hope that you all will also forgive each other, won’t you?” she questioned.

“We surely will Miss!” announced the girls, all happy and contented.

Just then the bell rang and the block ended.

It was the last block. Areeba had lent her pen to Bisma because Bisma didn’t have one. Now when everyone was packing their bags, Bisma told Areeba that mistakenly she had lost her pen but would bring her a new one instead.

Areeba beautifully replied: “It’s alright. It was just a pen and you need not bring me another for I forgive you for Allah’s sake.”

Bisma was delighted at her reply and how happy they both were!

The Lost Identity of Pakistan

by Navera Jamil

We all are Pakistani and besides being Pakistani, the majority of us are Muslims too. It is our national, as well as religious responsibility to follow Islam and its regulations prescribed by Allah ﷻ and our dear Holy Prophet ﷺ. But most of us are unknowingly (or knowingly?) following the customs and traditions of different religions too. Here are some major things we are following nowadays in Pakistan which need to be a given serious thought to.

Dress code

The dress code is one of the main identity areas of a religion and a country. In Islam, for women dressing needs to cover all the body including their hair and faces. But we are not following our religion at present. We have started wearing modern dresses and making new hairstyles just to look beautiful. Nowadays, girls are wearing all sorts of tight and filthy clothing which doesn’t even look good.

Festivals

In Islam, there are two main Islamic festivals i.e. Eid-ul-Fitr and Eid-ul-Adha. But we have started celebrating many new

types of festivals like “The Halloween day”, “Christmas day” and worst of all: “The Valentine Day”. Now coming to the wedding functions, in Islam, there is only supposed to be a Nikah and Valima ceremony. But we have a whole array of functions following any wedding which only goes out to show our extravagance and showing off.

Partying out

Our beloved Prophet ﷺ has said that every religion has one most important attribute and the most important attribute of Islam is Haya; usually translated as modesty. Partying out including mix gatherings, as well as dancing Nauzobillah is a bad and shameful thing for a Muslim. But just because we have adopted so many traits of other religions thus such lowly things have also become common in Pakistan.

These are some common blameworthy things which we have adopted from different religions and have abandoned practices of our own adorable religion, Al-Islam, in Pakistan.

Allah has given us many instructions through the Holy Quran

and if we want to make Pakistan a peaceful country, we have to stop following the customs and traditions of different religions and start focusing on our own deen. We must realise what we are and stop to ponder upon what Islam says. After all, *Pakistan ka matlab kya, la’ilaha illallah*

Quiz Time with dear Sahabah from pg 23

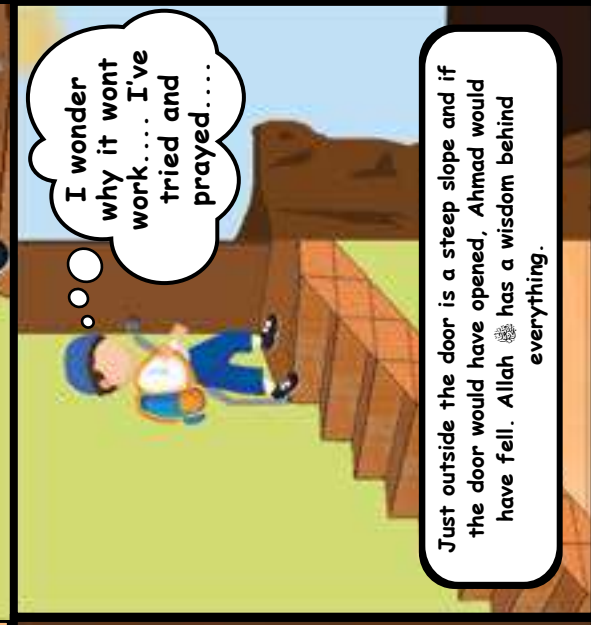
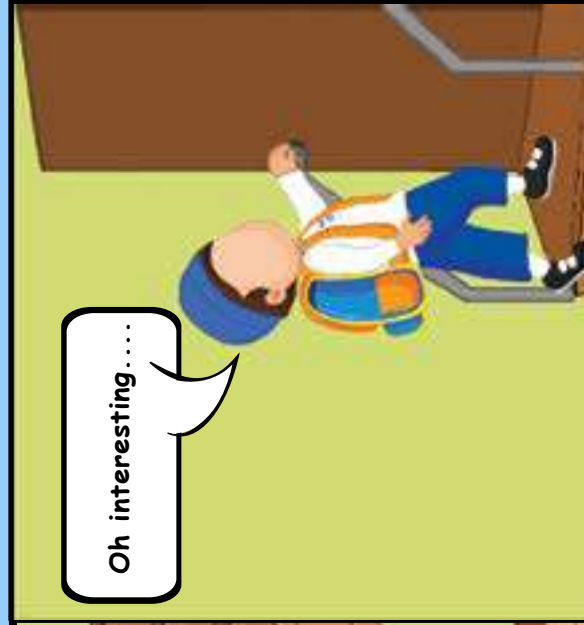
- A. Fill in the blanks with an appropriate word:
1. Hadhrat Qais was of Hadhrat Saa’d bin Ubadah.
 2. Hadhrat Saa’d was taken prisoner with Hadhrat
 3. Conquest of Makkah took place in Hijra.
 4. Hadhrat Saa’d was an expert in and
 5. Hadhrat Saa’d was literate because he knew how toand
- B. Hadhrat Saa’d was a generous man. How do you know this? Use 50 to 60 words to write your answer.

He knows We don't

Concept by Umm Aroosh and Aisha

Artwork by Zawjah Jahangir

comic



Just outside the door is a steep slope and if the door would have opened, Ahmad would have fell. Allah has a wisdom behind everything.



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